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Minot AFB hosts successful air show

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

MINOT AIR FORCE BASE, N.D. -- The sounds of aircraft engines, the smell of turkey legs grilling and cheese curds frying, with squeals of excitement from children, these were just some of the sights, smells and sounds of Northern Neighbors Day 2016 on Saturday.

For the first time in seven years, Minot Air Force Base, North Dakota brought back the Northern Neighbors Day Air Show and hosted more than 10,000 attendees.

"The show was a resounding success," said Pat Travnick, Northern Neighbors Day Air Show deputy director. "After not having a show in seven years the public was ready to visit the base and it showed."

The air show allowed civilians on base to see the capabilities of the Air Force while interacting with active duty personnel.

"Minot Air Force Base hosts open houses to enhance the public awareness of Air Force preparedness, to demonstrate modern weapon systems and capabilities, to promote positive community and international relations, to showcase our Airmen and to support Air Force recruiting and retention," Travnick said. "Opening Air Force bases to the public provides opportunities for education and generates interest in the military and its role in national security."

Travnick said that he was pleased with the way the show went and the attendees agreed with him.

"It was a great day and the air show was amazing! My whole family enjoyed it so much!" wrote an enthusiastic attendee on Facebook.

"This was amazing!

So glad to see it back. We really missed it. What a way to welcome my almost 2 year old to them. He was enthralled with the F-16 show. He fought me covering his ears. Thank you so much!" agreed another person on Facebook.

Although there were many great acts throughout the day, Travnick feels there were a few that stood out to the crowd.

"The F-16 demo and the Golden Knights were the headliners, but I heard great comments on the B-52 and B-2 flyovers," Travnick said. "Also seeing the P-51 Spitfire and the P-40 fly gives you a great sense of military aviation history. It's hard to pick one event as the most popular. The open house committee tried very hard to provide something for everyone and I think we succeeded."

Even though Travnick couldn't pick just one thing that stood out for others, he does have one personal favorite moment from the air show himself.

"As I looked over the crowd on Saturday afternoon, I realized how important it is to the community to come out and see what the Air Force does to defend the United States," Travnick said. "the Northern Neighbors Day Open House gave the public a chance to see not only what Minot Air Force Base does on a daily basis, but what the Air Force does worldwide. The ability to get up close to the static displays and see the military aircraft past and present fly gives the public better appreciation of what the military does to protect their freedom."

With NND in the rearview mirror, Travnick is already preparing for the next air show for Minot AFB, and he said it will be bigger and better.

"We are already working on the 2018 show," the deputy director said. "The Thunderbirds have been requested and

we have high hopes of being selected to host them in 2018. More food vendors, more static displays and a single

ship demonstration team in addition to the Thunderbirds are several big things being worked for the 2018 show."



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DFAC grand re-opening

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

MINOT AIR FORCE BASE, N.D. -- To hear the dining facility at Minot Air Force Base, North Dakota, is nearing completion will bring a sigh of relief to most Airmen.

The 5th Force Support Squadron, 5th Civil Engineer Squadron and several contractors have been giving the old dining facility a "face-lift" for the past year.

Ken Davis, the site project manager with Hospitality Millwork Construction Inc., has been working on the project site for 14 months.

"My responsibility is to coordinate the contractors," said Davis. "I also evaluate change

orders to make sure the customer gets the best available product for their money spent. I inspect the contractor's work, and I make sure it conforms to the approved documents."

The over \$4 million project is scheduled for completion on Aug. 25, 2016.

"One of the things we are waiting to finalize is the entryway," said Master Sgt. Swanzetta Myers, a food service manager assigned to the 5th FSS.

New flooring, televisions and lounge chairs have been placed in the DFAC to offer a better dining experience for everyone, she said.

The DFAC will offer a new serving line with various entrée choices.

Some of the new meal choices include a Mongolian grill, a smoothie bar and a sandwich station with a panini press.

"We are also offering a grab-n-go style, like what you would see at the shoppette," said Myers, who added that heat and serve and salads-to-go will be available at this station.

Not only Airmen, but members of their family, GS employees and civilians with base access will be able to enjoy what the DFAC has to offer.

"The meal card will allow holders to eat at [Non-Appropriate Funds] facilities as well," said Myers. "Rockers, Rough Riders, the B-Fifty Brew and Kelley's will all allow

Airmen to swipe their card."

The DFAC will be open for breakfast, lunch and dinner. The hours of operation are as follows:

Breakfast – 6 a.m. to 9 a.m.

Lunch – 10:30 a.m. to 1:30 p.m.

Dinner – 4:30 p.m. to 6:30 p.m.

With the completion date just around the corner, the crew is excited and anxious for the project to be completed.

"You will be totally impressed with the final product!" said Myers.

Transformational not transactional

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

MINOT AIR FORCE BASE, N.D. --

The Team Red White and Blue organization is a group that consists of active duty military members, veterans and community members whose main goal is to enrich the lives of America's veterans by connecting them to their community through physical and social activities.

Up until March of 2015, Minot did not have an RWB chapter.

1st Lt. Austin Howard, 5th Medical Support Squadron flight chief, decided to start it himself with the help of a few others.

"I started it along with Will Wright, our social director," Howard said. "It happened because I heard he was a member of RWB in Lakenheath, and I was a member at Nellis. We both saw each other in our RWB shirts and we thought it would be cool to start our own here at Minot."

When Howard and Wright first started the Minot chapter

the numbers weren't impressive, but they've grown substantially.

"It started with about four or five people that just wanted to work out together, then we went through the formal interview process and started building our staff," Howard said. "We have eight people on our staff now. Right now we are at about 550 members and do around 10 to 15 events per month."

Team RWB holds several events each month to bring people together, ranging from athletic activities such as rock climbing, to leisurely activities like a game night at a restaurant in town.

"We have a wide range of events that vary from athletic events, one weekend could be a 5k, the next could be paintball," Howard said. "We have all those different events and the whole concept is building relationships."

Though RWB's mission is to help veterans, it's not in the way most people would think.

"The organization was designed for veterans but the definition of that, by Team Red White and Blue, is anyone who has served at least one day," Howard said. "We believe in the funnel

approach, which means we like to affect people at the top of the funnel before they really need help when they're at the bottom."

Howard started RWB for the sake of others, but since joining he says the people have really come back around to help him when he needed it.

"I joined to help others, but I'm being helped as well because it helps you get a sense of community with people you could be lifelong friends with," Howard said. "It's been nice to be able to invest in other people's lives and have them invest in mine."

His main goal for the chapter isn't to have a record amount of people join, but to have a lasting impact on those who do.

"I don't want to focus on the numbers -- I want to focus on the people," Howard said. "My goal is to build relationships that are transformational not transactional."

CONTACTUS

Tonya Stuart-Melland

Sales Manager | Ad Designer
nsads@srt.com

Beth Duchsherer

Ad Designer | Sales Representative
nsgraphics@srt.com

Tia Klein

Ad Designer
bhgads@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Jamie Humphries

Public Affairs Officer

Lt. Kylee Ashton

Chief Editor

Senior Airman Kristoffer R. Kaubisch

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NEWS SUBMISSIONS

Northern Sentry Office

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

VIEW ONLINE

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FACEBOOK

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Minot Air Force Base, N.D. hosted the Northern Neighbors Day 2016 Air Show on Aug. 13. Acts included the F-16 Viper Demonstration Team, the U.S. Army Golden Knights, B-52 and B-2 flyovers, a Smoke-n-Thunder JetCar, and many more static displays and aircraft demonstrations. This was Team Minot's first air show since 2009.

U.S. AIR FORCE PHOTOS | MINOT AFB PUBLIC AFFAIRS







2016 NORTHERN NEI



PHOTO BY BETH DUCHSHERER



PHOTO BY BRIAN STIRLING



PHOTO BY MICHAEL EMORY CHICHONSKY



PHOTO BY JOHN R PETERSON



PHOTO BY LORI RASMUSSEN MILLER



PHOTO BY MIKE ENGLUND



PHOTO

**MORE
2016 NORTHERN
NEIGHBORS DAY
FAN PHOTOS
ON PAGE 11**



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PHOTO BY MIKE ENG

GHBORS DAY FAN PHOTOS



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WHY NOT FEST?

Why Not Fest took place in various locations August 11, 12, 13 & 14, with the kickoff party being held at the Blue Rider. Bands from near and far came together to make this event possible. The Taube Museum of Art, 62 Doors Gallery & Studios, Main Street Books and Otis & James hosted this three day event.

NORTHERN SENTRY PHOTOS
TONYA STUART-MELLAND
AND CARA MAZZA

{ATOM'S RITE}



{DUFFY AND THE BEER SLAYERS}



{NOCTURNAL BLUES EMISSION}



{ZEBRA ZEBRA}



{CROOKED GOSPEL OF}



{VANIETY PLATE}



{WESTERN CIVILIZATION}



CONGRATS TO THE WINNERS OF THE WHERE'S WALDO CONTEST



Lemon Swiss Roll Cake with Lemon Cream Cheese Filling



INGREDIENTS:

Lemon Swiss Roll Cake:
3 eggs
3/4 cup granulated sugar
3 tablespoons lemon juice
1 tablespoon lemon zest
1/4 teaspoon salt
1 teaspoon baking powder
3/4 cup all purpose flour
Powdered sugar

Lemon Cream Cheese Filling:
8 oz full-fat softened cream cheese
1/4 cup unsalted softened butter
2 cups confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
1 teaspoon vanilla extract
For Garnish
Icing sugar, for dusting
Lemon slices

INSTRUCTIONS:

For the Lemon Swiss Roll Cake:
Preheat the oven to 350 F (176 C) and prepare a 10 x 15 inch cookie sheet by lining it with foil. Grease the foil with oil, and flour it well. This will help to ensure that the cake does not stick to the foil. In a medium bowl (or the bowl of a stand mixer) beat the eggs on high speed for about 2-3 minutes, until pale and frothy. Add in the sugar, lemon juice and lemon zest. Beat on high speed until well combined. In a separate bowl, whisk together the salt, baking powder and flour. Add the dry ingredients to the wet ingredients, and stir until just combined. Do not over mix. Pour the cake batter onto the prepared cookie sheet. You may have to use a spatula to spread out the batter over the cookie sheet and the batter will be spread out in a very thin layer. Bake for about 10-11 minutes. While the cake is baking, spread out a clean kitchen towel and sprinkle liberally with icing sugar (this is to ensure that when the cake is placed onto the kitchen towel, it will not stick). As soon as the cake is done, take it out of the oven, and carefully turn it over onto the prepared kitchen towel. Gently peel off the foil, and working quickly start rolling the kitchen towel to roll the cake from the shorter edge. Let cool completely.

For the Lemon Cream Cheese Filling:
In a medium bowl, using a hand mixer or a stand mixer, beat the cream cheese and butter on medium speed until smooth and well combined. This will take about 1-2 minutes, and you should scrape down the sides of the bowl with a spatula as needed. Add the sugar, lemon juice, lemon zest and vanilla, and beat on medium speed for about 2 minutes until well combined and thick. Assembling the Lemon Swiss Roll Once the cake has completely cooled down, unroll it from the kitchen towel. Spread the cream cheese filling liberally, making sure that it covers all ends. Gently roll back the cake into shape, and cover with cling film. Cool for about 2 hours in the refrigerator or overnight. When ready to serve, unwrap the cling film, dust the cake with icing sugar and decorate with lemon slices.

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CROSSWORD PUZZLE

One Hundred

- Across**
- 1 Kind of cycle
 - 6 Preliminary text
 - 11 Director Lee
 - 14 Freight
 - 15 Creepy
 - 16 Graphic intro?
 - 17 Summer 2016 sports event
 - 19 Dirty dog
 - 20 Continue
 - 21 London lav
 - 22 Levels
 - 24 Dock
 - 26 Full-length
 - 30 Biblical peak
 - 31 Take to one's heart
 - 33 Ornamental shrub
 - 35 Tough wood
 - 36 Take in
 - 37 Golf peg
 - 38 Ham
 - 42 Animation frame
 - 43 Some queens
 - 44 ___ Lanka
 - 45 Music sheet mark
 - 47 Had a yen
 - 51 Comics canine
 - 52 Al of the '50s Indians
 - 54 Cabbagelike vegetable
 - 55 LBJ daughter
 - 57 "Dear God" band
 - 59 Door sign
 - 60 Angsty punk
 - 61 Cuban bodybuilder nicknamed "The Myth"
 - 66 Oysters ___ season
 - 67 Spring sign
 - 68 Passed bad checks

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
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42				43				44				
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55				56			57		58		59	
60				61	62	63	64			65		
66				67						68		
69				70						71		

- 69 Fire
 - 70 Miller rival
 - 71 Justice Kagan
- Down**
- 1 Row
 - 2 Stockpiled
 - 3 Worn away
 - 4 Kind of trip
 - 5 Opinion tester
 - 6 Fiend
 - 7 Kind of theater
 - 8 "Exodus" man
 - 9 Fan ___ (literary genre)
 - 10 Try
 - 11 OK'd
 - 12 Malt beverage
 - 13 Became peeved
 - 18 Judge's title
 - 23 Night spot
 - 25 Made out
 - 27 Cadavers
 - 28 Bee movie name
 - 29 Dresses down
 - 32 Eastern
 - 34 To pieces
 - 38 Like some pancakes
 - 39 Comprehensive
 - 40 "Beetle Bailey" dog
 - 41 Clock sound
 - 42 Intestinal ailment
 - 46 Supplied
 - 48 Grandson of Noah
 - 49 One after another?
 - 50 "Gracias" reply
 - 53 Take up space
 - 56 "By yesterday!"
 - 58 Pepsi rival
 - 62 Prohibition ___
 - 63 Sticking point?
 - 64 Some appliances
 - 65 Rapper ___ Kim

Solution to last week's Crossword puzzle.

E	S	C	A	P	E	N	O	S	E	A	C	T	
B	E	A	R	E	R	U	N	T	O	P	R	O	
B	U	T	T	E	R	P	E	C	A	N	R	A	P
E	R	O	S	O	V	E	R	B	E	T			
T	A	N	D	E	M	O	R	E	E	S	E	S	
S	T	A	D	I	U	M	L	A	S	S	O		
R	O	R	E	M	L	O	C	K	U	P			
C	H	O	C	H	O	L	A	T	E	C	H	I	P
C	O	U	P	E	S	V	A	G	U	E			
H	O	R	N	S	H	O	T	D	A	T	E		
U	N	R	E	E	L	L	I	F	E	R	A	T	
S	A	T	O	M	I	T	P	O	R	C			
S	K	Y	C	O	O	K	I	E	D	O	U	G	H
H	I	E	B	I	L	E	L	E	S	S	E	E	
E	N	D	S	E	E	S	S	S	W	E	E	T	S

NORTHERN
SENTRY

839.0946

SUDOKU Solution to puzzle on page 22

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



Who You Gonna Call?

New Gender-Flipping Ghostbusters Confronts Critics—Then Gets Back to Funny Business

NEIL POND | PARADE MAGAZINE

If there's something strange in your neighborhood, who you gonna call? The Ghostbusters, of course! But which ones? The latest, if you haven't heard, are an all-female crew headed by Kristen Wiig and Melissa McCarthy, with Saturday Night Live cast mates Kate McKinnon and Leslie Jones.

Months before the new Ghostbusters movie was finished, some people didn't like the idea of anybody futzing with the iconic 1984 original, starring Bill Murray, Dan Aykroyd, Harold Ramis and Rick Moranis—and especially, apparently, changing the gender roles. The first trailer for the film ignited a firestorm of online trolling and ugly sexist criticism, mostly about bringing women into an all-boy's club. The new movie confronts its critics head-on, in a scene where the new Ghostbusters see the doubtful—and hateful—comments underneath online clips of the first spooks they've ever captured on video.

"You're shouldn't even be reading this," Abby (McCartney) tells her colleague Erin (Wiig). "You're not supposed to listen to what crazy people write in the middle of the night."

Then it's back to funny business—and girls busting ghosts.

Mixing fresh new gags with respectful retro riffs, director and co-writer Paul Feig lets his funny bone point the way, as he demonstrated in *Bridesmaids*, *The Heat* and *Spy*. And he's working with a cast of comedic dynamos. Wiig's delightfully dry, droll wit is a perfect complement to McCartney's bigger, brasher, bawdy physical bravura. They haven't teamed up for a project since *Bridesmaids*, and it's great to see them collaborating again.

Leslie Jones gets plenty of laughs as Patty, a subway worker with a knack for Big Apple history who becomes the fourth Ghostbuster. Chris "Thor" Hemsworth seems to be having a ball as the gals' office "himbo" receptionist, perhaps relishing the opportunity to parody his own macho movie image and the film's flip of gender roles in general.

But it's Kate McKinnon who practically steals the show. Her wacky, tech-crazy, live-wire lab-nut weapons wonk feels somewhat of a nod to Dan Aykroyd's character in the original, but she takes it to a totally new place in a unique role that may break her out beyond her hilarious SNL skits.

The plot: Yes, there is one, but it's hardly worth mentioning. There are fleeting cameos by former Ghostbusters stars and other folks too, including Ozzy Osborne, who shows up at a heavy metal concert. So does a big, bad winged ghost demon. The audience loves it—rock and roll!

It all rises to a screaming crescendo, wobbles and then kind of falls apart, when all the ghosts come out to wreck havoc on the streets and there's a big, swirling special-effects vortex, a bunch of goop and goo, a parade of giant ghost balloons and appearances by Ghostbusters Hall-of-Fame specters.

Definitely stay for the credits, though, and beyond, because this is one movie that's not over until it's over—completely over. And when it is, as the final version of the familiar theme music (this time by Fall Out Boy and Missy Elliot) plays out and makes your toes tap, the message is clear: For good, ghostly summertime fun with a strong dose of freewheeling 2016 girl power, who you gonna call? You know who!

DAKRATS

GREG DRAIN

Why It's a Good Idea to Take Kids Grocery Shopping

NORTH DAKOTA STATE UNIVERSITY

Do you grab your purse and duck out the door the minute you know your kids are looked after so you can shop for groceries alone?

While it's a nice treat to do the food shopping by yourself from time to time, I think that it's very important to bring the children along with you whenever you can. Shopping for food is a crucial life skill, and the best way for them to learn how to select produce and to spot the best deals is for you to actually show them.

If you're worried about your little ones asking for treats and misbehaving in the store, just remember that teaching them how to act in public and how to respond to hearing the word "no" are also important life skills! It might not be easy the first time or the third time, but you'll get there.

Now let's get back to the shopping. The first thing to remember is that you should always stick to

the perimeter of the store. Why? Well, if you stick to the outside of the store, where the fresh produce, meat and dairy are, you shouldn't have any trouble with your kids begging for unhealthy treats. It also helps to ensure you're not making unhealthy choices yourself.

Here are some other shopping with kids tips for you:

Go to the market. Even better than sticking to the perimeter of the grocery store? Start out at the local farmers' market, so your kids can meet the people who grow the food you'll be eating that week. Encourage them to ask the farmers questions and to really connect with the food items they encounter.

Let the kids choose. Try to be flexible with your grocery list and let the kids make some of those important shopping decisions. For instance, tell them you need three green vegetables, two orange vegetables, and a fruit in every other color

of the rainbow. Go with the items they choose even if you foresee a disaster. The only catch should be that they'll have to eat the foods they choose when you serve them.

Talk to them. Explain how you know if one pear is ripe and one isn't. Teach them how to look for the perfect bunch of bananas. Tell them why you choose the organic kale over the other kale. Talk about the prices of items and how to tell which protein is the best deal.

Reward good behavior. When the time comes to pay for your groceries, if your child or children have not given you any grief during the shopping adventure, tell them how proud you are of the way they behaved. Consider rewarding that good behavior if it's something you've been working towards. Depending on the age and interest of your children, some ideas might be a new book, an hour at the park, a toy car, or some crayons or stickers.

Healthy Hearts Day

TRINITY HEALTH

The number one killer of both men and women, cardiovascular disease claims approximately one million lives each year- more than all forms of cancer combined.

The Trinity Health Auxiliary Healthy Hearts Club is dedicated to supporting our Cardiac program and its patients through fundraising and education activities. Healthy Hearts Day is the perfect opportunity to show your support.

Healthy Hearts Day kicks off with a Brunch Symposium featuring Trinity Health cardiologist Emad Dodin, MD, and Jerilyn Alexander, Stroke/Stemi coordinator. For only \$15 you can enjoy a delicious fruit and yogurt buffet and hear from Trinity Health experts on how to live a heart healthy lifestyle.

If you want to hit the course for one last round of golf this year, sign up your team for the Healthy Hearts Golf Scramble. Great

hole-in-one prizes include \$20,000, 2 roundtrip airline tickets, Callaway irons and a flat screen TV. Plus, one lucky golfer will have the opportunity to sink a long-range putt and win \$2,500! To register your golf team, fill out the attached Registration Form.

If you would like to purchase tickets to the Brunch Symposium, or if you have any questions regarding Healthy Hearts Day, call (701) 857-5221 or stop by the Trinity Hospital Gift Shop.

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



#9 PASCHAL'S - ATLANTA, GA

Paschal's has been in downtown Atlanta since 1947, when brothers James and Robert Paschal set up their soul food restaurant. More precisely, you'll find Paschal's in the Castleberry Hill Arts District that's full of art galleries and museums. The restaurant has drawn famous names like Aretha Franklin, Dizzy Gillespie, Martin Luther King, Jr., and Al Gore. On the menu are soul food dishes like Cajun catfish fingers, shrimp and grits, BBQ ribs, and the famous Paschal's fried chicken breast, leg, and wing made to their trademark recipe.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Emergencies can occur anytime and the best thing to do is be prepared. Having an emergency first-aid kit ready will help reduce anxiety if an emergency does happen."

- PetPlace website, (www.petplace.com) discussing the importance of canine emergency kits.

A-hunting we will go, a-hunting we will go, a-hunting...

OK, now try to get that tune out of your head...

But, yes, hunting season is almost upon us. For dogs, that kicks off with the Sept. 1 dove season.

While here in North Dakota it's not the hallowed, revered species like it is in southern states, dove hunting offers a chance to get the rust off one's shooting skills and provides a real sense that fall is in the air. Perhaps most importantly, it gives Fido the four-legged hunting maniac of the household a chance to retrieve something for real.

Assuming, that is, Fido's hunter can actually get a dove or doves.

But that's another story for another day.

Let's get back to Fido and being in the field.

Hopefully by now Fido is well into fieldwork exercise and preparation so his or her muscles are well conditioned and their weight is in check.

While no one wants to think injuries could happen in the field to human or canine alike, the reality is they do. Barbed wire encounters have resulted in hunters making many emergency runs to their veterinarian.

There are encounters with wild animals, such as porcupines and raccoons, to worry about.

And just like people, dogs can break legs, tear ACLs and tendons, and sprain feet.

Part of preseason preparation could also include making sure one is prepared for potential emergencies involving Fido.

First-aid kits make sense for people and they make sense for dogs, as well.

Commercial canine-specific first-aid kits are available, but it's possible to make one.

Here are some basic items to put in a canine first-aid kit: Elastic wrap roll, gauze roll, gauze tape,

gauze pads, cotton balls, hydrogen peroxide, hydrocortisone ointment, scissors, tweezers or needle-nose plier, saline solution or eye wash, wound disinfectant such as Betadine or Nolvasan, large towel, 1-inch white medical tape, emergency blanket, instant cold pack, disposal gloves, magnifying glass, tongue depressors, nail clipper, styptic powder or sticks to stop bleeding, eye dropper or oral syringe, thermometer, rehydrating solution such as Gatorade, Powerade, or Pedialyte, and antiseptic wipes.

Use a plastic tackle box or something with divided compartments to easily find the items when in a hurry to administer first aid. Write your veterinarian's telephone number and address on the box, your name and contact information, and Animal Poison Control Center 24-hour hotline, (888) 426-4435.

The gauze roll can be used to make a muzzle because any dog can bite when in pain.

Activated charcoal helps dogs absorb ingested poisons but talk to your veterinarian beforehand to know how to administer it in the event of an accidental poisoning.

Keep a leash in the kit or vehicle.

The items all closely resemble things that would be in a human first-aid kit. However, because one is dealing with an animal, things like gauze rolls for muzzling or needle-nose pliers don't typically show up on one's radar screen for humans, yet come in handy for dogs.

Some canine first aid reference books include "Dog First Aid: A Field Guide to Emergency Care for the Outdoor Dog" by Randy Acker (4- by 6-inch spiral bound pocket guide) or "Pet First Aid" by Dr. Bobbie Mammato in conjunction with the American Red Cross.

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2016 NORTHERN NEIGHBORS DAY FAN PHOTOS

CONTINUED



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SERE search and rescue training

GARRISON, N.D. -- Team Minot Airmen participated in survival, evasion, resistance and escape training in Garrison, N.D., Aug. 11, 2016. The all-day training focused on search and rescue situations for aircrew members. Exercises included vectoring a rescue helicopter, hoists, land navigation and communication with friendly forces. The training took place at the National Guard Training Facility near Garrison.

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



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91OG Airman selected for top AFGSC program

SENIOR AIRMAN APRYL HALL | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Capt. Romonte Sullivan, 91st Operations Group executive officer, was recently chosen to be part of an elite program offered only to the best of the best in the missileer career field.

The Striker Pathfinder Program is a three-year internship at Air Force Global Strike Command headquarters at Barksdale Air Force Base, Louisiana. A single missileer, usually a captain, is hand-picked for the position; a position that offers rare insight and mentorship to young officers.

"We have special programs for the 13N community," Sullivan said. "Things like Striker Trident or Pathfinder. They're highly competitive programs."

Upon applying for the programs, the nearly 20 missileers met a board, where their packages were rated and ordered. Sullivan was fortunate enough to be put in the top spot.

"Pathfinder only had one spot available, it's kind of like the highest program and I was selected for that one," he said. "It was kind of breathtaking."

Sullivan is no stranger to standing out. During his nearly six years at Minot AFB, he's been a flight commander, part of

the standardization and evaluations team, was a distinguished graduate at squadron officer school, and now holds an executive officer job for the 91st OG Commander Col. Stacy Huser.

"Captain Sullivan was selected for this program because he is recognized in the 13N community as one of our strongest technical experts," Huser said, "More than that, he was selected because leadership sees in him what we all see here at the 91st Ops Group. He's someone with a natural ability to lead and mentor others, who is humble, and the guy people seek out when they have a question or problem."

Sullivan's time as an executive officer has been a learning experience he knows will help benefit his career in the long-run, he said.

"I'm in all the leadership meetings, so I learn the bigger picture of things," Sullivan said. "I see why decisions are made and how decisions are made. For a young officer like me, it's very eye-opening and prepares me for the future, to be an actual leader myself."

Despite holding several high-visibility jobs within the career field, Sullivan admits it's simply his passion for the job that makes people notice his work.

"The mission is

an amazing mission, something a lot of people don't even know exists," Sullivan said. "I show up to work every day and I do my job with a smile on my face every single day. As far as standing out, I think that's what makes me stand out."

Sullivan applied for the program in June of 2015 and found out he was accepted shortly after, but the anticipation to begin the program hasn't died down over the past year.

"It feels amazing," Sullivan said. "To be chosen for this, it means you did something right and someone noticed. To me, it was kind of reaffirmation I'm doing my job right."

During his three-year internship, Sullivan will be a part of the future operations division and branch, which focuses on bringing new programs like the new GBSD, cruise missile and B-21 into fruition. Although the future conceptions part of the job is exciting for Sullivan, he said he mostly looks forward to working with AFGSC leadership.

"To be in a room with those individuals, and you get to see their decision-making process, I think that's going to be the best part of the job," Sullivan said. "The mentorship opportunity is the best part."

After the program, Sullivan hopes to take

everything he learned over the next three years and apply them to whatever assignment comes next. He said he's excited to have insight on the future of the 13N career field, and to be bred as a successful leader. He'll do it all without

changing who he is. "Just be yourself," Sullivan said. "No one can be you like you are. I think that will take a lot of people far, whatever their career is, just be yourself. That's my thing to live by."



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

Capt. Romonte Sullivan, 91st Operations Group executive officer, poses for a photo at Minot Air Force Base, N.D., Aug. 8, 2016. Sullivan was chosen to attend the Striker Pathfinder Program, a three-year internship at Air Force Global Strike Command headquarters.

Explore the outdoors

AIRMAN 1ST CLASS J. T. ARMSTRONG
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- If you love the outdoors and are looking to take advantage

of everything North Dakota has to offer, or you want to explore for the first time, take a look at Outdoor

Recreation at Minot Air Force Base.

No plans? No gear? No problem.

"We help Airmen get involved and experience North Dakota," said Toni Sanders, assistant manager at Outdoor Recreation. "Our mission is to support Airmen and their families with everything they need outdoor-wise."

Whether you're a single Airman living in the dorms or have a family, Outdoor Rec.'s goal is to help Airmen. There are many benefits to using this agency when you're thinking about enjoying the outdoors.

According to Sanders, a recent whitewater rafting trip hosted by Outdoor Rec.

cost only \$75 for Airmen who attended. The same trip would have cost at least \$250 to cover travel, rafting and camping on your own.

These trips are an opportunity to get out of town, try new things and meet new people. There are usually 18 spots available to sign up and are first-come-first-serve.

If you're looking to have an adventure of your own, Outdoor Rec. still has you covered. You can rent tents, campers, kayaks, jet skis, trailers, fishing poles and almost anything you may need for your trip.

Outdoor Rec. offers quality equipment at a fraction of the price it would cost to buy or rent

somewhere else.

"We just got three brand new campers and three new boats," said Sanders. "We keep everything in tip-top shape so it's in the best shape for Airmen to use."

Summer isn't the only time to utilize Outdoor Rec. either. They offer ski and snowboard packages, skates, snowshoes, ice fishing gear and even snow blowers.

"During winter, skis and snowboards are the most used," said Sanders. "Snowmobiles are also a hot commodity."

Many people don't know what Outdoor Rec. has. It offers tables and chairs for squadron morale events, lawn and garden equipment, an indoor and outdoor archery range and household goods at no charge to families who are PCSing.

If you need it, Outdoor Rec. probably has it.

Outdoor Recreation is located at 146 Missile Ave. For more information contact (701) 723-3648 or follow MAFB Outdoor Recreation on Facebook.

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TODAY

- Last Day to sign up for Mt Rushmore Rock Climbing Trip at Outdoor Rec
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- VA Benefits Briefing, 0830-1400, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle, 1130, Fitness Center
- 11th Annual Show & Shine Car Show, 1500-1800, Park adjacent to Golf Course, Hosted by Auto Hobby
 - Dakota Sun Gardens Winery Trip - Jesse Veeder Concert, 1530, Information, Tickets, & Travel Office
 - Annual Block Party, 1600-1900, Park adjacent to Golf Course, Hosted by Rockers Bar & Grill
 - Family Pizza Night, 1700-1900, Jimmy Doolittle Center
 - Keystone Club Meeting, 1800-1900, Youth Center
 - Lights & Strikes Bowling, Every Friday, 2000-2300, Rough Rider Lanes

SATURDAY

- Last Day to sign up for Mt Rushmore Rock Climbing Trip at Outdoor Rec
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- VA Benefits Briefing, 0830-1400, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle, 1130, Fitness Center
- 11th Annual Show & Shine Car Show, 1500-1800, Park adjacent to Golf Course, Hosted by Auto Hobby
 - Dakota Sun Gardens Winery Trip - Jesse Veeder Concert, 1530, Information, Tickets, & Travel Office
 - Annual Block Party, 1600-1900, Park adjacent to Golf Course, Hosted by Rockers Bar & Grill
 - Family Pizza Night, 1700-1900, Jimmy Doolittle Center
 - Keystone Club Meeting, 1800-1900, Youth Center
 - Lights & Strikes Bowling, Every Friday, 2000-2300, Rough Rider Lanes

SUNDAY

- Last day of the Outdoor Pool season
- Zumba, 1400, Fitness Center

MONDAY

- Indoor Pool Season starts today
- Youth Tumbling Classes, Various Times, Youth Center
- Fit to Fight, 0700, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- Zumba, 1730, Fitness Center
- Learn on the Course, Every Mon, 1800, 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, 1130, Fitness Center
- Running Clinic, Every Tues, 1430, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- H2O Fitness, 1615, Indoor Pool
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- 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
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Lunch Time 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
- 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
- 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
- Craft Club, 1030, Base Library
- HIIT Circuit + Core, 1100, Fitness Center
- 6 Things You Shouldn't Do with Your Money, 1200-1300, A&FRC
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- H2O Fitness, 1615, Indoor Pool
- Teen Book Club, 1630, Base Library
- Single Airmen Wingman Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- Body Blast, 1830, Fitness Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - AUG. 26

- Last day to sign up at the Youth Center for Flag Football & Cheerleading
- Mt Rushmore Climbing Trip, 26-28 Aug, Outdoor Rec
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Team Cohesion Challenge – Go Ruck, 0900-1600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Grill Your Own Steak Night, 1700-1900, Jimmy Doolittle Center
- Family Movie Night-Disney's Frozen, 1800, Jimmy Doolittle Center
- Give Parents A Break, 1800-2200, CDC/School Age Program
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Friday, 2000-2300, Rough Rider Lanes

UPOMING EVENTS - AUG. 27

- Stars & Stripes Scramble, Shotgun Start at 0900, Golf Course
- Dakota Sun Gardens Winery Tour, 0900, Information, Tickets, & Travel Office
- Chess Club, 1100, Base Library
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

ONGOING EVENTS

- Trapped in Bismarck, The latest craze in puzzles is here. Can you solve the riddles and escape the room in under an hour? Get discounted tickets to Trapped in Bismarck at the Information, Tickets, & Travel office –inside the Base Exchange. Select times available. Call 723-6669.
- Do-It-Yourself Canvas Painting, Single Airmen are invited to come to Arts & Crafts, Tues-Fri 1000-1700 thru September, and paint a masterpiece at no cost. Supplies are limited.
- Jimmy Doolittle Center New Lunch Options, Every Wednesday, 1100-1300, in August, come try our new lunch options at the Jimmy Doolittle Center. We want your feedback to help develop our upcoming menu.
- Rough Riders Monthly Pizza Special. August Special – Chicken Cordon Bleu Pizza. Chicken, Canadian bacon, bacon with slices of Swiss cheese covering a white sauce. Lightly topped with mozzarella. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal

– Chicken, ham, & bacon topped with Swiss & mozzarella. \$8.25 meal – includes side & drink

- B-Fifty Brew Drink Specials. 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 \$4.00. Frozen Peach Cobbler – Cool down this month with our signature blended beverage. It is a dreamy combo of Peach, Hazelnut, Cinnamon, & Vanilla Bean. Starting August 1st, limited time only. Grande \$5.00 Venti \$5.50
- Auto Hobby Monthly Special. Strut Spring Replacement Customer removes strut assembly from vehicle & Auto Hobby staff will remove the old strut from the spring & install a new one. Sale Price \$10/strut. Tire Mounting Customer mounts 4 tires & Auto Hobby staff will balance the tires. Sale Price \$3.50/tire

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

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2016 term (8 Sept-9 Nov). 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.

CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. The Fall II term for face-to-face starts 10/24-12/16/2016. Classes only meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts 10/21 to 12/10. CMU offers a military discount to active duty, spouses, federal employees, and veterans. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Education Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu.

MAIN STREET BOOKS STORYTIME –

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

MAIN STREET BOOKS 1ST SATURDAYS STORYTIME –

A weekend storytime for families. Once a month on the 1st Saturday of the month there will be a specially themed storytime at Main Street Books that will be interactive with songs, rhymes, puppets and books. The 10:00 a.m. storytime is 30 minutes long and is geared for birth – 4 yrs, but all ages are welcome. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

10TH ANNUAL ROCK THE LEAVES MUSIC FESTIVAL 8/19/2016 - 8/20/2016

RTL entertainment presents the 10th Annual Rock the Leaves Music Festival! 3 days of non-stop FUN for the whole family!! -LIVE music featuring local and nationally known recording artists -prize giveaways -FREE food -Inflatables -face painting -RTL 5k -and more! Follow us on Facebook, Twitter, or Instagram! /rocktheleaves

SPECIAL OLYMPICS NORTH DAKOTA 5K 8/20/2016 8:00 AM

Minot Optimist Soccer Complex 21st Ave & 12th St NW Minot ND 58701. Join us on August 20th to support Special Olympics North Dakota. Choose the distance - 5k or 1 mile. Then walk or run to join in the fun! Spectators welcome! Register online by August 1st to guarantee a race shirt!

FESTIVAL ON MAIN 8/20/2016 10:00 AM

Downtown Minot. The annual Festival on Main will be held in Downtown Minot on Saturday, August 20th from 10-5 pm. This event is sponsored by the Downtown Business & Professional Association of Minot. Activities include carnival and inflatable games, Dakota Cruisers classic car show, bingo, food and craft vendors, and Dizzy the Clown. There will be children's art activities, sidewalk sales, MAFB K-9 dog demonstration, FunTyme karaoke contest, dance performances, in store events, and so much more! The Festival is free to the public, and parking will be available in the city parking lots.

DALE BROWN COURTS DEDICATION 8/20/2016 11:30 AM

Hammond Park. There will be a dedication ceremony unveiling the two new basketball courts in honor of legendary coach Dale Brown.

COLOR ME HAPPY ADULT COLORING CLUB 8/20/2016 1:00 PM

The Minot Public Library is excited to begin offering a coloring club for adults! The club will meet the third Saturday of every month from 1:00 pm – 2:30 pm. The Color Me Happy Coloring Club gives grown-ups an opportunity to unwind and take part in some childlike fun. MPL will provide all the supplies you need to relax and get creative, but you are welcome to bring your own. No registration is necessary; for more information please call 852-1045.

CHOW DOWN FOR CHARITY 8/23/2016 6:00 PM

The Riverside Holiday Inn is Hosting a Chow Down for Charity Event for the Domestic Violence Crisis Center. Vendors will set up a booth with tasty menu items and for a donation of 10.00 a person you are allowed to go around and taste the items. All proceeds will benefit the Domestic Violence Crisis Center. Fee is charged at the event. no ticket needed.

BOOKS N' BREWS BOOK CLUB 8/25/2016 7:00 PM

On Thursday, August 25th at 700pm at the Tap Room, located between Rooster's and Rick's Jewelry just off Main Street, will be the next meeting of the Books 'n Brews Book Club. The featured book this meeting is one of the more popular fiction novels of the last several years, "The Girl on the Train" by Paula Hawkins. Hawkins' best-selling debut tells the story of Rachel and how she got dragged into a mystery involving a couple she saw every day on

her train commute. The library has access to three copies for patrons to checkout: a regular print, large print, audio CD, and a downloadable audio edition 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 701-852-1045. Hope to see you there!

RTL OPEN MIC NITE 08-26-2016 07:00 PM - 08-26-2016 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.

CARDINAL COLOR CRAZE 5K FUN WALK/RUN 8/27/2016 10:00 AM

Nedrose High School, 5705 15th Ave SE, Minot ND 58701. The Nedrose Cardinals Athletic Boosters are SUPER excited for our first FUNdraising event - The Cardinal Color Craze 5K Fun Walk/Run. The course will loop through the 55th Crossing Community, starting and ending at the new Nedrose High School. Participants will be cheered across the finish line and welcomed into the Color Explosion After Race DANCE Party!! Open to EVERYONE - young and young at heart!! Check out our website at <http://cardinalcolorcraze.weebly.com>. We are hoping for a HUGE turnout!!!

DOG DAYS OF SUMMER 9/05/2016 10:00 AM

Main Street/Roosevelt Park. Dog Days of Summer Schedule Labor Day September 5th 2016 • Jasper's Walk (10-12)-This year's walk takes us to downtown Minot. We begin our walk at the intersection of Central Ave and Main Street. From 10-12 that morning several businesses will be offering discounts on various items. We will walk from Main Street to Roosevelt Park. • Pet Fashion/Costume Show (12:30-1:30)-This show is bringing back an old tradition with a fun twist. Local businesses will dress their dogs in unique outfits to determine which business is the most creative when it comes to dressing their pet. • Action Agility Demonstration (2-3)-Action Agility is back with more demonstrations. Join us while the Action Agility gang demonstrates obstacle course running and explains the importance of • Minot PD K-9 Demonstration (3:30-4:30)-Our friendly neighborhood police department will exhibit one of the most important allies an officer has while they are on the job. This display should NOT be missed. • Soggy Doggy (6:30-8:30)-For the third Labor Day in a row, the good folks at the Minot Parks District will allow us to offer the Roosevelt Park Pool to EVERY well behaved dog for a free will donation to the Souris Valley Animal Shelter. *Leashes are mandatory when dog is not in the pool. **Must maintain full control over your pet at ALL times

PAINT THE TOWN RED 9/06/2016

Feeling Creative? Looking for an adventurous new opportunity? Grab your friends, coworkers, or make it a unique date night – and join the Taube Museum of Art for an evening of entertaining art instruction by Minot local artists! No experience required! You will go home with a painting you can call "uniquely yours" and possibly unleash a new talent you will want to explore. The featured artist will guide you through in recreating her featured painting. It is easy, fun, and stress free! Feel free to bring your favorite cocktail and a snack if you choose, then sit back and be creative! Each session is \$35 for non members and \$32 for members, per person, which includes all the supplies needed to create your masterpiece. Class size is limited, so register early! Payment is due at time of registration. Must be 21 to register. Registration now accepted online at www.taubemuseum.org Liking or commenting on this event does not constitute registration for the class...you must call, stop by, or register online to complete the registration process. Thank you! For more information call the Taube Museum of Art at 838-4445, email taube@srt.com.

\$100,000 HOLE IN ONE 9/06/2016 10:30 AM - 9/08/2016 8:00 PM

Starting September 6th-8th, stop out to the Minot Country Club between 10:30am & 5:30pm each day and try to qualify for the 100K. No golf experience necessary! To qualify, hit your ball into the target area on the range, and bounces are welcome! All qualifiers will come back on the 8th from 5:30-8pm to try and hit the winning shot! Visit: www.svunitedway.com/holeinone for more information or official rules. Prizes will be listed on our Facebook event too.

MAGIC DAY OF GIVING 9/09/2016 8:30 AM

Magic Day of Giving is the largest single-day community service event completed by the residents of the City of Minot and greater Minot area. Volunteers will rake, paint, pick up garbage, build shelves, wash windows, improve local parks and much more! Join us in giving back to the Magic City!

GIRL SCOUT CARNIVAL 9/09/2016 5:30 PM

Your invited to Camp Owetti inside Minot's Oak Park Friday September 9th for a Girl Scout Carnival! Join the fun with Carnival Games for the kids and a vendor show for Mom and Dad! Plus find out all that girl scouting has to offer from adult volunteer opportunities to becoming a Girl Scout. Don't miss the fun 5:30 to 7:30 Friday September 9th Camp Owetti inside Minot's Oak park!

SERTOMA BEERFEST 9/09/2016 6:00 PM

Sertoma Beerfest 2016 will be taking place September 9th starting at 6:00pm sharp at the State Fair Center. This will be a taste test of some of the best brews around! There will be door prizes, food, fun and much more! Details regarding ticket sales and costs will be announced soon. Proceeds from the event are used to benefit hearing and speech initiatives of the Minot Sertoma Club.

RTL OPEN MIC NITE 09-09-2016 07:00 PM - 09-09-2016 09:30 PM

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.

WESTERN PLAINS OPERA PRESENTS: RIGOLETTO 9/09/2016 7:30 PM

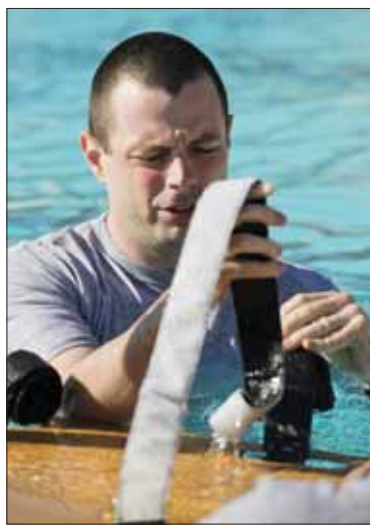
Minot's own Western Plains Opera Company is producing the Giuseppe Verdi's tragic masterpiece, Rigoletto, featuring an internationally acclaimed cast. A father's struggle to protect his daughter from outside evils manifests in a most devious manner when a womanizing duke captures her heart. Unfortunately, a curse will exact a toll from these characters in a most tragic ending. For tickets: Visit: www.wpopera.org Call: (701) 858-3185

OUT OF THE DARKNESS COMMUNITY WALK 9/10/2016 11:30 AM

Roosevelt Park. American Foundation for Suicide Prevention will host a 3 mile walk. This event is open to the public. Registration is free with the option to raise money for research, education, public policy and suicide prevention.

COMMUNITY ROLL-A-THON 9/10/2016 12:00 PM

Minot Bark Park and Burlington Loop. Day will start with a "Roll-A-Thon". Two different lengths for people to sign up for, both starting and ending at Bark Park. Everyone must be on wheels of some sort to participate (bike, skate, stroller, skateboard, ect). Paid entry fee into Roll-A-thon. After completing the wheel portion, there will be a hosted BBQ and block party at the Bark Park. This part of the event is open to everyone for a free will donation. All Proceeds will be donated to the Domestic Violence Crisis Center.



In the Deep End

MINOT AIR FORCE BASE, N.D. -- Airmen from the 5th Medical Operations Squadron train to enhance water extraction skills at the base pool at Minot Air Force Base, N.D., Aug. 10, 2016. The water extraction training involved performing emergency medicine on a simulated patient in a water environment. The purpose was to practice for the EMT Rodeo, an Air Force-level competition held at Cannon AFB, N.M. Five Airmen from the 5th MDOS were hand-selected to represent Air Force Global Strike Command in the competition.

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

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FDIC Tom Larson

Agricultural Loans

Feel like a teen at...

Beach Party 2016

Admission: K-Adult \$10, Pre-K & Under Free
Games & Inflatables: 6-9 p.m.
New: Zorb Balls & Track
Beach Party Store * Food Concessions

Saturday, Aug. 27
6 p.m. - Midnight * Gates open at 5:30pm
Fort Stevenson State Park, Garrison, ND

DANCE IN THE SAND TO:
North Country Express * 6-8 p.m.
Bob & The Beach Combers
8 p.m. to Midnight

Shelley A. Killen, MD

PHYSICAL MEDICINE AND REHABILITATION

Trinity Health is pleased to announce that Shelley A. Killen, MD, a Physical Medicine and Rehabilitation specialist, has joined Trinity's medical group. Dr. Killen helps patients restore loss of mobility and function due to injury or disease and uses techniques such as electromyography and nerve conduction studies to diagnose neuromuscular conditions. She also serves as medical director of Trinity's RehabCare Center.

Medical Education/Practice History

- Board certified, Physical Medicine & Rehabilitation (PM&R) and Electrodiagnostic Medicine
- Medical degree, University of Washington School of Medicine, Seattle
- PM&R residency, Baylor College of Medicine, Houston
- Assistant professor, Department of PM&R, and medical director, Comprehensive Outpatient Services, both at Medical College of Ohio
- Served as medical director of CHI St. Alexius Health rehab unit in Bismarck from 2000 until the unit closed in 2016
- North Dakota Occupational Therapy Advocate of the Year, 2002
- Fellow, American Academy of Physical Medicine & Rehabilitation and the American Association of Electrodiagnostic Medicine

Appointments and Consultations:
Call 701-857-5462 or 1-800-862-0005

Trinity Health South Ridge, Suite 102A
1500 24th Avenue SW • Minot, ND 58701

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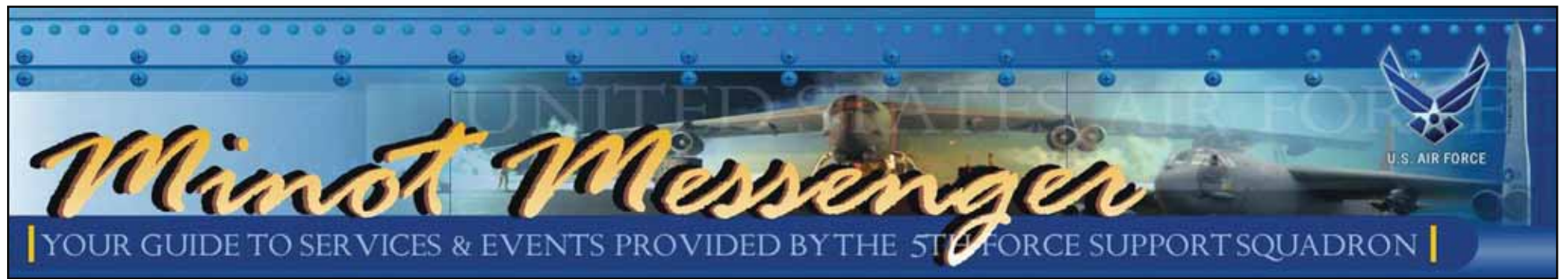
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End Of Summer Bash Features Annual Block Party & Car Show Shuttle Service Available From Rockers To The Med Group

Rockers Annual Block Party
Located at Park Adjacent to Golf Course
August 19, 4-7pm

Menu:
 • Burgers
 • Hot Dogs
 • Chips
 • Drink
 • Beer Garden Available

Cost: \$2 Members, \$4 Non Members

Although summer officially ends in September, one of the last big bashes of the season takes place on Friday, August 19th during the annual Summer Block Party and Show & Shine Car Show. This year the event has a new location and will be held in the park area adjacent to the Rough Rider Golf Course and the 5 MDG parking lot.

A shuttle service will be available from 2:30-7:30 p.m. to transport people from the Rockers Bar & Grill/Base Theater parking lot to the Med Group parking lot. Attendees may also utilize their own transportation and park in the Med Group parking lot.

The Block Party features a wide array of activities and events for both young and old. The Block Party runs from 4 p.m. to 7 p.m. with food served from 4 p.m. to 6 p.m. The menu features hamburgers, hot dogs, chips, and a drink. Cost is \$2 per person for club members and \$4 per person for non-members.

There will be entertainment for the youngsters

including bouncy castles, giant slide, and clowns doing face painting and balloons. The Rough Rider Golf Course is offering FREE range balls at their driving range during the event. Club members will be eligible to win prizes during the Block Party as well.

Rockers Bar & Grill will be closed all day to prepare for the Block Party.

The Block Party is sponsored by North Highlands Apartments and Villas. *No Federal Endorsement of Sponsors Intended.*

Car enthusiasts will definitely enjoy the 11th Annual Show & Shine Car Show held on Friday, August 19th from 3-6 p.m. in the park area adjacent to the Rough Rider Golf Course. The show features six classes of cars, trucks, and motorcycles. Each class will be judged by the public with the top vehicle in each class receiving the "People's Choice" award for their respective division. In addition, a special "Kid's Choice" award will be given to the top vehicle overall as determined by the votes of the children age 12 and under attending the show.

An exciting new event will debut at this year's Show & Shine Car Show with the addition of a Burn Out Pit Competition. Any vehicle can enter the competition however the owner must sign a waiver to participate. A limited number of entries will be accepted. The event begins at 5:30 p.m.

The 11th Annual Show & Shine Car Show is sponsored by Tires Plus Total Car Care, VT Longhorns, First Command Financial Services, Tuff Trucks, Jerome's Collision Center, & Too Dark Motorsports. *No Federal Endorsement of Sponsors Intended.*

Summer Reading Program Wrap-Up Party At Base Library

Summer Reading Program
WRAP-UP PARTY

READ FOR THE WIN

August 20th 1:00PM
OPEN TO ALL AGES

The Base Library is hosting the Summer Reading Program Wrap-Up Party on Saturday, August 20th beginning at 1 p.m. This FREE event is open to all ages. Participants will enjoy a variety of games as well as a puppet show.

The event will also feature the drawings for the grand prize winners of this year's Summer Reading Program. Prizes have been provided by the DoD and through sponsorship from the Minot AFB Officers' Spouses' Club. The top readers in three age groups will be entered into an Air Force-wide grand prize drawing sponsored by USAA. *No Federal Endorsement of Sponsors Intended.*

A special Squadron Trophy will be presented to the Minot AFB squadron with the most active duty members participating in the Summer Reading Program. 705 MUNS won the competition in both 2014 and 2015.

For more details regarding the Summer Reading Program, call the Base Library at 723-3344.

UFC 202
DIAZ vs MCGREGOR 2

AUG 20 9PM

**MEMBERS: FREE
NON-MEMBERS: \$7**

**LIMITED BAR MENU
AVAILABLE IN LOUNGE**

PITCHER SPECIALS: \$6

**ADULTS ONLY
NO CHILDREN**

AUG 20 SATURDAY ON PPV

ROCKERS BAR & GRILL | 727-ROCK

Historical Medora Musical
September 10-11
Register By September 2

Medora, ND
Cost per Person:
Quad: \$85, Triple \$95, Double \$125, Single \$195

Price includes 1 night stay at the Badlands Inn, Medora Musical tickets, and pitchfork fondue tickets. Price also includes a choice of a 1 hour horseback ride or 9 holes of golf. Register NLT COB September 2nd.

723-3648

CLUB MEMBER DRAWING ON FRIDAY, AUGUST 19TH WILL BE FOR \$850.

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 on Friday, August 19th will only be held at the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

Stars and Stripes Four Person Scramble - August 27th - 9 a.m. - Golf Course
Cost: \$30/person - Green fees and cart not included. Call 723-3164 for details.
Sponsored by Morelli's Distributing Inc. - No Federal Endorsement of Sponsor Intended

YOUNG AIRMEN EVENTS & PROGRAMS

Aug 24 **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.

Aug 25 **Single Airmen Wingman Night**

Calling all single Airmen! Rockers Bar & Grill is 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 more details, call Rockers Bar & Grill at 727-ROCK.

Aug 25 **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 August 25th 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; contact the Airman & Family Readiness Center at 723-3950 to register or for more information.

Aug 26 **Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on August 26th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Aug 26 **Team Cohesion Challenge**

The Fitness Center is hosting the Team Cohesion Challenge - GO RUCK on Friday, August 26th from 9 a.m. to 4 p.m. This challenge is to create a sense of wingmanship and build upon the pillars of wellness. Airmen who know they can do amazing things will do them in all aspects of their life. The event is open to all DoD I.D. Card holders 16 years of age and older. Deadline for registration is August 20th. For more details, call 723-2145.

Aug 26 **Grill Your Own Steak Night**

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on August 26th from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portabello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portabello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallions. The potato bar is free for club members and \$7 for non-members. For more details, call 723-3731.

FAMILY and YOUTH EVENTS & PROGRAMS

Aug 19 **Family Pizza Night**

Family Pizza Night returns to the Jimmy Doolittle Center on Friday, August 19th 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.

Flag Football & Cheerleading Registration

Registration for Youth Indoor Flag Football and Cheerleading is going on now through August 26th at the Youth Center. Current immunization record must be on file to register and open to Youth Center members only. Flag Football cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth 5-15 years of age. Cheerleading cost is \$75 for Smart Start ages 3 & 4 and \$90 for youth 5-15 years of age. Season dates are October 25 to December 16. Call the Youth Center at 723-2838 for details.

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

Fitness Center Hosting Minot AFB Summer Games On August 30

A full-day of fun and friendly competition is planned for the upcoming Minot AFB Summer Games on Tuesday, August 30th. The McAdoo Fitness Center staff is busy making final preparations for this popular event scheduled to begin at 8:30 a.m. The event is designed to promote morale and team building among Minot Air Force Base personnel.

A wide array of sporting activities are set to challenge participants at various skill levels. The goal of the Summer Games is to involve as many people as possible. Events scheduled for August 30th range from traditional sports such as racquetball, one pitch softball, 4x100 Relay, and 3 on 3 basketball to the more unusual sporting activities like the Strong Man Team Sled, Build A Boat, and Slam Dunk Contest. The day will begin with an opening ceremony at Gym Court B in the Fitness Center at 8:30 a.m.

Persons interested in participating in the Summer Games events should contact their squadron sports representative for more information and to get your name added to the sign up sheet. Unit registration for the Summer Games is now through August 20th. The day will conclude with an awards ceremony scheduled for 3:30 p.m. at the McAdoo Fitness Center. Individual event winners will be announced and the overall Minot AFB Summer Games Champion Trophy will be presented. For more details, call the Fitness Center at 723-2145.

**Dakota Inn
Dining Facility
Grand Opening Events**

Thursday

- ★ 1100 Ribbon Cutting
- ★ DV Speakers
- ★ Facility Tour
- ★ Cake Cutting
- ★ 1130 Dining Facility Opens
- ★ Food Tastings
- ★ Door Prizes
- ★ Giveaways
- ★ Amazon FireTV Stick Drawing!

August 25th & 26th

prizes

★ Gift Cards, Bluetooth Speaker, Coke Gear, FLY Swag Items & More!

Friday

- ★ The Celebration Continues
- ★ Lunchtime Giveaways
- ★ Door Prizes
- ★ Electric Coke Cooler Drawing

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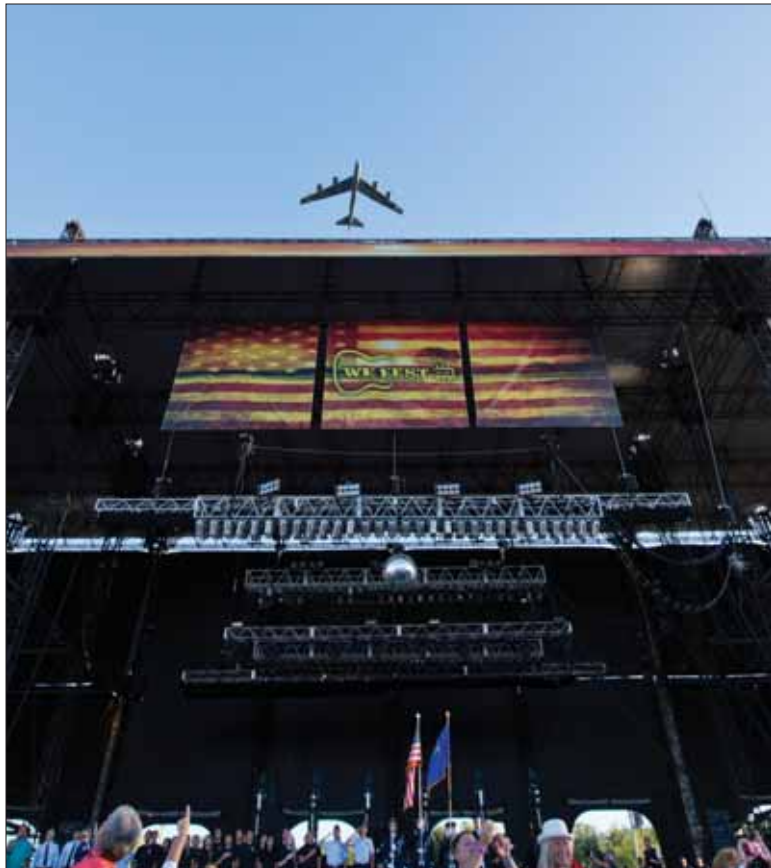
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Join the Birthday Club!

E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

Visit our website at www.5thforcesupport.com



B-52 Rocks WE Fest

MINOT AIR FORCE BASE, N.D. -- A B-52H Stratofortress from Minot Air Force Base, N.D., flies over the WE Fest concert stage in Detroit Lakes, Minn., Aug. 5, 2016. Seventeen members of the local Air Force Delayed Entry Program swore in during the music festival. For more than 40 years, the B-52 has been the backbone of the manned strategic bomber force for the U.S.

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

Senior Airman
Tyler
MAYEK

5th Munitions Sq. STEVENS POINT, WI

Warbird
of the
Week

What did you do before you joined the Air Force?
Operated excavation equipment for installing water and sewer systems.

Hobbies or Interests
Auto enthusiast, hunting, fishing and outdoorsman.

Most life changing experience
Becoming a member of the greatest Air Force in the world, the USAF.

Where do you see yourself in 10 years
Working for the railroad back in my home state of Wisconsin.

If you could have one special talent, what would it be
Playing guitar like the famous Slash.

Favorite quote
"Only thing we have to fear is fear itself."
- Franklin Delano Roosevelt



69BS CSS wins "Own It" Award

MINOT AIR FORCE BASE, N.D. -- Ermelinda Torres, 69th Bomb Squadron command support staff, receives the 5th Bomb Wing "Own It" Award at Minot Air Force Base, N.D., Aug. 5, 2016. Torres overhauled squadron in-processing procedures, allowing new members to expeditiously start Mission Qualification Training. She processed more than 70 performance reports, awards, decorations, and promotion recommendation forms and streamlined OPR and EPR processes, personally ensuring that squadron records are current and that members are promotion board-ready, while decreasing the submission timeline by over 50 percent. Finally, Mrs. Torres selflessly donated her time to support the Airman's Attic, enhancing quality of life for Minot AFB Airmen and exemplifying the definition of "Own It" both on- and off-duty.

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



5th MDSS Airman wins Own It award

MINOT AIR FORCE BASE, N.D. -- Staff Sgt. Eliaser Martinez, 5th Medical Support Squadron NCO in charge of storage and distribution, epitomized the 5th Bomb Wing commander's vision of mission ownership. After tragedy struck a pharmacy team member, Martinez stepped in to fill the critical role. He consistently surpassed all expectations as a logistics technician by not only delivering daily medication orders, but stocking, ordering, and printing barcodes. Additionally, he ensured prompt repairs to the ordering system's computer and scanner, enabling proper synchronization and accurate accountability. His efforts have enabled the pharmacy to focus on patient care without interruption or delay. Martinez's unwavering dedication and team spirit demonstrates that he "Owns It!" every day.

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

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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 9:30 am Through Labor Day weekend. Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>GLENBURN FIRST BAPTIST CHURCH  402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE </p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Rev. Debra Ball-Kilbourne</p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p>Wednesday: Bible Classes 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 9:30 am</p> <p></p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i> </p> <p>Sunday Worship 9:30 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor</p> <p>www.stmarksminot.com  Call or check out our website for more information.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 9:00 am Sunday Fellowship 10:00 am</p> <p>Wednesday Worship..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i> </p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship 9:30 am Sunday Fellowship 10:30 am</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p> <p></p>	<p>BELIEVERS BIBLE CHURCH of MINOT I John 5:13 www.bbcminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship..... 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist </p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotrcbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i>  1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ!"</i> </p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper..... 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Contemporary Worship Service... 9:50 a.m. Contemporary Worship Service.. 11:05 a.m. Children's Church..... 11:05 a.m. Wed. Awana (Sept. - May)..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church  9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>Dakota Baptist Church  <i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694</p> <p>Summer Schedule Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	

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

Answers to puzzle from page 9

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Paper Locations

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- Holiday Stationstores | 3301 S Broadway
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<p>\$253,000</p> <p>SPACIOUS CONDO - 4 bedroom, 3 bath with vaulted ceiling living area. Large lower level family room, 2 bedrooms and 3/4 bath. Owner/Licensed Salesperson. For More Info: TEXT TO: 63975 MSG: WATNE32</p> <p>MLS #160498</p>	<p>\$139,900</p> <p>AFFORDABLE - Nicely updated 3 bedroom, 1 1/2 bath home. Kitchen has laminate flooring and white cabinets. 2 bedrooms and full bath on main level. Lower level egress master bedroom with bath and laundry. Double garage. Reduced price.</p> <p>MLS #161426</p>	<p>\$55,000</p> <p>GREAT BARGAIN - Huge price reduction on this 2 bedroom, 1 1/2 bath home in Granville. Many updates to include new paint, carpets and windows. Large wrap around deck. Nice, large lot with mature trees.</p> <p>MLS #152017</p>
<p>Judy Hoskin 721-3837 judyh@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES</p> <p>APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	<p>Matt Watne 720-5700 mwatne@minot.com</p>

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To sustain that presence, Eighth Air Force, historically known as “the Mighty Eighth,” provides combatant commanders with the B-1 Lancers, B-2 Spirits, B-52 Stratofortresses and Airmen to support joint and allied partnerships within the region.

When B-2s deployed to Guam earlier this week with B-1 and B-52 units currently operating from Anderson Air Force Base, it marked a historical first for the Service.

“As a result of simultaneous operations, we have all three Mighty Eighth bomber

aircraft assigned to the U.S. Pacific area of responsibility at the same time – it’s a first,” said Maj. Gen. Richard M. Clark, 8th Air Force commander.

Though the aircraft have appeared together in past instances in the Pacific AOR, this is the first time all three bombers are there to conduct integrated operations in the region.

The Air Force will maximize on the overlap of strategic bombers by conducting the first integrated bomber operation in the Pacific AOR while all the bombers are in place in Guam.

“This presents a great opportunity,” Clark said. “By integrating every platform within this environment, we will strengthen our interoperability and demonstrate to our allies we have the capability to strike anywhere, anytime using a variety of methods.”

The total bomber force came together via two separate operations, both which provide opportunities to train with regional partners and demonstrate a shared commitment to global security and stability.

The short-term B-2 deployment is part of a U.S. Strategic Command bomber assure and deter mission focused on conducting local sorties, regional training and integrating with partner nations. During the deployment, members of the 509th Bomb Wing will hone skills in areas to include command and control, air refueling, long-rang navigation while directly interacting with allied military forces.

“There’s no substitute for operating in theater,” said Lt. Col. Charles Bailey, 8th Air Force deputy director for Plans. “Deployments like the ones to Guam focus unit training while allowing us to interact with our allies

and partners right there in the Pacific region.”

The B-2 is known for its low-observable or “stealth” characteristics and ability to penetrate highly sophisticated defenses while avoiding adversary detection. The aircraft is also able to fly at subsonic speeds, possesses a 7,000-mile unrefueled range and can reach an elevation of 50,000 feet.

The B-2 BAAD mission comes at a time when the Air Force is conducting a Continuous Bomber Presence swap out in the Pacific.

Approximately 300 Airmen along with B-1s from Ellsworth AFB, South Dakota, are replacing B-52s and their support personnel from Minot AFB, North Dakota, who currently support U.S. Pacific Command strategic deterrence and regional training missions.

This is the first time in a decade B-1s will be based in the PACOM AOR,

however both aircraft have a long historical role in the CBP missions and embody similar capabilities.

Lancers, also known as “Bones,” are multi-role heavy bombers able to deliver long-range strikes, offer persistent presence and can carry up to 75,000 pounds of payload. And much like the B-52, it’s not new to the battlefield.

“The B-1 force is coming back to the Pacific, bringing years of combat experience from Iraq and Afghanistan with them,” Bailey said.

For the time being, examples of every strategic bomber will be seen operating from the same location within PACOM’s AOR.

But regardless of platform, “the Mighty Eighth will continue to provide combatant commanders the necessary tools to assure our allies, deter our adversaries and enhance regional security within the Indo-Asia-Pacific region,” Clark said.

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