

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





Videos

### **A Boxing Savage**

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

INOT AIR FORCE BASE, N.D. -- Nine times out of ten hitting someone in the face could land an assault charge. That isn't the case for Staff Sgt. Ryan Savage, 91st Security Forces Group evaluator, who is an amateur boxer in his spare time, and a successful one at that.

Savage started out with boxing mostly to stay fit and to get a better score on his PT test, he never knew where it would end up taking him.

"I initially did it just to get in shape, lose a few pounds and pass my PT test," Savage said. "Once I got into it, that's when I decided I actually wanted to compete."

Once he started boxing he had no intentions of competing until his coach talked him into it.

"Honestly it's a surreal feeling getting this far," Savage said. "I initially did it just to get in shape and my coach asked me if I wanted to compete so I gave myself a few months to train and I ended up winning my first match and from there I took off."

Since he's started boxing, Savage has won at state and regional levels in his weight class and he isn't done yet.

"I was the state champion for North Dakota in the 152 weight class and the upper Midwest regional champ," Savage said. "I'm going to nationals next."

Working in a security forces squadron Savage is usually pressed for time, but he said he manages his time well by balancing his passion for boxing and his Air Force duties.

"Obviously I put my work first, and then I box," Savage said. "I get done with the duty day around 5p.m. After that I get right into training mode and box until the training gym closes around 8p.m. and from there I'll go workout at the YMCA and go to sleep and do it all over again the next day."

Savage doesn't have his sights set on his future boxing career just yet, but he does have some goals in mind.

"I'd like to do more amateur fights and see how I do in nationals, and then go from there," Savage said. "If you win nationals you get an Olympic tryout so that would be really impressive. I'd also like to compete in the state and region next year and also competing for the Golden Gloves."

Although he has some lofty goals for boxing, he doesn't plan on them getting in the way of his Air Force career. "I'm looking at extending right now and seeing where that goes," Savage said. "If I get orders hopefully it will be to a place where I can continue boxing."

Savage has won seven fights in his short amateur boxing career and plans on more, but one of those wins is extra special to him.

"Winning regionals, I never thought I would get this far," Savage said. "This was my first Golden Gloves competition ever and I was honored just to be competing in it and when I won it was just a surreal feeling."

Savage said his favorite boxer that has inspired him the most isn't a professional boxer, but another amateur boxer that happens to be stationed at Minot as well, 91st Missile SFS member, Senior Airman Tavarus Roberts.

"A really good friend, Tavarus Roberts, he's also a state and regional champ," Savage said. "He helped me a lot along

**Continued on page 12** 







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



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### \$5,000 Hawaiian Getaway Up For Grabs in Latest Exchange Contest

LISA ANDERSON | ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – Military shoppers can say "aloha" to a tropical vacation for two to Hawaii with the Army & Air Force Exchange Service's latest sweepstakes.

From May 6 to July 7, authorized shoppers worldwide can enter to win the five-day, four night vacation, which includes airfare, hotel accommodations, transportation to and from the airport and spending money. (Travel must originate in the continental United States.) The \$5,000 prize is courtesy of Darrell Lea and Lucky Country, the makers of soft licorice.

"A Hawaiian vacation, complete with warm, tropical breezes and plenty of sunshine, can do wonders for reviving the spirit," said Minot AFB Exchange General Manager Kristine Cowley. "This trip is a fantastic chance for one lucky winner and a companion to create memories that will last a lifetime, and I encourage Minot AFB Exchange shoppers to enter."

Authorized shoppers can

enter at shopmyexchange. com/sweepstakes. The winner of the Darrell Lea/Lucky Country Sweepstakes will be drawn on or about July 14.

The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earnings provide dividends to support military morale, welfare and recreation programs. The Exchange is part of the Department of Defense and is directed by

a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff. To find out more about the Exchange history and mission or to view recent press releases please visit our Web site at http:// www.aafes.com/ about-exchange/ public-affairs/pressreleases.htm or follow us on Twitter at https://twitter.com/ ExchangePAO.

## Commentary: 'Why not...Minot?'

SENIOR MASTER SGT. DON SLAYTON | 5TH FORCE SUPPORT SQUADRON

INOT AIR FORCE BASE, N.D. - When I received notification about my assignment to Minot Air Force Base, North Dakota, apprehension overwhelmed me. Throughout my career, I heard about Minot and "how terrible" it was because it was "cold and windy" all year long and how "remote and isolated" it was from everything. Going to Minot was like going to Siberia....maybe

worse. When I told my friends about my next assignment, I received replies like "who did you upset?" or the more common, "why not.... Minot?"

After moving here, I realized how wrong I was and how wrong most people were about Minot, North Dakota. The city and the base is an outstanding place to live and work. The first time my family and I drove through downtown Minot, we quickly realized that the area was not what we saw on the YouTube videos. It is a lot bigger

CPM

and has a lot more to offer. The city offers everything a big city has, from restaurants to stores to entertainment, but still has a small town feel. And most importantly, the city of Minot is a huge supporter of Minot AFB and the Air Force community.

Not only is the "Magic City" a great place, but Minot AFB is also an outstanding place to work. After arriving here, I quickly realized the uniqueness of the base. Minot AFB is the home of two wings, the 5th Bomb Wing and the 91st Missile Wing. The base demonstrates a partnership that flexes the long-range capability of B-52 bombers and the global deterrence of Minutemen III intercontinental ballistic missiles. Can any other base claim that it supports two nuclear capable missions that continuously provide America's security and freedom 365 days a year? The mission of the base is important but as we all know, what makes or breaks an assignment is the people. And the men and women here at Minot AFB is what makes this assignment one of the best assignments I

have ever had in my 20 plus years of service. Every military and civilian Airman assigned to Minot AFB works hard and has an unbounding passion, pride and love for the Air Force. Everyone here is strong and resilient. There are times when the cold weather, wind and snow do provide challenges, but it does not stop us from completing the mission. We are about the mission, the Team Minot family and taking care of each other.

Minot AFB is not MacDill or Nellis or Hickam, it is Minot and I am proud to be a part of it. The memories and the unique experiences will always be with me. So I ask, why not take the opportunity to enjoy North Dakota and everything that it has to offer? Why not jump on the opportunity to make a direct and lasting impact on two legs of the nuclear triad? "Why not... Minot?"

NORTHERN SENTRY | 839.0946

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## **KEEPING MINOT AFB FUELED**

Minot Members fuel a UH-1N Iroquois at Minot Air Force Base, N.D., May 2, 2016. Keeping the aircraft of Minot AFB fueled is one of the many things team Minot does to ensure the mission stays successful.

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











# Minot Celebrates Nurse, Medical Technician Week 2016

#### **5TH MEDICAL GROUP**

MINOT AIR FORCE BASE, N.D. -- In 1953, Dorothy Sutherland of the U.S. Department of Health, Education and Welfare, proposed to President Eisenhower a celebration of Nurse's Day. Unfortunately, the recognition was never set in motion. Over many years, different organizations made attempts to establish an official time for recognizing nurses.

In 1954, Nurse's Week was observed from Oct. 11-16. The timing was significant as this was a celebration concurrent with Florence Nightingale's 100th anniversary of her mission leading 38 volunteer nurses to care for British soldiers fighting the Crimean War.

In 1982, President Reagan signed a proclamation for National Nurse's Day to be celebrated on May 6th. In 1990, the American

Nursing Association board of directors expanded the celebration to one week. Thus, we now officially celebrate Nurses' Week from May 6th through May 12th.

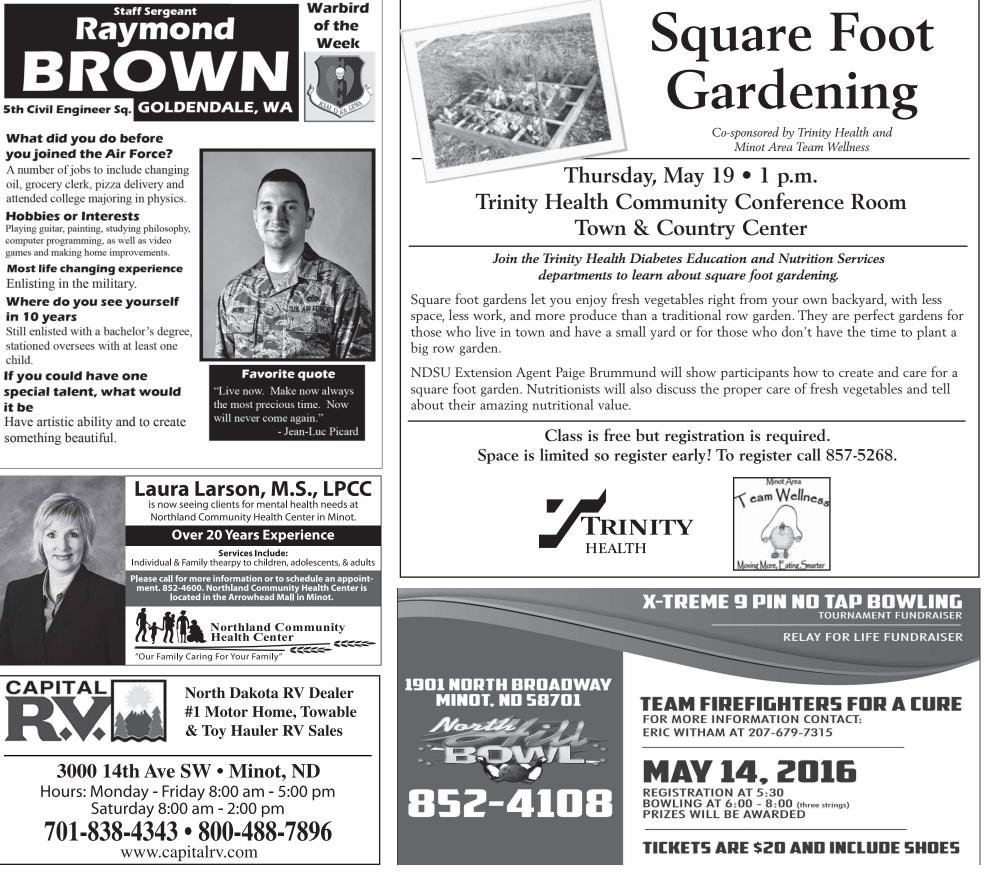
The Air Force Nurse Corps celebrates the hard work, dedication and sacrifices made by our nurses and medical technicians. Whether they work in a clinic, office or at the bedside, they are busy caring for the active duty military, retirees and their dependents, resulting in a fit to fight Air Force.

We honor these professionals for their compassion, dedication and high quality health care they deliver. This year, we join the American Nurse Association and our fellow nurses across the nation in celebrating Nurse and Medical Technician week focusing on "Creating a Culture of Safety."



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Personnel from the 5th Medical Group at Minot Air Force Base, N.D., celebrate National Nurse's Week May 6, 2016. Each year the Nurse Corps celebrates the hard work, dedication and sacrifices made by nurses and medical technicians.





### **The North Dakota Department of Health Encourages Women to Make Their Health** a Priority During Women's Health Week

NORTH DAKOTA DEPARTMENT OF HEALTH

**B**ISMARCK, N.D. – The 17th annual National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated until May 14, 2016. During May 8-14, 2016, the North Dakota Department of Health would like to encourage women to make their health a priority and help them understand what steps they can take to improve their health.

What steps can women take for better health? • Visit a healthcare provider for a well-woman visit and preventive screenings

• Get active • Eat healthy

• Pay attention to mental health, including getting enough sleep and managing stress

• Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet

What is a well-woman visit and why is it important?

A well-woman visit is a checkup. It is a time to see your health care provider to:

Discuss your family history, reproductive health needs, and personal habits such as alcohol and tobacco

use Set health goals, such as being active and maintaining a healthy weight

Schedule recommended screenings such as blood pressure, cholesterol, diabetes, Pap smear, mammogram, take home stool test or colonoscopy

More information about screening tests for women and National Women's Health Week is available by visiting www.womenshealth. gov/nwhw. For more information, contact Cora Rabenberg, North Dakota Department of Health, at 701.328.4535.

### **PRAIRIE ADVENT** BY PATRICIA STOCKDILL



"Ninety percent of hunters use PLOTS to some degree or another."

– N.D. Game and Fish Department wildlife division chief Jeb Williams.

### OK, admittedly, they're not all perfect tracts of land teeming with habitat and wildlife.

But the N.D. Game and Fish Department's Private Land Open To Sportsmen (PLOTS) provides hunting access to thousands upon thousands of acres of private land that might not be available otherwise.

While it's true some tracts are partially hayed or cropped in some instances, odds are that at a chunk of at least part of those acreages could still harbor a deer, pheasant, or grouse. It may provide an area for migrating waterfowl to feed or rest – plus a place to set a spread of field decoys.

It's also true that hunters are the ones footing the bill to pay for the PLOTS program – everything from signage, staffing time, and rental payments.

Hunters are used to paying their way. After all, their licenses fund the N.D. Game and Fish Department.

General tax dollars funding a state natural resource agency? Nope, not in North Dakota.

So with that in mind, the North Dakota legislature thought it was be a good idea to give hunters another way to put their money where their mouth is: Beginning this year, unsuccessful deer gun license applicants can donate their license fee to the Game and Fish Department's PLOTS program.

All they need to do is check the "Yes" box asking them if they wish to donate their license fee if unsuccessful.

among those passionately advocating its approval in the 2015 legislative session.

Now it's wait-and-see how benevolent hunters will be when they apply for one of this year's 49,000 available licenses.

Williams is appreciative of those who donate, especially considering they are not the ones going deer hunting this fall.

But they might use those PLOTS acres on future deer hunts.

Or they might be waterfowl or upland hunt hunting on a PLOTS tract this fall.

Even better, maybe they will get a pronghorn license and hunt on PLOTS.

Last year, about 40,000 hunters didn't get drawn in the deer gun lottery when less than 44,000 licenses were available

The Game and Fish Department's PLOTS program is part of its Private Lands programs, which also includes things such as dealing with depredation. Donated license fees only go into the PLOTS program, though.

Based on last year's number of unsuccessful applications, even if 10 percent of them donated their \$30 license fee it translates into \$120,000 earmarked specifically for the PLOTS program and public hunting access on private land – that pro-gram and only that program. "It definitely could be a shot in the arm... it's some nice habitat that could be put on the ground or provide access," Williams explained.

The donation option Considering the cost of only applies to the deer gun lottery. He admits Game and Fish Department officials really don't know what to expect when it comes to hunter interest. Considering hunters are already contributing \$6 to \$7 million annually to fund the PLOTS program, what's another \$30? Checking "Yes" just might provide a spot for next year's deer hunt – and other hunting opportunities in coming years.

### ISMARCK, N.D. – Longer, warmer days bring more life to North Dakota with many ways to experience the new season. Outdoor pursuits could include a gritty gravel-road mountain bike race, a leisurely afternoon flying a kite or a weekend fishing. Get off the beaten path and visit the picturesque Dakota Sun Gardens Winery or help the kids earn their Junior Ranger badge at Theodore Roosevelt National Park. There are plenty of urban adventures, too. Check out a live concert, enjoy the ballet or find a treasure at Fargo's Junk Market. A surge in temperatures brings a surge in activity so get out and join the fun.

AN ALTERNATIVE ADVENTURE

Ready to try something new this May? Extreme North Dakota's Spring Primer Adventure Race is geared toward newbies to endurance adventure racing with a course that winds its way through Turtle River State Park and Larimore Dam (http://endracing. com/end-spar). Get on your bike and pedal with locals on the Burleigh County Cup, a gravel road cycling race that tours the back roads of Burleigh County (http://burleighcountycup. blogspot.com/). Paint the sky with kites of all sizes, shapes and colors at Sky Fest over Fort Stevenson (http://www.skyfestnd. com/). Get in step with runners at the Fargo Marathon or at one of the shorter races offered at the weekend event (www.

### NORTH DAKOTA TOURISM

### fargomarathon.com). A CULINARY EXCURSION

ET BUSY IN NORTH DAKOTA THIS

North Dakota is seeing tremendous growth in its food scene. Local chefs are incorporating flavors of the prairie on their menus and bison and walleye have never tasted so good. Don't miss The Pirogue Grille and Peacock Alley in Bismarck, 10 North Main in Minot or Mezzaluna in Fargo. International cuisine is hitting its stride in the state, as well. Visit Minot's Little Blue Elephant for delicious Thai food or savor the flavors of authentic Mexico at Dickinson's Don Pedro's or Mandan's Taquiera El Guerrero. Winemaking and North Dakota may not seem synonymous, but Dakota Sun Gardens Winery invites guests to come learn about their fruit plots and wine production. The picturesque gardens on the property are also worth the drive (http://www. dakotasungardenswinery. com/).

OFF THE BEATEN PATH

To see wildflowers blooming and wildlife

knri/learn/news/archeoblitz. htm). Take in "Ranger Talk at the Mondak" and experience the life of the Fur Trade through Living History and Experimental Archeology at Fort Union Trading Post (https://www. nps.gov/fous/planyourvisit/ calendar.htm). North Dakota is also home to 63 national wildlife refuges more than any other state - so select one to spend the day observing and photographing diverse bird life and large game animals (https://www.fws.gov/ mountain-prairie/refuges/ nd/). AN ANGLING ADVENTURE

collect historic cultural

data. (https://www.nps.gov/

Love to fish? North Dakota is the place for you. Devils Lake offers some of the best freshwater fishing in the country and is famous for its giant perch, while spring fishing for walleye is popular on the Missouri River. The 40th Annual Dakota Anglers Walleye/Northern Fishing Tournament at the Jamestown Reservoir welcomes anglers to join in the friendly – but utterly serious - competition (ndsportfishingcongress. org/dakotaanglers/Calendar/ CalenderOfEvents.html). Lake Sakakawea and the Missouri River are already busy with fishing boats, so get some bait and get in on the action. These are just a few of the opportunities to celebrate North Dakota's state parks. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

reemerging head to Theodore Roosevelt National Park. Borrow a Family Fun Pack (binoculars, guide books and activity sheets) from the Visitor Center and then take a hike to help the kids earn their Junior Ranger badge (https://www.nps. gov/thro/planyourvisit/ justforkids.htm). Attend the ArcheoBlitz at Knife River Indian Villages and

learn more about the archeological and scientific methods that are used to

gas, shells, rifles, and all of the other "must have" goodies one acquires for hunting, what's another \$30S

"No, it's not us (Game and Fish Department) being greedy," wildlife divi-sion chief Jeb Williams explained.

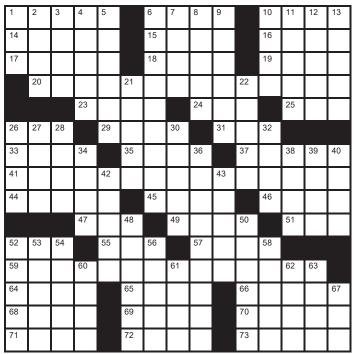
The legislation giving hunters the option of donating their unsuccessful deer license fee was a grassroots-driven effort

> Northern Sentry 839-0946 or nsads@srt.com

### THE LIGHTER SIDE

### CROSSWORD PUZZLE

### **Getting Air**



Film rating org.

Beads for the

Voting group

Play against

Fable writer

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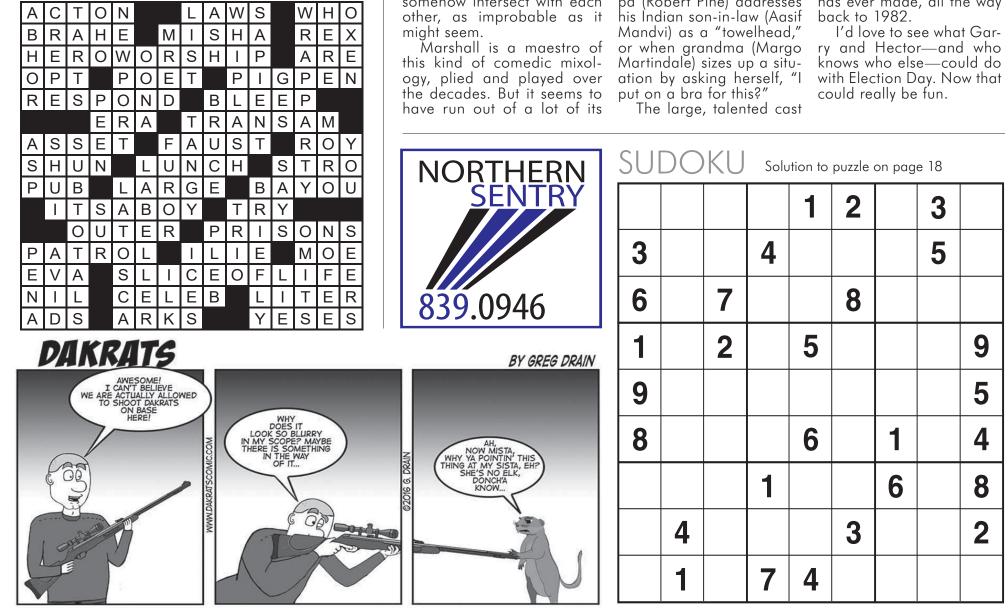
home

Take as one's own

#### Across

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### Solution to last week's Crossword puzzle.





### Oh Mama

### All-star cast sinks in overly sweetened, sentimental sap

### NEIL POND | PARADE MAGAZINE

Mother's Day the holiday is all about moms, and so is Mother's Day the movie, which has them of every shape, style, size, temperament and hue.

And life sure looks beautiful, bountiful, wacky and whimsical when it's played out against a picture-perfect backdrop of suburban affluence by Jennifer Aniston, Julia I think it sounds racist," says Roberts, Kate Hudson, Timothy Olyphant, Jason Sudeikis, Shay Mitchell (from TV's Pretty Little Liars), Britt Robertson, Jennifer Garner, Jon Lovitz and comedian Loni Love.

This is the third holidaythemed ensemble comedy from Garry Marshall, the veteran TV writer/producer (Happy Days, The Odd Couple, Mork and Mindy) and movie director (Pretty Woman, Runaway Bride) who also previously brought us Valentine's Day and New Year's Eve. In both of those films, as in this one, an all-star cast of unrelated characters manages to somehow intersect with each

steam, at least for contemporary times. Most of his movie gags feel like they're waiting for a sitcom's laugh track to back them up, and his bawdy, brusque, broad brushstrokes of humor aren't what anyone would exactly call enlightened.

"I don't get that joke, but one character when another makes a crack about her ethnicity.

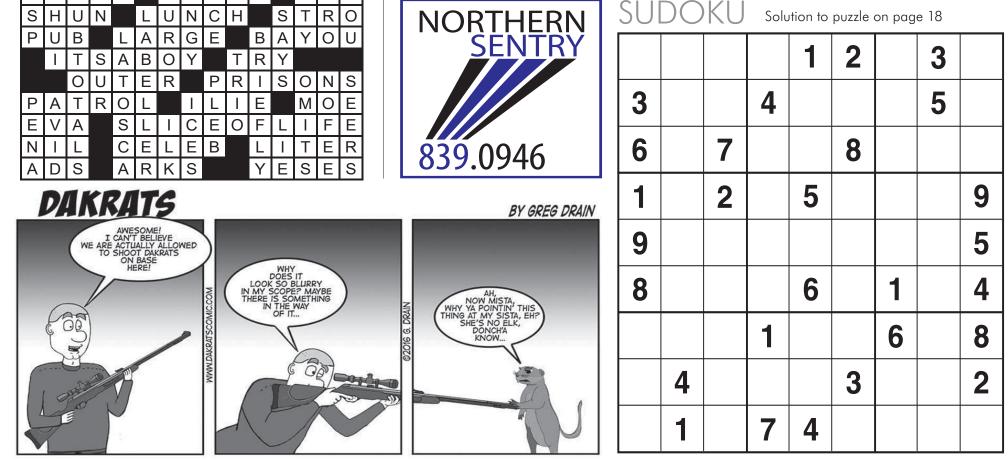
Young boys shock their mom (Aniston) by talking about their genitals; a teenage girl embarrasses her widower dad (Sudeikis) by asking him to buy tampons; a lesbian couple (Sarah Chalke and Cameron Esposito) makes a pink "womb" float for a Mother's Day event-which another character refers to as a "parade of vaginas."

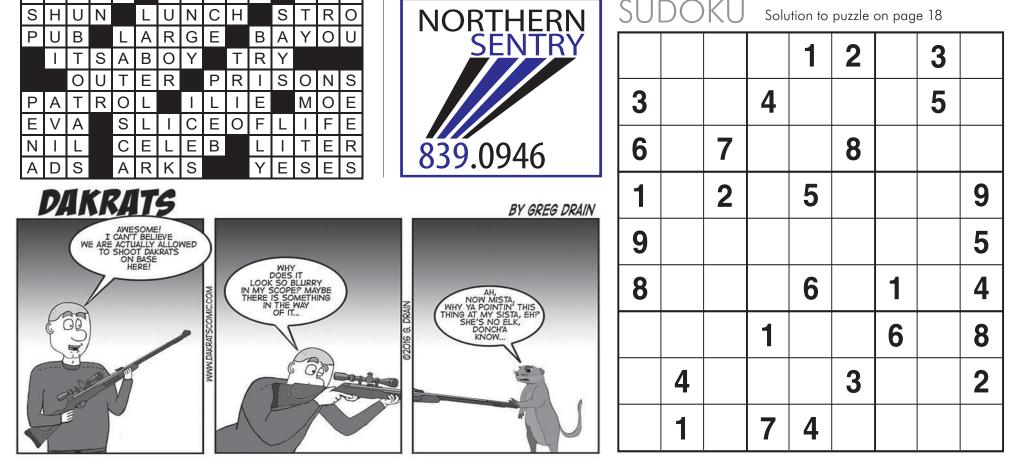
Are you laughing yet? Then maybe you'll titter when a good-ol'-boy grandpa (Robert Pine) addresses

is largely wasted with little do but go with the flow of the overly sweetened, sentimental twists and turns, the not-so-surprising surprises and the eventual resolutions and wrap-ups. But the sap eventually sucks all of them under.

Coincidence is one thing, but here, worlds collide like particles in some kind of bizarre cinematic quantum theory, where strands not only cross and overlap, they magically weave into a crazy Mother's Day movie smock of American flags, a careening RV, a Tao-dispensing clown, soccer, Skype, llamas, teenagers, toddlers, babies, a cute guy in a comedy club, Aniston with her arm stuck in a vending machine and Sudeikis singing "The Humpty Dance." And Hector Elizondo, an

actor you should recognize if only because he's been in every movie Garry Marshall has ever made, all the way







Creamy Parmesan & Sundried Tomato Chicken



### **INGREDIENTS:**

tablespoon oil

(~6 ounce) skinless and boneless chicken breasts, pounded thin

2 cloves garlic, chopped

- 1/4 teaspoon red pepper flakes 1/4 cup dry white wine (or chicken broth)
- 3/4 cup chicken broth
- 1/2 cup heavy/whipping cream1/4 cup oil packed sundried tomatoes, chopped
- 1/4 cup parmigiano reggiano (parmesan), grated
- salt and pepper to taste
- 1/4 cup fresh basil, thinly sliced (or 1 teaspoon dried basil)

### INSTRUCTIONS:

Heat the oil in a pan over medium-high heat, add the chicken and cook until lightly golden brown on both sides and cooked through, about 5 minutes per side, before setting aside. Add the garlic and red pepper flakes and saute until fragrant, about a minute.

Add the wine and deglaze the pan.

Add the broth, cream, sundried tomatoes and parmesan, bring to a boil, reduce the heat and simmer until the sauce thickens a bit, about 3-5 minutes.

Mix in the chicken along with any juices, season with salt and pepper to taste, remove from heat and mix in the basil. Serve over rice or quinoa with veggies.



Two Distinct Exhibitions Featured at the Taube Museum of Art

**TAUBE MUSEUM OF ART** 

he Taube Museum of Art Main Gallery will feature the works of Gregory Walter, with Wendy Kimble in the Lower Gallery. Walter is an Assistant Professor of Art at Dickinson State University. His exhibition, with cooperation of the North Dakota Art Gallery Association, titled Missouri Valley Gold features his most recent series of paintings exploring the beauty and variety of the landscape found in the Missouri River Valley from Nebraska to North Dakota. Missouri Valley Gold will run May 4 - 31, 2016.

"The diversity of this landscape in which I live is profound, and I believe that a landscape artist such as myself could spend a lifetime exploring its subtleties without growing bored with it. Everything from the lay of the land to the lighting above, and the way in which the changing atmosphere affects the color and contrast stimulates my creative instincts."

Walter added, "Recently, a fellow artist and colleague paid me the highest

compliment by telling me that although he has lived a large portion of his life here, he had never considered the landscape particularly beautiful.

However, after looking at several of my paintings, he has taken a new interest in the local countryside, and now sees an aesthetic which he had previously missed. This comment touched right at the heart of my primary goal as an artist: to show others the beauty and dynamic which they may have missed, and to help others find beauty where they had not looked for it in the past".

The Lower Gallery will feature Minot artist, Wendy Kimble's Exhibit Modern Venus. Her exhibition features a mixed media approach to the exploration of the female form in a historical to modern day timeline.

Kimble has always been drawn to capturing the female body through her art.

Kimble stated, "Your journey through my exhibition will end with our true modern day Venus' focusing on the acceptance of ourselves and teaching

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Choreography by KENA DAVIDSON

HARVEY SCHMIDT

our daughters that true beauty is within us." Modern Venus is Kimble's Capstone exhibition in partial fulfillment of her Bachelor of Fine Art degree requirements from Minot State University. There will be a reception for both artists' on May 12th from 5:30 to 7:00 PM, which is free and open to the public.

Museum and Gift Shop hours: Tues - Fri 10:30 - 5:30 pm, Sat 11:00 am - 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. These exhibitions are supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

For further information contact Doug Pfliger, Gallery Manager, Taube Museum of Art, 701-838-4445.









### **Outdoor Recreation Hosting Open House On May 18th**



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. Boats, campers, canoes, paddle boats, bicycles, and more are available for rental.

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 and other door prizes. Need not be present to win.

The Outdoor Recreation Open House is sponsored by Sport Specialties. *No Federal Endorsement of Sponsor Intended.* For additional details, contact Outdoor Recreation at 723-3648.



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.

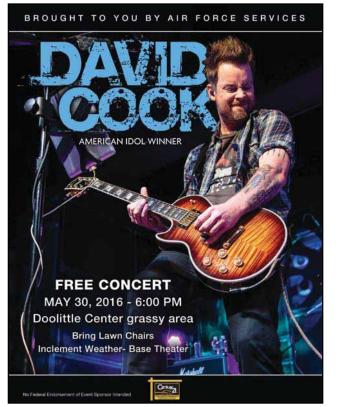
The menu for the Mother & Son S.T.O.M.P. has been designed to fit the tastes of the young attendees. The dinner includes hot dogs, potato rounds, and corn as well as a sundae bar.

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. A limited number of tickets are available for this event so purchase your tickets early. Tickets must be purchased by May 18, 2016. The Mother & Son S.T.O.M.P. is sponsored in part by Watne Realtors - Ric & Carrie Montoya. *No Federal Endorsement of Sponsor Intended.* For additional details, call the Doolittle Center at 723-3731.

### American Idol Winner David Cook To Perform At Minot AFB



On Monday, May 30th, Nashville singer and songwriter and "American Idol" winner David Cook will be bringing his band to perform an outdoor concert for Minot AFB Airmen and their families. The concert will be held in the Jimmy Doolittle Center grassy area beginning at 6 p.m.

In 2008, Cook was a bartender who had also been fronting a bar band for 10 years ("We'd be

### 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 723-2838 for more details.

### Combat X-Country 5K

Celebrate National Physical Fitness and Sports Month at the McAdoo Fitness Center during the Combat X-Country 5K on Monday, May 23rd starting at 10 a.m. As part of Wingman Week, 5 member teams will run 5K with a 25 pound ruck/ backpack. Weigh-ins start at 9:45 a.m. Registrations are from May 16th until the day of the event; adults 18 years of age and older only. For more information, call the Fitness Center at 723-2145.



lucky to get 10 people," he quips, "and most of them would be family members"). That year, he accompanied his younger brother to audition for the show "American Idol." On a whim, he auditioned himself and wound up winning the seventh season of the competition. Later that year, Cook released his self-titled major label debut album which sold 1.5 million copies. He moved to Nashville in 2012 to forge a new career as a songwriter and had immediate success co-writing country tunes, including the Top-20 single "Kiss You Tonight" for David Nail in 2014.

Continued On Next Page

### June 13-24 July 11-22 August 8-19

Courses are taught Mondays, Wednesdays & Fridays 5pm-6pm or 6pm-7pm. Cost: \$100

Students receive set of golf clubs, golf instruction by a U.S. Kids Certified Instructor, and on course experience An end of session golf outing will be held on the last day of each session wilh food, refreshments and a 9 hole tournament for U.S. Kids Golf-participants.



### CLUB MEMBER DRAWING ON FRIDAY, MAY 13TH WILL BE FOR \$250. 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.

APPLY NOW FOR SUMMER HIRE LIFEGUARD POSITIONS Recreation Assistant, GS-0189-02 https://www.usajobs.gov/GetJob/View Details/435275300/ Recreation Aid, GS-0189-03 https://www.usajobs.gov/GetJob/View Details/435103700/

### FAMILY and YOUTH EVENTS & PROGRAMS

#### 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.

#### May 18 **Bundles For Babies**

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on May 18th from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your new baby and about many of the support programs that are available. Meet other expectant parents and receive a free gift for your new baby courtesy of the Air Force Aid Society. To register, call the Airman & Family Readiness Center at 723-3950.

### Family Fun Night

Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. For additional information, call Rough Riders Pizza at 727-4377.



#### YOUNG AIRMEN EVENTS & PROGRAMS May 13 Friday Night Karaoke May 19

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 13th 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

### Off-Base Budget Class

Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on May 19th from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LES and have knowledge of their bills. Class size is limited; call 723-3950 to register. May 19 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.

### May 13 Grill Your Own Steak Night

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on May 13th from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portabello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portabello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallians. The potato bar is free for club members and \$7 for non-members. For details, call the Doolittle Center at 723-3731.

### May 20 Doo It Your Way Burger Night

The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, May 20th from 5-7 p.m. Choose from ground beef, ground turkey, portobello mushrooms, and all the toppings. Select the type and amount of meat, cheese, and seasonings you want. Cost is 75 cents per ounce of meat/ cheese; portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call the Jimmy Doolittle Center at 723-3731.

### May 28 Memorial Day Scramble

The Rough Rider Golf Course is hosting the Memorial Day Scramble on May 28th beginning at 9 a.m. Check-in starts at 8 a.m. This 18 hole, four person scramble is sponsored in part by CompuTech. Entry fee for the tournament is \$30; green fees and cart rental not included. The tournament is limited to the first 20 teams to sign up. Registration is open now until the day of the event; please call ahead to reserve your team slot. Call the Rough Rider Golf Course at 723-3164 for additional information. No Federal Endorsement of Sponsor Intended.

### DAVID COOK CONCERT from previous page

Along with his songwriting, Cook and his band have continued to record and tour. His latest album is "Digital Vein," released in 2015. Although he's become known for writing for country acts, "Digital Vein" is something else entirely, with Cook's powerful voice and dynamic guitar work "knifing through vibrant soundscapes that boldly juxtapose man-made grooves and electronic textures."

Cook understands that success in the music business can be fleeting, so he put everything he had into recording "Digital Vein." "Every album from here on out could be the last one," he says, "so I'd better swing for the fences, and that's what we did on this one.'

Persons attending the Minot AFB event are encouraged to bring lawn chairs. In case of inclement weather, the concert will be held at the base theater. For more information, please contact the 5th Force Support Marketing office at 723-6707.

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.

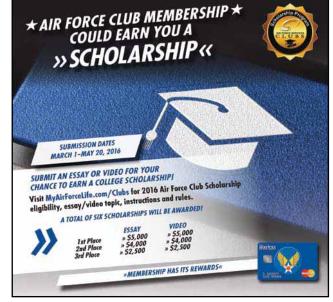
### May 18 Single Airmen Slice Night

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 additional information, contact Rough Riders at 727-4377.

### May 21 Latin All Night & Salsa Lesson

Gather up your friends and get ready to party during Latin Night at Rockers Bar & Grill on Saturday, May 21st. Enjoy the Salsa lessons beginning at 9 p.m. with the hottest Latin music from 10 p.m. to 1 a.m. This event is free for club members and \$7 for non-members. For more details, call 727-ROCK.

### **APPLICATION DEADLINE IS MAY 20TH**



### Visit our website at www.5thforcesupport.com

### **A BOXING SAVAGE** from page 2

the way and I wouldn't be where I'm at now if it weren't for him."

Savage has taken a very important lesson from boxing that uses in almost all aspects of his life, including the Air Force.

"The biggest thing is hard work and determination. You've got to push yourself even if someone tells you that you can't do it or if you think you can't," Savage said. "There will be days where I get off work and I'll be tired and not want to go in and train but I know that my competitor is out there training so I have to push myself. That relates to the Air Force when sometimes you have to do things you don't want to but still have to and it's all about pushing yourself."

Savage will compete in his weight class at nationals the week of May 16 and doesn't lack any confidence going into it.

"I'm very confident, I feel very good," Savage said. "Every fight I've felt great, this year has been a great year for me winning wise so I feel great going in."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN Staff Sgt. Ryan Savage, 91st Security Forces Group evaluator, gets advice in his corner during his boxing match in Minot, N.D., May 7, 2016. Savage is a current state and regional champion and will compete for national champion in the 152 weight class soon.











# Why ride?



AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Magic City Harley Davidson June 18, 2016 11:00AM - 4:00PM www.afsp.donordrive.com/event/MinotRide2016 POC: MinotRide@gmail.com

### Because we need to **change the culture.**

Mental health conditions like depression and anxiety disorder affect one in four of us during our lives, and yet too often these illnesses go untreated. No one should have to lose a battle to mental illness because they are embarrassed to seek help, or because they can't get the help they need to be healthy.

### Because we can save lives.

Suicide is a leading cause of death - and it's preventable. Together we can bring mental health conditions like depression and anxiety out of the darkness and put a stop to this tragic loss of life.

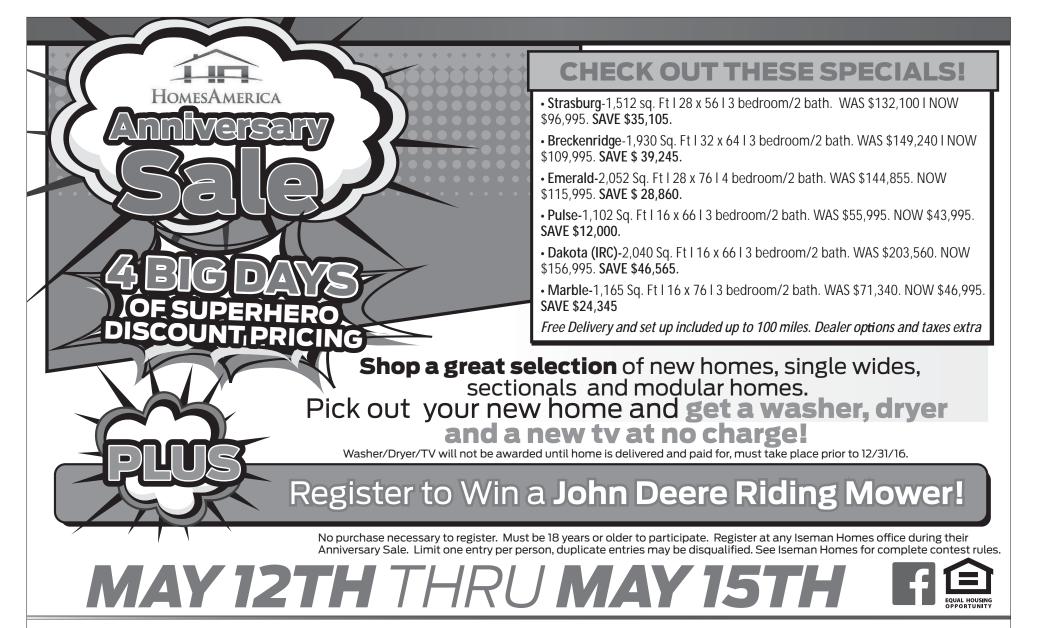
### Because we can prevent suicide.

Join hundreds of thousands across the country to raise money for the American Foundation for Suicide Prevention our nation's leader in the fight against suicide. AFSP funds research, offers educational programs, advocates for public policy, and supports people affected by suicide.



AMERICAN FOUNDATION FOR LEARN MORE Suicide Prevention afsp.org

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### **BASE ANNOUNCEMENTS**

### TODAY

- 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

### **SATURDAY**

- 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

### **SUNDAY**

- Sunday Escapes Book Club, 1330, Base Library
  - Zumba, 1400, Fitness Center

### MONDAY

- Combat X-Country 5K registration opens at the Fitness Center
- Women's Softball League team rosters due today at the Fitness Center
- Youth Tumbling Classes, Hours vary by age, Youth Center
- Youth Karate Classes, Hours vary by age, Youth Center
- TAP Higher Education 2-Day Workshop, 0800-1600, A&FRC, Held at Education Center
- 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 Higher Education 2-Day Workshop,
- 0800-1600, A&FRC, Held at Education Center
  - Pre-Separation Training, 0830-1130, 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, 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

- Every Thursday, Various Times, Youth Center
- Creative Kids Class, 1030-1100, Arts & Crafts
  Reintegration Training, Every Thurs, 1300-
- 1400, A&FRC
  - Off-Base Budget Class, 1430-1600, 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
- Mother & Son S.T.O.M.P., 1730-2000, Jimmy Doolittle Center
  - Zumba, 1730, Fitness Center
  - Jiu Jitsu Training, Every Thurs, 1800-1930,
- Fitness Center, (18 years & older)
- The Walking Dead Have a Ball League, Every Thurs, 1830, Bowling Center
  - Body Blast, 1830, Fitness Center
  - Cycle, 1930, Fitness Center

### **UPCOMING EVENTS - MAY 20**

• Last day to submit Club Membership Scholarship applications

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
  - VA Benefits Briefing, 0830-1400, A&FRC
  - Stroller Fitness, 0930, Youth Center
  - Fit to Fight, 1100, Fitness Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill

• "Doo it Your Way" Burger Night, 1700-1900, Jimmy Doolittle Center

- Člub Membership Cash Drawing, 1730-1830, Jimmy Doolittle Center & Rockers Bar & Grill
- Give Parents A Break, 1800-2200, Child Development Center/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

### -

### **UPOMING EVENTS - MAY 21**

• Operation HEROES, 0900-1300, Youth Center

- Yoga, 1000, Fitness Center
- Armed Forces America's Kids Run, 1800, Youth Center
- Armed Forces Day Bowling Special, 1800-2300, Bowling Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center
  - Salsa Lesson, 2100-2200, Rockers Bar & Grill
  - Latin Night, 2200-0100, 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

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

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

out our Facebook page at Minot Enlisted Spouses

Club or/and our website at http://www.mesc.org/

EMBRY-RIDDLE AERONAUTICAL

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

AIR FORCE SGTS ASSOCIATION,

**MEMBERSHIP MEETING** GENERAL

MEMBERSHIP MEETING takes place on the

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,

Facebook.com/MinotAFSA. We post any meeting

dependent, Active Duty, Veterans, and Retired-

-All are welcome! Like us on Facebook at www.

changes, important news, events, and volunteer

opportunities on our page. If you have questions,

Second Tuesday of each month at ROCKERS

at noon (1200hrs). The Air Force Sergeants

questions, please call 701-727-9007.

**CHAPTER 959, GENERAL** 

**UNIVERSITY** is now registering for the

spouses of all military branches. you can also check

Come and join the MESC! You can meet a lot of

• Youth Karate Classes, Hours vary by age, Youth Center

• Bundles for Babies, 0900-1030, A&FRC

• Stroller Fitness, 0930, Youth Center

• Story Time, Every Wed, 1030, Base Library

• Fit to Fight Cycle, 1100, Fitness Center

• Fit to Fight CORÉ, 1130, Fitness 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

• Outdoor Recreation Open House, 1700-1900, Outdoor Rec

• 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,

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

l 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.mainstreetbooksminot.com

### MAIN STREET BOOKS 1ST SATUR-

**DAYS 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

### NURSES DAY CELEBRATION 5/10/2016 5:00 PM

Taube Museum - 2 North Main Street. Nurses Day Celebration Wine and Cheese Tasting Event Door prizes and raffle Sponsored by Omicron Tau Chapter Honor Society of Nursing.

### VIKING RIVER CRUISE OPEN HOUSE 5/11/2016 11:00 AM

Satrom Travel. Come attend an open house event showcasing Viking River Cruises. Learn about special savings and free airfare. Hor d'oeuvres and refreshments will be served. Enter a drawing for \$100 off a future river cruise booking.

### SCHEELS SHOTGUN DEMO 5/11/2016 4:00 PM

Minot Gun Club-3mi. North on HWY 83, 1.5mi. East at Minot Gun Club sign. Date: Wednesday, May 11th Time: 4:00pm to 7:00 pm Location: Minot Gun Club-3mi. North on HWY 83, 1.5mi. East at Minot Gun Club sign Cost: FREE Registration: NONE Test drive the best shotguns in the business for FREE. Trained factory reps from Benelli, Remington, Beretta, and Browning along with Scheels experts will be on hand to answer all questions and fit you with the perfect shotgun.

### ART ALL AROUND 05-12-2016 04:00 PM - 05-12-2016 05:30 PM

2 N Main St. A Step Above Your Traditional Art Class (MINOT, ND) Have you been looking for an artistic art exploration opportunity for your child? The Taube Museum of Art has created a new monthly art class, Art All Around, geared towards children 9 years and older. This hour and half class is a step above your traditional art class, and is an opportunity for your child to create and take home a new Masterpiece! Each session is \$18 per child, which includes all the supplies needed to create their masterpiece. They will be held at the Taube Museum of Art Education Classroom on the following Thursdays: TO BE ANNOUNCED from 4:00 - 5:30 pm. Class size is limited for a more individualized instruction, so be sure to register early. For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www.taubemuseum.org.

### 2ND ANNUAL CAUSE TO ROCK 5/13/2016 6:00 PM

The Grand Hotel. Our Second Annual Cause to Rock is only 17 days away .... Have you gotten your tickets yet?? If not, Please stop in at Domestic Violence Crisis Center, Broadway Bean & Bagel, Minot Area Council of the Arts, or the Landing Bar Bottle Shop. We have some Great Live auction Prizes: Condo Stay for a Week In Florida NDSU 5 Year Championship Signed Football A flight for up to 3 with Piech Detail Package from Minot Automotive A Chair From I Keating World Furniture Fishing Trip with Kellen Latendresse NDSU Fire PIt Minot Police Department Ride Along Lots of silent auction items. Dont Forget Entertainment from the Johnny Holm Band!!!! This will be a night to remember. Get your tickets now before there gone. Domestic Violence Crisis Center's photo.

### LEGO CLUB 05-13-2016 07:00 PM - 05-13-2016 08:00 PM

Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM in the Imagination Station of the Minot Public Library. Children ages 4 and up are invited to come build with us. get ready for company at home by cleaning up the house, we need to make sure our city is shining before summer. We need you, your business and your employees to help make the two day clean up a success. We have three requests: 1. Please mark Friday, May 13 (9 a.m. - 5 p.m.) & Saturday, May 14 (9 a.m. – 1 p.m.) on your calendar today. 2. Please have some of your employees clean up both your business property and the public right of way around your business that day. 3. Please organize a work team from your business that would be willing to assist Project CLEAN in other areas around town. Again, Project CLEAN will be cleaning up citywide entrances on Friday, May 13 and Saturday, May 14. Stop by the Chamber of Commerce (1020 20th Avenue SW) any time up until and on Friday, May 13 to collect garbage bags. We will not have bags available on Saturday, so pick them up early if you plan to clean May 14. Attached and listed below is the list of areas Project CLEAN will be concentrating on this year. With all of us working together we can reach our goal of making the Magic City sparkle, as well as giving visitors a great impression of Minot! Project CLEAN targeted areas for cleanup May 13 & 14 (these are the designated areas the garbage trucks will pick up the filled trash bags): 1. North Broadway & Airport area (by Grand Hotel), 2. 16th Street Southwest & 16th Street Northwest, 3. Highway 83 (by Hardees & Slumberland) – east/west ditches, 4. Highway 52 & 2 East end interchange, 5. 27th Street SE & Valley Street, 6. Amtrak Depot, 7. North Broadway to MLT, 8. Downtown, 9. 20th Avenue SW, 10. 20th Avenue SE, 11. Mall area, 12. 31st Ave SW, 13. 37th Ave SW, 14. Burdick Expressway East starting from Minot Daily News, 15. 21st Ave. NW

### SOURIS RIVER CLEAN UP PART 2 5/14/2016 8:00 AM

Oak Park Plaza. Friends of the Souris is sponsoring another river clean up. This event will be held in the Oak Park and Nubbin Park area. The meet up point will be at Oak Park Plaza. PLEASE come to the HQ to resister and pick up bags. Dress to get messy! If you have a canoe, kayak, waders, fishing nets, pool skimmers, bring them! https:// www.facebook.com/FriendsoftheSouris/

### 2ND ANNUAL SWAP MEET AND BA-CON FEST 5/14/2016 9:00 AM

Magic City Harley-Davidson. Stop in today for our 2nd Annual Swap Meet and Bacon Fest. Swap meet starts at 9AM. If you would like to register for a table, stop in to pick up a registration form and pay the \$10 fee. Bacon Fest runs from 10AM until 1PM. Enter your Best Bacon dish for a chance at the Grand Prize and bragging rights as the "Bacon Master".

### MINOT STEM SYMPOSIUM 5/14/2016 9:00 AM

Minot Family YMCA. Because we know that learning happens everywhere; both inside and outside of formal academic settings, the Minot AFB Installation Diversity Council in coordination with STARBASE and community partners present the Minot 2016 STEM Symposium. The symposium provides the opportunity for students, parents, and teachers in the Minot area to interact with key business and education leaders, through real-life applications and presentations about how science, technology, engineering and mathematics impact our community, our event! We hope to see you there. Visit us at www. facebook.com/themarketon4th for more information.

### HEART RIVER CHILD CONCERT 5/14/2016 5:00 PM

Bread of Life Lutheran Church. Come hear Heart River Child perform a variety of spirituals, folk, bluegrass and traditional hymns at Bread of Life Lutheran Church! Heart River Child is composed of 4 young adults, all members of Heart River Lutheran Church in Mandan, ND. A free-will donation will be taken to benefit the Heart River Lutheran Church scholarship fund. Bring a friend, you won't want to miss it! Check out the band's Facebook page at: https://www.facebook.com/Heart-RiverChild/

### XTREME 9 PIN NO TAP BOWLING TOURNAMENT FUNDRAISER 5/14/2016 5:30 PM

North Hill Bowl. It is an Xtreme 9 Pin No Tap Bowling Tournament Fundraiser. North Hill Bowl, 1901 N Broadway, Minot. Team Firefighters for a Cure. For more info: Eric Witham @207-679-7315. May 14, 2016, registration at 5:30 pm, Bowling 6-8pm (three strings) Prizes Awarded. Tickets are \$20 includes shoes. Please come have fun with us this evening and support a great cause. Thank You

### WALK MINOT-MONDAY 5/16/2016 6:30 PM

Bark Park, HWY 83 Bypass SW. Join us for a walk from the Bark Park to the Wee Links golf course. Ron Merritt from the Minot Park District will be the leader and will let us know the latest on flood control topics.

### SCHEELS FISH FEST 5/19/2016 2:00 PM - 5/21/2016 8:00 PM

Dakota Square Mall Parking Lot, Scheels Entrance. CALLING ALL ANGLERS! Minot Fish Fest is back and BIGGER than ever! Experience the Berkley Truck, meet fishing legend Jason Mitchell, talk with reps from our some of our biggest vendors, and SAVE BIG MONEY on the fishing gear you need. Register to win big prizes, feast on HOT food, and bring the kids for the Kids Zone! Scheels Fish Fest has something for everyone. Date: May 19th, 20th, and 21st Time: Thursday-2:00PM-8:00PM, Friday-10:00AM-8PM, Saturday-10AM-6PM Location: Dakota Square Mall Parking Lot, Scheels Entrance Cost: FREE

### FULLY LOADED WRESTLING 5/20/2016 6:00 PM

Vegas Motel. Tickets for FLW Presents: A Lapse in Reason are available...now!!! Get at them fast because as you know ringside in Minot does not last long. VIP Tables: \$100 one night (seat 5 with drink tickets) \$150 two nights (seat 5 with drink tickets) \$15 Ringside \$10 general admission See the best wrestling North Dakota has to offer live from the beautiful Vegas Motel. www.fullyloadedwrestling. com/sa;es.html



### THE FANTASTICKS BY TOM JONES AND HARVEY SCHMIDT 5/13/2016 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

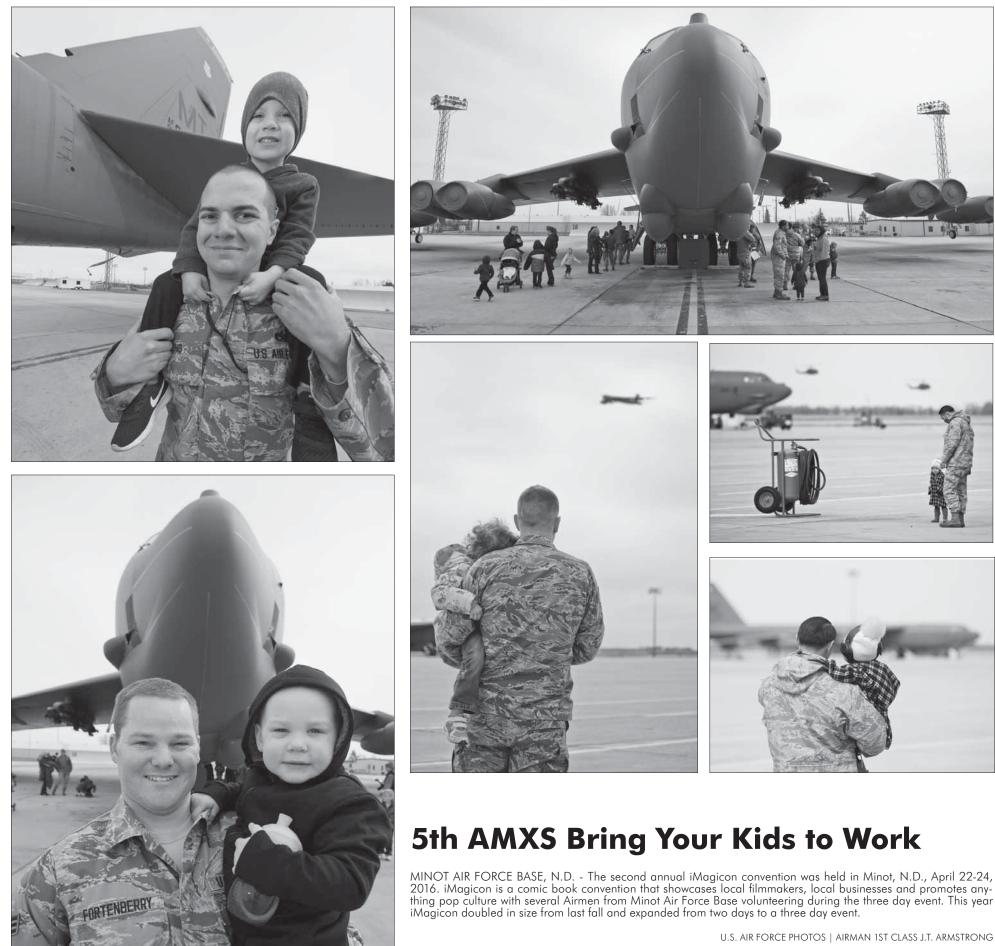
#### COMPANY IS COMING AND PROJ-ECT CLEAN (COMMUNITY LEADERS ENHANCING AREA NEIGHBOR-HOODS) IS PLANNING A SPRING CITYWIDE CLEANUP.

The trash in our community is not a welcome site to any of us, especially visitors. Just like you

country, and the world in which we live. This year's Symposium will help children discover new and exciting possibilities in the STEM fields with presentations from professionals in the Minot area. Elementary, middle, and high school students will learn about robotics, fire sciences, national defense application, and medical science, through a wide range of fun and interactive exhibitors and briefers. The 2016 STEM Symposium is a free and exciting one day forum that equally engages children, parents, and teachers, coupled with public service, Department of Defense agencies, and academia alike from the STEM fields.

### SPRING FLEA 5/14/2016 9:00 AM

1900 4th Ave NW. The Spring Flea at The Market on 4th is a one-of-a-kind event where Makers & Pickers unite! You will find old, vintage, upcycled, repurposed and handmade items. Shopping, demonstrations and delicious food...what more could you ask for? All this happens in our parking lot on Saturday, May 14th from 9am-4pm. This is a rain or shine



### North Dakota Commercial License Pesticide Applicator/Right-of-way

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Duties include operating and maintaining ground equipment ana supporting nelicopters. Excellent pay and benefits for Qualified Employee's. Send resume to: chopr@westriv.com Application available: DAKOTA dakotahelicopters.com HELICOPTERSINC Beulah, North Dakota Phone: (701)873-4100

thing pop culture with several Airmen from Minot Air Force Base volunteering during the three day event. This year

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







Community Education

Jerilyn Alexander, RN Trinity Health

Stroke Coordinator

### **An Educational Event for the Community**

**Stroke Awareness** 

Wednesday, May 18, 7:30 pm Health Center – Riverside

On average, someone suffers a stroke every 40 seconds in the United States. Join Jerilyn Alexander, RN, Trinity Health Stroke Coordinator, as she discusses the warning signs of a stroke and how they can be prevented. This event coincides with the Stroke Support Group, so members will be present to answer questions.

Reservations are not required but requested; call 857-5099. Refreshments will be provided.

### CHURCHDIRECTORY





Sunday School9:00 am	
Meet and Greet 10:00 am	
Sunday Worship 10:30 am	

Pastor Gregg S Smith www.gracefellowshipatburlington.com



An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)

Sunday School	
& Fellowship9:00 a	.m.
Worship 10:45 a	.m.

www.trinitychurchminot.org



Sunday School (All Ages)......11:00 a.m. Contemporary Worship Service ... 11:05 a.m. Wed. Awana (Sept. - May) ..... 6:30 p.m.

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

Immanuel **Baptist Church** 1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School ..... 9:15 a.m. ..... 10:30 a.m. Worship .. Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.

Brian T. Skar, Pastor www.immanuelbaptistminot.org

### **Gospel Tabernacle Community Church**

9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson

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

Sunday School ..... 9:45 a.m. Adult/Children Worship...11 a.m. Family 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.

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



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

John Streccius, Pastor Nathan Mugaas, Pastor

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



# CLASSIFIEDS

www.northernsentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

REAL ESTATE

### **HELP WANTED**

22w

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**OPEN** POSITION FOR **DENTAL HYGIENIST** with a passion for excellence, growth and quality. Please call 839-1299.

**STRONG & AMBITIOUS** LABORER to help do farm work and minor construction. Call 833-9278 for more information. 22w

RELIABLE, MATURE, AND A TRUSTWORTHY **INDIVIDUAL**. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

NEEDED!

The Northern Sentry

is now hiring carriers

to deliver papers at the

MAFB. Call 701-838-

5937 for more info.

**EXECUTIVE DIRECTOR FOR** THE DOMESTIC VIOLENCE CRISIS **CENTER-MINOT**, **ND.** Responsible for the overall operations of the Domestic Violence Crisis Center with a \$1.5 million dollar annual budget. Responsibilities include Fiscal, Grant, Personnel, and Program Management, Board Relations and Development and Fundraising and Public Qualifications: Relations. Requires a Bachelors degree in Human Services related field with administrative experience and at least 10 years experience in increasingly responsible roles in non-profit leadership. A Masters dearee is preferred. Salary range \$60,000 to \$80,000. Apply with a resume and references to DVCC Office, PO Box 881, Minot, ND 58702 or admadvcc@ minot.com. Reference "Executive Director". Closing date May 30. 23w



NSADS@SRT.COM

### Find ALL listed homes

MANAGEMENT OF RENTAL AVAILABLE NOW! Several for sale in Minot and the surrounding areas at www. brokers12.com.

**5 BEDROOM HOUSE IN NW MINOT.** Includes stove, fridge, washer & dryer. Full basement. Privacy fence in yard. \$1300 a month plus utilities. Security deposit. Professionally cleaned and ready to move in today. No pets, no parties, no smoking. Call Marlene 240-8190



FOR SALE BY OWNER Country Living 1 mile South of the YMCA 5 Bedrooms, 4 Bath, Large Kitchen, Formal Dining & Living Rooms. 5 stall attached garage & fenced yard on 1 acre.

Usually open daily 4-6 pm. 1505 SW 51st Ave, Minot. \$397,000 Call Darryl @ 701-721-8554 for showing



2 bedrooms, 2 baths, kitchen with stainless steel appliances, dining area, living room w/electric fireplace. Detached garage. Community room and patio area. VA approved condo.



720-1786 or 852-1156.



408 North Bdwy | Minot, ND MinotHomes.com

HOMES & APARTMENTS. apts on North Hill available 4 Professional, experienced, and rent. 2 Bdrm + 1 bath. \$655 to affordable. Contact Matt or \$795. Call Matt or Jerry at IPM. Geri. IPM, Inc. 852-1157 tfn

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LOVE DOWNTOWN? PARKER SUITES One & two bedroom Units. HT, WTR, CBL PAID AVAILABLE NOW 839-4200

WALK TO MSU NEW RENTAL **INCENTIVES Beautiful 2 BED/2** BATH WTR PAID, A/C D/W, Microwave, Garage, Secured w/ Cameras On Šite Resident Manger NO SMOKING 839-4200

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APARTMENTS Awesome Fall Specials! NEW MILITARY INCENTIVES! 2 & 3 Bedrooms, 2 Bath. WTR PD, W/D in unit A/C D/W, DBL GRG PET FRIENDLY Secured w/ Cameras On Site Resident Manager Reduced Deposit & Rental Incentives 839.4200 tfn WILLOW HOLLOW PARK LIKE SETTING NEW RENTAL

THE PINES Beautiful LUXURY

852-1157

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INCENTIVES 2 BED/1 OR 2 BATH SOME W/ DEN & W/D in unit WTR PAID Garage, A/C, DW, BALC, Secured Building On Site Resident Manager NO SMOKING 839-4200

### tfn

tfn

### **FLEA MARKET**

**MOVING NEED CASH?** Sell your used/unwanted items at MAGIC CITY FLEA MARKET, May 7 & 8, State Fairgrounds. Info 701-340-7930. tfn

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

Answers to puzzle from page 8



# **BUSINESS & PROFESSIONAL DIRECTORY**

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