

# northsentry

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### Minot AFB



### Videos





## B-1, T-38 visit Minot AFB

MINOT AIR FORCE BASE, N.D. -- Aircraft from around Air Force Global Strike Command visited Minot Air Force Base, N.D., June 3, 2016 for the 5th Bomb Wing change of command. The aircraft included a B-1B Lancer from Dyess AFB, Texas and T-38 Talons from Whiteman AFB, Mo.

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

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# ZIKA VIRUS

MINOT AFB PUBLIC HEALTH | MINOT AIR FORCE BASE PUBLIC HEALTH

**M**INOT AIR FORCE BASE, N.D. -- Zika virus is primarily transmitted by infected mosquitos. Presently these transmissions are limited to the Caribbean including Puerto Rico and the U. S. Virgin Islands, the Pacific Islands, Mexico, Central America and South America. Mosquito transmission of Zika virus has also occurred in Cape Verde, Africa and in several regions of Southeast Asia. However, not all areas within Zika-affected regions or countries are equally affected.

As of 18 May 2016, no active transmission of Zika virus by mosquitos has been documented within the continental United States, but there have been 544 travel-associated cases [<http://www.cdc.gov/zika/geo/united-states.html>]. On 28 April 2016, the CDC reported to the State of North Dakota the first confirmed case of travel-associated Zika virus in a North Dakota resident having recently traveled to Puerto Rico [<http://www.ndhealth.gov/disease/zika/>].

Zika virus is also known to be secondarily transmitted in the blood and body fluids of infected persons to non-infected persons, and there is a plausible link between birth defects (microcephaly) and Zika virus infection during pregnancy. Therefore, it is highly recommended to use condoms or avoid sexual activities with a pregnant partner and suspend blood donations for 28 days upon return from a Zika affected

area.

As the weather continues to warm, it is expected the mosquitos which transmit Zika virus will become more active in the Southeastern United States. Officials speculate this increased activity will result in the active transmission of Zika virus by mosquitos within the continental United States. However, the transmission of Zika virus is limited by the range of the mosquitos which can carry it.

Currently, Zika is transmitted solely by Aedes species mosquitos which are prevalent throughout most of the warmer tropical areas in the Americas. These mosquitos typically bite during the day and can be found indoors under beds and furniture. Aedes species mosquitos are present in the continental United States, predominantly in the Southeast and across Texas with a few pockets in New Mexico, Arizona and California. They have been known to come as far north as New Jersey and across to Nebraska.

[Source: <http://www.cdc.gov/chikungunya/resources/vector-control.html>]

Neither of the Aedes species implicated in spreading Zika virus have been found during mosquito surveillance at Minot Air Force Base. The Public Health office traps mosquitos annually and sends specimens for testing to the United States Air Force School of Aerospace Medicine (USAFSAM) laboratories at Wright Patterson AFB. The Public Health and Civil

Engineering Entomology offices continue to work directly with the North Dakota Department of Health to control mosquito breeding, track local mosquito species and identify the prevalence of disease causing virus in those species.

Zika virus symptoms may include fever, rash, headache, joint and muscle aches, and red irritated eyes (conjunctivitis). However, 80% of infected individuals may never develop symptoms. For those who do exhibit symptoms, they typically last 2 to 7 days and complete recovery is the norm.

There is no vaccine or medications available for treating Zika infections. Healthcare providers and individuals must focus on treating the symptoms. If you had recent travel to a region where the active transmission of Zika virus is ongoing and you are experiencing a combination of the symptoms mentioned above, then consider speaking with a health care provider. The most current and accurate information on Zika virus can be found on the Centers for Disease Control and Prevention's website at [www.cdc.gov/zika](http://www.cdc.gov/zika). Local and regional information is available on

the State of North Dakota's site at <http://www.ndhealth.gov/disease/zika/>.

## References

1. Centers for Disease Control and Prevention (CDC). [www.cdc.gov/zika](http://www.cdc.gov/zika)
2. Health Alert Network: CDC Health Advisory. Update: Interim Guidelines for Prevention of Sexual Transmission of Zika Virus--United States. Centers for Disease Control and Prevention (CDC). February 23, 2016; CDCHAN-00388
3. Musso D, Roche C, Robin E, Nhan T, Teissier A, Cao-Lormeau VM. Potential Sexual Transmission of Zika Virus. Emerging Infectious Diseases, February 2015; 21: 359-361 [www.cdc.gov/eid](http://www.cdc.gov/eid)
4. Talking Points "Zika Virus". U.S. Air Force Medical Service (AFMS). 4 Feb 16
5. Young C. Key Messages - Zika Virus Disease, Centers for Disease Control and Prevention (CDC), 2 Feb 16

## Aerial Spraying on Minot Air Force Base

5TH CIVIL ENGINEER SQUADRON PEST MANAGEMENT OFFICE

MINOT AIR FORCE BASE, N.D. -- Minot Air Force Base has requested assistance from the 910th Airlift Wing's Air Force Aerial Spray Squadron, to conduct aerial spraying for mosquito control between June 27 - 30 and July 18 - 21 for Minot Air Force Base, and the city of Minot. Due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

The Air Force Aerial Spray Squadron will be applying U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 7 p.m. and 10:30 p.m. The applications will be made using a modified C-130H cargo aircraft at 150ft above ground level.

The purpose of the aerial spraying for mosquitoes is to protect public health, ease working conditions, and improve the quality of life for members

working at Minot AFB and living in the surrounding area. Again, due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

Minot AFB Public Health recommends humans and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and until the mist settles to the ground. These products were selected because they pose minimal health hazards to humans and domestic animals with aerial application.

Concerned citizens should contact the 5th Civil Engineer Squadron pest management office at 723-2393.

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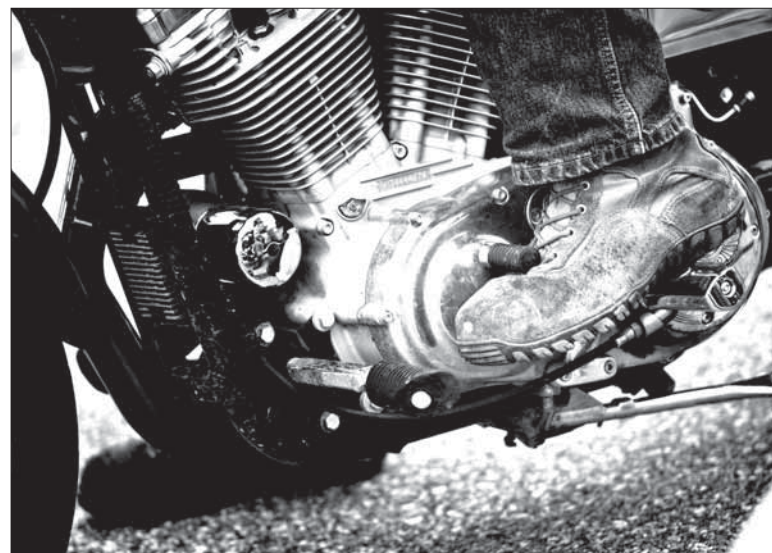




# EAT, SLEEP, RIDE, REPEAT.

Airmen participate in the Basic Riders Course at Minot Air Force Base, N.D., May 25, 2016. The Basic Riders Course, aka BRC, consists of a classroom portion with a written test, and a practical portion with a riding skills test. The course is mandatory for Airmen who wish to ride their motorcycles on base.

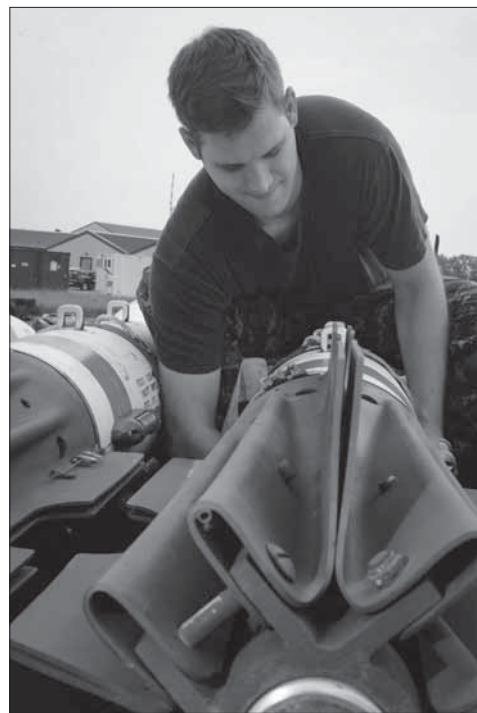
U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS J.T. ARMSTRONG











U.S. AIR FORCE PHOTOS | SENIOR AIRMAN SAHARA L. FALES

# BALTOPS B-52 mining operations: The Build

SENIOR AIRMAN SAHARA L. FALES | 5TH EXPEDITIONARY OPERATIONS GROUP PUBLIC AFFAIRS

**R**OYAL AIR FORCE FAIRFORD, United Kingdom -- Hours before the U.S. Air Force's BALTOPS 2016 mine-drop exercise, Airmen and U.S. Navy seamen were cutting wires, turning wrenches, and hoisting munitions in preparation for the mission.

Twelve MK-62 Quick Strike inert mines were built and loaded onto two B-52H Stratofortresses for an exercise mission where the bombers tested their ability to precisely drop munitions into a target

zone.

"The mines were built so we can show our allies that we can come out here and assemble them whenever we need to," said Seaman Clarence Burns, a mineman from the Navy Munitions Command Atlantic Unit Charleston.

This was Burns' first time participating in exercise BALTOPS, which provides an opportunity for personnel from different services and nations to engage in realistic maritime training to build experience and teamwork and strengthen interoperability.

"This opportunity allows us to see what happens after we build them," Burns said. "We don't always get to see the loading process, we normally just build them and that's it."

Operating out of RAF Fairford also provided Burns the opportunity to practice building the inert mines in an unfamiliar environment.

"It's different from my shop because we have an assembly line built specifically for the mines," Burns said. "Here there is less space and it's a lot leaner."

Although they face challenges such as using new equipment and learning the other services' acronyms and lingo, the mine build allows the services to see the skills and knowledge each member brings to the table.

"It's an honor to be here and to get the chance to work with the other services and see how it all fits together," Burns said. "It puts my job into perspective and really shows what I'm doing."

Senior Airman Kody Regelbrugge, 5th Munitions Squadron conventional

maintenance crew chief, agreed that it's important to get to work with other services because it paints the whole picture to show what the entire effort is about.

"Working day-to-day I just see the Air Force," said Regelbrugge. "But here I get to see the Navy, Air Force and Royal Air Force -- everybody working together."

"It's humbling and it definitely puts our job and mission into perspective," he added. "Over here you feel like you're a part of the bigger picture."

## 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.**

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**Prairie Lake Festival**  
Garrison High School Gymnasium  
Saturday, June 18, 2016

CAMP of the CROSS Ministries  
Garrison, ND 58037-2246

**Auction begins at 10:30 a.m.**

**Viewings: Saturday, June 18 from 8 am to 10 am**

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**Concessions: frozen treats, bars, monster cookies, assorted cookies, KUCHEN, taco in a bag, roast beef meal, pop and water**



## North Dakotans Reminded to Take Safety Precautions While Attending Summer Events

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK - Summer fairs and outdoor festivals are important North Dakota traditions. The North Dakota Department of Health (NDDoH) reminds people to take healthy precautions at fairs, festivals, carnivals, and rodeos this summer. Certain diseases, like E. coli and influenza, can be passed back and forth between humans and animals.

"With so many outdoor festivities and gatherings, summer is a great time to enjoy activities with friends and family," said Michelle Feist, epidemiologist with the NDDoH. "A few simple precautions can help to keep illnesses from interrupting summer fun."

General recommendations for attendees:

Wash your hands often with soap and running water before and after exposure to live animals and their surroundings. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Do not eat or drink while

in petting zoos or livestock viewing areas.

Do not allow children to put anything in their mouths while in animal areas.

Do not take toys, pacifiers, cups, baby bottles, strollers, or similar items into animal viewing areas; these items can pick up germs from animal areas and can become a source of contamination for small children.

Always provide adult supervision in animal areas for children younger than 5 years old.

Avoid close contact with any animal that looks or acts ill.

If you are ill, avoid close contact with animals and viewing animals in enclosed spaces, such as barns.

To further reduce the risk of infection, minimize direct contact with animals in barns and viewing areas.

If you are bringing or preparing your own food, don't let food sit out for more than two hours—one hour if the temperature is over 90°F. Keep perishable food items in a cooler or

insulated bag.

Wear U.S. Environmental Protection Agency (EPA)-registered insect repellent to keep mosquitos, ticks, and other bugs away when outdoors.

Anyone at high risk of serious complications from infectious diseases like influenza or E. coli may consider avoiding contact with live animals at the fair. High risk individuals can include small children, pregnant women, people 65 years and older, and people with long-term health conditions. People with respiratory conditions should consider avoiding enclosed spaces where livestock are present, such as barns and indoor arenas.

Anyone who becomes ill after contact with livestock or other animals should contact a health care provider, and should tell the health care provider about the animal contact. For more information about these topics, visit the Division of Disease Control website at [www.ndhealth.gov/disease/](http://www.ndhealth.gov/disease/) or call 701.328.2378.

## North Dakota Festivities Make for Unique, Fun Travel this June

NORTH DAKOTA LEGENDARY

North Dakota's range of outdoor activities makes it an ideal summer destination. The long days, warm temperatures and accessible recreation provide a perfect playground for travelers seeking fun and varied experiences. Whether hiking through a state park, enjoying live music or sampling the fare at a food festival, discover the delights of North Dakota this June. To find more information about these activities, and for a complete list of events, go to [NDtourism.com](http://NDtourism.com) or call 800-435-5663 or 701-328-2525

**Medora Musical and Pitchfork Steak Fondue**

**Medora: June 3-September 10**

The "Greatest Show in the West" is performed nightly all summer in the majestic Burning Hills Amphitheatre. Enjoy this beloved western-style show professionally produced and packed with singing, dancing and comedy. Before the musical starts, experience a unique dining experience up on one of the area's highest bluffs. Savor ribeye steaks fondued "western-style" and served with a full buffet. [www.medora.com/](http://www.medora.com/); 701-623-4444

**Starlight Cinema Bismarck: June 9-September 30**

Enjoy a classic movie for

all ages under the stars every month this summer at the Sleepy Hollow Arts Park. The lineup includes "Back to the Future," "The Sandlot," "The Labyrinth," "Napoleon Dynamite" and "The Rocky Horror Picture Show." Tickets are available in advance or at the door and blanket and chair seating is available. Refreshments and snacks are available for sale and chairs are available for rent. Learn more at <http://starlightcinema.tv/>.

**Fort Union Rendezvous Williston: June 16-19**

This 19th Century fur trade fair includes a variety of period arts, crafts and music. Participate in the upper Missouri's finest fur trade fair at one of the West's most imposing historic sites, with featured headliner Dr. Daniel Patterson, [www.nps.gov/fous/index.htm](http://www.nps.gov/fous/index.htm); 701-572-9083

**Motorcycle Ride-In Cavalier: June 17-18**

2016 is the 20th annual Cavalier Motorcycle Ride-In and this small North Dakota town is ready to celebrate! Enjoy street dances, fun runs, a live auction and food and merchandise vendors. For more information, visit [www.cavaliermotorcycleridein.com/](http://www.cavaliermotorcycleridein.com/); 701-265-3151.

**Dickinson Area Fossil Dig Dickinson: June 27-July 1**

Want to bone up on your fossil knowledge? Take a trip to legendary fossil sites near Dickinson where you can discover 30-35 million-year-old mammals like saber-toothed cats, rhinos, tortoises, tiny deer, horses and more. [www.dmr.nd.gov/ndfossil/digs/](http://www.dmr.nd.gov/ndfossil/digs/); 701-328-8105

**The New York Kammermusiker 10th Anniversary North Dakota Winds of Change Concert Tour:**

**Maddock: June 25, 26**

**Bismarck: June 27, 28**

**Ellendale: June 29**

**Fargo: June 30**

The program for the 10th anniversary tour will include Icelandic music, pieces by Handel and Haydn and a special presentation at the State Museum at the North Dakota Heritage Center. This is a unique celebration of North Dakota, featuring music dedicated to Theodore Roosevelt with narration by actor Bjorn Pederson. Learn more at [www.ndtourism.com/events/new-york-kammermusiker-10th-anniversary-winds-change-concert-tour](http://www.ndtourism.com/events/new-york-kammermusiker-10th-anniversary-winds-change-concert-tour).

These are just a few of North Dakota activities and events taking place in June. For more information, go to [NDtourism.com](http://NDtourism.com) or phone 701-328-2525 or 800-435-5663.

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"There are three keys to managing any emergency with your dog: Don't panic, protect yourself from injury, and prepare in advance."

— PetPlace website discussing how to handle pet emergencies.

Fun in the summer sun doesn't always translate into such a grand time for dogs.

Let's face it, Americans love their dogs. They're often a large part of the family. More and more people travel with their dogs and it's increasing common to see dogs on family vacations.

And sometimes bad things happen despite all of the best efforts of a dog's human.

That's why PetPlace, ([www.petplace.com](http://www.petplace.com)), which is an online website with a plethora of informational and educational articles dedicated to people's pets, recently passed along some first aid tips — "Top 10 things to know for Dogs".

Actually, it's more than 10 things to know but who bothers counting?

\*For starters, when dealing with a canine emergency remember not to panic, protect yourself from injury, and be prepared.

It's kind of like what people should do when they're lost — stop and take a moment to assess the situation because, ultimately, that keeps it from getting worse than it was already.

\*Find out if the dog needs to be moved immediately, for example if a vehicle hit it.

\*Determine if there could be additional danger of injury to the dog and those providing first aid.

\*It is important to know and understand basic canine behavior, especially to never assume an injured dog won't bite. In reality, even the gentlest of dogs — including your own — can bite when in pain or in fear. Approach the dog carefully and cover its head with a towel. That helps the dog feel safe while transporting it to the veterinarian.

\*Keep your veterinarian's telephone number and address handy and try to find out in advance the location and contact information for any local

vets if planning to travel to new areas.

\*Try to have someone along so a person is available to focus on the dog and help keep it calm and settled while the other drives to the veterinarian's office.

\*Learn animal CPR.

\*While uncommon, dogs can choke on things such as squeaky toys, so it is also a good idea to know how to perform the Heimlich maneuver on a dog. However, only perform the technique if totally certain the dog is in peril and you are properly trained. Otherwise injury could result to the dog if done incorrectly.

\*Apply a bandage — a cloth or paper towel or even clothing or fabric — to a wound to control bleeding.

\*Apply pressure to an obvious source of bleeding, using a clean cloth or towel applied directly to the wound.

\*Having towels or blankets handy, such as in a vehicle or camper, can help in picking up an injured dog and control bleeding. Just as wrapping an injured or frightened child in a blanket helps ease their fears, a blanket could have the same effect on a dog, especially if their head is wrapped in darkness to provide a calming sensation.

\*Sometimes it might be necessary to use a board or strong blanket to help move or transport an injured dog. If one is needed, carefully roll or slide the dog onto the board or blanket, such as a sturdy wool blanket or canvas. Using a board or blanket means the need for two people and must be done with care so as not to further injure the dog or frighten it so it puts people in danger of bites.

\*Emergency visits can be costly and in some cases, it may help if a pet owner has pet insurance. Research the variety of pet insurance companies to find out if one fits your family and canine's needs.

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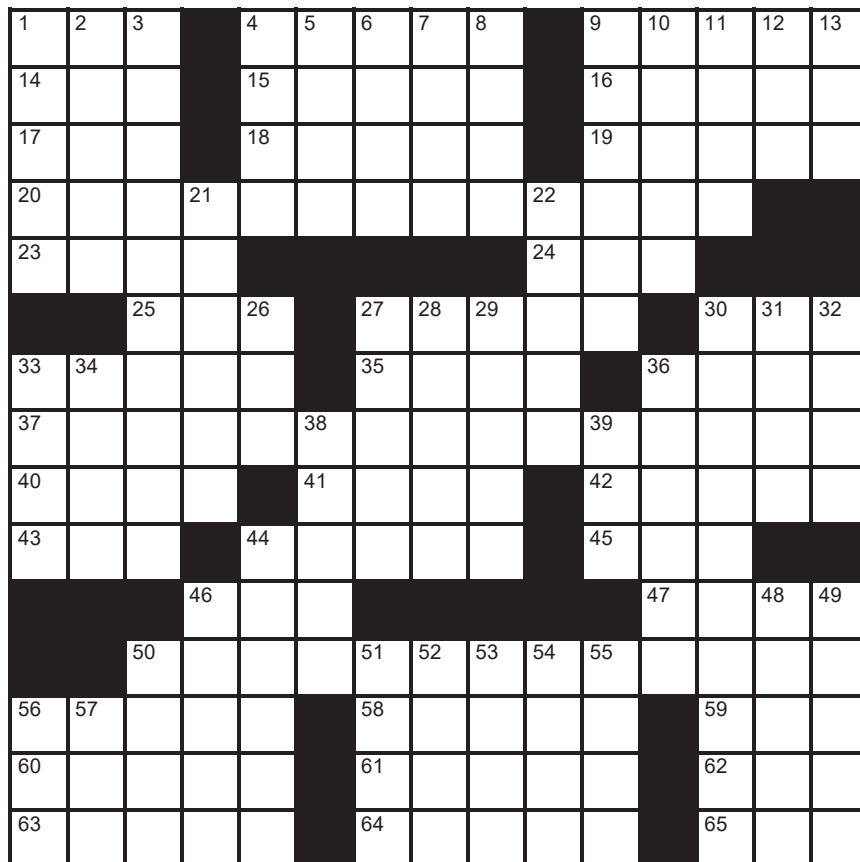


## CROSSWORD PUZZLE

## Fun in the Sun

## Across

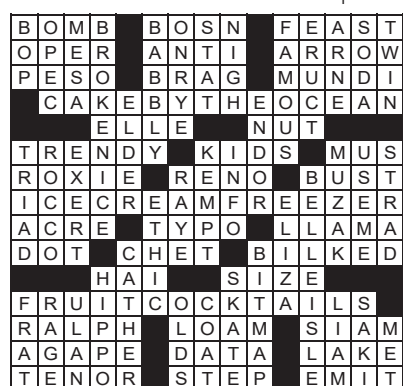
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18 French town  
19 Tiny amount  
20 Prepared hides  
23 Spinner  
24 Trendy  
25 Actress Longoria  
27 Black cattle breed  
30 Hosp. readout  
33 Blinded painfully  
35 Loud sound  
36 "\_\_\_ have to do"  
37 Fancy infant keepsake  
40 Gillette razor  
41 Deceive  
42 Lowlife  
43 Old cartoonist Hoff  
44 Makes eyes at  
45 "Seinfeld" uncle  
46 Status \_\_\_  
47 Church area  
50 Unedible diner food  
56 Low spirits  
58 Scarlett \_\_\_  
59 Bond rating  
60 Blood line  
61 Bluffer's game  
62 Patriot's org.  
63 Collect slowly  
64 Programs, briefly  
65 Go after, in a way



## Down

- 1 Sound in German?  
2 Deck out  
3 Say publicly  
4 Drift  
5 Enthusiastic  
6 Type of weevil  
7 Digestion aid  
8 Guess  
9 Feeling of pity  
10 Everglades wader  
11 Crowd sound  
12 Business mag  
13 Alkaline liquid  
21 Nine-day ritual  
22 Opposable digit  
26 Woodworker's tool  
27 Pop star Paula  
28 Lofty  
29 Hat trick trio  
30 Addis Ababa folk  
31 Carolina college  
32 Mirth  
33 Wall St. hirees  
34 Chichi  
36 "That's no lie!"  
38 Prod  
39 Big inits. in fashion  
44 "\_\_\_ Flint"  
46 Share  
48 Mix-up  
49 French equivalent  
50 Yawner  
51 The best  
52 "Well, alright then"  
53 Mountebank  
54 Mr. Flinstone  
55 Rabbit \_\_\_  
56 Kind of order  
57 Chat room abbr.

Solution to last week's Crossword puzzle.

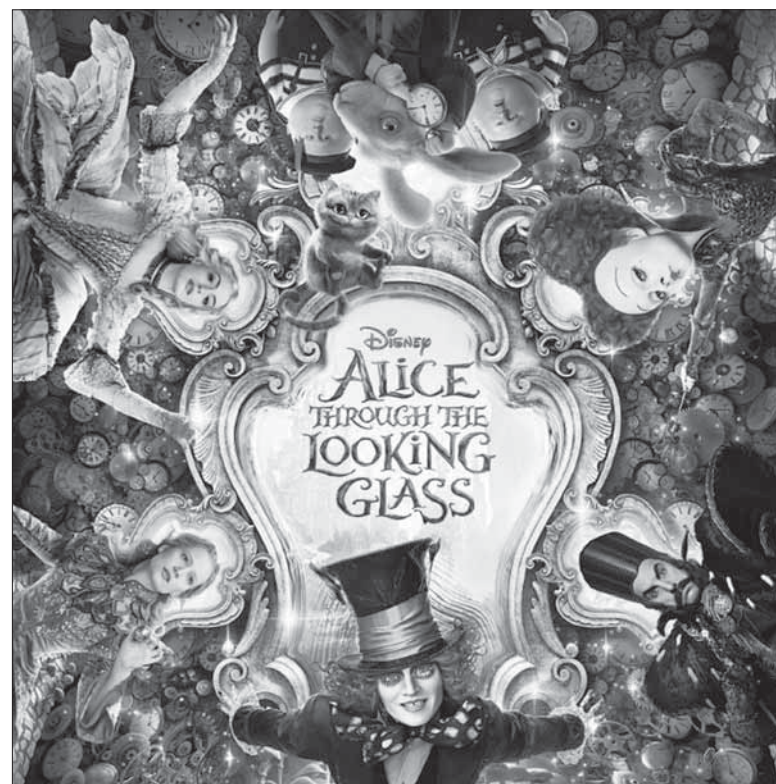
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## SUDOKU

Solution to puzzle on page 18

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2		9	5				1	



## Go Ask Alice

Magic mirror returns plucky lass to Wonderland—or Underland

NEIL POND | PARADE MAGAZINE

British author Lewis Carroll's tales of a Victorian lass and her escapades in an enchanted place of talking animals, odd humans and other curious creatures have been made into numerous movies, TV shows and stage adaptations—dozens since Alice's Adventures in Wonderland was originally published in 1865. In the early 1970s, the rock band Jefferson Starship made Alice the hook of its hippy-dippy song "White Rabbit," which used her journey down a rabbit hole as a metaphor for another kind of "trip." The ABC-TV modern-day fairytale anthology *Once Upon a Time* spun off a standalone series, *Once Upon a Time in Wonderland*, based on Carroll's novels, in 2013.

Clearly, something about the plucky, curious young Alice never falls out of fashion.

"Go ask Alice," sang Jefferson Starship's Grace Slick.

Go ask Alice, indeed, for she is a most resourceful gal in this Disney follow-up to the House of Mouse's *Alice in Wonderland*, which reunites most of the cast of the 2010 film. When we meet her in the opening scene, Alice Kingsleigh (Mia Wasikowska) is the cool-headed captain of her late father's sailing ship, *The Wonder*, excitedly exploring the globe, narrowly escaping from pirates and clearly making her own way in a "man's world" that wants to put her—and keep her—in her place.

When the Mad Hatter (Johnny Depp) gets in a bit of a bind, his friends in Wonderland—now called "Underland"—know just what to do: Go ask Alice!

That sets the stage for Alice's return—this time through a magic mirror—to the enchanted realm, where she again meets up with

the Red Queen (Helena Bonham Carter), the White Queen (Anne Hathaway), Tweedles Dee and Dum (Matt Lucas), the Cheshire Cat, the March Hare, the Dormouse and the Bloodhound.

In order to help the Hatter, Alice must make a dangerous, daring trip back in time. That's always tricky in any movie, and here it involves stealing a device called the Chronosphere from Time himself (Sacha Baron Cohen). The film's weirdly wacky new character is a clockwork despot who speaks like German actor Christoph Waltz and is served by a staff of comical, robotic minions he refers to as his "seconds"—a time pun, get it?

Once again, Johnny Depp is all tics, weird hair and crazy quirks—three shades of eye shadow, eyebrows that look like florescent orange caterpillars attacking his forehead, ghoulish white makeup and yellow teeth. When the Hatter speaks, he sounds like he's got marbles in his mouth and a lisp. It's just too much.

So it's practically an invitation for Sacha Baron Cohen to glide right in and steal the show with a perfectly calibrated performance of comedic timing, camp and cleverness, which he does.

British director James Bobbin (who also steered two Disney Muppets movies plus the brilliant *Flight of the Conchords* and Cohen's satirical *Da Ali G Show*) replaces Tim Burton, who directed the 2010 *Alice in Wonderland*. Burton's influence remains as one of the producers, however, and the whimsy and imagination of his original are still very much evident.

So: How long before we get our next trip to Wonderland/Underland? Go ask Alice!

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## Crock Pot Bacon Mushroom Swiss Chicken



### INGREDIENTS:

3 slices of bacon, crisply cooked, crumbled and drippings reserved  
6 boneless, skinless chicken breasts  
4 oz can sliced mushrooms, drained  
10.75 oz can cream of chicken soup  
6 slices of swiss cheese

### INSTRUCTIONS:

Pour your reserved bacon grease in a skillet and heat up over medium heat. Place your chicken breasts in the warmed grease and cook for 3-5 minutes until slightly golden (turning once). Spray your crock pot with cooking spray. Put your chicken in your crock pot. Cover with your mushrooms. Pour your soup in your skillet, warm through, then pour over your chicken. Cover and cook on low for 4-5 hours, check with a meat thermometer to know when the chicken is done. Place a slice of Swiss on top of each chicken breast, sprinkle with bacon, turn heat up to high and cover and cook for 10-15 minutes more until the cheese is melted.

## Red, White and Blueberry Sangria



### INGREDIENTS:

1 bottle dry White wine (I used an inexpensive Chennin Blanc)  
1 C white grape juice  
2 C blueberries  
1 lb strawberries, hulled and sliced  
1 bottle champagne/sparkling wine or Prosecco  
2 apples, thinly sliced

### INSTRUCTIONS:

Stir together the white wine, white grape juice, blueberries and strawberries in a large pitcher. Cover and refrigerate for up to 4 hours. The longer it sits, the redder it will be. When you're ready to serve, add the chilled champagne and apple slices then pour over ice.



A group of musicians jams together during last year's Missouri River Bluegrass Festival. This year's festival will be held on June 17 and 18 at Cross Ranch State Park.

## Bluegrass Festival returns Mo. River music celebration at Cross Ranch State Park

ALYSSA MEIER | COTTONWOOD BLUEGRASS

For the 26th year in a row, the Missouri River Bluegrass Festival is coming to Cross Ranch State Park to celebrate a love for classic American music.

Concerts will run June 17 and 18 at the state park, located along the Missouri River just south of Washburn.

"The concerts begin on Friday night at 6:30, with four bands performing," festival organizer Jill Wiese said. "Flea Bitten Tramps from Bismarck at 6:30, Cotton Wood at 7:30, The High 48's from Minneapolis at 8:30 and Gold Heart from Virginia at 9:30."

Saturday features an open stage for two hours, from 10 a.m. to noon, where any attending musicians can perform.

"There are many musicians that attend this festival and this is a great time for them to perform and gather other musicians

to play and make up a band," Wiese said.

At 1 p.m. Saturday, the Center Community band and Pfliger Sisters will start playing on stage. At the same time, a workshop for learning a bluegrass song will be held by the High 48's and Gold Heart.

"This is free and the best part of the weekend in my eyes," Wiese said. "To sit down with some of the nation's finest touring bluegrass bands and learn is priceless."

Wiese and her husband took over the festival after the previous organizers retired after 24 years.

"Bob and I decided to become the new festival organizers as we live so close to the park," Wiese said, adding that they get a lot of help from about 40 volunteers and family members.

Afternoon concerts will fill the park with

bluegrass music from 2:30 to 10:30 p.m. Wiese said at all hours, there are small groups playing together around the park, and that this attracts many to the event.

"Many people come just for the jamming alone," Wiese said.

Wiese said that she loved being able to bring together bluegrass musicians and lovers for the event every year, and that it gave people an excuse to visit the state.

"What I like best is to bring bands who have never been to North Dakota and introduce them to our 'bluegrass family,'" Wiese said. "It is always a great experience for bands who get to travel to come to North Dakota."

All ages are welcome to this event, and children 16 and under get in for free. Admission for adults for Friday is \$15, Saturday is \$20, and a two-day pass is \$30. Attendees are urged to bring a lawn chair, bug spray, sunscreen and their instruments.

Wiese said that having all of the musicians gathered in such a beautiful park is an unforgettable experience.

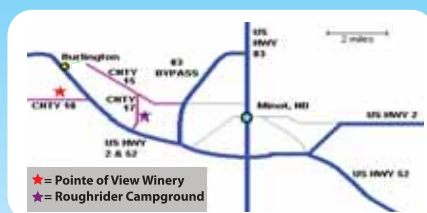
"Imagine your sports hero or musical idol. Now they are at the Cross Ranch, camping with you. You get to hear them play and attend a workshop to learn from them and then jam at night with them," Wiese said. "It just fills up your heart year after year."

For more information, go to [www.cottonwoodbluegrass.com](http://www.cottonwoodbluegrass.com). If you are interested in volunteering, call Cross Ranch State Park at 701-794-3731.



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## 5 FSS Events A Great Way To Celebrate Father's Day



Make Father's Day extra special this year with a wide variety of events and activities available at 5th Force Support Squadron facilities. A delicious barbeque brunch, golfing, family bowling outing, and more are all great opportunities to help make dad's day unforgettable.

### FATHER'S DAY GRILL YOUR OWN STEAK June 17th - Rockers Bar & Grill

Celebrate Father's Day a little early by enjoying the Father's Day Grill Your Own Steak Night at Rockers Bar & Grill on Friday, June 17th from 4:30-7 p.m. Come add your personal touch to Rocker's Friday member's buffet by grilling your own steak your way. Cost for hand cut steaks are \$1.50 per ounce. Plus Rockers Bar & Grill has all the fixin's to go with your steak on the buffet line. Cost for the buffet is FREE for club members and \$7 for non-members. If you're not already a club member, sign up for Club Membership during this event and you will receive one steak dinner FREE. For more information, call Rockers Bar & Grill at 727-ROCK.

### FATHER'S DAY BOWLING SPECIAL

#### June 18th - Rough Rider Lanes

Celebrate Father's Day early by enjoying the Father's Day bowling special at Rough Rider Lanes on Saturday, June 18th from 6-11 p.m. Dad's can bowl up to 3 games FREE and receive a FREE shoe rental. Family members bowl for \$2.50 per game and \$2 a shoe rental. Call Rough Rider Lanes at 727-4715 for more details.

### FATHER'S DAY GOLF SPECIAL

#### June 19th - Rough Rider Golf Course

Bring dad to the Rough Rider Golf Course on Sunday, June 19th from 10 a.m. to 3 p.m. for a FREE 15 minute lesson with FREE range balls. Dad can also play 9 holes of golf for FREE if accompanied by family members. Family member's fee will be dependent on rank of military sponsor. Fees may also include club and cart rental as needed. For additional information, call the Rough Rider Golf Course at 723-3164.

### FATHER'S DAY SUNDAY BRUNCH

#### June 19th - Jimmy Doolittle Center

A tasty, mouth-watering dining experience awaits dad during the Father's Day Barbeque Brunch at the Jimmy Doolittle Center on June 19th from 10:30 a.m. to 1:30 p.m. In addition to the normal delectable Sunday brunch items served at the Doolittle Center, this special event has a barbeque twist that will include ribeye steaks, BBQ ribs, and more. Cost is \$15.95 for club members, \$18.95 for non-members, \$6.95 for children ages 6-12 years of age, and children age 5 and under are free; dads receive \$1 off their meal. If sign up for Club Membership at this event, you will receive brunch for dad FREE. Contact the Jimmy Doolittle Center at 723-3731 for more details.

## Register Now For Upcoming U.S. Kids Golf Sessions



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 has two remaining summer sessions allowing youth ages 5 and older to choose the clinic that best fits their schedule. Sessions will be held July 11-22 (registration ends June 30) and August 8-19 (registration ends 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. The program consists of five one-hour lessons. 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 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 an experienced golf instructor, and on course playing time. For additional information, contact the Rough Rider Golf Course at 723-3164.

For 5th Force Support Job Opportunities,  
visit [www.nafjobs.org](http://www.nafjobs.org)  
or call NAF Human Resources at 723-2812

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**17 JUNE**  
Steak Night  
Rockers Bar & Grill  
If you sign up for Club Membership at this event, you will receive one steak dinner FREE

**19 JUNE**  
Father's Day Brunch  
Jimmy Doolittle Center  
If you sign up for Club Membership at this event, you will receive brunch for dad FREE

**24 JUNE**  
Build Your Own Pizza Night  
Jimmy Doolittle Center  
If you sign up for Club Membership at this event, your WHOLE FAMILY enjoys FREE pizza

**1-30 JUNE**  
Become a new Club Member at Minot AFB and have a chance to win a \$300 voucher for Information, Tickets & Travel  
When you become a new Club Member during the Club Membership Campaign June 1-30 2016, your name will be entered into a drawing for a chance to win a \$300 ITT voucher

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**CLUB MEMBER DRAWING  
ON FRIDAY, JUNE 17TH WILL  
BE FOR \$450.**

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 Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.



## FAMILY and YOUTH EVENTS & PROGRAMS

### Jun 24 Family Pizza Night

Family Pizza Night returns to the Jimmy Doolittle Center on Friday, June 24th from 5-7 p.m. Build your own personal pizza from a wide array of delicious toppings, sauces, and crust. Cost is \$5 per pizza for club members of all ages and \$7 per pizza for non-members of all ages. For additional information, contact the Jimmy Doolittle Center at 723-3731.

### Jul 15 Mini Mudder

Registration is now open for the 2016 Mini Mudder hosted by the Youth Center. The event will be held on Friday, July 15th in the field behind the Shopette. Sign-in begins at 4 p.m. with the run scheduled for 5 p.m. Register now so you don't miss this FREE family event. Remember, if you're not muddy, you're doing it wrong! The Mini Mudder is sponsored by Strata Corporation. For additional information, contact the David C. Jones Youth Center at 723-2838. *No Federal Endorsement of Sponsor intended.*

### Board Game Making Camp

The Base Library invites you to participate in their Board Game Making Camp. On Monday, June 20th at 3 p.m., learn about games, game making, and start brain storming ideas and prototyping your game. Then on Wednesday, June 22nd at 3 p.m., test your prototype and improve your game. On Friday, June 24th at 3 p.m., use the Library's technology and crafts supplies to create the final version of your game. Finally, on Saturday, June 25th at 1 p.m., bring your final game to the Library and play it with competition judges for a chance at prizes.

### 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.

## FREE Picnic & Fireworks At Bud Ebert Park On July 4th

The holiday that recognizes the adoption of the Declaration of Independence declaring the United States independence from Great Britain is now commonly associated with picnics, fireworks, and family oriented events. Minot AFB personnel and their families can enjoy many of those traditional activities this July 4th during a day filled with food, fun, and events for all ages.

The Fourth of July Bash will be held at Bud Ebert Park on Saturday, July 4th. The fun-filled event begins at 5 p.m. with activities for children including inflatables, kids crafts, and more.

The Independence Day celebration continues with a delicious FREE picnic offering plenty of scrumptious food from 6-8 p.m. The menu includes summer favorites such as hot dogs, hamburgers, chips, and a drink. A "Pay As You Go" bar will be available serving beer, wine, and coolers.

The Independence Day holiday wouldn't be complete without a fantastic fireworks display at dusk. Attendees are encouraged to bring your own blankets and lawn chairs. No glass containers are allowed at Bud Ebert Park during the Fourth of July Bash.

For additional information on this year's Fourth of July Bash, please contact Susan Wagers at 723-6718.

## YOUNG AIRMEN EVENTS & PROGRAMS

### Jun 17 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on June 17th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, call at 727-ROCK.

### Jun 22 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.

### Jun 23 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.

### Jun 23 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 23rd 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.

### Jun 25 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, June 25th 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 Rockers Bar & Grill at 727-ROCK.

### Outdoor Pool Is Open

The Outdoor Pool is now open. Get your swimsuit, sunscreen, and head on over. The Outdoor Pool is open Monday through Friday from 11 a.m. to 6 p.m. (lap swim lane will be available during these times) and on Saturday and Sunday from 12 p.m. to 7 p.m. Admission to the Outdoor Pool is FREE this year!



The Rough Rider Golf Course hosted the Pride of America Tournament on Sunday, June 12th. The winning team of the First Flight was (left to right): Ben Magnuson, Matt Burckhart, Ben Rogelstad, and Matt Yale. The tournament was sponsored by Ryan Family Dealerships. *No Federal Endorsement of Sponsor Intended.*



The winning team of the Second Flight during the Pride of America Golf Tournament was comprised of (left to right): Marcus Gray, Tyler Hughes, and Michael Oliver. Not pictured is team member Vasiliy Zorin.

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# David Cook Rocks Minot

AIRMAN 1ST CLASS J.T. ARMSTRONG | PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- David Cook, the 2008 American Idol winner, and his band performed at the Jimmy Doolittle Center at Minot Air Force Base, N.D., May 30, 2016.

The group was wrapping up its tour of eight bases this spring which included: McConnell AFB, Kansas; Vance AFB, Oklahoma; Altus AFB, Oklahoma; Laughlin AFB, Texas; Fairchild AFB, Washington; Malmstrom AFB, Montana; Minot AFB and Ellsworth AFB, South Dakota.

Cook and his band performed for hundreds of Team Minot service members and their families on Memorial Day in honor of fallen service members.

"What an honor it has been to perform at military bases around the world," said Cook. "We get to entertain and say a little extra 'thank

you' on Memorial Day." The Nashville singer and songwriter performed tracks from his most recent album and popular songs by Michael Jackson and Led Zeppelin.

Cook said he couldn't emphasize enough what an honor it was and how thankful he was to all of our troops at home and overseas.

"I have family in the military, so I understand some of the struggle," said Cook. "The least we can do is come out and make a little noise."

Cook also had advice for Airmen or anyone looking to pursue their goals.

"They say it takes 10,000 hours to get really good at something, and I spent 10 years trying to get my foot in the door," said Cook. "So when the opportunity presented itself (American Idol), I was receptive of it, even though it wasn't originally a part of my plan."



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

David Cook performs for military members and their families at Minot Air Force Base, N.D., May 30, 2016. The 2008 American Idol winner performed tracks from his most recent album and popular songs by Michael Jackson and Led Zeppelin.

# Military Kids at Minot AFB Can Enter to Win \$500 Exchange Gift Card in Toyland Sweepstakes

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS  
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Military kids at Minot Air Force Base will have the chance to fill their toy box with something special this summer thanks to the Army & Air Force Exchange Service's 2016 Toyland Sweepstakes.

From May 20 to June 17, children of authorized Exchange customers can submit in 10 words or less what it means to them to be a "military brat" at [www.shopmyexchange.com/sweepstakes](http://www.shopmyexchange.com/sweepstakes). Children who enter must be between ages 3 and 12.

One first-place winner will receive a \$500 Exchange gift card and a caricature drawn by the Exchange's in-house artist. The caricature of the winner will be placed in the 2016 Toyland toy book, promotional materials for Month of the Military Child in April and various other 2017 marketing materials. A second-place winner will receive a \$250 Exchange gift card, and third place will receive a \$100 Exchange gift card.

The Exchange's 2016 Toyland toy book, the Exchange's own holiday toy guide, is chock-full of Military Brat-Approved toys available both in-store and online.

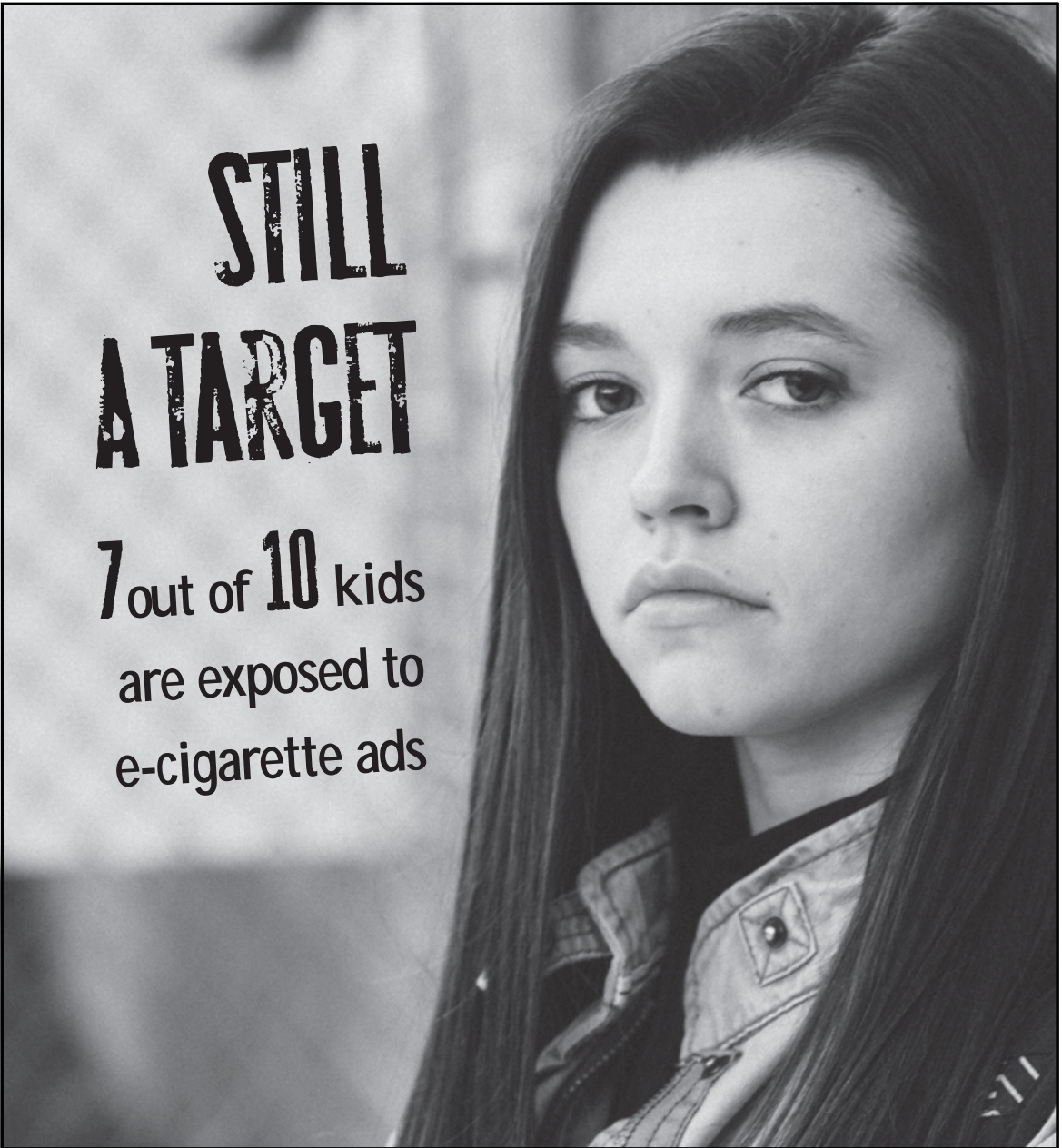
"Changing schools, friends and surroundings so often isn't easy for military children," said General Manager Kristine Cowley.

"One of the few constants in their lives are the toys they carry with them from duty station to duty station. That's why we want our smallest shoppers to have the opportunity to participate in this worldwide event to celebrate summer savings, fun and of course, toys."

An in-house panel will judge the written submissions on or by July 22. No purchase is necessary to enter or win.

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/press-releases.htm> or follow us on Twitter at <https://twitter.com/ExchangePAO>.

Media Notes:  
For more information or to schedule an interview with an Exchange representative please contact Lisa Anderson, 701-727-4717 or [andersonlm@aafes.com](mailto:andersonlm@aafes.com).



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**TODAY**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Stroller Fitness, 0930, Fitness Center
- Father's Day Grill Your Own Steak Night, 1630-1900, Rockers Bar & Grill
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Backyard BBQ Burger Burn - Airmen Appreciation Night, 1700-1900, Jimmy Doolittle Center
- Club 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, 1800-1900, Youth Center
- Lights & Strikes Bowling, Every Fri, 2000-2300, Rough Rider Lanes
- Karaoke, 2000-Close, Rockers Bar & Grill

**SATURDAY**

- Dakota Sun Gardens Winery Tour, 0900, Information, Tickets, & Travel
- Magic: The Gathering Competition, 1300, Base Library
- Father's Day Bowling Special, 1800-2300, Bowling Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

**SUNDAY**

- Father's Day Golf Special, 1000-1500, Golf Course
- Father's Day Brunch, 1030-1330, Jimmy Doolittle Center
- Zumba, 1400, Fitness Center

**MONDAY**

- Youth Tumbling Classes, Hours vary by age, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Stroller Fitness, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- H2O Fitness, 1615, Indoor Pool at Fitness Center
- Board Game Making Camp, 1500, Base Library
- Step Jam, 1730, Fitness Center
- US Kids Golf, 1700-1800 or 1800-1900, Golf Course
- Learn On The Course, 1800, Rough Rider Golf Course
- Yoga, 1830, Fitness Center

**TUESDAY**

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga Flow, 1130, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Family Fitness Boot Camp, 1630, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- TurboKick, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

**WEDNESDAY**

- Youth Karate and Tumbling Classes, Hours vary by age, Youth Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Stroller Fitness, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Lunchtime Pickup Basketball, Every Wed, 1100-1300, Fitness Center-Court B
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight CORE, 1130, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- Board Game Making Camp, 1500, Base Library
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle, 1630, Fitness Center
- Single Airmen Slice Night, Every Wed, 1700-

**2100, Rough Riders Pizza**

- Women's Softball League, 1730 & 1830, Fitness Center-Softball Fields
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center, (18 years & older)
- Yoga, 1830, Fitness Center

**THURSDAY**

- Youth Center Dance Classes, Every Thursday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Yoga Kids (Parent Child Class), 0930, Fitness Center
- Craft Club, 1030, Base Library
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- H2O Fitness, 1615, Indoor Pool at the Fitness Center
- Teen Book Club, 1630, Base Library
- Single Airmen Wingman Night, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (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 - JUNE 24**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Stroller Fitness, 0930, Fitness Center
- Board Game Making Camp, 1500, Base Library
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Family Pizza Night, 1700-1900, Jimmy Doolittle Center
- Club Membership Cash Drawing, 1730-1830, Jimmy Doolittle Center & Rockers Bar & Grill
- Keystone Club Meeting, Every Fri, 1800-1900, Youth Center
- Lights & Strikes Bowling, Every Fri, 2000-2300, Rough Rider Lanes
- Karaoke, 2000-Close, Rockers Bar & Grill

**UPOMING EVENTS - JUNE 25**

- Chess Club, 1100, Base Library
- Board Game Making Competition, 1300, Base Library
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center
- Hip Hop All Nighter, Midnight-0400, Rockers Bar & Grill

**ONGOING EVENTS**

- Rough Riders Monthly Pizza Special. June Special – Pineapple Pulled Pork Pizza. Our tasty barbecue sauce, delicious pulled pork, pineapple, bacon, jalapenos, and mozzarella cheese topped with French fried onions. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal – Pulled pork, pineapple, bacon slices, and jalapenos topped with mozzarella cheese, fresh tomatoes, and French fried onions. \$8.25 includes a side and drink
- B-Fifty Brew Special. Not a coffee or tea fan? Try our Redbull Burners! Choose your Redbull® flavor: Original, Blueberry, Cranberry, or Tropical. Then choose your syrup: peach, coconut, raspberry, or strawberry. Top with pink lemonade or lemonade. Venti \$5.50 Grande \$5.00
- Auto Hobby Monthly Special - \*Must mention ad to receive special price\*. June 15th-30th \$1.00 Off Flat Stall. Regular Price: \$3.00/hr Sale Price: \$2.00/hr

**PRENATAL YOGA**

The Youth Center is offering Prenatal Yoga on Wednesdays at 10:15 a.m. Improve your pregnancy and birth experience through prenatal specific yoga. This multifaceted approach encourages flexibility, strength, balance, stamina, focused breathing, relaxation techniques, positive mental centering, and more. This style of class is great for any level of yoga practice, new to advanced. With your doctor's approval, you will gain many health benefits for you and your baby. The 45 minute session, held once a week, will be a guided journey which

will allow you to learn skills to use at home during your pregnancy, during labor/birth, and postpartum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

**EXPECTANT AND BREASTFEEDING MOTHERS**

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

**PARK UNIVERSITY SUMMER 2016 REGISTRATION IS NOW OPEN!!**

Park University's Summer 2016 term (6 June 2016 – 31 July 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. Stop in and see us!!!!

**MINOT OFFICER SPOUSES CLUB**

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at www.minotosc.org Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

**MINOT ENLISTED SPOUSES CLUB**

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at http://www.mesc.org/

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY**

is now registering for the Summer 2016 term (1 Jul-1 Sept). To sign up for Undergraduate and Graduate courses please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 or email your request to minot@erau.edu . If you have any questions, please call 701-727-9007.

**AIR FORCE SGTS ASSOCIATION, CHAPTER 959, GENERAL MEMBERSHIP MEETING**

GENERAL MEMBERSHIP MEETING takes place on the Second Tuesday of each month at ROCKERS at noon (1200hrs). The Air Force Sergeants Association (AFSA) is a federally chartered non-profit organization representing the professional and personal interests of active duty, retired, and veteran Total Air Force and their families. Please join us as we discuss Base and Community events and current legislation. Officers, enlisted, civilian, dependent, Active Duty, Veterans, and Retired-All are welcome! Like us on Facebook at www.Facebook.com/MinotAFSA. We post any meeting changes, important news, events, and volunteer opportunities on our page. If you have questions, please contact us via email at AFSACH959@gmail.com.

**MAIN STREET BOOKS STORYTIME –**

An interactive storytime with songs, rhymes, puppets and books. Every Wednesday and Thursday morning at 10:00 a.m. for birth – 4yrs and 11:00 a.m. for 4 yrs+. All ages welcome. Each storytime 30 minutes long. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreet-booksminot.com

**MAIN STREET BOOKS 1ST SATURDAYS STORYTIME –**

A weekend storytime for families. Once a month on the 1st Saturday of



the month there will be a specially themed story-time 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

### RIBFEST 6/16/2016 10:00 AM - 6/19/2016 11:59 PM

Minot Municipal Auditorium. The Kick-off to summer is the Magic City Ribfest! June 16, 17, 18, 19 at the Minot Auditorium. World Class Ribbers, & Music! Concerts are Firehouse, Jame Otto!

### RTL OPEN MIC NITE 06-17-2016 07:00 PM - 12-31-2016 09:30 PM

Classic Rock Coffee-Minot. Founded with the spirit of Rock the Leaves Music Festival, musicians and music lovers alike have built a burgeoning artist movement through RTL Open Mic Nites, where artists of a wide array of disciplines share their God-given talents in an intimate stage setting. Several artists that have been featured at Beardstock and Rock the Leaves were a product of the series formerly called Share Your Shine Open Mic Nites. While the name has now been shortened, the movement continues to grow, cultivating a home for all ages to share and celebrate talent.

### NDMA ROUND 5 AT MAGIC CITY MOTOCROSS, 6/18/2016 7:00 AM - 6/19/2016 6:00 PM

Ruthville,ND. North Dakota Motocross Associations 2016 Race Season Round 5 Hosted at Magic City Motocross in Ruthville. Come out and join us for two full days of Motocross races, watch as 21classes compete for points for the weekend and over all season. There will be great food by Big Dog's Saloon Gates open at 7 am General Admission \$5 per person , Children 6 and under Free.

### DADFEST 6/18/2016 9:00 AM

2825 13th st se minot, nd. Celebrate dads! free food, kid activities(bouncey castles, mazes, power wheels course and more! Live music. 5k runs, kid fun runs, motorcycle run, 3on3 basketball tourney, sand volleyball tourney.

### WORLD GIRAFFE DAY 6/18/2016 10:00 AM

Roosevelt Park Zoo. Come help us celebrate World Giraffe Day! We will have giraffe feeding stations, an Enrichment Station where you can help build enrichment for the giraffes and then see it on exhibit, exclusive giraffe merchandise, keeper chats, and great door prizes! All proceeds will benefit the Giraffe Conservation Foundation!

### RIDE TO FIGHT SUICIDE 6/18/2016 11:00 AM

Magic City Harley Davidson. 2nd Annual Ride to Fight Suicide! 150-mile Motorcycle Ride, Live music, Lunch and Raffle! \$15 for single rider and \$20 for couple.

### NURSERY RHYME RELAYS 6/20/2016 2:00 PM

Minot Public Library. Grades K-1. In the Imagination Station.

### TEEN LAUNCH 6/20/2016 6:00 PM

Minot Public Library. A program all about launching into adult life! We'll be talking about careers and college, how to find scholarships, CLEP tests, and jobs available locally. Recent grads, High School Juniors and Seniors and their families are invited to attend.

### MINOT POLICE DEPT BIKE PATROL 6/20/2016 6:30 PM

Optimist Soccer complex. Led by the Minot Police Department and their Bike Patrol. Walk around the Optimist Soccer Complex and surrounding area. Sponsored by Minot Area Team Wellness. Free and family oriented.

### WARD COUNTY ACHIEVEMENT DAYS 6/21/2016 9:00 AM

North Dakota State Fairgrounds. A schedule of events will soon be posted to NDSU Extension Service- Ward County Ward County Extension Service Administrative Building | Suite 123 225 3rd St SE PO Box 5005 Minot, ND 58702-5005 Office Hours: Monday - Friday 8:00 am - 4:30 pm Phone: 701.857.6444 701.857.6450 Fax: 701.857.6454

### SIDE BY SIDE STORIES 06-21-2016 10:00 AM - 06-21-2016 10:30 AM

Minot Public Library. Side by Side stories is for children ages 2 and up who are accompanied by a parent or other caregiver. Children will enjoy stories, finger plays, and a short movie.

### "HATCHING PETE" MOVIE 6/21/2016 2:00 PM

Minot Public Library. Open to children of all ages in the Imagination Station.

### OPEN SWIM 06-21-2016 03:00 PM - 06-21-2016 05:00 PM

Minot Public Library. Open Swim is a Makerspace informal program where teens and others can drop in, work on projects, ask advice, collaborate with others and gain new skills and confidence using technology. Artists in Residence, SEAN KEANY and ARVIN DAVIS of MIGHTCOUDO Entertainment will be on hand during Open Swim to assist with drawing, photography, photo editing, video making and editing, animation, and scanning questions. Staff will also be on hand for this program. All available Makerspace equipment will be accessible upon request, under the supervision pf staff and/or Artist in Residence.

### MINOT DISC GOLF LEAGUE NIGHT 06-21-2016 06:00 PM - 06-21-2016 08:00 PM

Polaris Park. Disc golf enthusiasts of every age and skill level are invited to attend the Minot Disc Golf Club's League Nights, every Tuesday night at Polaris Park (712 26th Ave. NW) at 6pm. It doesn't matter if you're a beginner or a seasoned veteran, all are welcome to join the Minot Disc Golf Club every Tuesday night. There is NO COST to play, it is a fun and free league. If you don't have a disc of your own, just show up and we'll make sure you have one to throw. For more information, Like us on Facebook at www.facebook.com/minotdg Minot Disc Golf is a community of disc golf enthusiasts that enjoy the game and look for ways to improve the disc golf experience in Minot, North Dakota.

### JUMP ROPE FUN 6/22/2016 2:00 PM

Minot Public Library. Grades 2-5. Rope skipping and jump rope making.

### RELAX WITH YOGA 6/23/2016 2:00 PM

Minot Public Library. Come learn some basic yoga. Grades 1 & up.

### BOOKS N' BREW BOOK CLUB 6/23/2016 7:00 PM

Tap Room. The next Books 'n Brews Book Club will take place on June 23rd, where the featured book is perhaps author Erik Larson's most famous: The Devil in the White City. It tells the stories of architect Daniel H. Burnham who designed the 1893 Chicago World's Fair as well as serial killer H.H. Holmes who stalked the fair. A movie version starring Leonardo DiCaprio and directed by Martin Scorsese was just recently announced. The Minot Public Library has access to five copies for patrons to checkout: a regular print, large print, audio CD, and 2 downloadable editions through our Overdrive app. The 2 print editions and CD can be checked out for up to 10 days with no renewals. If you already have read, own, or plan on purchasing the book, you are welcome to join us too. For more information, please contact Brendan Chella, the Adult Services Librarian at the Minot Public Library, at 701-852-1045. As per usual, the club will meet at 700pm at the Tap Room, located on 23 Main Street South between Rick's Jewelry and Rooster's. Hope to see you there!

### NODAK SPEEDWAY 6/23/2016 7:00 PM

NDSF Grandstand. Topless Mods & Sport-mods! Unless otherwise stated: 3:00 pm – Pit Gate OPENS 5:00 pm – Grandstands OPEN 7:00 pm – Racing STARTS Grandstand Ticket Prices: Adults \$13.00 Seniors \$11.00 Military \$11.00 Ages 8-14 \$6.00 Ages 7 & Under Free. \*Specials may have Higher Prices\* Advanced Discount tickets available at Enerbase's ExpressMart location For Nodak Speedway updates, text the word "Nodak" to 84483

### WARD COUNTY SHOOTOUT 6/24/2016 8:00 AM

North Dakota State Fair Grounds. Ward County Shootout is a multi-species livestock show. This show is part of the North Dakota Jr Point Show Association shows that are held across the state. Youth, up to the age of 21, showcase their cattle, goats, pigs, and sheep, along with showing off their showmanship abilities. Show-kids from all across North Dakota and kids from surrounding states arrive and present some of the best animals in the nation. The Shootout is held one day after the Ward County Achievement Days, and runs in conjunction with the North Dakota Stockmens Junior Beef Expo that is held on the 25th of June. The Beef Expo premiers the show-kids beef projects.

### MILITARY APPRECIATION DAY AT THE ZOO FRIDAY, JUNE 24 10AM - 8PM

Roosevelt Park Zoo 1219 Burdick EXPY E. Free to Military families (with ID). Lunch under the big tent 11am - 2pm. Pool & Slide 1pm - 8pm, zoo, train rides, Golf at Souris Valley Golf Course (call ahead for tee times). Wristbands will be provided at the zoo and tent entrances. Saturday, June 25: Ice skating at Maysa Arena 3pm - 5pm.

### NITRO CIRCUS 6/24/2016 7:00 PM

North Dakota Fairground Grandstand. Nitro's daredevils -- thirty of the best athletes in freestyle motocross (FMX), BMX and more -- will ride a host of ridiculous contraptions and anything else imaginable with wheels, launching 50-feet into the air for a theatrical spectacular area fans have never experienced before. Highlights include the most incredible choreographed riding routines ever seen. The famous "Nitro Bomb" features multiple athletes flipping simultaneously, while during unbelievable FMX trains riders slice through the air wheel-to-wheel, mere inches apart.

### BRUSHES AND BUBBLY 6/25/2016 10:00 AM

Grand Hotel. Join us for Brushes and Bubbly at the Grand Hotel. Cost is \$40 per person. Must be 21. We will be painting a firework inspired painting just in time for Independence Day! All supplies will be provided plus, one carafe of Mimosa and a berry bar to make it your own!

### 46TH ANNUAL LANSFORD THRESHING SHOW SATURDAY, JUNE 25TH & SUNDAY, JUNE 26TH

Lansford Threshing Grounds (South Side of Town) \$5 admission (under 12 free). Threshing Show, Tractor Trek, Tractor Pull, Toy Show, Concessions, Blacksmith, Vendors, City of Lansford Replica, Pioneer Village and Demonstrations. June 25th: Lansford Cafe Open, Tractor Trek and Tractor Pull. June 26th: Lansford Cafe Open, Country Church, Steve Stark Historical Speaker, Ice Cream Social, Parade, Kiddy Tractor Pull and Threshing of Wheat.







## Downtown Summer Wine Walk

MINOT, ND -- June 10, 2016 Many men and women participated in the Downtown Summer Wine Walk last Friday. Fun times were had by all. Keep a watch out for the dates for the Fall Downtown Wine Walk.

NORTHERN SENTRY PHOTOS | BETH DUCHSHERER

**CYBER SECURITY EDUCATION #1**

**TEMPEST**  
THERE'S MORE THAN ONE WAY TO LISTEN IN

Always be sure your Classified Processing Areas(CPA) are TEMPEST approved!  
Never move, add, or remove equipment to a CPA without first contacting your CSL you never know what could compromise our secrets.

**CYBER SECURITY EDUCATION #2**

**SPEAR PHISHING**

"Spear phishing" is when an E-mail is sent to a specific employee and appears to come from someone within that organization, such as from technical support, they typically ask for personal information or username and password.

WHEN YOU RECEIVE A SUSPICIOUS EMAIL

- Do Not 'reply,' reply to all, or 'forward' the email to any users
- Do Not open any attachments in the email
- Do Not click any website links provided in the email
- Do Report to your CSL

**DON'T TAKE THE BAIT**

**Full Service Salon**

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HOURLS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

**NDCPD Positions Available**  
Minot State University Center of Excellence

The ND Center for Persons with Disabilities (NDCPD) @ MSU is seeking two qualified individuals to fill 2 positions.

**PROJECT DIRECTOR**

Successful candidate will be hired to manage the Active Supports-Systems Change project. Individual will be responsible for the coordination and management of project activities including: 1) providing active supports training and technical assistance to community providers, parents and DD case managers; 2) developing and revising training modules; and 3) facilitating active support community of practice. This position requires a bachelor's degree in special education (masters degree preferred) and two years' related work experience in a human services or educational industry. Candidate should have experience in presenting, providing technical assistance, training, and working with community-based programs for individuals with significant disabilities including intellectual disabilities. Travel will be required.

**RESEARCH ASSOCIATE**

Successful candidate will be responsible for the coordination and/or management of specifically-assigned grants which will include: day-to-day project activity coordination; budget management; providing technical assistance and presentations to project-related agencies; and development project-related correspondence and materials. This position requires a bachelor's degree (masters preferred) with preference given to candidates with a degree in a human service related field (special education, rehabilitation, education, psychology, etc.) as well as two years' related work experience. Travel will be required.

See full description at [www.minotstateu.edu/hr/jobs\\_04.shtml](http://www.minotstateu.edu/hr/jobs_04.shtml).

To apply, send MSU application, resume/vita and reference to:  
Susie Mack 701-858-3009  
MSU, NDCPD 701-858-3483 (fax)  
500 University Ave W Susie.mack@minotstateu.edu  
Minot, ND 58707

Applications online @ [www.minotstateu.edu/hr/pdf/msu\\_application.pdf](http://www.minotstateu.edu/hr/pdf/msu_application.pdf)

Deadline to apply: June 23, 2016 MSU is an EEO

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**1st Lt. Tyler**  
**SCHOCHENMAIER**  
91st Missile Maintenance Sq. NORWALK, IA

**Rough Rider of the Week**

**What did you do before you joined the Air Force?**  
Worked at the corporate HQ for Interstate Batteries, and coached youth soccer.

**Hobbies or Interests**  
Coaching soccer at Minot State University, working on cars, riding motorcycles, and shooting firearms.

**Most life changing experience**  
Meeting my wife and earning the opportunity to attend OTS.

**Where do you see yourself in 10 years**  
Commanding a maintenance or munitions squadron.

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

**Favorite quote**  
"If you can't make them see the light, make them feel the heat"  
- Ronald Reagan

## HOW DO I SUBMIT ARTICLES OR STORY IDEAS TO THE NORTHERN SENTRY?

The Northern Sentry is a privately owned and edited publication in no way affiliated with the Minot Air Force Base, the Department of the Air Force or the Department of Defense. Military members and DoD civilian employees must contact the Public Affairs office prior to contacting any member of the media.



## CHURCH DIRECTORY

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



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

Answers to puzzle from page 8

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**MLS #161260**



**\$145,000**

TOTALLY REMODELED - 3 bedroom, 1 3/4 bath home. Kitchen has laminate flooring, white cabinets and stainless steel appliances. Nice sized living room. 2 bedrooms and full bath on main. Lower level egress master bedroom with bath and laundry. Double garage. Reduced.

**MLS #160140**



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PRICED TO SELL - 3 bedroom, 2 bath, 16x80 mobile home. Maintenance free siding and windows, updated appliances, light fixtures, floor coverings and fireplace in living room. Fenced yard, shed and wood deck. \$39,500 #160371

**MLS #160371**



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DUPLEX - Nicely updated 2 story duplex. 2 bedroom main floor unit and upper level is a 1 bedroom unit. Each level has a deck. Live in one unit and let the rent from the other unit help with your payment.

**MLS #160912**



**\$94,900**

SPACIOUS - 4 bedroom, 1 3/4 bath, 2000 sq ft manufactured home. Large kitchen has lots of cabinets and breakfast bar. Master bedroom has walk-in closet and bath. Laundry with storage. Deck, 3 sheds and partially fenced yard.

**MLS #160328**



**\$175,000**

FAMILY FRIENDLY - 3 bedroom home close to park and schools. Large eat-in kitchen, dining area, 2 main level bedrooms with another in the upper level. Fenced back yard, mature trees including a tree house. Attached garage.

**MLS #160387**



**Mel Bartsch**

240-0479

[melbartsch@yahoo.com](mailto:melbartsch@yahoo.com)



**Matt Watne**

720-5700

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### DAKRATS



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**\$220,000**



Stop! Look no farther this house has everything you are looking for! Over 2,960 Sq Ft, 3 bedrooms on main floor, spacious kitchen and dining room, large family room downstairs, attached double stall garage and private back yard! Call Nathan Stremick at 500-3890. #161171

**\$219,900**



Country living, beautiful sky view on this 4.74 acres. Manufactured home has over 2090 Sq Ft on post and piers. 4 bedroom with master bed with a garden tub & separate shower/toilet room. Enormous updated kitchen and dining room. Call Dawn VerBruggen at 720-2034. #161177

**\$172,500**



Cozy home within walking distance of Jim Hill Middle School and Minot High Central Campus. The house offers alley access to a two car garage, has vinyl siding, three bedrooms on the main level and a fourth egress bedroom in the basement. Call Neil Gush at 340-1734. #161212

**\$175,000**



Great home. Superior SW location makes this affordable 3 bedroom 1 3/4 bathroom your new home with attached garage. Original hardwood floors in living room & dining area & beamed vaulted ceiling. Call Aisha Vadell at 240-3780. #160389

**\$209,900 - Burlington**



Why ask for more? Within walking distance to school, this 4 bedroom, split foyer home has a nice open floor plan on the main level along with 2 bedrooms, full bath and living room. The kitchen has been nicely updated and includes a large pantry. Call Tamie Dunn at 720-1723. #160173

**\$169,900**



Affordable 1 level living in great W neighborhood only 2 blocks from Edison School and close to shopping. This home has 4 bedrooms, 1 bath on a large fenced lot. Many updates including a new kitchen and appliances. Call Brad Livesay at 720-7769. #160682

**\$235,000**



Nestled in the Cottonwood Addition, a starter home with a 3 bedroom, 2 bathroom, and 2 car garage. This split foyer home has been well kept up. Low maintenance yard with a small garden plot & shade trees. Call Clyde Thorne at 240-8594. #161168

**\$250,000**



Nice home on a large lot. This 4 bed 2.5 bath home is a 2 story with a walk-out lower level and a deck on the upper level. The back yard is fenced, has a fire pit, and has alley access. Nice open floor plan features a deck off the dining room. Call Cindy Strandberg at 833-1956. #160625

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