

# northern sentry

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

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### Minot AFB



### Videos



## Team Minot hosts STEM Symposium

MINOT, N.D. -- The 5th Bomb Wing Installation Diversity Council hosted a STEM Symposium at the Minot YMCA in Minot, N.D., May 14, 2016. The event featured interactive booths from units on base which taught them about the technology used in the military. Participating units included weather flight, optometry, the library, the fire department and radiology.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN APRYL HALL

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We offer several 8-week classes through our education program at Minot Air Force Base. Check out our summer semester classes in Campus Connection. Registration is now open with classes starting May 31st.

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

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# 2nd Annual Shaggy Shuffle

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- In recognition of pet abuse month in May, the Family Advocacy Program is holding an event during wingman week. This is event is the 2nd Annual Shaggy Shuffle Community Walk, which raises awareness for domestic violence and pet abuse. The primary reason for the event is to recognize the correlation between pet abuse and domestic abuse. "When pet abuse is occurring, there is a strong

likelihood that abuse is occurring between the people living in the home," said Laurel Grams, Outreach Program Manager and Family Advocate. "We want to let people know that there is a link between pet abuse and domestic abuse."

The Shaggy Shuffle is a walk to raise awareness for pet abuse. It also teaches people who see pet abuse or they know of it going on, there is potential for other abuse to be going on in that home as well.

"There will be treats and giveaways for every

dog," Grams said. "Minot Community Homes will have refreshments for the dog owners, and the Youth Center will take care of the pools that have water for the dogs."

There will also be contests for the dogs such as best smile, best dressed, longest ears, longest tail and biggest dog. There will be nine different categories. The winner of each category will receive a certificate, a treat bag and a flavored tennis ball.

"You don't have to register for this, you just need to hang around at the

dog park after the walk," Grams said.

"There will also be an information table at the dog park about pet abuse. It is occurring during wingman week, so it provides a great opportunity for families to participate in a wingman event."

The Shaggy Shuffle will be held on May 24th at 530 p.m. at the base dog park. For more information, call Family Advocacy at 701-723-5096.

## Work Smarter Not Harder

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

**M**INOT AIR FORCE BASE, N.D. -- Saving money is helpful because a person can then use that saved money for a few extra luxuries. Saving money is also helpful for the Air Force, especially when that money can go toward more and better equipment. It's also a bonus that the money-saving idea makes the mission more efficient.

That's what Staff Sgt. Roland Nelson, 5th Maintenance Squadron non-commissioned officer in charge of the hydraulic section, did when he helped come up with an idea to save the Air Force

money by preventing damage to landing struts on the B-52H Stratofortress.

"We freeze the lubricant, Petrolatum, which breaks down into a liquid after it's heated," Nelson said. "I came up with the idea of freezing it because the colder it gets the stickier it gets. We tried it and it was very successful."

"Basically it all came down to inexperience from the younger Airmen on the flightline," Nelson said. "Between the inexperience and lack of knowledge, plus being in a hurry to get the job done."

Nelson said the change in the temperature, from being in a warmer hangar to going out on the frigid flight line, caused the problems with the struts.

"Whenever you go from hot to cold it contracts the seal and cold to hot expands it," Nelson said. "When that happens it allows fluid to pass and leak out, which turns into maintenance, which makes us tear apart the strut and put new seals on. There's a cam in there that has lock keys, and if you don't put the keys in exactly right it will cut through the metal and makes its own keyways, which destroys the component."

Often people are afraid of change because of the "we've always done it this way" mind-set. That

wasn't the case with Nelson's idea.

"For the most part everybody jumped right on board," Nelson said. "I did back-shop overhaul at Seymour-Johnson for 11 years, so I'm used to tearing these things apart and knowing what goes on inside of them, so no one really opposed the idea. Plus it never really changed the process itself."

Although it helped the maintainers by not having to work as hard, the big picture is the dollar sign. With this idea, Nelson made that a pretty picture.

"Each strut's exchange cost is roughly \$133,000; the repair kit we use to re-seal it now is about \$60," Nelson said. "Man hours required for the new process with a good crew is about 12 hours opposed to changing a strut which takes close to 72 hours."

With no good deed going unnoticed, Nelson and his crew did receive recognition from their leadership. Nelson was invited to the 5th MXG leadership meeting where they were awarded by their group commander.

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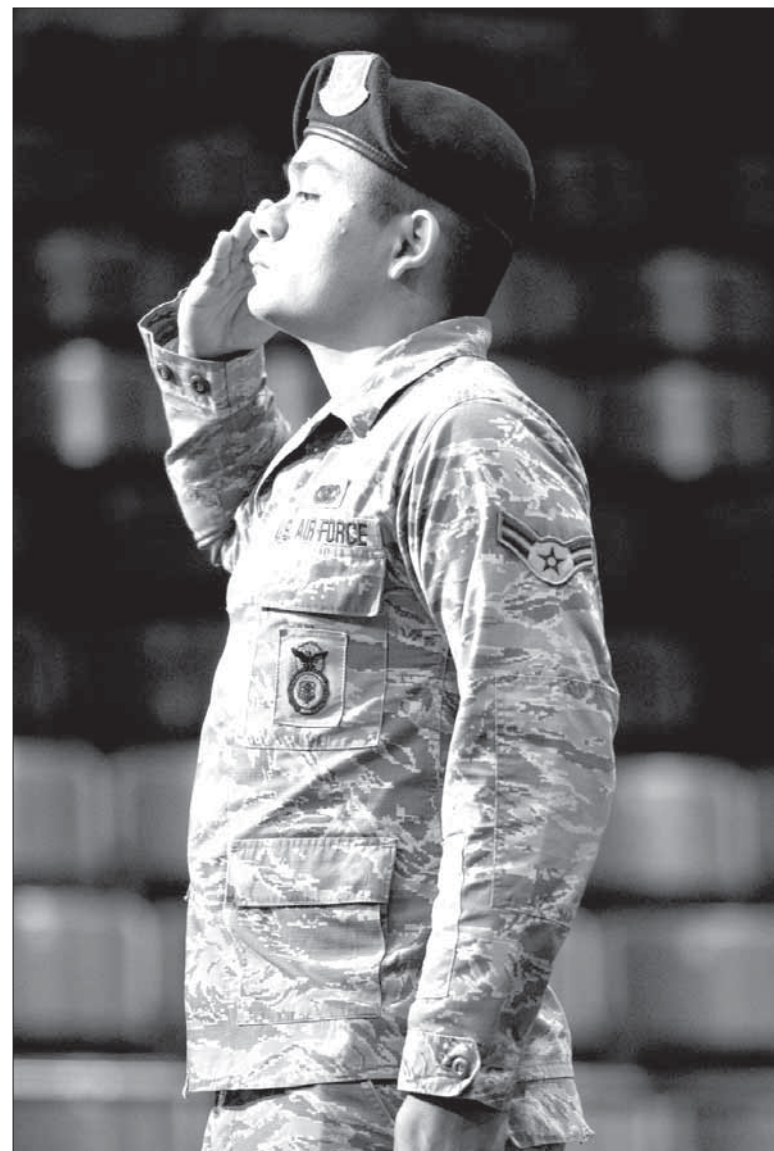

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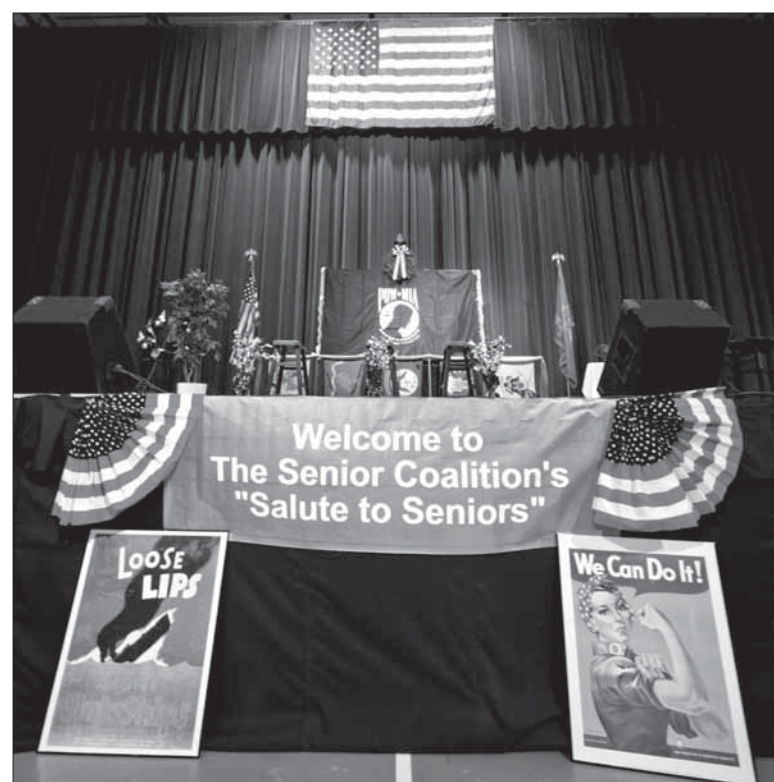
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# 20TH ANNUAL SALUTE TO SENIORS

Team Minot Airmen volunteers supported the Senior Coalition's Salute to Seniors event in Minot, N.D., May 10, 2016. The event honored local veterans and included skits, music performances and speakers such as Col. Kieran Denehan, 5th Operations Group commander, who spoke about the base's mission.

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





## Altru Health System selected as 2015 Million Hearts Champion

NORTH DAKOTA DEPARTMENT OF HEALTH

The North Dakota Department of Health (NDDoH), is pleased to announce that Altru Health System has been named a 2015 Million Hearts Hypertension Control Champion. The 2015 Hypertension Control Champions were chosen for using evidence-based strategies and patient engagement to help their patients achieve blood pressure control rates at or above the Million Hearts target of 70 percent.

Eighteen Champions providing care to nearly 1.5 million adults were selected, ranging from small practices to large health care systems throughout the U.S. All Champions achieved control rates of 70 percent or greater for their adult patients by using a variety of

approaches.

Altru Health System is currently working with the North Dakota Department of Health (NDDoH) on improving care for patients with hypertension (high blood pressure). "We are excited that Altru has been chosen for the award, and are being celebrated for their hard work to achieve blood pressure control of their patients," said Tiffany Knauf, NDDoH Hypertension Management Coordinator.

Saving lives through better blood pressure control has been a longstanding priority of the Centers for Disease Control (CDC). By recognizing the Champions' performance and sharing their lessons learned, the CDC aims to help other health care professionals achieve the same success in communities nationwide.

Nearly 1 in 3 American adults has high blood pressure, a leading cause of heart disease and stroke. Nearly half of adults with high blood pressure do not have their condition under control. Even more alarming, millions of Americans have high blood pressure that is undiagnosed or untreated.

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes in five years. For more information about the initiative and to access resources, visit <http://millionhearts.hhs.gov>.

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/](http://www.ndhealth.gov/heartstroke/) or call 1.800.280.5512.

## North Dakota Department of Health to Host Injury Prevention Conference

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – Registration is open for the fifth North Dakota Conference on Injury Prevention and Control titled "Bringing the Pieces Together." The conference will take place Wednesday, August 10, through Thursday, August 11, at the Radisson Hotel in Bismarck. Anyone interested in preventing or responding to injury in North Dakota is encouraged to participate. Resources and training will be geared toward those working in law enforcement, mental health, education, youth services, emergency medical services, traffic safety, public health, and domestic/sexual violence advocacy. The purpose of the conference is to promote awareness, prevention, and intervention of unintentional and intentional injuries. Registration is now open

at <http://www.ndhealth.gov/injury/Trainings.htm>. The cost is \$150 for entire conference or \$75 each day.

Keynote speakers and topics include:

- Carolyn Cumpsty Fowler, Johns Hopkins Bloomberg School of Public Health – Cumpsty Fowler will provide an overview of injury prevention, how to approach it and what needs to be considered in behavior modification.

- North Dakota Department of Health LGBTQ + Advisory Committee – a panel of presenters will discuss inclusivity in domestic violence/rape crisis services as well as in other agencies, workplaces and programs.

- Jeffrey Bucholtz, We End Violence – Bucholtz will discuss cultural attitudes towards bullying, how to prevent and respond to it using a trauma informed approach.

- Robert L. Ticer – Ticer will discuss the legalization of Marijuana in Colorado and how passing the law has impacted state and public safety.

Additional topics include:

- Playground Safety
- Suicide Prevention
- Parent Education for Adolescent Driving
- Sexual violence prevention strategies

To learn more about the conference or to register, visit [www.ndhealth.gov/injury/trainings.htm](http://www.ndhealth.gov/injury/trainings.htm) or call Mandy Slag or Mallory Sattler at 701.328.4536 or 800.472.2286.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at <https://health.nd.gov/news-media/news-releases>.

Find us on Facebook at [www.facebook.com/ndhealth](http://www.facebook.com/ndhealth) or twitter at [twitter.com/nddoh](http://twitter.com/nddoh).

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Leave no trace...Plan ahead and Prepare... Travel and Camp on Durable Surfaces...Dispose of Waste Properly...Leave What You Find...Minimize Campfire Impacts...Respect Wildlife...Be Considerate of Other Visitors..."

– N.D. Parks and Recreation "North Dakota State Trail Guide."

North Dakota State Parks offer an array of hiking and bicycling trails.

But they're not alone.

Oh, sure, people likely heard about or trekked North Dakota's premier trail, the Badlands' Maah-Daah-Hey Trail.

The 96-mile trail garners its share of national attention, for good reason given its scenery and adventures.

Maybe they rode horse on the Maah-Daah-Hey or headed over, down, and around its buttes, draws, and crevices via mountain bike.

However, the North Dakota Parks and Recreation Department's "State Trail Guide" points out other trails throughout the state.

Some of North Dakota's trails garner special designations, such as National Recreation Trail, for their regional significance.

Several North Dakota trails have National Scenic Trail designation as part of the 4,600-mile, multi-state North Country Trail.

In North Dakota, National Historic designated trails are segments of the Lewis and Clark National Historic Trail, which meanders through the 11 states the expedition traversed from 1804 through 1806.

Some trails, such as Fort Ransom, Sully Creek, and Little Missouri State parks, allow horses. Others are groomed for winter's cross-country ski and snowshoeing seasons.

They all provide hiking opportunities.

Other trails crisscrossing parts of North Dakota are found on North Dakota State forests.

Yes, North Dakota has state forests – Sheyenne River, Tetrault Woods, and Turtle Mountain State forests. All three allow hiking, horseback riding, snowshoeing, and cross-country skiing. Tetrault Woods and Turtle Mountain State forests also allow mountain biking.

Three miles of the Shey-

enne River State Forest trails are part of the North Country Trail, as are segments in Fort Ransom and Lake Sakakawea State Parks, Lonetree Wildlife Management Area, and the U.S. Forest Service Sheyenne National Grasslands in southeastern North Dakota.

Turtle Mountain State Forest trails loop and loop throughout parts of the Turtle Mountains. They're accessed off N.D. Highway 43, which also has National Scenic Byway designation.

The Tetrault Wood State Forest Trail takes hikers and mountain bike or horseback riders through the Pembina Gorge. Sometime the trail has water issues, courtesy of busy beavers, so trail users should contact the N.D. Forest Service Wallhalla Field Office, (701) 549-244, or email [pgsra@nd.gov](mailto:pgsra@nd.gov) for trail updates.

Indian Hills Resort west of Garrison is also a Parks and Recreation Department State Recreation Area. Its Nux-Baa-Gaa Trail is part of the Lewis and Clark National Historic Trail, as is a segment near Tobacco Garden Resort and Marina.

The Missouri River Natural Area near Mandan is a great area for mountain bikers who don't want the ups and downs of places like the Maah-Daah-Hey. Instead, the trails are flat and fast through the wooded river bottom.

Hiking is also part of the recreational opportunities available at several U.S. Fish and Wildlife Service National Wildlife Refuges, including Audubon, Upper Souris, J. Clark Salyer, Arrowwood, Des Lacs, and Lostwood refuges.

Some trails are relatively short – one-half mile or so – and paved. Others are rugged. Some allow bicycles or horses.

Yet they all provide opportunities to enjoy the Great Outdoors.

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



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MRS WILKES' DINING ROOM - SAVANNAH, GA

In downtown Savannah, Georgia is Mrs Wilkes' Dining Room where you can get wonderful Southern soul food every weekday between 11 and 2pm. Selma Wilkes took over an old boarding house here in 1943 and ran it until she died in 2002; her family is still running things. There's no menu at Mrs Wilkes', it's a case of guests being ushered into the dining room where dishes are set out on the side for them to pick and choose from. There's normally lots of fried chicken, meatloaf, beef stew, and sausage with black-eyed peas, cornbread, candied yams, and baked beans. Barack Obama dined here in 2010, and other famous guests have included Gregory Peck and Robert Duvall.

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## Flight plan outlines next 20 years for RPA

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Air Force leaders outlined what the next 20 years will look like for remotely piloted aircraft in the Small Unmanned Aircraft Systems Flight Plan published April 30.

"The Small UAS Flight Plan outlines a vision and strategy for the continued development, operation and sustainment of SUAS over the next 20 years," said Lt. Gen. Robert Otto, the deputy chief of staff for intelligence, surveillance and reconnaissance. "Integrating SUAS into the Air Force's ISR portfolio enables a more agile force that will help meet future warfighter demands in both permissive and highly contested environments."

The flight plan presents an aggressive but realistic vision on how the Air Force must take significant steps, not only in system acquisition, but also in adaptive warfighting concepts, to integrate and institutionalize an Airmen-centric family of SUAS as exponential force multipliers across all domains. The SUAS concept supports the Defense Department and Air Force's Better Buying initiatives: reversing the cost curve by looking at

lower-cost alternatives, enabling operational agility against a diverse set of adversaries and operational environments.

"RPAs have been foundational to the growth of the Air Force's globally integrated ISR enterprise, but as new sensors and payloads are integrated, system costs continue to rise beyond sustainability," said Col. Brandon Baker, the director of ISR capabilities. "SUAS offer a way to provide more capability and capacity to the warfighter at equal or lower operational cost."

The plan also gives industry partners an outlook on the capabilities the Air Force wants to have in the future, ranging from creation of new RPAs to possibilities of automated systems. Teaming with industry will enable the rapid advancement of equivalent RPA capabilities in a compact, cost benefiting and operationally successful family of SUAS focused on Air Force roles and mission.

"There is so much more that can be done with SUAS," Baker said. "SUAS will enable new operational concepts like teaming, swarming and loyal wingman, which allow for a single operator to control

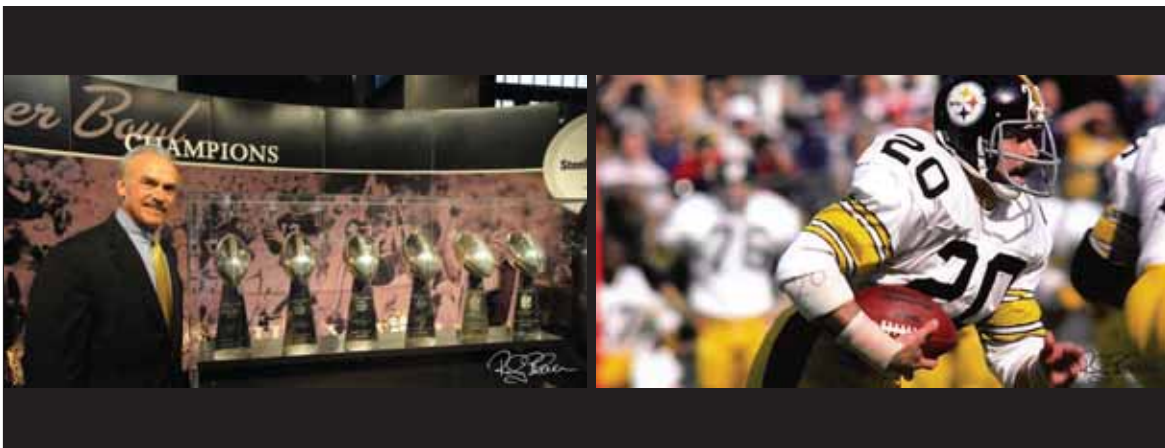
large numbers of platforms."

Additionally, with infinitely new sensors and payloads available across the globe, the incorporation of automation and novel analytical approaches will be required to efficiently and effectively manage the Air Force's processing, exploitation and dissemination to alleviate potentially overwhelming manpower requirements.

Looking beyond the next decade, SUAS and RPA capabilities will have the potential to meet many surveillance and C4ISR roles for the Air Force. The future of the Air Force's RPA programs will be continuously evolving to allow the Air Force to be the leader in air, space and cyberspace.

Col. Brandon Baker, the director of intelligence, surveillance and reconnaissance capabilities, answers questions from the media after the release of the Small Unmanned Aircraft System Flight Plan at the Pentagon Conference Center May 17, 2016, in Washington, D.C. Integration of SUAS into operations across all domains and levels of warfare will increase the Air Force's ability to meet emerging requirements of combatant commanders.

U.S. AIR FORCE PHOTO | TECH. SGT. ANTHONY NELSON JR.



1130 - 1300 Rocky Bleier, Resilience Trainer (JDC; closed for regular lunch)

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POC: Mr. Pallotta; Ms Whitesell (5 BW)

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



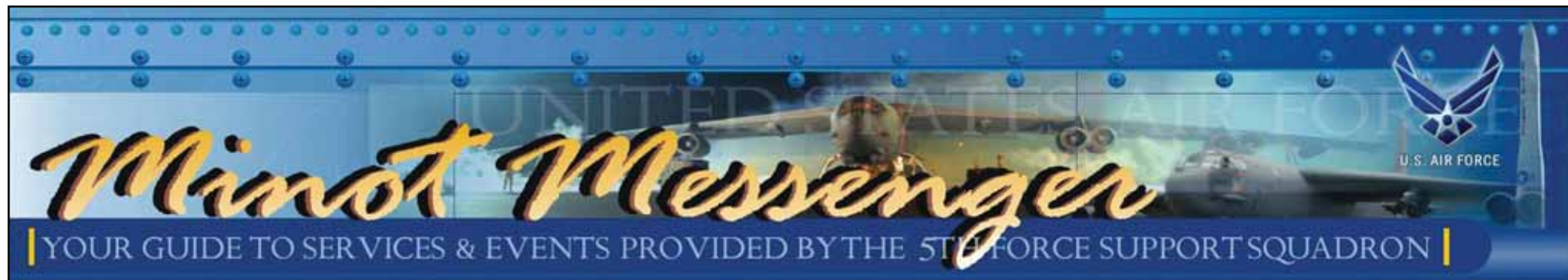
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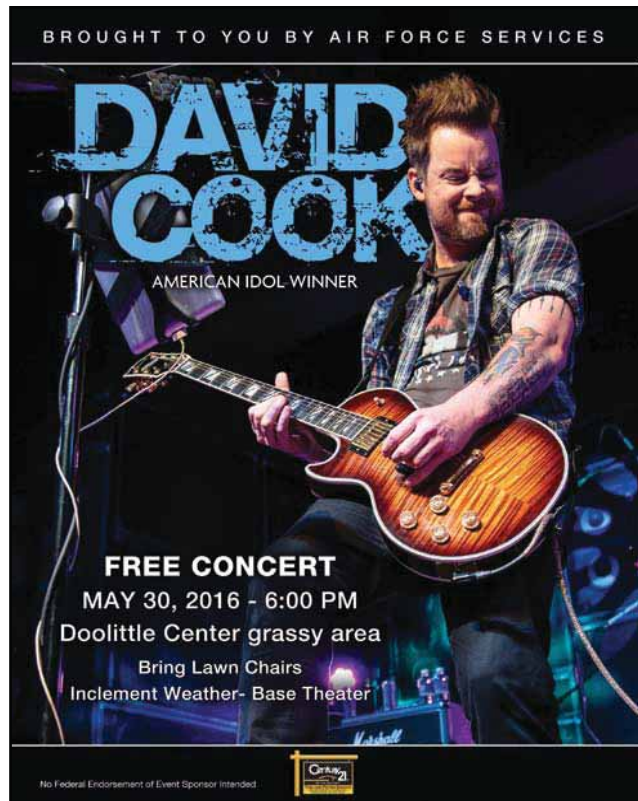
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## American Idol Winner David Cook To Perform At Minot AFB



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 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.

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.

## U.S. Kids Golf Offers Great Opportunity For Minot AFB Youth

Learning to play golf is a tremendous challenge for every beginner. For kids, the challenge is even greater. The length of the golf course and the complexities of instruction can be discouraging and possibly turn them away from golf forever. The Rough Rider Golf Course has just the program you need to teach your child the game of golf which they can enjoy for a lifetime.

The U.S. Kids Golf Program features three different sessions spread throughout the spring and summer allowing youth ages 6 and older to choose the clinic that best fits their schedule. Sessions will be held June 13-24 (register by June 1), July 11-22 (register by June 30), and August 8-19 (register by July 27); session times are 5-6 p.m. or 6-7 p.m., Monday, Wednesday, and Friday. Space is limited; first come first served. At the end of each session, a golf outing for the junior golfers will be held with food and refreshments.

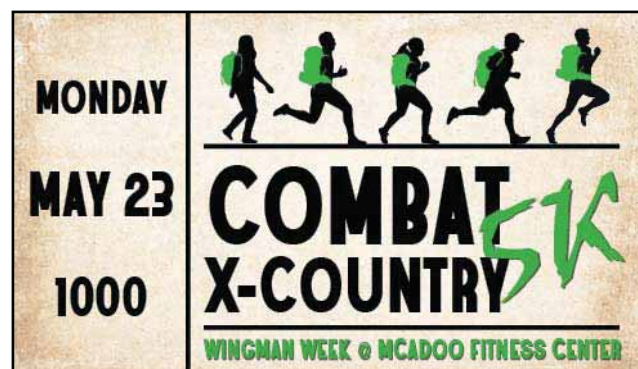
The program focuses on teaching youth how to golf using clubs fitted especially for them. The



emphasis is on following an instructional program developed to teach the fundamentals of golf and show it can be a fun sport to participate in.

For only \$100.00, each child receives their very own set of starter golf clubs, golf instruction by a experienced golf instructor, and on course playing time. For additional information on the U.S. Kids Golf Program, contact the Rough Rider Golf Course at 723-3164.

## Fitness Center Hosting Combat X-Country 5K On May 23rd



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.

## 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](http://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.

For additional information regarding the America's Armed Forces Kids Run, call the Youth Center at 723-2838.



## CLUB MEMBER DRAWING ON FRIDAY, MAY 20TH WILL BE FOR \$300.

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



**FAMILY and YOUTH EVENTS & PROGRAMS**

**May 21 Armed Forces Day Special**  
In honor of Armed Forces Day, Rough Rider Lanes is offering a bowling special on Saturday, May 21st from 6-11 p.m. during Lights & Strikes. Active Duty and Retirees pay only \$2.25 per game and receive a FREE shoe rental. Family members and guests bowl for just \$2.50 per game and \$2 shoe rental. For more information, call Rough Rider Lanes at 727-4715.

**Kids Summer Bowling**  
Enjoy the summer fun at Rough Rider Lanes during the Kids Summer Bowling special from June 1st through August 1st. Children ages 17 and under can bowl for \$2 per game and received FREE shoe rental. The offer is valid Monday through Friday from 9 a.m. to 2 p.m. For more details, call Rough Rider Lanes at 727-4715.

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

**Jun 2 Family Child Care Pre-Orientation**  
Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on June 6th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the FCC office at 723-6662.

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

**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 25 Zumba Party**  
The Fitness Center invites you to try some Zumba on Wednesday, May 25th from 1:30-2:30 p.m. as part of Wingman Week. The Zumba Party will be held in the Fitness Center parking lot (in case of rain the event will be held indoors at the Fitness Center). The event is open to all eligible DoD I.D. card holders 13 years of age and older. For additional information, call the Fitness Center at 723-2145.

**YOUNG AIRMEN EVENTS & PROGRAMS**

**May 20 Friday Night Karaoke**  
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 20th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, contact Rockers Bar & Grill at 727-ROCK.

**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 Rockers Bar & Grill at 727-ROCK.

**May 25 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 26 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 28 Hip Hop All Nighter**  
Dance, party, and hang out with your friends during the Hip Hop All Nighter at the Rockers Bar & Grill on Saturday, May 28th from midnight to 4 a.m. Enjoy the latest Hip Hop, Rap, and R & B music all night. The event is free for club members and \$7 for non-members. For more details, call 727-ROCK.

**Jun 2 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 June 2nd 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.

**Memorial Day Golf Scramble Set For May 28th At Rough Rider Golf Course**

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.*

# The Golden Shovel

MAIN STREET BOOKS

Main Street Books is starting a "GOLDEN SHOVEL" promotion with other businesses on the Main Street Block that is currently lacking street access. Every day the golden shovel will be at a different participating business. If someone finds the golden shovel in the participating business they will receive a discount of that business' choice (i.e. 15% off Two Items). When someone finds the golden shovel they can post it on Facebook if they have a facebook account – if no facebook or camera phone they can write down a description of where they found it – show the post or

picture or description to the business they found it in to receive a discount of that business' choice and when they show the facebook post, picture or description to Main Street Books they will receive the special "GOLDEN SHOVEL" discount of the week at Main Street Books.

In order to participate the business must be willing to pass the golden shovel to a participating business the following day. If the day is on a Saturday the shovel must be passed to a business at closing time that is open on Sunday.

These are the participating business so far (these first three businesses



are open on Sunday as of latest notice).

Main Street Books  
LuLu Lane  
Mainstream Boutique  
ArtMain

Please respond as soon as possible if you are interested in participating and are willing/ able to pass the shovel to other participating businesses. I am hoping to start the "Golden Shovel" hunt this week.

**RUMMAGE SALE**

Seeking Items for our Annual Rummage Sale!  
At the Taube Museum of Art

TAUBE MUSEUM OF ART

Time to clean out those closets, sweep out those garages, and check under your beds! We are asking for donations of some of your treasures to The Taube Museum of Art's Annual Rummage Sale fundraiser.

Please bring us your clean and gently used items starting June 1st during

our regular business hours. (No clothing, large exercise equipment, older electronic items please!)

All donations are tax deductible. If you need assistance please call for pick up arrangements.

This year the Rummage Sale has been expanded to three days and will be held from June 9-11, 2016.

Thank you for your help in advance in making this a successful fundraiser to help generate much needed funding for the Taube Museum of Art, a nonprofit organization.

Please call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.

**Sky Fest**  
over  
Fort Stevenson  
Memorial Day  
Weekend

May 28-30  
10 a.m. - 4 p.m.

Ft. Stevenson State Park,  
Garrison

Free Admission  
to Park with  
Military ID on  
Monday, May 30

Call 1-800-799-4242  
or visit

[www.skyfestnd.com](http://www.skyfestnd.com)  
for more info

Sponsored by: BHG, RTC, BLFG  
& Fort Stevenson State Park

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Vendor Event

MAY 21st  
10am - 3pm

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& More!

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**northern sentry**

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## Hasselback Chicken Stuffed with Mozzarella, Tomato and Basil



INGREDIENTS:

- 2 chicken breasts Sliced
- mozzarella cheese
- Grape tomatoes; sliced in half
- Basil leaves
- 2 teaspoons Italian seasoning
- salt, pepper
- 2 teaspoons olive oil

INSTRUCTIONS:

Place the chicken breasts on a cutting board. Using a sharp knife, cut slits across the chicken breast about 3/4 of the way through the chicken breast being careful not to cut all the way through. Depending on the size of your chicken breast, you're going to want around 6 to 8 slits per chicken breast. Stuff each slit with a slice of mozzarella cheese, half a grape tomato and a basil leaf. Place chicken breasts in a baking dish that has been coated with non-stick baking spray. Brush each chicken breast with olive oil. Sprinkle each chicken breast with salt, pepper and Italian seasoning. Bake in a preheated 400 degree oven for 30 minutes or until the internal temperature of the chicken reaches 160 degrees.

**CHALLENGE YOUR BBQ SKILLS!**

SIGN YOUR TEAM UP FOR THE...



**BBQ TEAM COOKOFF**  
SATURDAY MAY 21

ENTER  
PORK,  
CHICKEN,  
BEEF,  
RIBS

100% PAYBACK AND PRIZES

**MORE INFO**

CALL CHUCK  
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**SIGN UP**  
LANDING BAR  
852-4523

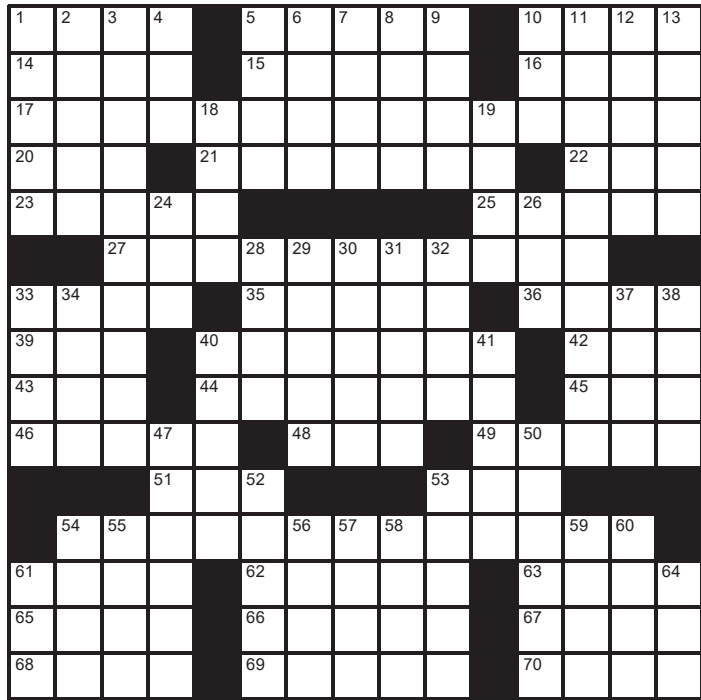
**JUDGING**

CHICKEN: 2:30PM - \$10  
RIBS: 3:15PM - \$10  
PORK: 4:00PM - \$15  
BEEF: 4:45PM - \$15  
INSPECTION: 7:00AM

**LIVE BAND MAY 20-21: STATIC RADIO**

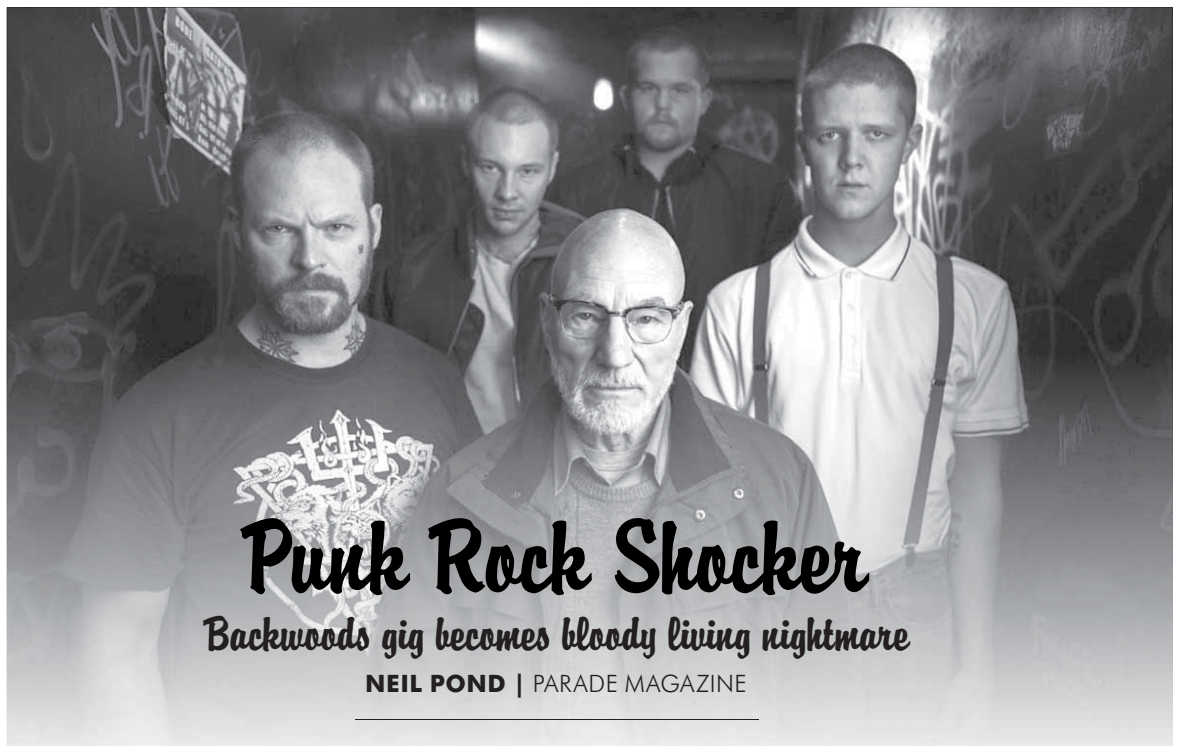
CROSSWORD PUZZLE

Meals on Wheels



- Across**
- 1 Gulf state
  - 5 Shell alternative
  - 10 Promise
  - 14 Part
  - 15 "Don't be \_\_\_"
  - 16 Butter alternative
  - 17 Meals on wheels provider?
  - 20 More than -er
  - 21 Turpentine, e.g.
  - 22 Partner, with "the"
  - 23 Back in?
  - 25 Inedible orange
  - 27 Meals on wheels providers?
  - 33 Frost lines
  - 35 Inflate
  - 36 Romance lang.
  - 39 Globe
  - 40 Better
  - 42 Big time
  - 43 Action film staple
  - 44 Not for free
  - 45 Relieve
  - 46 Carryalls
  - 48 Perfect rating
  - 49 English paper
  - 51 Animation unit
  - 53 Tree feller
  - 54 Meals on wheels provider?
  - 61 Dunham of "Girls"
  - 62 "Adios"
  - 63 Shed
  - 65 Opposer
  - 66 Scuba gear
  - 67 Yep's opposite
  - 68 Poverty-stricken
  - 69 Winter hazard
  - 70 Squeaked (out)
  - Down**
  - 1 Harmony
  - 2 Code creator
  - 3 Somewhat
  - 4 Ariz. neighbor
  - 5 S.A.T. section
  - 6 "Look who's here!"
  - 7 Hill's rival
  - 8 "\_\_\_ this town"
  - 9 TV actor Rob
  - 10 Triumphed
  - 11 Classical works
  - 12 Corp. shuffling
  - 13 Search for water
  - 18 Berkshire school
  - 19 '80s muscle car
  - 24 Daiquiri base
  - 26 Make tracks?
  - 28 Pessimist's word
  - 29 Snare's kit-mate
  - 30 Hint
  - 31 Speak at length
  - 32 Lines on mdse.
  - 33 Make a face
  - 34 Soup pasta
  - 37 Met song
  - 38 Disney dog
  - 40 Oil holder
  - 41 Nook reading
  - 47 Cream puff

Solution to last week's Crossword puzzle.



In show business, a "green room" is the spot backstage where performers go to relax, hang out and kick back before or after a show. It's usually a secluded place of high spirits and hospitality.

But not in this wickedly sharp thriller-chiller horror show about a band of young punk rockers whose gig turns into a ghastly fight for their lives. Barricaded in the club's grungy green room, they square off against the owner and his army of neo-Nazis when a shocking episode of violence becomes a raging nightmare.

Anton Yelchin (Chekov in the Star Trek movies), Alia Shawkat (from TV's Arrested Development), Callum Turner and Joe Cole play the members of the Ain't Rights, whose unlikely booking at a backwoods roadhouse full of white supremacists turns into a bloody standoff when they stumble onto the aftermath of a "crime of passion" and can't get away before the owner (Patrick Stewart) tries to frame them for it—and eliminate them along with all the evidence.

British actress Imogen Poots has a key role as a club patron who inadvertently becomes

part of the mayhem as the young rockers—who play music steeped in destruction, doom and death—suddenly faced with the real thing.

In his debut mainstream theatrical feature, director Jeremy Saulnier, 36, shows an incredible amount of promise. He takes his time setting up the story and establishing the characters, patiently drawing the audience into the subculture of their musical world and their low-rent camaraderie—a slog of constant touring to crappy gigs in their old van, living on food scraps, siphoning stolen gas and playing loud, anarchic songs to indifferent or sometimes hostile listeners.

Saulnier gets the details just right: life on the road, the band's dedication to their music, their banter and their interactions—and how actual people might react, think and speak when they find themselves in the middle of a situation that suddenly, unexpectedly becomes gruesome and deadly. As another band rumbles through their songs onstage, the dark, ominous tones reverberate through the walls of the club, into

the bowels of the green room, like the howls of a great, angry beast.

The movie has the gritty, grubby feel of a film-festival, midnight-madness indie, especially when it gets down to the bloody business of slashing, hacking, shooting, stabbing, ripping and tearing. Who will escape, who will survive? It's not for the queasy or the faint of heart, but Saulnier makes inventive use of his set and props, including the squeal of PA feedback as a weapon, a fire extinguisher and a permanent marker first seen in a band prank.

But the real treat is watching the classically trained Stewart, best known as Star Trek's wise Capt. Picard and as Professor Xavier, the benevolent leader of the X-Men, in a role that stretches him so far in the other direction. In Green Room, he's one seriously scary dude mixing evil and eloquence, refinement and malevolence, and hell-bent on maintaining order anywhere things get messy. His harrowing performance gives this raw, edgy, awesomely impressive, little hard-hitting punk-rock movie even more of a visceral kick.



SUDOKU Solution to puzzle on page 14

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





## Dirt Boys Lay the Foundation

MINOT AIR FORCE BASE, N.D. -- The 5th Civil Engineering Squadron pavement and equipment shop, also known as the "dirt boys," laid new concrete at Minot Air Force Base, N.D., May 12, 2016. The pavement and equipment shop do a variety of jobs around base including concrete, pavement and other repairs.

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

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

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

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

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

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

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

*Nationally approved, medically accurate training program designed for 11 years old and older.*

**BETTER SITTERS TODAY.  
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## 2016 Summer Class Schedule

**June 2 • June 11 • June 28 • June 30  
July 12 • July 19 • July 21 • August 9**

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these 11 years old and older emerge as more confident, responsible and compassionate teens and adults.

During this one-day course, students listen, practice, role-play—and learn an array of topics including:

- Choking and CPR
- Safety for the sitter
- Accident management
- The business of babysitting
- Child development
- CPR

All classes are held 8:30 am to 3:30 pm

Trinity's Health Center – Riverside, Education Center, 1900 8th Avenue SE

Due to the high demand for this class, the course fee of \$45 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday ..... 9:30 am</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>Heritage Baptist</b> Independent Fundamental <b>Meeting at 435 21st St. NW 833-1798</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:45 a.m. Sunday Evening..... 6 p.m. Wed. Prayer/Bible Study ..... 7 p.m. Wed. Children's Awana Club .. 6:45 p.m.</p> <p><b>Pastor Tim Bagwell</b> <a href="http://heritagebaptistminot.com">heritagebaptistminot.com</a></p>	<p><b>GLENBURN FIRST BAPTIST CHURCH</b></p>  <p>402 South Street • 701-362-7971</p> <p><b>Sundays:</b> Morning Worship..... 10:00 a.m. Sunday School ..... 11:15 a.m.</p> <p><b>Wednesdays:</b> Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor DeVawn Beckman • <a href="mailto:revdev@srt.com">revdev@srt.com</a></p>	<p><b>Bible Fellowship Church</b></p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p><b>GRIEF SHARE</b></p> <p><b>Classes Starting November 4th, 7:00pm</b> <b>838-0916 • 1720 4th Ave NW</b> <a href="http://minotbiblefellowship.org">minotbiblefellowship.org</a></p>
<p><b>Faith United Methodist Church</b></p>  <p><b>5900 Highway 83 N, Minot</b></p> <p><a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Rev. Debra Ball-Kilbourne</b></p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Harvest Reformed Church</b></p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p><b>Sunday Service 10:30 a.m. 838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b></p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School ..... 11 a.m. Sunday Worship ..... 11 a.m. Tuesday Lunch Bible Study ..... 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the <b>Minot Church of Christ</b> 1315 1st St. NE</p> <p><b>Sunday:</b> Bible Classes ..... 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p><b>Wednesday:</b> Bible Classes ..... 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p><b>First Presbyterian Church</b></p>  <p><b>430 N Broadway</b> (Congregational Church of Christ Building) <b>701-460-6321</b></p> <p>Worship..... 9:00 a.m. <a href="http://www.fpcminot.org">www.fpcminot.org</a></p> <p><i>Visitors Welcome</i></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 &amp; 11:00am Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>First Lutheran Church - ELCA</b></p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:30 pm Sunday Worship ..... 9:30 am</p>  <p>Services are now available online at <a href="http://firstlutheran.tv">firstlutheran.tv</a> Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson &amp; Pastor Brandy Gerjets</p>	<p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p>  <p>Sunday Worship ..... 8:30 &amp; 11:00 a.m. Sunday School, Adult Bible Class &amp; Adult Choir 9:45 a.m.</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> <b>Carlyle Roth, Pastor</b> <a href="http://www.stmarksminot.com">www.stmarksminot.com</a></p>  <p>Call or check out our website for more information.</p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship .... 8:15 am &amp; 10:45 am Sunday Fellowship ..... 9:15 am Sunday School ..... 9:30 am Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 per week</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 7 p.m. Wednesday - Friday ..... 9 a.m. Saturday ..... 5 p.m. Sunday ..... 8 &amp; 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>Calvary Alliance Church</b></p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p><a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a> <b>701-852-0670</b></p> <p>Sunday School..... 9:00 am Sunday Worship Service ..... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12) ..... 6:30 pm</p>	<p><b>Our Redeemer's Church</b> <i>A Church of the Lutheran Brethren</i></p>  <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM .... 11 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b> For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>
<p><b>BREAD OF LIFE ELCA LUTHERAN CHURCH</b></p>  <p><b>Pastor Taryn Montgomery</b> <b>Pastor Alex Hoops</b></p> <p>Saturday Worship ..... 5:00 pm Sunday Worship .. 9:00 and 11:15 am Sunday Education..... 10:00 am Wednesday Education..... 6:30 pm</p> <p><a href="http://Breadoflifeminot.com">Breadoflifeminot.com</a> <i>Everyone Welcome</i></p> 	<p><b>BELIEVERS BIBLE CHURCH of MINOT</b></p> <p><b>I John 5:13</b> <a href="http://www.bbcminot.org">www.bbcminot.org</a></p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship ..... 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p><b>Cross Roads Baptist</b></p>  <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p><b>West Minot Church of God</b> <i>"A Family Worship Center"</i></p>  <p><b>1105 16th St. NW • 839-1407</b></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><b>ABC Child Care &amp; Pre-School Center 852-6352</b></p>	<p><b>Bethel Free Lutheran AFLC</b></p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School ..... 9 a.m. Worship Service ..... 10:30 a.m. Wednesday Supper ..... 6:15 p.m. Adult/Youth Bible Study Kids Club ..... 7 p.m.</p> <p><b>Pastor Shane McLoughlin</b> <b>530 22nd Ave NW • 852-6492</b> <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p><b>GRACE FELLOWSHIP CHURCH</b> Independent - affiliated with IMF</p>  <p><b>8300 29th Ave NW Burlington, ND 58722</b> (South side of Highway 2) <b>701-839-6319</b></p> <p>Sunday School ..... 9:00 am Meet and Greet ..... 10:00 am Sunday Worship ..... 10:30 am</p> <p><b>Pastor Gregg S Smith</b> <a href="http://www.gracefellowshipatburlington.com">www.gracefellowshipatburlington.com</a></p>	<p><b>First Baptist Church</b></p>  <p><b>220-3rd St. S.W. • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service... 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service... 11:05 a.m. Wed. Awana (Sept. - May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Gospel Tabernacle Community Church</b></p>  <p><b>9999 27th St NE</b> 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>	<p><b>Dakota Baptist Church</b></p>  <p><i>Teaching the Word, One Verse At a Time! KJB</i> <b>916 5th Ave, SE Minot, ND 58701</b></p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship ..... 5:30 p.m. Wednesday Worship ..... 7:00 p.m.</p> <p><b>(701)852-5399</b> <a href="http://www.dakotabaptistchurch.com">www.dakotabaptistchurch.com</a> Email: <a href="mailto:dbchurch@srt.com">dbchurch@srt.com</a> Pastor: <b>Jeremy Jacob</b></p>	<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Evening Worship ..... 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p><b>Trinity Church</b></p>  <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:45 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Immanuel Baptist Church</b></p>  <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.immanuelbaptistminot.org">www.immanuelbaptistminot.org</a></p>	<p><b>ZION Lutheran ELCA</b></p>  <p><b>1800 Hiawatha St. 852-1872</b></p> <p>Saturday Worship ..... 5 p.m. Sunday Worship ... 8:30 a.m. &amp; 11 a.m.</p> <p><b>John Streccius, Pastor</b> <b>Nathan Mugaas, Pastor</b></p>	<p><b>Vincent United Methodist Church</b></p>  <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i> <b>open hearts...open minds...open doors!</b></p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service .... 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p><b>Pastor Ray Baker</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	

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

Answers to puzzle from page 11

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 <p><b>\$275,000</b></p> <p>Great place to call home in a nice NW established neighborhood! You will love the spacious living room with ceramic tile flooring and the brick faced wood fireplace! The kitchen is large with new appliances, lots of cabinet space and a pantry. Call Tamie Dunn. 720-1723. #160964</p> <p><b>\$240,000</b></p>	 <p><b>\$379,900</b></p> <p>Are you looking for the perfect house on acreage, but yet close to town? Check out this marvelous 1 level home located in very desirable Beaver Creek! The first thing you notice is the open concept and all the high end upgrades. Call Nathan Stremick. 500-3890. #160948</p> <p><b>\$95,000</b></p>	 <p><b>\$289,900</b></p> <p>3 bed, 2 bath single level townhome close to the New Country Club &amp; built by locally trusted, Real Builders Inc. The 1,730 sq. ft. is meticulously maintained &amp; boasts high quality finishes &amp; spacious floor plan and open concept. Call Amber Alexander. 500-0810. #151968</p> <p><b>\$304,900</b></p>
 <p>Ready to move in 5 bedroom and 2 bathroom home. Oak kitchen cabinets, all appliances stay, patio off the dining room. Double pane windows, laminate flooring throughout the home. Detached single car garage.. Yard is over a 1/3 acre with fire pit &amp; alley access. Call Clyde Thorne. 240-8594. #152643</p> <p><b>\$349,900</b></p>	 <p>"Timeless Treasure" A tour of this 2 bedroom, single bath home and you will quickly appreciate the character of this Budget Smart Classic! Warm and colorful with attention to detail, makes this a great choice! New flooring and electrical. Call Lorell Seibold. 721-4996 #160279</p> <p><b>\$240,000</b></p>	 <p>Very nice 4 bedroom, 3 bath home in great NW location. Great open floor plan, hardwood floors throughout the main floor. Master bedroom with large master bath &amp; walk in closet, sliding glass doors open to a nice size deck perfect for entertaining. Call Lori Henderson. 720-0158 #160440</p> <p><b>\$150,000</b></p>
 <p>Country living with lots of garage &amp; shop space. Smaller house on acreage that is nestled beyond pine trees, this property offers five garages, a pole barn shop with concrete floors, &amp; a solid concrete deck all on a 2.5 acre well maintained lot. Call Neil Gush 340-1734. #152251</p>	 <p>Great place to call Home with the possibility of receiving additional income! Located just 1/2 block from the University, this nicely refurbished home is in great condition with energy efficient utilities added. Call Tamie Dunn. 720-1723. #160956</p>	 <p>Great starter home with 2nd home amenities! 3 bedroom, 2 bath 1 1/2 story home has a nice sized living room with arch opening to formal dining room with window seating, spacious kitchen and double garage. The pet friendly back yard is fenced. Call Aisha Vadell. 240-3780 #152535</p>

# Minot AFB Exchange's You Made the Grade Program Rewards Military

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – For military students, making multiple moves with their active-duty parents is just a part of life. In fact, military children typically move six to nine times by the time they've completed 12th grade, according to the Military Child Education Coalition.

The Army & Air Force Exchange Service appreciates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its You Made the Grade program, now in its 16th year. Students in first through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts from the Minot AFB Exchange.

"Military students face greater challenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations," said General Manger Kristine

Cowley. "These students deserve to be rewarded for their hard work, and for 16 years, the You Made the Grade program has been a favorite among military families."

The You Made the Grade booklet includes coupons for free food such as a Burrito Supreme or Taco Supreme from Taco Bell; a small chicken Philly sandwich at Charleys; a Chicken Po'Boy at Popeyes; and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free fountain drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Scholars can enter to win Exchange gift cards worth \$2,000, \$1,500

or \$500. Entries can be submitted twice a year, with drawings typically held in June and December. The most recent sweepstakes winners were students from Wright-Patterson Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Md.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at the Minot AFB Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with the Minot AFB Exchange store manager for more information about the Exchange's You Made the Grade program.

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to:

You Made the Grade  
PO Box 227398  
Dallas, TX 75222-7398

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