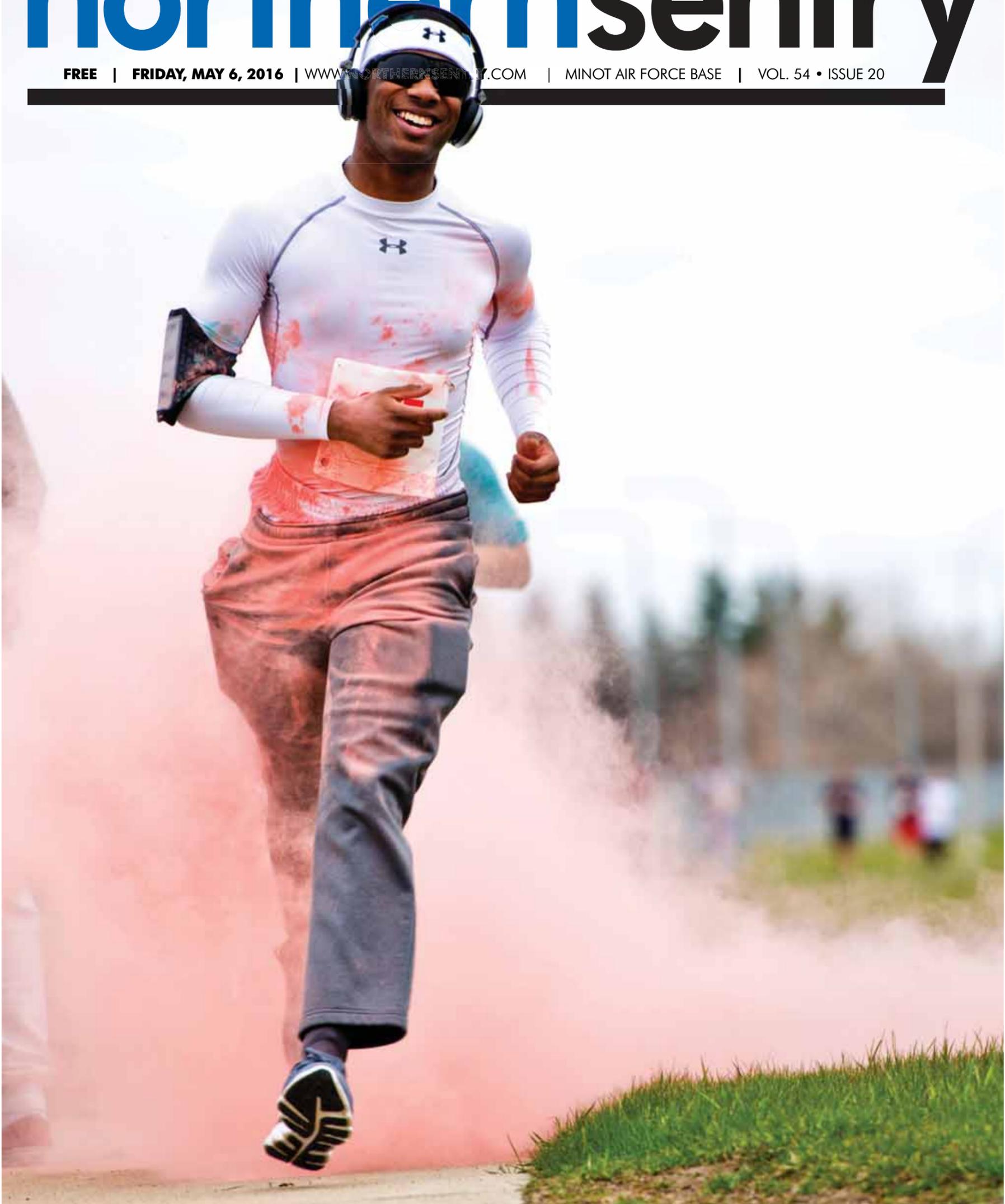


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Videos



5OSS Airfield Management

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

MINOT AIR FORCE BASE, N.D. -- As an excavator transfers freshly-broken pavement from the airfield to an 18-wheeler, Airman 1st Class Benjamin Soto Garcia, airfield management operations shift lead assigned to the 5th Operations Support Squadron, inspects the construction area to ensure a high-level of safety is maintained.

Currently, construction is underway on Taxiway Delta and the associated hammerhead of Minot Air Force Base's flightline in North Dakota. Contractors are milling and overlaying pavement due to the deteriorated condition of

the area.

"If this pavement fails, we cannot park aircraft on the hammerhead," said Senior Master Sgt. Sherri Knotts, 5th OSS airfield manager.

Airfield management Airmen place barricades to define the limits of hazardous areas, and lights are checked daily to ensure they are positioned and working properly.

"The responsibilities [of airfield management Airmen] increase when we have construction on the airfield," said Knotts, who added that even though the construction isn't on the runway, it still affects runway operations.

The runway had to be temporarily displaced to provide a required safety distance to protect the approach and departure paths of aircraft and maintain the identified clear zone of the runway.

Day-to-day tasks for airfield management Airmen include inspection of airfield markings, airfield signs, runway surface conditions and checking for obstacles and obstructions.

"During an airfield sweep, we check the entire airfield for foreign objects or debris, such as bolts or rocks," said Soto Garcia. "We also have to frequently check for any wildlife on the airfield. If we find any

wildlife, we have to scare them away and move them out of the area."

Depending on the mission, flightline traffic and weather, Airmen from airfield management monitor the airfield every

two hours or less.

"These Airmen go out daily to ensure everyone is safe," said Knotts.

"With our mission, it is a necessity to sustain aircraft operations even during construction."

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Putting mental health in focus

PRERANA KORPE | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- Nearly one in five adults, or 43 million Americans, has a diagnosable mental disorder, according to the National Institute of Mental Health.

Contrary to many other brain disorders, effective treatments are available for mental disorders.

May is Mental Health Awareness Month, a time of year to bring awareness to mental health issues and available resources.

According to the Department of Health and Human Services, many factors can contribute to mental health issues. This includes biological factors, life experiences as well as family history of mental health problems.

Mental health affects

everyone. It influences thoughts, feelings and actions. The state of one's mental health can determine how they make decisions, interact with others and cope with daily stressors. Mental health is a factor of overall wellbeing, much like physical health.

Air Force mental health clinics are critical to the health and readiness of beneficiaries and family members. Services include mental health assessment, education, consultation and treatment through a variety of evidence-based therapeutic exercises. This includes both individual and group therapy.

Mental health assessment

The Automated Neuropsychological Assessment Metrics is the Defense Department mandated pre-deployment

assessment and is administered to all service members within 12 months of deployment.

The assessment establishes a neurocognitive baseline. This is used to measure potential cognitive changes in individuals exposed to a concussive event.

In the event of a traumatic brain injury, the baseline is used to determine changes in cognitive functioning for assessment of a service member's return to duty status.

Seeking treatment

The Air Force Family Advocacy Program implements programs to prevent and treat domestic abuse, child abuse and neglect. The program provides training, consultation services and program and policy development.

While nearly 50 percent of people with a treatable behavioral health disorder do not seek care from a behavioral health professional, 80 percent visit their primary care manager at least once annually.

The Air Force is changing primary care teams to better address behavioral health needs. The Behavioral Health Optimization Program is a primary care behavioral health program. Through BHOP, behavioral health personnel are integrated into primary care clinics to provide the right care. BHOP is available to all active-duty service members, retirees and their family members.

Internship program offers hands-on experience in military setting

STEVE WARNS | AIR FORCE CIVIL ENGINEER CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- Graduating college seniors interested in hands-on experience working with child and youth programs on military installations worldwide are encouraged to sign up for the Military Extension Internship Program (MEIP).

The MEIP enables students to integrate their schooling with more professional knowledge and skills gained through practical, real-world work experience within

functions of force support squadron and Airman and family services programs.

But there's a more important purpose, said Gerald Hires, the MEIP Air Force coordinator at the Air Force Services Activity.

"MEIP is designed to help the intern have a better appreciation for military families and some of the issues military families go through during a deployment," he said. "Interns see firsthand how children are affected when their parent is deployed. This experience allows interns to

put their college coursework to use in helping the children cope with the change."

In 2009, Purdue University was selected to oversee the program, which is an initiative of the Defense Department's Military Community and Family Policy Office, the military branches, National 4-H Council headquarters at the Department of Agriculture, and the Office of the Secretary of Defense. The program is open to graduating seniors or recent graduates who want to pursue a career working with children.

Since 2010, there have been 302 applicants, with 199 accepted and 32 placed in Air Force positions at various installations.

The 12-week internships are paid and responsibilities vary by installation, Hires said. Before they start their internship, program attendees go through a weeklong orientation where they are assigned a mentor for the duration of the internship.

Rick Banfield, who served as the program coordinator from October 2012 to January 2015, recommends the program but cautions it's not a fit for everybody.

"If you have a passion to work with the Air Force and children, chances are we can find an opportunity for you," Banfield said. "I tell them it's a 180-day job interview."

Excited for new adventure Monica Calderon, 22, admitted she took a "leap of faith" when she applied for the MEIP.

Calderon, who plans to graduate with a degree in human development and family studies from Indiana University upon completing the internship, has never been around the Air Force or military families. Her internship begins May 6 at Joint Base San Antonio-Randolph.

"I took the internship into consideration, but I didn't apply until a friend nagged me to do it," said Calderon, who was born in Houston but raised in South Bend, Indiana. "I'm excited to get accepted. I love working with youths, in particular at-risk youths."

"I never thought about working for the Air Force," said Calderon, who aspires to attend law school and work in the juvenile justice system. "My family members continuously ask me about it, but if I'm offered a job and I enjoy it, I say 'Why not?'"

Making the most of her internship

Julie Humberd knew she wanted to work in the Air Force after graduating with a degree in recreation administration from

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Continued on page 6



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CHIEF ANDERSON VISITS MINOT AFB

Chief Master Sgt. Marty Anderson, 8th Air Force command chief, visited Minot Air Force Base, N.D., April 26-27, 2016. Anderson toured various squadrons while giving speeches, answering Airmen's questions as well as coining a few airmen.

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





Test Pilot School

5TH FORCE SUPPORT SQUADRON
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The next annual United States Air Force Test Pilot School selection board will convene July 25-29, 2016 at the Air Force Personnel Center. TPS is the world's distinguished fixed-wing test pilot school. Graduates are future senior leaders who will be in high demand in an era of increasing combat

technological advancements. Pilots, combat systems officers, and engineers are trained to develop, test and evaluate the newest aircraft and weapons systems. Upon graduation, Airmen will be awarded a Master of Science degree in Flight Test Engineering by Air University, which is accredited by the Community College of the Air Force.

INTERNSHIP PROGRAM from page 3

Middle Tennessee State University in 2013.

Her father, Jesse, is a retired Airman who works as a security forces squadron's information technology manager at Arnold Air Force Base, Tennessee.

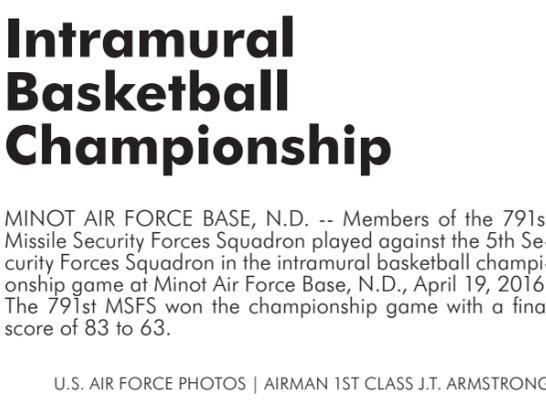
She went online and found MEIP. She applied, was accepted and completed an internship at Joint Base Charleston, South Carolina, in 2013.

"It narrowed down my focus and set me on the path," Humberd, 26, said of the internship. "I tell everybody about it, especially if you want to

work with children and youths and want to learn about the military and travel."

Humberd is now the outdoor recreation manager at Arnold AFB.

"It developed her professionalism and maturity," said Banfield, who interviewed Humberd for the internship. "I'm not going to say it was a night-and-day difference because she was mature when she went through her orientation. Now she has her own staff, and you can definitely tell the passion she had about it."



Intramural Basketball Championship

MINOT AIR FORCE BASE, N.D. -- Members of the 791st Missile Security Forces Squadron played against the 5th Security Forces Squadron in the intramural basketball championship game at Minot Air Force Base, N.D., April 19, 2016. The 791st MSFS won the championship game with a final score of 83 to 63.

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

Senior Airman

Joseph COLLINS

5th Civil Engineer Sq. COLUMBUS, OH

Warbird of the Week

What did you do before you joined the Air Force?

Enlisted right out of high school.

Hobbies or Interests

Video games, gunsmithing and going to the shooting range.

Most life changing experience

Enlisting. It was the first time I left home.

Where do you see yourself in 10 years

Gunsmithing for a top firearms company.

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

Be able to learn another language



Favorite quote

"The right man in the wrong place can make all the difference in the world."

- G-Man, Half Life 2

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May is National High Blood Pressure Awareness Month

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – May is National High Blood Pressure Awareness Month and the North Dakota Department of Health (NDDoH) Division of Chronic Disease wants residents to know their blood pressure numbers and work to keep their blood pressure under control.

According to the Centers for Disease Control (CDC), approximately one in three U.S. adults has high blood pressure. High blood pressure, also known as hypertension, usually has no signs or symptoms; hence, it is known as the silent killer. High blood pressure makes the heart work too hard and increases the risk of heart disease and stroke. Over 17 million people world-wide die each year from heart disease, making it the world's leading cause of death. Heart

disease, generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain, or a stroke.

There's only one way to know whether you have high blood pressure— have a doctor or other health professional measure it. Measuring your blood pressure is quick and painless. The American Heart Association defines normal blood pressure as less than 120/80 mmHg and recommends regular screenings starting at age 20. If your blood pressure is less than 120/80 mmHg, screening is recommended once every two years.

Eighty percent of heart disease is preventable, according to the American Heart Association. Simple lifestyle changes can have a life-saving impact

on reducing high blood pressure, and in turn, reducing the risk for heart disease and stroke.

Lifestyle changes that can reduce high blood pressure include: healthy eating, enough quality sleep, being physically active, quit smoking, managing stress, and knowing your numbers! To easily track blood pressure numbers, the American Heart Association has developed Heart360 (www.heart360.org), a free web-based tool that can be shared with your health care provider.

The NDDoH offers free educational materials to help people manage their blood pressure, eat healthier, become more physically active, and quit smoking. For more information, visit www.ndhealth.gov/heartstroke/ or call 1.800.280.5512.

How Long Can I Keep?

NORTH DAKOTA STATE UNIVERSITY

I was cleaning my refrigerator recently and noticed some food that has been in there for a while. I wondered, "How long can I keep ground beef, eggs, and leftovers? What about mayonnaise?"

For best quality and for safety, use perishable foods within several days or freeze. Uncooked eggs in their shells last for three to five weeks, while separated egg yolks or whites should be used within four days. Use leftover casseroles within four days and deli meat within five days. Use opened, refrigerated mayonnaise within two months.

Be sure your refrigerator and freezer keep your food at a safe temperature. Use a refrigerator thermometer to check if your refrigerator is maintaining the temperature

of your food at 40 degrees F or below. Your freezer should be set at 0 degrees F and should maintain the foods solidly frozen.

As to other food, the answer to the "how long" question depends on several factors: the type of food, length of time the food sat on the store shelf before you bought it, the temperature of the food while it was in the store, its packaging, how efficiently your refrigerator or freezer runs, and the temperature in your cupboards. While you can't control all these factors, there are some precautions you can take. For example, always read the package labels and buy the products with the most distant expiration dates. When you're shopping, buy perishable foods, like meats, last. In fact, you may want to organize your shopping

list so your perishables are at the bottom. At home, put purchase dates on packaging and rotate your food supplies on a regular basis. Be sure to always use the "first in, first out" rule.

The NDSU Extension Service has a publication that provides handling tips and recommendations for storing food in your cupboards, refrigerator or freezer. It is titled FN-579, Food Storage Guide; it can be found online at: <https://www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/food-storage-guide-answers-the-question-how-long-can-i-store-fn-579>

Beyond the guidelines, though, you still have to rely on some old-fashioned common sense. And remember the most basic of rules: When in doubt, throw it out!

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"There are about 140 species of mason bees in North America. All are solitary bees. The males do not have a stinger, and the females will only sting if trapped or squeezed. This makes them an ideal neighbor for the home garden, since they pose little to no threat of stinging."

– Gardener's Supply website

OK, the buzz about pollinators continues...

Think of this as a unique project for kids when they're bored – or adults for that matter.

Or think of this as a unique way to benefit wild-life – the kind that benefits people by pollinating much of the food us humans consume daily.

Think about building a bee hotel.

Yes, you read that correctly.

A bee hotel.

Yes there really are directions available for building bee hotels. A person can even buy them.

However, it's much easier and quicker to build a bee hotel than purchase one online or at a garden center.

One might justifiably ask why anyone would want to build a bee hotel.

Admittedly, that's an excellent question but there really are justifiable answers: Because pollinator populations are declining worldwide and this just might be one little thing the average person can do to make a difference in one's own corner of the world.

Granted, research shows that bee hotel occupancy isn't the greatest – anywhere from zero to 58 percent according to one United Kingdom study. Perhaps the way to consider this is that nesting occupancy isn't always the greatest in birdhouses, purple martin gourds and apartments, or other nest boxes.

Yet people still do what they can to help and that can apply to solitary nesting pollinators such as friendly little mason bees.

Here's a quick and easy way to build a bee hotel: Gather stems of thick-walled, hollow plants such as sunflowers, reeds, or if one wants to go the fancy garden stakes. The diameter of plant stems should be about five-sixteenth of

an inch.

Cut the stems so they're about 6 to 8 inches long and bundle together with twine or soft wire so bees can fly into the hollow openings.

Tie a loop at the top of the bundle and hang in a dry, sunny location.

Another, more long-lasting bee hotel design would be to build a wood frame out of 1 by 6- or 1 by 8-inch untreated board, screwing it together to make an open frame and filling it with stems. Cedar works well because it lasts longer than pine.

Suggested sizes range anywhere from 5 by 7 inches up to 8 by 11 inches – whatever a person wants to build. They can be square or rectangular, made to look like the top

is an overhanging roof, or the hollow stems could be placed in a large round, open-ended container such as a 6- or 8-inch diameter plastic pipe.

Add a picture frame hanger for more stability if using wood for the frame.

The bottom line is a bee hotel is quick and easy to make and it might help a few tiny critters who work hard pollinating many of the things people eat.

Just be sure to hang in sheltered south or southeast locations so they can warm in the morning. Clean and check them each spring.

Another advantage to attracting pollinators like mason bees is they're less likely to sting. Only female mason bees have stingers. They only sting if trapped and under extreme duress.

Mason bees and other pollinators using structures like bee hotels are solitary nesters compared to honey bees nesting in colonies.

More information is available on the Xerces Society website, (http://www.xerces.org/wp-content/uploads/2008/11/nests_for_native_bees_fact_sheet_xerces_society.pdf).

THE TOP 12 PLACES FOR GREAT SOUL FOOD IN THE SOUTHERN STATES



#3

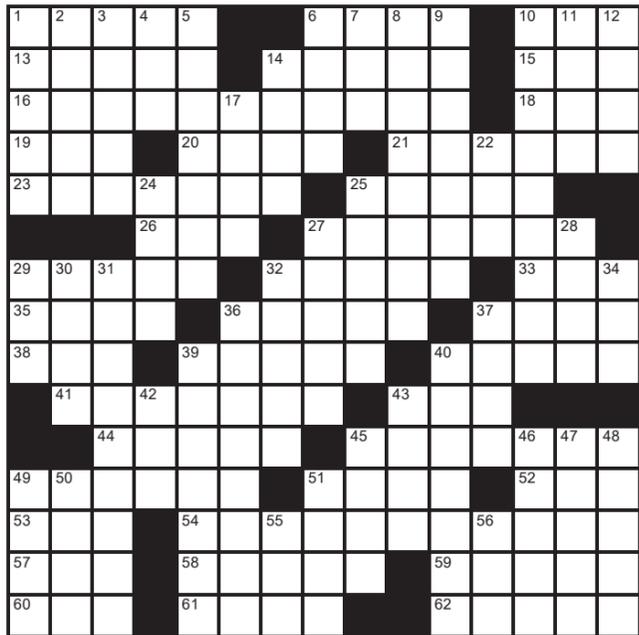
MARTHA LOU'S KITCHEN - CHARLESTON, SC

Martha Lou's Kitchen is a landmark in Charleston, South Carolina. The bright pink exterior gives you an idea that this is no run-of-the-mill restaurant. Nope, Martha Lou's is one of the finest soul food stops around, with praise coming in from the likes of the New York Times, Southern Living, Martha Stewart and the Travel Channel. Martha Lou Gadsden has 30 years of experience cooking up quality soul food with recipes learned from her mother. The menu changes daily, with a choice of meats and a couple of sides – expect lots of fried chicken, pork chops, chitterlings, beef stew, and barbecue ribs, all with white rice, backed macaroni, corn bread, and lima beans.

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CROSSWORD PUZZLE

Small Bites



Across

- 1 Follow, as a tip
- 6 Statutes
- 10 One of the five W's
- 13 Astronomer Tycho
- 14 Nickname for Baryshnikov
- 15 Alternative to Bowser
- 16 Reverence for greatness
- 18 "The best things in life ___ free"
- 19 Pick, with "for"
- 20 Pound, e.g.
- 21 Hog haven
- 23 Answer
- 25 Clean up, in a way
- 26 The nineties, for one
- 27 Classic muscle car
- 29 Source of strength
- 32 Gounod opera
- 33 ___ Rogers (fast food chain)
- 35 Eschew
- 36 Meal where you might get this puzzle's theme answers
- 37 Houston baseballer, for short
- 38 Stop on a crawl
- 38 Stop on a crawl
- 39 Supersized
- 40 Louisiana water
- 41 Birth announcement
- 43 Strive
- 44 Exterior
- 45 Joints
- 49 Guard
- 51 Netman Nastase
- 52 "The Simpsons" bartender
- 53 One of the Gabors
- 54 Fictional, but realistic
- 57 Nothing
- 60 Commercials
- 61 Torah holders
- 62 Those in favor
- 9 Discerning
- 10 End-of-filming gala
- 11 "Try this!"
- 12 Farm team
- 14 TV steed
- 17 Chaplin of "Game of Thrones"
- 22 Some appliances
- 24 Hammer part
- 25 Actor Willis
- 27 Sharp-tasting
- 28 1960's-'70's Italian P.M.
- 22 Some appliances
- 24 Hammer part
- 25 Actor Willis
- 27 Sharp-tasting
- 28 1960's-'70's Italian P.M.
- 29 Nile viper
- 30 Feng ___ (art of placement)
- 31 Partial sum, e.g.
- 32 Uproar
- 34 "___ rang?"
- 36 Namer
- 37 "___ who?"

Down

- 1 Dislike, and then some
- 2 Kind of sole
- 3 Small pastries
- 4 Cry of surprise
- 5 Rhode Island city
- 6 Enumerate
- 7 Ember coating
- 8 Rear-ender injury

Solution to last week's Crossword puzzle.



Jungle Love

Disney scores again with spectacular retool of Rudyard Kipling classic

NEIL POND | PARADE MAGAZINE

British author Rudyard Kipling wrote the stories that came to be known collectively as *The Jungle Book* more than a century ago, setting the best-known of the tales in India, where he'd spent his early childhood. It entered the pop-cultural mainstream in 1967 when Walt Disney turned *The Jungle Book* into a full-length animated musical children's comedy.

Things have certainly changed in the world—and in the world of filmmaking—since then. Director Jon Favreau has steered steely summer blockbusters (the Iron Man franchise) as well as fluffier family fare (*Elf*), so he was a wise choice—by Disney, again, 40 years down the road—to retool Kipling's ripping, roaring allegorical fable for a new generation of moviegoers weaned on spectacle as well as sentiment.

The Jungle Book is the tale of a young boy, Mowgli, raised by a pack of wolves. All is well until a fearsome tiger—bearing horrific scars that remind him of what humans can do—catches the scent of the "man cub." With his life in danger, and knowing that his very presence is a threat to the other creatures, Mowgli begins a journey to rejoin human

civilization.

But the trip isn't an easy one, as Mowgli learns more about himself and the meaning of friends, family and the "law of the jungle."

The biggest spectacle the new *Jungle Book* is the sight of Mowgli (newcomer Neel Sethi, the only human, flesh-and-blood actor onscreen for the entire film, except for a fleeting flashback) in a jungle teeming with wild animals. But none of them are real—they're all digital effects, down to the last bit of fur, fang and feather.

And not only do they look, move and "behave" like real animals, they also talk—constantly. Remember the computer-generated tiger in *Life of Pi*? Well, imagine it conversing with Pi, and with every other living thing it encounters. Around *The Jungle Book*'s watering hole, the DirectTV horse, Smokey Bear, the GEICO gecko and Tony the Tiger would feel right at home.

The effects in *The Jungle Book* are so casually spectacular, you even forget they're effects. You become so completely, convincingly immersed in the realistic, storybook world, just like Mowgli, it doesn't seem unnatural that a menagerie of creatures can speak—or sing—just as easily as they can growl, prowl, crawl or climb.

The all-star animal voices belong to Bill Murray (the slothful bear Baloo), Scarlett

Johannson (the seductive snake Kaa), Lupita Nyong'o (the nurturing wolf Rakasa), Idris Elba (the vengeful tiger Shere Khan), Christopher Walken (the monstrous ape King Louie) Ben Kingsley (the protective panther Bagheera) and the late Gary Shandling (a comically possessive porcupine). Giancarlo Esposito, who plays Sidney Glass in TV's *Once Upon a Time*, provides the voice of alpha wolf Akela.

It's rated PG, but there are periods of action, peril and intensity that might be a bit much for very young viewers—especially if their parents, or grandparents, bring them into this *Jungle* with sugarplum visions of the candy-coated, song-and-dance Disney version. This isn't that movie; it's darker, more dangerous—and far superior, in almost every way.

It's the same jungle Rudyard Kipling described 120 years ago, and it's even got a trio of familiar soundtrack tunes ("Trust in Me," "The Bare Necessities" and a reworked "I Wanna Be Like You") from 1967. But it's come to life in remarkable, resounding new technological, 21st century leaps and bounds. With this outstanding upgrade to yet another childhood classic, Kipling still gets a writing credit, but Disney—as it usually does—again gets the final word.

SUDOKU Solution to puzzle on page 18

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

DAKRATS BY GREG DRAIN

I JUST GOT TWO SPEEDING TICKETS IN LESS THAN TEN MINUTES!

HOW COULD YOU POSSIBLY HAVE DONE THAT?

A STATE TROOPER WAS HIDING AT THE SOUTH GATE AS I WAS COMING BACK TO BASE, BUT I HAD ONLY BEEN DOING 75 THE WHOLE WAY BACK ONCE I HAD LEFT TOWN!

IDIOT! THE SPEED LIMIT IN FRONT OF THE BASE IS ONLY 55!

OH, SO HE WAS RIGHT. I ARGUED THAT BUT LOST. WELL, JUST TO MAKE HIM HAPPY, I MADE SURE I DID 55 ALL THE WAY TO THE MAIN GATE.

PLEASE TELL ME YOU DIDN'T GO 55 ONCE YOU TURNED ONTO THE ROAD THAT GOES TO THE MAIN GATE.

OF COURSE NOT. I DROPPED TO 30, SINCE THAT IS THE BASE SPEED LIMIT.

BEN, THE SPEED LIMIT ON EACH SIDE OF THE GATE IS 15.

OH, SO THE SECURITY FORCES GUY WAS RIGHT, TOO. I GUESS HE WASN'T KIDDING ABOUT ME NEEDING A RIDE TO WORK TOMORROW.

THAT'S REALLY OUT THERE. YOU'VE GOT TO BE SURE YOU'VE POSTED A RIDE TO WORK TOMORROW.



Salted Caramel Chocolate Chip Cookies



INGREDIENTS:

- 12 tablespoons butter, softened
- 3/4 cup brown sugar
- 1/4 cup sugar
- 1 teaspoon vanilla
- 1 egg
- 2 cups flour
- 1 small box instant vanilla pudding mix - dry, not prepared (one 3.4 ounce box, it must be INSTANT - not cook and serve, etc)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups semi sweet chocolate chips
- 24 soft caramels (such as Kraft square caramels, unwrapped)
- optional: coarse sea salt

INSTRUCTIONS:

Start by beating butter and sugars together for 1-2 minutes until very fluffy. Add vanilla and egg and mix well. In a separate bowl whisk together flour, pudding mix, baking soda, and salt. Add dry ingredients to wet ingredients and mix until incorporated and dough comes together. Stir in chocolate chips. Cover and chill for at least 1 hour. Preheat oven to 350 and very lightly grease baking sheets. (I lightly mist mine with cooking spray, then wipe it off with a paper towel, too much grease will yield very flat cookies!) Roll about 3-4 tablespoons of the chocolate chip cookie dough into a ball, then repeat with 3-4 more tablespoons of dough. Press a caramel square into the center of one dough ball. Gently smash the two dough balls together and roll into one single ball. Repeat with remaining dough and place dough balls at least 3-4 inches apart on the baking sheet. Poke additional chocolate chips into the top of each cookie if desired (this is just for looks). Bake cookies for 10-13 minutes until set but still slightly undercooked. Remove from oven and (optional) sprinkle immediately with coarse sea salt (highly recommended!). Allow to cool at least 10 minutes on baking sheet, then transfer to a cooling rack and allow to completely cool to room temperature. Store in airtight container.



Artist Justin Stevenson works on one of the large-scale charcoal portraits from his exhibit "Archetypes" which will be on display at the Northwest Art Center's Hartnett Hall Gallery May 12 through June 9.

"ARCHETYPES"

Portrait Show at Northwest Art Center

NW ART CENTER MINOT STATE UNIVERSITY

MSU senior art major Justin Stevenson presents "Archetypes," a series of large-scale charcoal drawings inspired by role playing games, May 12 through June 9, 2016 at the Northwest Art Center's Hartnett Hall Gallery. Opening reception with the artist is May 12, 6:30 - 8:00 p.m. at the gallery. Stevenson explores character types commonly

found in fantasy and sci-fi video games and books, reinterpreting them with a contemporary twist in four-foot by six-foot charcoal portraits. Stevenson says he enjoys "the poetic uber-drama that often accompanies fantasy" and he is inspired by games such as Dungeons and Dragons, Magic the Gathering, and World of Warcraft, as well as Tolkien's Lord of the Rings.

Stevenson is pursuing his BA at Minot State University, has completed a graphic design internship at iWerx Advertising in Minot, and is currently employed at Marketplace Foods. Stevenson's work has been exhibited in Northwest Arts Center Juried Student Shows, earning a Merit Award in 2015. The exhibit and reception are free and open to the public.

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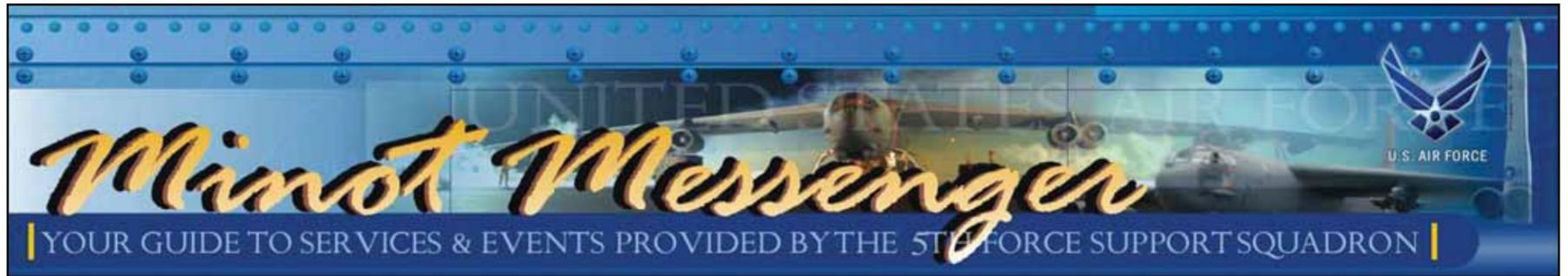
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Celebrate Mother's Day With A Variety Of 5 FSS Events

Mother's Day Brunch
 Sunday, May 8th
 10:30am-1:30pm
 Bring mom to brunch and enjoy our large selection of both breakfast and dinner items. Omelet bar, waffle bar, salad bar, carved prime rib, entrée line and much more! Extra special desserts for mom. First 100 moms receive a plant.

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

723-3731

You'll find a variety of Mother's Day events at 5th Force Support Squadron facilities this year. Enjoy a delicious Sunday Brunch or fun events for Mom and the entire family.

MOTHER'S DAY BOWLING SPECIAL

May 7th - Rough Rider Lanes

Celebrate Mother's Day a little early by enjoying the Mother's Day bowling special at Rough Rider Lanes on Saturday, May 7th from 6-11 p.m. Mom's can bowl up to 3 games FREE and receive a FREE shoe rental. Family members bowl for \$2.50 per

game and \$2 a shoe rental. Call Rough Rider Lanes at 727-4715 for more details.

MOTHER'S DAY GOLF SPECIAL

May 8th - Rough Rider Golf Course

Bring mom to the Rough Rider Golf Course on Sunday, May 8th from 10 a.m. to 3 p.m. for a FREE 15 minute lesson if accompanied by family members. Mom can play 9 holes of golf for FREE and other family members pay regular cost. For additional information, call the Rough Rider Golf Course at 723-3164.

MOTHER'S DAY SUNDAY BRUNCH

May 8th - Jimmy Doolittle Center

The Doolittle Center is hosting a special Mother's Day Sunday Brunch on May 8th from 10:30 a.m. to 1:30 p.m. Come enjoy the delicious Sunday brunch menu featuring a large selection of both breakfast and lunch items including an omelet bar, waffle bar, salad bar, carved prime rib, entree line and much more. The first 100 moms will receive a FREE plant to take home. Cost is \$15.95 for club members and \$18.95 for non-members. Children ages 6-12 are \$6.95 and 5 and under are free. For more details, call the Jimmy Doolittle Center at 723-3731.

Over \$4,000 In Prizes During Spring Showcase For Spouses

GRAB YOUR FRIENDS *And Book Your Sitters!*
 It's time for the **2016 Spring Showcase for SPOUSES**
 May 12th
 6-8:30 PM at the JDC
 SPONSORED BY USAA
 HORS D'OEUVRES & GIVEAWAYS GALORE!
 OVER 50 VENDORS
 With everything for your home & health, plus a few that are just fun!

Less than a week remains until the annual Spring Showcase for Spouses. This year's Spring Showcase for Spouses is packed with many of the favorite booths from past shows as well as numerous new exhibitors. The annual event provides guests an informative and fun-filled social evening. The Spring Showcase for Spouses will be held at the Jimmy Doolittle Center on Thursday, May 12th from 6-8:30 p.m.

This year's extravaganza will be overflowing with over 50 booths showcasing a wide variety of products and services available on base and from exhibitors throughout Minot and the surrounding area. Among the offerings featured at this year's showcase is home décor, fashion and jewelry items, health, wellness, beauty products and services, and much more.

You can stroll through the numerous exhibitor's booths and register for over \$4,000 in terrific door prizes and complimentary items. Guests are en-

couraged to visit each booth and register for their prize giveaway. You must be 18 years of age or older to register.

This year's Spring Showcase for Spouses is sponsored in part by USAA. The following is a listing of some of the businesses who are planning to attend and have a booth display: AAFES-Main Store, AT&T, Caribbean Color, Classical Conversations, Coldwell Banker 1st Minot Realty, Commissary, doTerra, Drops of Heaven Bakery, Freedom Financial Group, FSS Airman & Family Readiness Center, FSS Community Services Flight, FSS Human Resources, Gorilla Games, HAWC (Health & Wellness Center), Juice Plus+, K & M Lula Roe, LeeLyn Swe3tz, Leilani's Spa & Salon, Lily Bug Hugs Boutique/Photography, Love on a Leash, Mary Kay, Minot AFB Homes, Minot Enlisted Spouses Club, Minot Officer's Spouses Club, Montessori of Minot, Nana's Cheesecakes, Neal's Yard Remedies, Nerium, Norwex, Pampered Chef, People's Choice, Perfectly Posh, Pink Zebra, Plexus, Pruvit, Rodan & Fields, Scentsy, Send Out Cards, Sexual Assault Prevention & Response, Tea Parties for You, Thirty-One, Touchstone Crystal Jewelry, Tupperware, ViVi, Wildtree, Young Living Essential Oils, and Younique. *No Federal Endorsement Of Sponsors Intended.*

While exploring the Spring Showcase For Spouses, guests can enjoy a delicious array of complimentary hors d'oeuvres and desserts. There will be a cash bar available. For additional information, call the Doolittle Center at 723-3731 or the 5th Force Support Marketing office at 723-6718.

Get Ready For Summer At The Outdoor Rec Open House

OUTDOOR RECREATION OPEN HOUSE
 REGISTER TO WIN A FREE CAMPER OR BOAT RENTAL
 MAY 18
 5-7 PM
 Come see what Outdoor Recreation has to offer for all your summer adventures. Free hot dogs, chips and drinks for everyone! Get out and recreation with us.
 FREE HOT DOGS WHILE THEY LAST
 723-3648

Come out and see everything Outdoor Recreation offers for all your summer adventures during their Open House on Wednesday, May 18th from 5-7 p.m. Enjoy free hot dogs, chips, and drinks while supplies last. Plus be sure to register for a chance to win a free camper or boat rental. Need not be present to win. The Outdoor Rec Open House is sponsored by Sport Specialties. *No Federal Endorsement of Sponsor Intended.* For additional details, contact Outdoor Rec at 723-3648.

Register Online Now For America's Armed Forces Kids Run

The Youth Center invites Minot AFB children age 3 and older to participate in this year's 16th annual America's Armed Forces Kids Run on Saturday, May 21st at 6 p.m.

Youth age 5 and older should register online at www.americaskidsrun.org. Youth ages 3 and 4, as well as participants who have not registered on-line must register on-site, May 21st at the Youth Center. Walk-in registration for youth begins at 5 p.m. All runners must check-in. Youth ages 9 and older will run two miles, youth ages 7 and 8 will run one mile, and youth ages 3-6 will run a half mile. Adults can enjoy a 5K run. All runners will receive shirts and ribbons while supplies last. Volunteers are needed to assist in helping organize and conduct the run. Call the Youth Center at 723-2838 for additional details or to sign-up to volunteer.

Cinco de Mayo Celebration
 May 6 - 5-7 p.m. - Doolittle Center
 Club Members: FREE Non-Members: \$7
 Adults Only

BINGO
 AT THE GROUND ZERO LOUNGE

RULES Only club members or their bona fide guests will be allowed to participate Minimum of 12 players ADULTS ONLY	DATES/TIMES MAY 6 JUNE 3 • JULY 8 5pm • 6pm • 7pm	COST Cards will be on sale 30 minutes prior to the start of the game. Cards cost \$1.00 each or 6 for \$5.00 Payouts: regular game straight or four corners is \$10 Coverall is \$250 (beginning at 52 numbers progressing weekly) with a \$50 consolation prize
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723-3731

APPLY NOW FOR SUMMER HIRE LIFEGUARD POSITIONS

Recreation Assistant, GS-0189-02 <https://www.usajobs.gov/GetJob/ViewDetails/435275300/>

Recreation Aid, GS-0189-03 <https://www.usajobs.gov/GetJob/ViewDetails/435103700/>

FAMILY and YOUTH EVENTS & PROGRAMS

May 7 Minot AFB Dance & Tumbling Spring Recital

Minot AFB personnel are invited to the Dance & Tumbling Spring Recital at the Base Theater on Saturday, May 7th beginning at 3 p.m. Enjoy all classes performing all styles of dance including tap, jazz, tumbling, and more. Doors open at 2:30 p.m. for this FREE event. For additional information, contact the David C. Jones Youth Center at 723-2838.

May 10 Family Fun Night With Snow White

Rough Riders has a very special Family Fun Night scheduled for Tuesday, May 10th. Children can meet the Snow White character and enjoy face painting and games from 5-6:30 p.m. at Lil Riders Playland. Plus Rough Riders is offering terrific Family Fun Night specials 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. For more details, call Rough Riders at 727-4377.

May 14 Superhero Saturday

Celebrate Superhero Saturday at the base library on Saturday, May 14th beginning at 1 p.m. Children of all ages can listen to stories about their favorite superheroes, superhero visitors, and enjoy a variety of superhero crafts and activities. Costume wearers are welcome. Kids won't want to miss this FREE event. Superhero Saturday is sponsored by Minot AFB Homes and Super Duper Fun Time. *No Federal Endorsement of Sponsor Intended.* For more information, call the base library at 723-3344.

May 19 Creative Kids Class

Spend the morning with your preschooler having fun decorating a T-shirt you can take home with you during the Creative Kids class at the Arts & Crafts Center on Thursday, May 19th from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. For more details, call 723-3640.

Buy Your Tickets Now For Mother & Son STOMP

The Jimmy Doolittle Center is giving moms and sons an opportunity to make a lasting memory during their Mother & Son S.T.O.M.P. (Son Takes Out Mom Party) on Thursday, May 19th. The event will be held at the Doolittle Center from 5:30-8 p.m.

The Mother & Son S.T.O.M.P. provides mothers a chance to share an evening with their son that they will never forget. This year's event features a "Take Mom Out To The Ball Game" theme and includes dinner, dancing, and other fun activities. Each son will receive a bat, ball, baseball cap to decorate, and free digital photo of the mother and son.

Tickets for the Mother & Son S.T.O.M.P. are \$30 per couple (mother and son) for club members and \$35 per couple for non-members. Each additional child is \$10, for moms with more than one son. Tickets can be purchased at the Jimmy Doolittle Center. For additional details, call 723-3731.

YOUNG AIRMEN EVENTS & PROGRAMS

May 6 Cinco de Mayo At Rockers

Rockers Bar & Grill invites you to celebrate Cinco de Mayo Minot style on Friday, May 6th from 4:30-7 p.m. Club members enjoy a free Mexican buffet and drink specials in the lounge. Buffet cost for non-members is \$7. Adults only. Call Rockers Bar & Grill at 727-ROCK for more information.

May 6 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 6th 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.

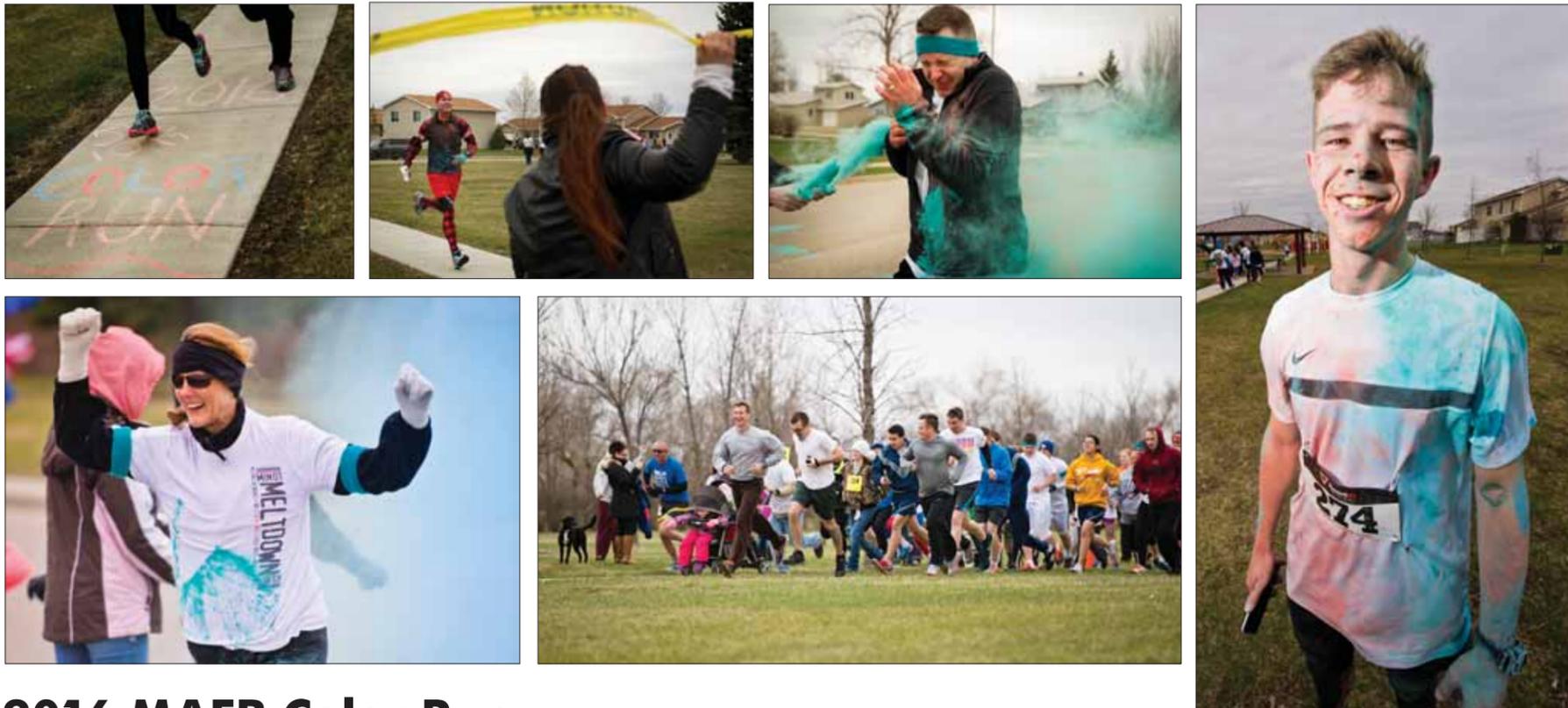
May 14 80's & 90's Night At Rockers

Rockers Bar & Grill invites you to jump aboard their time machine and take a trip back during the 80's & 90's Night on Saturday, May 14th from 9 p.m. - 1 a.m. Dress the night! Be Madonna or Pretty In Pink. Cost is free for club members and \$7 for non-members. For more details, call Rockers Bar & Grill at 727-ROCK.

The Walking Dead Bowling League Starts May 12th - Register Now At The Bowling Center

For 5th Force Support Job Opportunities, visit www.nafjobs.org

Visit our website at www.5thforcesupport.com



2016 MAFB Color Run

The 5th Medical Group and Health and Wellness Center hosted its third annual 5k/10k Meltdown Color Fun Run on Minot Air Force Base, N.D., April 27, 2016. Approximately 175 runners participated in the event which was held to raise awareness for sexual assault, alcohol awareness and child abuse prevention. Color run T-shirt sales raised over \$300 which will be used to support the Sexual Assault Prevention and Response program, Alcohol and Drug Abuse Prevention and Treatment program and the Family Advocacy Program.

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TODAY

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Cinco De Mayo, 1630-1900, Rockers Bar & Grill
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Cinco De Mayo, 1700-1900, Jimmy Doolittle Center
- Bingo at the Ground Zero Lounge, Games at 1700, 1800, & 1900, Jimmy Doolittle Center
- Give Parents A Break, 1800-2200, CDC/School Age Program
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2000-2300, Rough Rider Lanes

SATURDAY

- Minot AFB Dance & Tumbling Recital, Doors open 1430, Show starts 1500, Base Theater
- Yoga, 1000, Fitness Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Mother's Day Special, 1800-2300, Bowling Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

SUNDAY

- Mother's Day Golf Special, 1000-1500, Golf Course
- Mother's Day Brunch, 1030-1330, Jimmy Doolittle Center

MONDAY

- Youth Tumbling Classes, Hours vary by age, Youth Center
- Youth Karate Classes, Hours vary by age, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Yoga, 1830, Fitness Center
- Cycle, 1930, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Yoga, 1615, Fitness Center
- Family Fun Night with Snow White, 1700-1830, Rough Riders Pizza
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 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

- Youth Karate Classes, Hours vary by age, Youth Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Spouse Orientation, 0930-1400, A&FRC, Held at the Jimmy Doolittle Center
- Stroller Fitness, 0930, Youth Center
- Story Time, Every Wed, 1030, Base Library
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight CORE, 1130, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle+Strength, 1630, Fitness Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center, (18 years & older)
- Yoga, 1830, Fitness Center

THURSDAY

- Youth Center Dance & Tumbling Classes, Every Thursday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- 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
- Spring Showcase for Spouses, 1800-2030, Jimmy Doolittle Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- The Walking Dead Have a Ball League, Begins 1830, Bowling Center
- Body Blast, 1830, Fitness Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - MAY 13

- Last Day to register for Operation Heroes Family Deployment Event at the Youth Center
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Club Membership Cash Drawing, 1730-1830, Jimmy Doolittle Center & Rockers Bar & Grill
- Grill Your Own Steak Night, 1700-1900, Jimmy Doolittle Center
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2000-2300, Rough Rider Lanes

UPCOMING EVENTS - MAY 14

- Yoga, 1000, Fitness Center
- Chess Club, 1100, Base Library
- Superhero Saturday, 1300, Base Library
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center
- 80's/90's Night, 2100-0100, Rockers Bar & Grill

ONGOING EVENTS

- Rough Riders Monthly Pizza Special. May Special - Garlic Spinach Chicken Pesto. Garlic seasoned crust and tasty pesto sauce loaded with seasoned chicken, spinach, tomatoes, and red onions. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal - Pesto seasoned chicken, red onions with melted provolone cheese. Topped with fresh spinach leaves and tomatoes; served with a side of sauce. \$8.50 includes a side and drink
- Auto Hobby Monthly Special. May 3rd-15th Small Engine Service. Bring in any small engine equipment and staff will change the oil & filter, spark plugs, adjust carburetor (where applicable), clean air filter, & grease all fittings. \$27.50 + parts - Walk Behind. \$45 + parts - Riding Tractors. May 17th-31st Free Stall Fee with Purchase. Buy minimum 5 quarts oil and filter, get one hour stall fee free

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

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course

Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

PARK UNIVERSITY SUMMER 2016 REGISTRATION IS NOW OPEN!!

Park University's Summer 2016 term (6 June 2016 - 31 July 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!!!!

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 Summer 2016 term (31 May-1 Aug). To sign up for Undergraduate and Graduate courses 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

27TH ANNUAL SPRING HONOR DANCE & POWWOW CELEBRATION 5/06/2016 10:00 AM - 5/07/2016 11:00 PM

Minot State University Dome. This Spring Honor Dance & Powwow Celebration is an annual event and one of the largest student led activities on campus. It is a time where we come together to honor the 2016 graduating class. There is contest dancing, specials, vendors, and a food booth. The host drum is Western Dakota, MC is Charlie Moran, and the Arena Director is Donovan Abbey. Doors open at 10 am, food booth open at 11 am, Grand Entry (parade of participants) times are 1 pm and 7 pm each day.

SUMMER GETAWAY DINNER 5/06/2016 6:00 PM

Knights of Columbus Club, Minot. Dinner with live entertainment, sponsored by St. Therese, Church of the Little Flower. Social hour with wine and cheese begins at 6:00 pm, dinner at 7:00 pm with Eye of Round Roast Beef and Chicken Cordon Bleu. Tickets \$50 in advance at Little Flower Parish Office, 800 University Ave W, Minot during office hours or after weekend Mass. Purchase includes a chance to win a \$1,000 Summer Getaway travel package for two to Medora including Two nights at Rough Riders Hotel, Medora Musical, gift cards, travel bag and two rounds of golf at Bully Pulpit. Other items including pewter rodeo statues will be auctioned off the night of the dinner. For more information or to order tickets, contact the Little Flower Church parish office at 838-1520.

THE GOSPEL SIDE OF ELVIS WITH THE BLACKWOOD QUARTET 5/06/2016 7:00 PM

FFA Building at North Dakota State Fairgrounds. The Gospel Side of Elvis with the Blackwood Quartet is coming to Minot, ND!!! The Blackwood family has received 9 Grammy Awards, is in the Grammy Hall of Fame, The Memphis Music Hall of Fame, The Nashville Music Hall of Fame, The Southern Gospel Music Hall of Fame and many more! Bill Gaither has said "The Blackwood name is the best known name in gospel music worldwide" Cecil Blackwood was a childhood friend of Elvis Presley. They attended Sunday school together and formed their first gospel quartet called "The Songfellas", long before Elvis went on to become the King of Rock 'n Roll. The association between the two families was lifelong. In 1958 Elvis sent a plane to North Carolina and brought the Blackwoods to sing at his mothers funeral. James Blackwood would sing "How Great Thou Art" at Elvis' Funeral. Ron Blackwood knew Elvis Presley personally, he went to church with him and was also J.D. Sumner and The Stamps Quartet's business manager for years. He knew the personal side of Elvis, he saw him when he was off stage, he knew Elvis and Elvis idolized his family and wanted to sing with them. Elvis was given that opportunity to sing with the Blackwoods after the crash that killed RW Blackwood. Elvis had already signed a contract with Sun Records and was unable to sing with the Blackwood Brothers Quartet. Even though his life took a different turn he never stopped loving Gospel Music or the Blackwood Family. He even insisted on the Blackwood Brothers Quartet singing at his mother's funeral. Millions still love and adore the memories of Elvis Presley. Today Mark Blackwood fronts The Blackwood Quartet and continues the tradition of his family and their association with Elvis Presley. In The Gospel Side of Elvis the group performs Presleys personal favorites including Amazing Grace, You'll Never Walk Alone, and Crying In The Chapel. The incredible songs, the amazing stories, the history of a legend all comes to the stage first hand in THE GOSPEL SIDE OF ELVIS Starring the BLACKWOOD QUARTET AND SHOWCASING DANNY ELVIS! The Blackwood Quartet presents the "GOSPEL SIDE OF ELVIS" using some of the top Elvis Tribute Artist in the World. Ron Blackwood and Mark Blackwood have enlisted Dan Wagner of "The Danny Elvis Show" to perform as Elvis in their show. The Blackwoods and Danny are carrying on the memory of Elvis with "The Gospel Music of Elvis Presley Celebration!" This Legendary Concert Event will feature not only the greatest gospel hits of the Blackwoods but Elvis's Greatest Hits as well! Danny Elvis has performed in Branson, MO at The Dick Clark Theatre, Elvis FanFest in Portage, IN, The Worlds Largest Airshow with Aaron Tippin and many great venues across the country. Danny is performing in the "Images of a King" Show in

Las Vegas this summer. Elvis's own Tour Manager Joe Esposito has said "Danny is just Great!" You won't want to miss this once in a lifetime concert event!!! The Blackwood Quartet tours regularly and brings the word of Christ through song, to both believers and non-believers alike. The quartet has had the privilege of performing with Willie Nelson and many other great artists. The Blackwoods have performed in many "SOLD OUT" Shows. The last show with Danny Elvis sold out fast so get your tickets early!!! You can get tickets by logging on to brownpapertickets.com keyword Blackwood Quartet or Danny Elvis and it will take you to the ticket purchasing page. TICKETS ARE ON SALE NOW!!! Jacobsen Music and Budget Music and Video.

FAMILY NIGHT AT THE MUSEUM 5/06/2016 6:00 PM

2 N Main St. Does the Taube Museum have Ghosts? Find out at the Family Night at the Museum! (Minot) Creativity is the cornerstone for children's imagination! The Taube Museum of Art is pleased to host Family Night at the Museum, a new fundraiser to help kick off the summer art classes at the Taube Museum of Art. There is even the possibility of an appearance by the museum's ghost, which is said to roam the galleries! Family Night at the Museum will be held on Friday, May 6th from 6 - 9 pm. This exciting new event will be 'fun for all ages' and is going to be an evening filled with dinosaur themed art activity stations, as well as other art activities based on the movie Night at the Museum. There will also be entertainment, photo opportunities, a scavenger hunt, face painting, temporary tattoos, enticing food, story time, and a movie viewing. Staff and volunteers will be dressed in costume, based on the movie, to help lend an authentic atmosphere to the event. Fees for this fun filled, open house style fundraiser are \$38.00 per family (of four) or \$10 per person, which is less than taking your family to the movies! Every child will go home with great projects and event favors! Executive Director, Nancy Walter states, "The museum staff designed the event as way to share the mysteries of the Museum with families already familiar with the museum, as well as for families entering the doors for the first time. We are excited to bring this opportunity to your community!" This is an opportunity for families to learn about the rich history of the Taube Museum in a fun filled environment. Funding from this event will be used for continued arts programming to help fulfill their mission of enriching lives through the visual arts. This event is made possible with support from the Minot Area Community Foundation and Dakota Outdoor Advertising. Museum and Gift Shop hours: Tues - Fri 10:30 - 5:30 pm, Sat 11:00 am - 4:00 pm or by special appointment. For further information contact Doug Pfliger, Gallery Manager, Taube Museum of Art, 701-838-4445.

THE FANTASTICKS BY TOM JONES AND HARVEY SCHMIDT 5/06/2016 7:30 PM

Mouse River Players Community Theatre. The longest-running off-Broadway show in history takes the audience into the world of neighbors, young love and loss, and the importance of family. Join us in closing out our 45th Season with an intimate nostalgic look at an earlier time and such well-loved songs as "Plant a Radish", "Round and Round", and "Try to Remember". -- Tickets and reservations available at (701) 838-3939 or www.mouseriverplayers.org

MINOT FLEA MARKET 5/07/2016 8:00 AM - 5/08/2016 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!

11TH ANNUAL BLT DAY - DAKOTA BOYS & GIRLS RANCH 5/07/2016 9:00 AM

6301 19 Ave NW, Minot, ND. Dakota Boys and Girls Ranch will welcome guests of all ages at its 11th annual BLT Day Saturday, May 7, at the Minot Campus, 6301 19 Ave. N.W. BLT

Day Schedule: 9 a.m. - 3 p.m. Sales of vegetable and floral plants, ornamental grasses, herbs, succulents and hanging plants. Bring your planter, we'll help you plant the flowers you select. BLT Luncheon from 11 .m. - 1 p.m. \$7/per person; \$15 families of 3 or more. Serving BLT sandwiches, salads, soup, desserts and refreshments. 12 Noon there will be a short program, Live Music by Zelda Hutzenbeler, Dakota Cruisers will display their vintage automobiles during the event and there will be an Open House in the Verendrye Electric Technology Greenhouse. The Verendrye Electric Greenhouse Technology Program is an educational tool for residents ages 10-18 at Dakota Boys and Girls Ranch. The children served at the ranch most often come without a history of gardening or greenhouse activities. By providing students with the opportunity to explore these topics, they will build knowledge to carry back to their families.

MOTHER'S DAY CELEBRATION CRAFT SHOW 5/07/2016 9:00 AM

Minot State Fairground Center. Come get your Mother's Day gifts in one location and shop from over 100 Crafters and Vendors. From jewelry, candles, home décor, baked goods, toys and so much more! And get some lunch while you shop! Located at the North Dakota State Fair Center. 4H Building. Admission is ONLY \$1.00. Children 10 and under are FREE! Booth inquiry, please email me at purely_scentuous@yahoo.com

MOTHER'S DAY CELEBRATION CRAFT & VENDOR SHOW 5/07/2016 9:00 AM

North Dakota State Fair Center. Admission is \$1.00, Kids ages 10 and under are FREE Mother's Day carnations will be handed out the morning of show, while supplies last. For more information or vendor inquiry please contact show manager at purely_scentuous@yahoo.com.

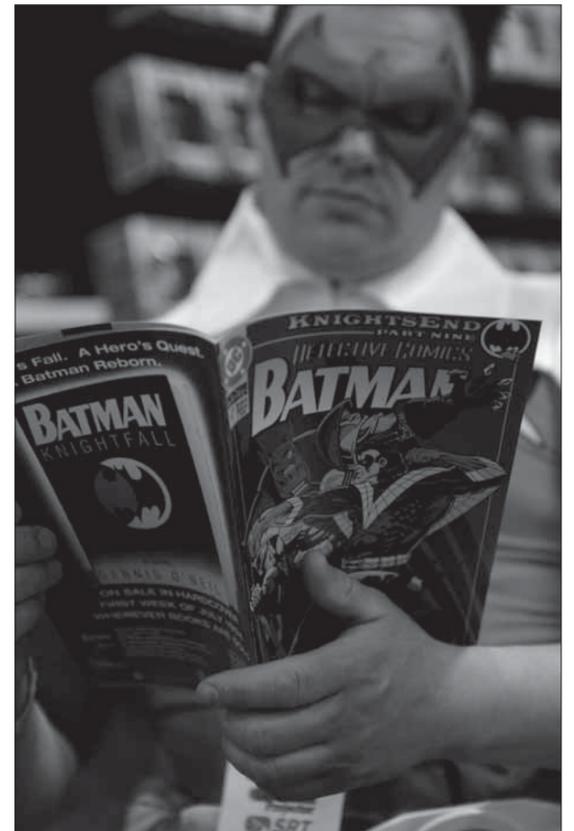
WORLD RECORD WATER GUN FIGHT 5/07/2016 10:30 AM

Oak Park. Join us as we attempt to break the world record for biggest water gun fight! Find a water gun and bring your friends to this great day! Admission is a piece of non-perishable food, gently used bedding, or a monetary donation for Minot's Rehab Services Inc. More info at prideminot.org/watergun

MSU FAMILY FUN DAY 5/07/2016 11:00 AM

Leach Park. Join MSU physical education students on Saturday, May 7 from 11-2 at Leach Park. There will be a variety of fun games and activities for the entire family to do together! Activities are designed for kids in grades K-5. There is no charge for this event and it is open to the public!





iMagicon Returns to Minot

MINOT AIR FORCE BASE, N.D. - The second annual iMagicon convention was held in Minot, N.D., April 22-24, 2016. iMagicon is a comic book convention that showcases local filmmakers, local businesses and promotes anything pop culture with several Airmen from Minot Air Force Base volunteering during the three day event. This year iMagicon doubled in size from last fall and expanded from two days to a three day event.

U.S. AIR FORCE PHOTO | STAFF SGT. CHAD TRUJILLO AND AIRMAN 1ST CLASS J.T. ARMSTRONG



North Dakota Commercial License Pesticide Applicator/Right-of-way
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Phone: (701)873-4100

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Johnny Holm Band
MAY 13
 Tickets @ Domestic Violence Crisis Center, MACA, Broadway Bean & Bagel, and The Landing
Limited Seating
For the benefit of DVCC

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Grocery Store Tour

Topic:
**Celiac Disease/
 Gluten Intolerance**

Join a Registered Dietitian for a small group grocery store tour!

The Original MarketPlace Foods
 1930 South Broadway, Minot
 May 10, 2016 • 6-7 pm
 Meet at the entrance near the deli.

TRINITY HEALTH
 RSVP by May 9. Space is limited! Please reserve your spot today! Call 857-5268

X-TREME 9 PIN NO TAP BOWLING
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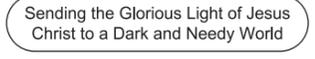
852-4108

TEAM FIREFIGHTERS FOR A CURE
 FOR MORE INFORMATION CONTACT:
 ERIC WITHAM AT 207-679-7315

MAY 14, 2016
 REGISTRATION AT 5:30
 BOWLING AT 6:00 - 8:00 (three strings)
 PRIZES WILL BE AWARDED

TICKETS ARE \$20 AND INCLUDE SHOES

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 9:30 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at 435 21st St. NW 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening..... 6 p.m. Wed. Prayer/Bible Study 7 p.m. Wed. Children's Awana Club .. 6:45 p.m.</p> <p>Pastor Tim Bagwell heritagebaptistminot.com</p>	<p>GLENBURN FIRST BAPTIST CHURCH  402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School..... 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE </p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Rev. Debra Ball-Kilbourne</p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p>Wednesday: Bible Classes 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School... 11:00am Adult Sunday School.... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education 6:00 pm</p> <p> Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church  <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School 9:30 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>St. John the Apostle Catholic Church  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  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church  <i>A Church of the Lutheran Brethren</i></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>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship .. 9:00 and 11:15 am Sunday Education 10:00 am Wednesday Education 6:30 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>BELIEVERS BIBLE CHURCH of MINOT I John 5:13 www.bbcminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist  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  "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC  <i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church  220-3rd St. S.W. • 852-4533 www.fbcminot.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 Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church  9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>Dakota Baptist Church  <i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</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>Trinity Church  <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.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  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  1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	

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

Answers to puzzle from page 8



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