

U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH

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Team Minot SF members pass the torch for Special Olympics

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT, N.D. Team Minot security forces members participated in the 2016 Law Enforcement Torch Run in Minot, North Dakota, June

The annual North Dakota event, which began in 1985, raises awareness and funds for Special Olympics North Dakota and the State Summer Games. Over 30 Airmen from Minot Air Force Base participated in the event this year.

"The torch run is important, not only to raise money for the Special Olympics, but also to show

unity between all the law enforcement agencies in the state," said Staff Sgt. Kody LeBaron, 5th Security Forces Assistant noncommissioned officer in charge of Electronic Security Systems.

The run started at Minot AFB's main gate and ended nearly 15 miles away at a restaurant down town. The long distance combined with the summer heat made for a trying, yet positive experience.

"I had never ran that distance in my life, so it was great being pushed to finish knowing I was supporting a good cause," LeBaron said.

"It was very fun to do the

Although the run has a very specific purpose, it doesn't hurt to allow some friendly competition along the way, with prizes for placing in the top three runners to finish the race.

"I got involved to support a great cause," LeBaron said. "With that said, I also wanted to participate with my squadron and represent the 5th SFS!"

In North Dakota alone, Law Enforcement Torch Run events raise more than \$145,000 annually in support of Special Olympics North Dakota.

















MINOT AIR FORCE BASE, N.D. -- The Physical Therapy Clinic at Minot Air Force Base, North Dakota, uses their knowledge of the anatomy and physiology of the human body to help correct injuries or impairments so individuals can perform their jobs. They use guided exercises, hands-on treatment, taping and pain management modalities as needed. Joint manipulation, electrical stimulation and ultrasounds are some of the treatments used to ensure Team Minot heals quickly.







U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH

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Team Minot offers a SAFE ride for all Airmen

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. -- Operation Safe Ride ensures all Airmen from Minot Air Force Base, North Dakota, have a safe ride home if they find themselves in an uncomfortable situation.

Some of the newer Airmen on base may not know about OSR or do not realize that it is an option to get home

The president of OSR, Staff Sgt. Garret Medlock, NCO in charge of outbound cargo assigned to the 5th Logistics Readiness Squadron, said he and the command chief of the 5th Bomb Wing, Chief Master Sgt. Geoff Weimer, have come to an agreement that they don't just want OSR to be an option for drunken driving, but rather to approach it from a different angle where OSR is fostering a community

of wingmanship in all situations.

The Sexual Assault Prevention and Response office has been working with OSR to help find a procedure if someone feels that they are in an uncomfortable situation, they can call OSR to pick them up and get them home safely, said Medlock.

In 2016, 202 Airmen have volunteered their time to guarantee a safe ride for Team Minot, ensuring 372 people a ride home.

"Last year, there was a total of 26 DUI's on Minot Air Force Base," said Medlock, who added that up to May of this year there have already been 23 DUI's.

Many organizations on base are taking some necessary steps to reduce the number of DUI's on Minot

"We have it set up so that each weekend is assigned to a specific unit," said

Medlock. "If someone not in that unit wanted to volunteer for the weekend, all they would have to do is go to the 5th Bomb Wing share drive and in the Operation Safe Ride folder there is a schedule for the entire year. A person could go look at the schedule and find the unit representative for the weekend they want to volunteer and contact them."

Unit representatives are reminded by OSR about their weekend a couple weeks in advance, then again right before the weekend to make sure they have enough volunteers. If they do not have enough volunteers, OSR will reach out to the Minot Enlisted Airman's Club and other organizations on base to get more help.

"Volunteering for OSR is not just for enlisted Airmen, it is also open to officers and civilian employees on base," said Medlock.

According to the OSR bylaws, a volunteer has to have driven during a Minot winter to be able to drive the OSR vans. However, during the summer months, there are no restrictions.

"Operation Safe Ride works purely on donations," said Medlock. "If you just gave \$5 or \$10 it is still way cheaper than a taxi and you are ensuring that we can continue to do the good service that we are trying to do."

If you're underage, don't drink; if you're of age, don't drink and drive; never, ever leave your Wingman.

If interested in volunteering or if you ever need a safe ride home, call 701-723-SAFE(7233).

Bomber airpower resonates with Saber Strike ground forces

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

OYAL AIR FORCE FAIRFORD, United Kingdom --Minot Air Force Base's B-52H Stratofortresses in conjunction with U.S. and Latvian Army joint terminal air controllers, JTACs, participated in their first mission to kick-off the multinational and U.S. Army Europe-led exercise Saber Strike 16, in Latvia, June 13, 2016.

Saber Strike is a longstanding training exercise, which has been conducted annually since 2010. This year's exercise will focus on promoting interoperability with allies and regional partners and improving joint operational capability in a variety of missions to prepare the participating nations and units for future operations.

"The purpose of the Saber Strike exercise is to work with our NATO allies and do bilateral training with those nations," said Capt. David Miller, 23rd **Expeditionary Bomb**

Squadron radar navigator. "It is important to conduct training on both sides -- as iron sharpens iron, they get better combat skills out of it and so do we.'

The exercise features the integration of closeair support, or CAS, with allied and partner nation ground forces as well as tests air deployment of forces and equipment. Participating nations include Estonia, Latvia, Lithuania, as well as Denmark, Finland, France, Germany, Luxembourg, Norway, Poland, Slovenia, United Kingdom and the United States.

During their first mission, the B-52 aircrew worked with a targeting pod, which gives them the capability to use infrared or a daytime charge-coupled device TV, to view targets on the ground then decide whether to investigate, loiter and watch, or direct munitions.

"My role as the radar navigator was to talk with the JTACs on the ground and guide out pod video for a bomb-on-target CAS scenario," Miller said. "It was a very unique experience, and a great chance for us to go out and train how we fight."

Saber Strike 16 serves as an effective proving ground for participating units to validate their ability to assemble rapidreaction forces and deploy them throughout Eastern Europe on short notice. The exercise trains participants on command

and control as well as interoperability with regional allies and partners.

"As a navigator, my job was to push the crew along through the day by running checklists and getting us where we need to be on-time," said 1Lt. Josh Biedebach, 23rd EBS navigator. "That's one of the most important things; that our NATO friends can trust that we'll be on-time on-target, whenever they need us."

One of the B-52's most notable attributes centers on its payload, capability and diversity.

"The B-52 is a great weapons platform, we can carry nearly every air-to-ground munition in the U.S. Air Force inventory," Miller said. "We bring a veritable Swiss army knife of tools and capabilities to the ground war fighter.

"The B-52 is definitely one of the more iconic aircraft in the U.S. inventory,' Biedebach agreed. "I think it sends a message of protection and strength to our allies around the world."

CONTACTUS

Tonya Stuart-Melland

Sales Manager | Ad Designer nsads@srt.com

Beth Duchsherer

Ad Designer | Sales Representative nsgraphics@srt.com

Tia Klein

Ad Designer | Sales Representative bhgads@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Jamie Humphries

Public Affairs Officer

Lt. Kylee Ashton Chief Editor

Staff Sgt. Chad B. Trujillo

Staff Photojournalists

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nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil 701.723.6212

MAIL&FAX

315 South Main Street, Suite 202 PO Box 2183 Minot, ND 58701 | 701.839.1867

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FACEBOOK

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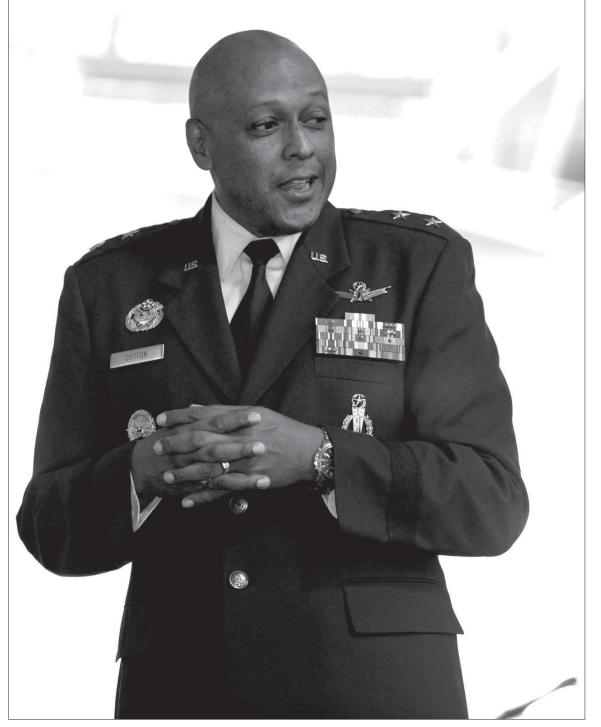


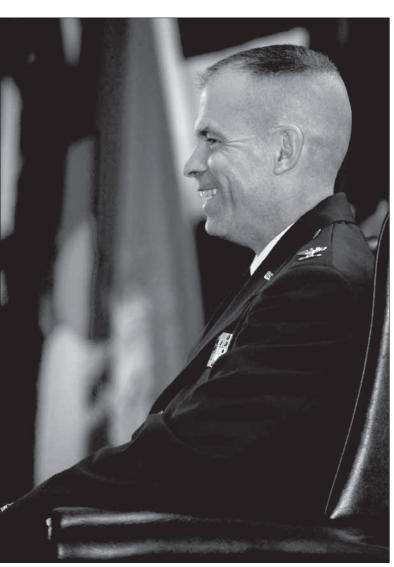


TEAM MINOT WELCOMES NEW 91ST MW COMMANDER

Col. Colin Connor accepted command of the 91st Missile Wing from Col. Michael Lutton during 91st MW change of command ceremony at Minot Air Force Base, North Dakota, June 17, 2016. Connor comes to the 91st MW from the Pentagon where he served as a Chief of Staff of the Air Force Fellow with duty as Deputy Division Chief Operations Training and Support Division in Joint Staff Operations Directorate in Joint Staff. Lutton will be heading to the Pentagon in support of the Department of Energy.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH, AIRMAN 1ST CLASS J.T. ARMSTRONG AND AIRMAN 1ST CLASS JESSICA WEISSMAN

















32

16

19

CROSSWORD PUZZLE

26

29

Swimming Holes

- 1 Fully absorbed
- 5 Beehive, e.g.
- 9 Boxer Roberto
- 14 Exploitative type
- 15 tide
- 16 Old Rodeo maker
- 17 Popular cuisine
- 18 Peace
- 19 French toast
- **20** People with metal detectors
- 23 Actor Tom
- 25 WWII admiral
- 26 "_ Tunes"
- 27 Humble
- 29 Russian mountains
- 30 Ring sport
- 31 Cartesian conclusion
- 34 Think tank, e.g.
- 38 Yearbook sect.
- 39 "Othello" fellow
- 40 Nonsensical
- 41 Shills for, e.g.
- 43 Bordeaux wine
- 44 Pitch to the noggin
- _ to go, people
- 48 Vacation area of England
- **51** #2 Bill Withers hit
- of 1972 52 Clapton of rock
- 53 Capri, for one
- 57 Excavation find
- 58 Long (for)
- **59** Intimate **60** Jet
- 61 Norton Sound port

Solution to last week's Crossword puzzle.

BURNTOFFERIN

839.0946

62 Nuts (over)

45

- 1 Furrow
- 2 Blond shade 3 Shooter ammo
- 4 Court of justice
- 5 Apprehensive
- 6 Christmas wish
- 7 100-meter, e.g.
- 8 Fuel grp.
- 9 Cheerless
- 10 In a convenient way
- 11 Wears the crown
- 12 Sky-blue
- 13 Cracked
- 21 "Old MacDonald" letters

- 22 "Outta sight!"
- **23** Hue
- sections
- 27 Breathing organs
- Seas
- **30** Trick-taking game
- 32 Dancer De Mille
- **33** Convene
 - 35 Food Network's Guy
- 37 Putting into effect

- 24 Old newspaper
- **26** Pool exercise
- 28 Novel of the South
- 31 Challenge opener

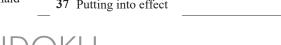
- **36** Flowering shrub

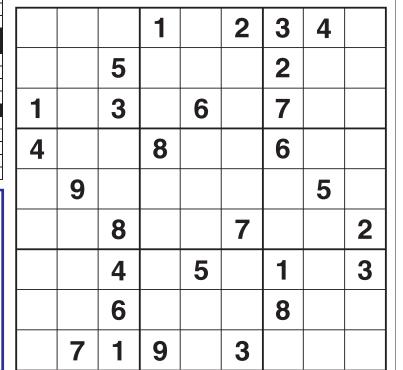
41 Feeble

62

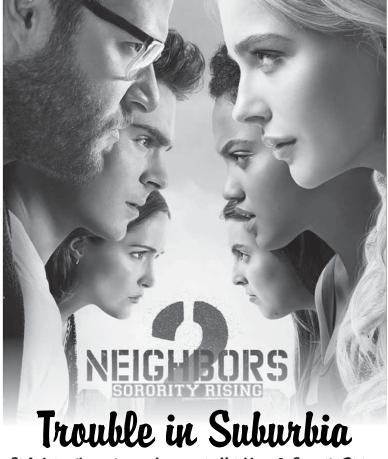
- 42 Embellish
- **43** Saw
- 44 Squib 45 Stand for something
- 46 Kipling's wolf pack leader
- 47 Rainbow maker
- 49 Wrapped (up)
- 50 Nirvana, e.g.
- 54 Expanse 55 Fall behind
- 56 Period

Solution to puzzle on page 14





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Girls bring the party—and more—in Neighbors 2: Sorority Rising

NEIL POND | PARADE MAGAZINE

hen a sorority moves in next door to a family trying to sell their house, it's trouble.

That's the quick premise, but this ribald new comedy—a sequel to the 2014 hit—puts a fresh, topical spin on its predecessor, while reuniting its cast and hewing mostly to its original manic framework.

Mac (Seth Rogen) and Kelly (Rose Byrne), now the parents of a 4-year-old daughter (Elise Vargas) with another on the way, have sold their suburban house... sort of. It's in a 30-day escrow hold, which means the buyer has a month to decide—or back out. That's troubling news, because Mac and Kelly have already bought another house, no strings attached.

It's especially troubling when a sorority roosts in the vacant, broken-down fraternity house next door. But not just any sorority: The young women of the freshly minted, renegade Kappa Nu (led by Chloë Grace Moretz, Kiersey Clemons and Beanie Feldstein) have split from the campus Greek system, fed up with the leering bros-before-hos sexism of fraternities and the prissy, priggish constraints of the established sororities. At Kappa Nu, it's weed, wild parties and full-throttle fem-centric fun, all the time.

And look who's come aboard as their advisor: Mac and Kelly's old nextdoor fraternity nemesis, Teddy (Zac Efron). But the girls increasingly see Teddy as out of touch, and his old college frat-boy crew (including Dave Franco, Jerrod Carmichael, and Christopher Mintz-Plasse) have all grown up and moved on faster than him.

Where does Teddy fit in? It may be where you—and he—would least expect...

How all these comedic strands weave together and work is in the hands of director Nicholas Stoller, who also steered Get Him to the Greek, the marvelous Forgetting Sarah Marshall and the original Neighbors. He once again has a great cast, down to the cameos by Lisa Kudrow (as a deadpan dean), Selena Gomez (as a rival sorority president) and Kelsey Grammar (as a pleading parent).

Rogen, who also collaborated on the screenplay, makes sure to push his probong agenda with plenty of pot jokes, including one extended weed-heist sequence that feels like an action-movie parody. But look through the haze (and the randy, raunchy jokes) and you'll find something else: a movie with empathetic messages about acceptance and inclusion, gender rights and sexism, hypocrisy and double standards, mothers and fathers and daughters, loving families, girls who grow up to become young women, and growing up in general.

And in the middle of it all is its secret weapon, the former High School Musical star Efron, who at the age of 28 has proven his adaptability in a wide variety of roles, particularly comedy. As Teddy, he brings something to the part richer and fuller and much more dimensional than what was flat on the page, an ache to belong and to be "valued" that resonates beyond the script's jokes about dope, crazy pranks and a raucous rift between crazy college kids and cranky "old people."

Neighbors 2 is the rare sequel that grows up with its audience, its subject matter and its subjects—and gets even funnier and more meaningful in the process.



Green Chile Chicken Enchilada Dip



INGREDIENTS:

- 4 ounces low fat cream cheese, room temperature
- 1 cup plain non fat Greek yogurt
- 1/2 cup green enchilada sauce 7 ounce can diced green chiles
- 1/2 t. cumin
- 1/2 t. chili powder
- 1/2 t. kosher salt 3 cups cooked chicken, shredded
- 1/2 cup part skim mozzarella
- 1/2 cup monterey jack cheese, divided

INSTRUCTIONS:

In a large bowl whisk together the cream cheese, yogurt, enchilada sauce, green chiles, and spices. Fold in the shredded chicken, mozzarella, and 1/4 cup of the monterey jack cheese. Place all of the ingredients in the slow cooker and cook on low for 2 hours. Remove the dip from the slow cooker and put it in an oven safe dish. Top with the remaining cheese and stick it under the broiler until the cheese is lightly browned. Serve with chips, crackers, or vegetables.

Lemon Cream Turnovers

INGREDIENTS:

- 1 sheet puff pastry, thawed (1 sheet equals 4 large turnovers) 1/2 cup whipped cream cheese
- 1/3 cup lemon curd (homemade or store-bought)
- 1 Tbsp lemon zest (about the zest of 1 large lemon)
- 3 Tbsp + 1 Tbsp sugar
- 1 egg, beaten

INSTRUCTIONS:

Preheat oven to 400 degrees and line a baking sheet with parchment paper or foil (in case any of the filling leaks out of the turnovers, the parchment paper or foil will make for easy clean-up). Unfold your thawed puff pastry dough. With a sharp knife, cut the dough into four equal squares. Set aside. In a mixing bowl, mix whipped cream cheese, lemon curd, lemon zest, and 3 Tbsp of sugar together until well combined. Place about 2 Tbsp of filling into the corner of each square of puff pastry. Fold the pastry diagonally, and crimp the edges with a fork. Brush the tops and edges of each turnover with egg wash, and sprinkle each with the remaining 1 Tbsp of sugar. Bake for 18-20 minutes, or until pastry is puffed and golden brown. Allow to cool for a few minutes and



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Nodak 100 Ride

Minot Area Century Ride to benefit Taube Museum of Art

TAUBE MUSEUM OF ART

ooking for an outdoor event that is both fun and challenging? Val's Cyclery is sponsoring the NODAK 100, Minot Area Century Ride. The ride will be held on Sunday, July 10, 2016, with the choice of multiple route lengths. From a short route of 26.70 miles by way of Surrey, to the full Century Route by way of Deering twice! Registration is \$35 and forms are available at Val's Cyclery and the Taube Museum of Art, or online at www.valscyclery.com. To guarantee a ride T-shirt pre-register by June 28,

2016. The Taube Museum of Art in Minot is the benefactor of the ride.

Rory, from Val's Cyclery, the ride organizer stated, "Many states have a Century Ride, and this is the first for North Dakota! This is a ride he has wanted to be a part of for some time."

Registration starts at 6:30 am until 9 am the morning of the ride. Hight Construction parking lot is the start location for the ride. All riders are required to wear helmets and all traffic laws apply. Riders must be back to the start location by 6:00 pm. Rest stops will be at Surrey Senior Center, and

Deering Country Store and Café. There will be a SAG vehicle/mechanic available.

All proceeds support the Taube Museum of Art, a non-profit art organization. With the continuing support of the Minot community we are able to fulfill our mission of enriching lives through the visual arts.

Museum and Gift Shop business hours are 10:30am - 5:30pm Tuesday through Friday and 11:00am – 4:00pm Saturday. Please call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.

Burlington Painter Featured at Northwest Art Center

NORTHWEST ART CENTER | MINOT STATE UNIVERSITY

till life oil paintings of Burlington artist Donna Watts will be featured in the Northwest Art Center's Hartnett Hall Gallery June 16 through July 15, 2016. "Inspired by Show" includes 40 works created using "old methods and traditional Old Masters still life subjects, but in a modern interpretation of style," according to Watts. "The works of the Old

Masters have always been a source of inspiration in my study and technique, and I have recently returned to using the old methods and materials of oil paint and canvas preparation," said Watts.

Watts studied studio art at Valparaiso (Indiana) University and at the Dru Blair School of Art in Blair, SC, as well as independently with various instructors. She has been exhibiting her artwork for over 50 years. Her work is on display throughout the

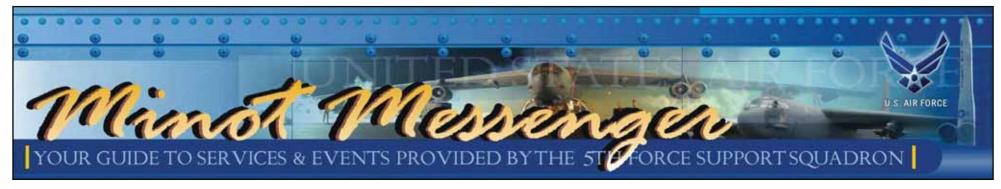
Midwest, and she teaches workshops at artist studios in Iowa, the Chicago area, and North Dakota. At her Burlington studio, Art Relief, "artists of various mediums join me to learn light and color theory, as well as other realism techniques that can be adapted to their own styles and methods," said Watts.

The exhibit is free and open to the public. The gallery is open 9 a.m. to 4:30 p.m. Monday through Friday, and other hours by appointment.





Northern Sentry 839-0946 or nsads@srt.com



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 Monday, 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

Base Library Hosting Field Day & Story Walk On July 9th

The Base Library invites children of all ages to enjoy their FREE Field Day & Story Walk event on Saturday, July 9th beginning at 1 p.m. Youth can enjoy outdoor activities in the field behind the library. A variety of events are scheduled including a Story Walk, games, and much more. Prizes and refreshments will be provided. In case of inclement weather, the program will be held Saturday, July 16th at 1 p.m.

The Field Day & Story Walk event is sponsored by Park University. No Federal Endorsement of Sponsor Intended. For additional information, please contact the Base Library at 723-3344.





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-

For 5th Force Support Job Opportunities, visit www.nafjobs.org or call NAF Human Resources at 723-2812

CLUB MEMBER DRAWING ON FRIDAY, JUNE 24TH WILL BE FOR \$500.

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.

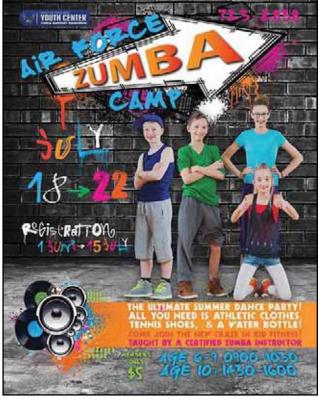
FAMILY and YOUTH EVENTS & PROGRAMS

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.



YOUNG AIRMEN EVENTS & PROGRAMS

Jun 24 Friday Night Karaoke

Come and show off your talent during Friday Night Calling all single Airmen! Rockers Bar & Grill is Karaoke at Rockers Bar & Grill on June 24th 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 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.

Jun 29 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. Enjoy some delicious pizza at a very affordable price. For additional information, contact Rough Riders at 727-4377.

Jun 30 Single Airmen Wingman Night

hosting Single Airmen Wingman Night every Thursday from 5-7 p.m. Single Airmen can choose a basket of wings spun in their choice of sauce with one dipping sauce for only \$5; price includes drink. For details, call 727-ROCK.

Jul 5 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 July 5th 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.

Jul 25 Outdoor Iron Airman Challenge

Are you up to the challenge? The Fitness Center invites you to participate in their Outdoor Iron Airman Challenge on Monday, July 25th starting at 11:30 a.m. During a 30 minute period, you'll be challenged by 4 disciplines - running, push-ups, pull-ups, and sit-ups. Registration is from July 14-22; maximum of 20 participants. For further information, call the Fitness Center at 723-2145.

JULY 9 MEMBERS: \$3 NON-MEMBERS: \$7 LIMITED BAR MENU **AVAILABLE IN LOUNGE** PITCHER SPECIALS: S6 CHAMPION VS CHAMPION JONBONES $\mathsf{FR} \mathsf{vs} \mathsf{J} \mathsf{0}$ **ADULTS ONLY NO CHILDREN** PAY-PER-VIEW 727-ROCK ROCKERS BAR & GRILL BUDLIGHT T-Mobile ARENA

Jul 8 Toga Party & Bingo

The Jimmy Doolittle Center invites you to dress up in your favorite toga and bring your Grecian Goddess to their Toga Party on Friday, July 8th from 5-7 p.m. Enjoy delicious gyros and enter the Best Toga Contest. Plus club members and their bona fide guests can participate in bingo with games at 5 p.m., 6 p.m., and 7 p.m. Cards are \$1 each or 6 for \$5. The Toga Party & Bingo is an adults only event. For details, call the Doolittle Center at 723-3731.

Jul 11 Federal Résumé Workshop

Want to Jump Start your Federal Job search? Let's take an interactive trip through USAJOBS! The Airman & Family Readiness Center is hosting Federal Résumé Workshop on Monday, July 11th from 10 a.m. to 11:30 p.m. You'll learn how to create an account in the USAJOBS website, serach for federal jobs online, create a USAJOBS resume, and more. Call the Airman & Family Readiness Center at 723-3950 to sign up today.

Only The Best Come North Scramble Tees Off July 10th



The Rough Rider Golf Course swings into tournament action during the Only The Best Come North Scramble on Sunday, July 10th beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18 hole, four person scramble is sponsored by Don Bessette Motors. No Federal Endorsement of Sponsor Intended. Entry fee for the tournament is \$30; green fees and cart rental not included. Your entry fee includes a meal at the completion on the event. 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 723-3164 for more information.





U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH

The official party stands at attention during the 91st MW change of command ceremony at Minot Air Force Base, N.D., June 17, 2016. Col. Collin Connor took command from Michael Lutton.

Team Minot welcomes new 91st MW commander

SENIOR AIRMAN KRISTOFFER KAUBISCH MINOT AIR FORCE BASE, N.D.

INOT AIR FORCE BASE, N.D. -- Like any commander, Brig. Gen. Michael Lutton, former 91st Missile Wing commander, is transitioning out of Minot Air Force Base, North Dakota after his two year

After two years at Minot, he remembers his first lasting impression of the "Magic City."

"I got here the 16th of June 2014 and I thought it was absolutely beautiful," Lutton said. "I like the country outdoor stuff so I really thought it was beautiful."

Getting through the winter, though a lofty goal, wasn't Lutton's only plan for Minot, as he wanted to improve not only base morale, but the efficiency of the mission.

"I wanted to focus on integration across our groups," Lutton said. "Also with our mission partners in the 5th Bomb Wing."

Though it could be looked at as maybe a little biased or subjective, Brig. Gen.. Lutton believes he accomplished those goals

Not available during special events.

\$20.00 in fun bucks (\$5.00

handily.

"I think we've done some initial activities to do that, so I'm proud of the Airmen who stepped up," Lutton said. "I think I've gotten them to the point where it will be a successful hand off to the next commander."

A lot of good times can be acquired during a two year period, but Lutton has a few favorites that he will always remember about Minot.

"Just being able to be out in the missile complex with the Airmen," Lutton said. "Whether it's the maintainers, security forces, or operations, it's a lot of good memories being out doing the mission with them."

As advice comes with experience, Brig. Gen. Lutton has his fair share of advice for incoming Airmen.

"I think for anybody coming into the Air Force whether officer or enlisted, we all join for a reason," Lutton said. "Remember what those reasons are and communicate those goals with your leadership so they can help you reach your goals."









U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBIS

New Brig. Gen. Michael Lutton, who is headed to the Pentagon to work with the Department of Energy, is presented his Brig. Gen. flag by Tech. Sgt. Joshua Hull, non-commissioned officer in charge of Base Honor Guard, at Minot Air Force Base, N.D., June 17, 2016. The presentation of the General flag is an Air Force tradition.

Lutton promotes to Brig. Gen.

MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR **FORCE** BASE, N.D. Like any commander, Brig. Gen. Michael Lutton, former 91st Missile Wing commander, is transitioning out of Minot Air Force Base, North Dakota after his two year mark.

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What did vou do before you joined the Air Force

Graduated high school.

Hobbies or Interests

Watching and playing soccer, playing my alto sax and pretty much doing anything outdoors.

Most life changing experience Joining the Air Force.

Where do you see yourself in 10 years

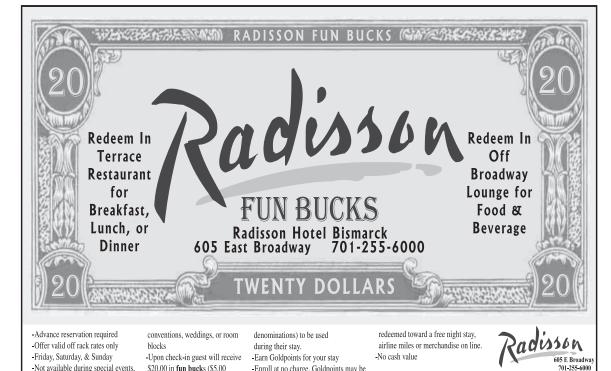
As an ethical hacker for the Air Force, whether it's on the enlisted or officer side.

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

Being able to speak more languages other than Italian and German. Russian would be cool.



Favorite quote work, perseverance, learning, studying and most of all, love of what you are doing or learning to do.



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Defenders Take Aim

MINOT AIR FORCE BASE, N.D. -- Defenders from the 5th and 91st Security Forces Squadrons engaged in M-203 grenade launcher firing at the Combat Arms Training and Maintenance range at Minot Air Force Base, N.D., June 15. Prior to firing, the defenders learned how to break down the M-203 and clean it. To carry the weapon, defenders must qualify annually, hitting three of the possible six targets.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH















Drag it out

ROYAL AIR FORCE FAIRFORD, United Kingdom -- U.S. Air Force Staff Sgts. Matthew Hardwig and Justin Yochum, 5th Expeditionary Maintenance Squadron aerospace repair and reclamation craftsman and journeyman, replace a drag chute on a B-52H Stratofortress at RAF Fairford, United Kingdom, June 13, 2016, following a Saber Strike 16 mission. The drag chute is a 43.5-foot diameter ribbon-type chute which consists of a pilot chute, long bridle, short bridle, main chute, riser terminal and riser boot. It is deployed to assist in slowing the aircraft during the landing roll and alleviate wear on the brakes. The chute's system consists of mechanisms which are used to close the drag chute door and to deploy and jettison the drag chute.

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



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ND Quits Smoking Cessation Program Receives Three-to-One Return on Investment

NORTH DAKOTA DEPARTMENT OF HEALTH

ISMARCK, N.D. – Professional Data Analysts, Inc. (PDA) recently conducted a return on investment (ROI) analysis for the NDQuits tobacco cessation program. The ROI assesses the cost benefit accrued to the state, but does not adjust for lost revenue caused by quitting, such as loss of tobacco tax revenue and loss of hospital profits. The study found that

for every \$1 that is spent on the NDQuits program, the state receives a return of approximately \$3 in reduced overall state costs including: 1) annual health care costs in ND directly caused by smoking; 2) portion covered by the state Medicaid program; and, 3) smoking-caused productivity losses in ND. These costs totaled \$614.6

According to PDA, "Overall, North Dakota's return exemplifies the

efficacy of tobacco cessation funding in reducing overall state health and insurance costs."

PDA is an independent evaluation and statistical consulting firm specializing in the fields of public health and the behavioral and medical sciences.

For more information, contact Neil Charvat, NDQuits program director, at njcharvat@nd.gov, or at 701.328.3344.

Tiny House featured on HGTV to be shown at the North Dakota State Fair

BETH RYAN | NDSF

INOT, N.D.—A tiny house featured on the HGTV show "Tiny House Big Living" will be shown at the North Dakota State Fair. Jim Nelson, a North Dakota builder, created a unique tiny house that will air on the show on Monday, June 20 at 9:30 p.m.

"I've always like miniature things," said Jim Nelson, the builder who created a 140-square-foot home that can tilt from horizontal to vertical. "I enjoy designing homes that utilize every nook and cranny," explains Nelson. He's been building and designing homes for 25 years.

Tiny houses are a new phenomenon quickly becoming popular in



home design. "People are into reducing their

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material possessions and payments monthly and using the savings to enjoy life," explains Nelson.

"HGTV people were awesome and very fun to work with. Between shoots we sometimes shot hoops or watched Youtube videos." Nelson enjoyed his time on television, and he is looking forward to showing his homes at the North Dakota State Fair, "We are excited to share our tiny house at the Fair and discuss tiny house living with North Dakota residents."

Find the tiny house and many other attractions at the North Dakota State Fair, July 22nd – 30th. For more information visit www.ndstatefair.com

PRAIRIE ADVENTURES



"The proposed (truck) route will go 60 feet from the shelter. It will be a complete taking."

- Jeff Keller, U.S. Army Corps of Engineers, Wil-

he whittling away of the public's access and ownership of public land isn't just a major problem in the western United States.

It's hitting home here in North Dakota, where there is even less public land – and certainly none

In yet another example of the loss of public land and access to public land, the N.D. Department of Transportation (DOT) has construction of a proposed truck reliever route in the Williston area on the fast

At first thought, any route to ease traffic issues in the Oil Patch seems like

a good idea.

The problem is DOT's proposed route destroys land owned and managed by the U.S. Army Corps of Engineers. It's a public day use area and leased for public use by the Badlands Bird Dog Club.

The area is open for public use, not just for club members, explained club member Andy Anderson,

In addition, the club and others - including funding from North Stat Caviar and Williams County Water Resource Board have invested more than \$500,000 in habitat and recreational improvements on the tract located northeast of Williston on the Little Muddy River.

It is home to a multitude of uses, including fishing, bird dog trials and tests, birding, picnicking, and the MonDak Chapter of Pheasants Forever has hosted several youth events at the facility. Oil companies held safetytraining sessions there. "This piece of property is highly educational for the youth in the outdoors," explained Jeff Keller, corps representative, Williston.

The corps owns and manages the area, which involves nearly 120 acres. The proposed route essentially splits it in half, rendering it useless and

unsafe for any public use, Anderson described.

Ironically, the proposed route is in the Little Muddy River's floodplain. "We are surprised by the route selected as it is in a flood plain area as evident from the years when flood waters covered everything except the picnic shelter," Anderson added.

The corps has out-grant and recreation management policies for land it manages along the Missouri River System, including the tract under consideration. Under the policy, the State of North Dakota is required to prove there is not alternative route.

DOT claims the route is the only option yet maps indicate three alternatives were designed.

Another option could also entail making improvements to the existing truck route already built. The other proposed routes require taking private land while the one DOT prefers would mean only the loss of public land, right?

Wrong.

If this route were approved, DOT would still be required to mitigate, which one would think would still entail purchasing private land. That doesn't address the issue of mitigation for habitat improvements.

Acquisition of land for whatever route DOT wants isn't cheap, regardless of whether they take land for the route itself or mitigation. And mitigation would likely create a tiny island of unappealing public land with little public use value.

The issue begs many questions: Why is public land the first choice? Does the corps have policies to protect public land held in the public's interest? Why is the project on the fast track given projections of a slow oil industry recovery? Has DOT proven there are no alternatives?

And can North Dakota afford to lose any more of what little public land already available to the public, even if it's 100 acres or so?

nsads@srt.com

CHURCHDIRECTORY

Little Flower Catholic Church

800 University Avenue West 838-1520

Mass Schedule Saturday 5:30 pm Sunday 9:30 am

Fr. Fred Harvey, Pastor www.littleflowerminot.com

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Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org

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Faith United **Methodist** Church

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www.faithumcminot.com

Rev. Debra Ball-Kilbourne

Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.

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Wednesday Evening	7:00 p.m.

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430 N. Broadway • 839-1064

Sunday School11 a.m.
Sunday Worship11 a.m.
Tuesday Lunch
Bible Study 11 a.m 1 p.m.

Wed. Youth Classes 6:30 - 8:30 p.m.

1315 1st St. NE Sunday: Bible Classes9:30 a.m.

Worship...... 10:30 a.m. - 5 p.m.

Wednesday: Bible Classes 7 p.m.

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Carlyle Roth, Pastor

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430_N Broadway (Congregational Church of Christ Building) 701-460-6321

Worship...... 9:00 a.m. www.fpcminot.org Visitors Welcome

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Sunday Fellowship 10:00 am

Wednesday Worship.....6:45 pm

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Email: bethanylutheran@srt.com

Live Streaming: bethanylutheran.tv

Pastor Janet Hernes Mathistad

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Sunday Worship	3:30 p.m.
Wednesday Bible Stu	dy7:30 p.m.

Jesse Starr, Pastor

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1000 NE 3rd Street 852-0315

Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School 8:30 & 11:00am Traditional Worship... **Wednesday Evening Schedule**

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Wednesday - Friday 9 a.m.

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Fr. Dave Zimmer, Pastor

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St. John

the Apostle

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Saturday



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Saturday Worship 5:30 pm Sunday Worship 9:30 am



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Pastor Ken Nelson & Pastor Brandy Gerjets

Calvary Alliance Church

715 20th Avenue NW

Minot, ND 58703

www.calvaryofminot.com

701-852-0670

Sunday School......9:00 am

Sunday Worship Service 10:00 am

Wednesday Prayer 6:30 pm

Wednesday Youth Group

(grade 7-12).....



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I John 5:13 www.bbcminot.org

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First Baptist Church

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Classic Worship Service 8:30 a.m.

Sunday School (All Ages) 9:45 a.m.

Contemporary Worship Service... 9:50 a.m. Adult Sunday School11:00 a.m.

Contemporary Worship Service. 11:05 a.m.

Children's Church......11:05 a.m.

Wed. Awana (Sept. - May) 6:30 p.m.

www.fbcminot.org

Cross Roads Baptist

Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m.

www.minotcrbc.org email: crbc@srt.com

415 28th Ave SE (Behind Menards) 838-1873



1105 16th St. NW • 839-1407

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.

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GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF

8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319



Sunday School	9:00 am
Meet and Greet	10:00 am
Sunday Worship	10:30 am

Pastor Gregg S Smith www.gracefellowshipatburlington.com



An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship9:00 a.m.

Worship 10:45 a.m. www.trinitychurchminot.org

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

Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694

Summer Schedule Sundays: Worship 10:00 a.m.

Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.

> Brian T. Skar, Pastor www.ibcminot.org



Gospel Tabernacle Community Church

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

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

Sunday School 9:45 a.m. Adult/Children Worship...11 a.m. Family Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed)....7 p.m. Prayer (Friday)7 P.m.



Teaching the Word, One Verse At a Time! KJB 916 5th Ave, SE Minot, ND 58701

Sunday School	10:30 a.m
Sunday Evening Worship	. 5:30 p.m
Wednesday Worship	7:00 p.m

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



1800 Hiawatha St. 852-1872

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

John Streccius, Pastor Nathan Mugaas, Pastor



Sunday School10 a.m. Morning Worship11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night....... 7 p.m.

Morning Worship8:30 a.m.



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

Answers to puzzle from page 8

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Resale Lot Questions Contact Toni Sanders @ Outdoor Recreation 723-3648 or Susan Garrett @ NAF Accounting Office 723-4700

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IN BURLINGTON - New construction home in Harvest Heights development . 3 bedrooms, 2 baths and 1281 sa ft on main level plus a full unfinished basement. Oak kitchen cabinets, master suite and double garage.

MLS #161013



IN BERTHOLD - 3 bedroom, 2 1/4 bath home on 3 city lots. Bright kitchen, dining and living room. Lower level has family room with fireplace, non-egress bedroom, 34 bath and laundry. New roof and drain tile in 2014. Double garage. Reduced.

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GREAT LOCATION - 4 hedroom 2 1/2 hath split level home close to school, park and shopping. Built by Hunter James Construction. Oak cabinets, trim, doors, Pella windows, drain tile, LED lighting and triple garage.

MLS #152432



\$134,900

GREAT STARTER - Cozy 2 bedroom home with newer roof, siding, windows, furnace and water heater. Hardwood floors, open living room and dining room. Lower level laundry and storage. Fenced back yard. Attached

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\$259,900

RANCH STYLE – Nicely remodeled 3 bedrooms, full bath, living, dining and kitchen on main level. Lower level family room, large master suite, laundry and 1/2 bath. Backvard patio, new fence and double garage.

CHARMING - 2 story home with 5 bedrooms and 3 $\frac{1}{2}$ baths in SE location. Style and character throughout with designer kitchen, formal dining, den off kitchen, and living suite above the triple garage.

\$434,000

MLS #160679







Mike Vannatta 720-7112 @minothomes.com







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garage, located in the Green Valley Addition. The home is just across the street from the Green Valley Park. Over 2,960 Sq Ft, 3 bedrooms on main floor, spacious kitchen and dining room. Call Clyde Thorne at 240-8495. #160586

\$359,900



Looking for a rural property? Then this is the one! Very nice newer 5 bedroom, 2.75 bath with 36x32 triple garage on 4.62 acres just 5 minutes from Minot. 1620 sqft on each level with 3 bedrooms on the main floor with large open floor plan. Call Lori Henderson at 721-0158. #160928

\$259,900



large heated 3 stall garage. The kitchen is very large with lots of cabinets & counter spaces that have been newly refinished. Call Brad Livesay at 720-7769. #161258

\$419,900



triple garage in Minot's SE Edgewood addition. This home portrays class from the moment you walk in. Large kitchen with beautiful cabinets, counter tops flooring & stainless steel appliances. Call Jerry Thomas at 833-7578, #160245

\$249,000



Enjoy the peaceful paradise of this 3 bed, 3 bath me at Trappers Cove! Rare find beside the lake & conveniently close to Dakota Square. restaurants, shopping & health care! Call Lorell Seibold at 721-4996. #160237

\$227,000



This 3 Bedroom and 2.5 Bathroom, like-NEW include all stainless steel appliances, a patio off the kitchen, 9 ft ceilings on the main floor, and fully finished and insulated attached 2 car garage. Call Amber Alexander at 500-0810. #161252

\$435,000



floor plan with a grand foyer that welcomes you into the home! The hardwood flooring Call Tamie Dunn at 702-1734 #160462

\$149,500



Well kept 3 bedroom home with original hardwood floors. The spacious backyard has established trees & room for a garden. The basement walls have been finished & ready for the new owner to place their choice of flooring. Call Neil Gush at 240-1734. #160746

FIND WALDO IN MINOT!

Elusive Book Character Creates Summertime Fun to Support the Shop Local Movement

MAIN STREET BOOKS

here's Waldo? In Minot of course! The famous children's book character in the striped shirt and black-rimmed specs is visiting twenty-five local businesses throughout our community this July. Find Waldo Local is a great summer vacation activity and a wonderful way to

support local businesses and the Shop Local movement in our community, including these partners: Main Street Books, YogifyU, Lulu Lane, Mainstream Boutique, Anderson's DS & Bootery, Art Main, Cookies for You, and more!

Anyone who wishes to participate can pick up a "Find Waldo Local in

Minot!" passport, which contains the names of all the participating sites, and get their passport stamped or signed for each Waldo they spot. Collecting store stamps or signatures at twenty or more businesses will entitle diligent seekers entry into a grand-prize drawing on July 31, with the top prize being a six-volume deluxe set of Waldo books. This year, participants can also #ColorWaldoAndWin: when they share a completed coloring sheet of Waldo on Instagram, they'll be entered into a drawing to be one of five lucky winners

of a deluxe prize pack.

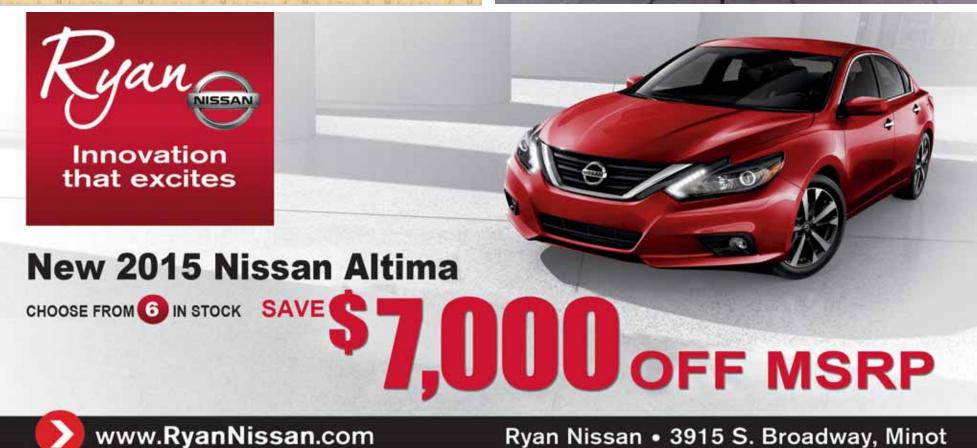
Waldo is the creation of Martin Handford, whose entertaining drawings of crowd scenes swept the world in the late eighties. Since then, the Where's Waldo? books have held a cherished spot on bookstore shelves the world over. There are now over 65 million Waldo books in print worldwide, and they've been translated into over thirty languages. An entire generation has grown up searching for Waldo and his cast of wandering companions.

In celebration of Waldo's

longevity and popularity, his American publisher, Candlewick Press, is once again teaming up with the American **Booksellers** Association and two hundred and fifty independent bookstores across the country for some hide-and-seek fun to encourage communities to patronize their local businesses. There is no charge to participate, and the hunt lasts for the entire month of July. For more information about hunting for Waldo in Minot, call Main Street Books at 701-839-4050









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