

northern entry

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Videos

SNCOPE pays respect

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- On Aug. 16, 2016, Team Minot's senior-enlisted leaders organized a retreat ceremony which included the Chief's Group, First Sergeant Council and Senior Non-Commissioned Officer Professional Enhancement seminar students.

"The purpose of the retreat ceremony is to build comradery in the senior-enlisted ranks, instill pride in our Air Force heritage and traditions and bolster support for the profession of arms," said Master Sgt. Christian Sickles, 5th Communications Squadron first sergeant.

The ceremony took place at the Minot Air Force Base flag pole, across from the 5th Bomb Wing Headquarters building.

"The decision to do the retreat amongst the senior leaders was to show that we want uphold and make sure we continue to carry on our Air Force traditions," said Sickles. "We want make

sure all Airman understand the value of our heritage"

Shortly before the time of retreat, the senior-enlisted leaders were positioned facing the flagstaff. Three members of Team Minot were part of flag security detail, who lowered the flag slowly and with dignity as the National Anthem played in the background.

The flag security detail then folded the flag and marched into position stating, "Ma'am, the flag is secured," as a senior-enlisted member saluted the flag. The detail marched away, and the formation was then dismissed, ending the ceremony.

"We plan on making this part of the curriculum of the SNCOPE and I expect we'll see more of these happening as we try to pass on our heritage to even the newest Airmen," said Sickles.

The retreat ceremony signals the end of the official duty day and serves as a ceremony for paying respect to the flag.

"The main thing is that we don't want to forget our heritage and events like this show that we don't

just work any old job," said Sickles. "We're part of something much bigger, the Profession of Arms. It's

important for Airmen to pay respects to the flag and be proudly to our heritage past and present."



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

On Aug. 16, 2016, Team Minot's senior-enlisted leaders organized a retreat ceremony which included the Chief's Group, First Sergeant Council and Senior Non-Commissioned Officer Professional Enhancement seminar students. The retreat ceremony signals the end of the official duty day and serves as a ceremony for paying respect to the flag.



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Minot maintainers learn new weapons system

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

MINOT AIR FORCE BASE, N.D. --

The 5th Maintenance Group are familiarizing themselves with a new conventional rotary launcher for the B-52H Stratofortress at Minot Air Force Base, North Dakota.

"It's a new capability for Minot Air Force Base," said Master Sgt. Lickyra Jones, 5th MXG weapons standardization superintendent. "Right now we are learning how to maintain it as well as load it."

Minot AFB, along with the 2nd Bomb Wing at Barksdale AFB Louisiana, are the two wings with this capability. They are now entering a training and familiarization phase and will reciprocate it to

the rest of Global Strike Command once they have become familiar with it.

"Our role at Minot is to help Global Strike Command implement this new platform by going through the processes and finding deficiencies," said Senior Master Sgt. Frank Espinoza, incoming 5th MXG weapons standardization superintendent. "Once we get done and all the logistics are validated, the entire B-52 fleet will be able to implement this weapons system."

The CRL is a weapons system that broadens the B-52's already expanded workload. Rather than carrying conventional munitions primarily on the wings, they can now load them in the bomb

bay as well.

"It gives the B-52 the capability to carry conventional munitions internally," Jones said. "It's a compliment to what it already has because it gives the B-52 the capability to carry internal GPS guided munitions. Before the CRL, all we could do was load special and 'dummy' munitions into the bomb bay. In the past, the B-52 was limited to Vietnam era unguided bombs. With the new system in place, it will be able to carry Joint Direct Attack Munitions at first."

This new platform is expected to help improve the effectiveness and efficiency of the bomber mission twofold: First, by being able to carry more

weapons without reloading as often, and second, it makes the BUFF a more diverse bomber.

"The CRL will give combatant commanders another option for the battlefield commanders to be able to engage the enemy," Espinoza said. "Lately, other bomber aircraft have been brought back for upgrades, so the B-52 platform has been asked to take that role. With this new system in line, it provides more options for engagement without having to leave the area."

Fueling the future: AF works to 'home-grow' biofuels for DOD, industry

MARISA NOVOBILSKI | AIR FORCE RESEARCH LABORATORY

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- A need to address increases in petroleum costs with an environmentally friendly fuel source has led to a new way of looking at production—and the Defense Production Act Title III Program Office, part of the Air Force

Research Laboratory, is playing a critical role in commercializing this technology.

In simplest terms, a biofuel is a fuel produced from living matter that includes plant waste and animal fat, rather than a fuel produced through the geological process, such as coal, diesel and petroleum. Biofuels are environmentally friendly and form from renewable

resources. Most of all, biofuels are helping to expand military energy sources, improving reliability while decreasing dependence on foreign fuel sources—benefits that President Barack Obama and the Defense Department stress are critical to national security.

"The military services were directed by the president to address the production of biofuels so we could mitigate the vulnerabilities faced when the price of fuel went up," said James Neely, a program manager in the DPA Title III Program Office. "When there is any disruption to the supply of petroleum-based fuels, the financial impact on DOD budgets is tremendous. A \$1 change in the price of a barrel can result in billions of dollars in expense."

The DPA Title III Program Office carries out presidential directives focused on advancing "home-grown" domestic production capabilities for leading edge technologies for national security. Through government and industry partnerships and financial incentives, the

program plays a role in assuring domestic ability to produce.

"We have unique authorities through Title III, allowing us to enter into partnerships with commercial industry to put a manufacturing capability in place in response to a specific DOD need for technology," Neely said. "Biofuels are determined as essential to national security; we are working to move the technology into the domestic industrial base, with the end goal of a consistent supply at a competitive cost."

The biofuel program enables Neely and his team to work with a number of different companies to develop feedstock, acquire equipment and help firms develop a business strategy enabling them to sustain the production and distribution of biofuel for use not only by the DOD, but

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FACEBOOK

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Continued on page 6

69TH BOMB SQUADRON RETURNS FROM GUAM

Approximately 300 Airmen returned from a deployment at Minot Air Force Base, N.D., Aug. 29, 2016. The 69th Bomb Squadron returned home after a six-month deployment to Andersen AFB, Guam. This continuous bomber presence deployment is the last rotation to Andersen AFB for a while, before they begin supporting Central Command's mission in the Middle East.

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





Joint exercise prepares Airmen, Soldiers for contingency ops

AIRMAN KEVIN SOMMER GIRON | 19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. (AFNS) -- Green Flag Little Rock 16-09 kicked off Aug. 18 with about 750 Army paratroopers jumping from several C-130J Super Hercules and C-17 Globemaster III aircraft in the dead of night to seize and secure an assault zone.

The event, referred to as "hit night," marked the beginning of the exercise. Among the largest rotational air mobility training events in the world, the exercise is a realistic scenario-based training opportunity for the Air Force to interact with ground force elements.

The emphasis of GFLR 16-09 was to strengthen the joint relationship between Air Mobility Command and the Army ground forces.

During the weeklong exercise, AMC aircrews launched from Little Rock Air Force Base to an intermediate staging base in Alexandria, Louisiana, in support of Army operations at the Joint Readiness Training Center on Fort Polk, Louisiana.

"We are here for our aircrews and the U.S. Army to receive the most accurate and realistic training as well as build our relationship in order

to work together more cohesively and efficiently," said Air Force Maj. Bryant Jarrell, the 34th Combat Training Squadron exercise director.

Six C-130s from Little Rock AFB and Dyess AFB, Texas, flew alongside six C-17s from Joint Base Charleston, South Carolina, and Joint Base Lewis-McChord, Washington. The fleet lined the sky as they dropped containment delivery systems bundles and hundreds of paratroopers onto the secured zone near Fort Polk.

With cargo dropped ahead of them, the Soldiers' first objective was to create a blocking position, securing the landing zone while keeping opposing forces at bay.

"Once they get the (landing zone) secured," Jarrell said, "we can bring in follow-on cargo -- beans, bullets and more fight or whatever they need -- through landing procedures."

In total, AMC aircrews offloaded approximately 750 paratroopers, 491 tons of cargo and flew 29 sorties.

"The Air Force gets the job done on time, which is good because the faster



U.S. AIR FORCE PHOTO | AIRMAN KEVIN SOMMER GIRON

Soldiers secure their parachutes prior to a static-line jump in support of exercise Green Flag Little Rock 16-09 on Aug. 18, 2016, near Fort Polk, La. During the exercise, about 750 paratroopers were airdropped to include Air Force and Army personnel.

they get us out there, the faster we can do our job on the ground," said Army Pfc. Gardinier, an 82nd Airborne Division forward observer. "All of my jumps have been off Air Force aircraft -- this being my 10th jump."

GFLR provides realistic, tactical-level, joint-combat

employment training, tailored to air mobility forces and Army needs. It also allows the crossflow of information to boost communications between branches.

"It's the Army's playground down here and a great training

environment for us to utilize good airspace," Jarrell said. "We work with the Army consistently because they're the ones utilizing our aircraft in contingency operations. We depend on each other for land and air support, time and time again."

FUELING THE FUTURE from page 3

industry as well. Overall biofuel technology has been in development for years; the Title III office is working with industry to commercialize the technology so that it is a viable and affordable option for all, Neely said.

One recent success of the biofuel program is the Bio-Synthetic Paraffinic Kerosene (BSPK) project. The project led to the retrofitting of an idle California-based refinery,

making it possible to manufacture large-scale batches of biofuel for military and industry use. This particular type of biofuel is manufactured using the hydro-processed esters and fatty acids (HEFA) process. The process blends non-edible natural oils and agricultural wastes with hydrogen and a catalyst. The resulting fuel is able to blend with petroleum jet fuel

in a 50-50 proportion, integrating into existing engine systems, including aircraft, without modification.

The Navy integrated BSPK biofuels into the launch of the Great Green Fleet in January 2016, deploying the first carrier strike group to use alternative fuel blends and energy efficient systems to power ships for combat. The Air Force has qualified biofuels for

use in almost all of their equipment and weapons systems, said Neely, and while they have purchased units for testing, fuller implementation depends strongly on cost and availability.

While biofuels have a strong benefit for the military, industry interest has helped drive these programs forward. For example, United Airlines has purchased biofuel for use in its fleet to power

regular flights between Los Angeles and San Francisco.

"The benefit to the Air Force is that we will not be dependent on a single source of supply or international supply for our military fleets in the future. We are growing the domestic base, creating jobs and building industry capability. These home-grown capabilities are helping America stay great," Neely said.

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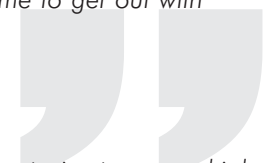
1. **POSTURE:** Shoulders back and relaxed. Eyes looking forward and chin level.
2. **WEIGHT:** Wear a weighted vest or a backpack.
3. **ARM SWING:** Bend elbows at 90 degree angle and swing forward and back.
4. **GLUTE SQUEEZE:** Squeeze glutes together as you push off with back foot to shape and firm butt.
5. Lowers the risk of heart disease.
6. **HILLS:** Hilly terrain tones your butt and hamstrings. It also greatly boosts your caloric burn.
7. **TOE PUSH-OFF:** Strike the ground with heel. Roll forward through arch of foot and push from toes.
8. **HEART RATE:** Get your heart rate up to burn more calories. Try walking at a brisk pace as if you were late.
9. **WALKING POLES:** Nordic walking poles can increase calorie burning by almost 50%.
10. **ABS:** Pull your stomach muscles in to tone abs and burn more calories.
11. **LIFT KNEES:** Add intervals: Knee lifts bring knees towards chest or soldier kicks keep knees straight.
12. **LONG STRIDES:** Increase your stride length to target inner and outer thigh muscles.
13. **UNEVEN TERRAIN:** Walk on trails, grass, sand, gravel, snow or small rocks. This will make your muscles work harder.
14. Do 1 minute intervals walking backwards. Move slowly on an uneven surface.
15. Add short intervals: Increase your speed. Walk faster, jog, or sprint. Walk hills or climb stairs for several minutes to boost your calorie burn.
16. Do 1 minute intervals of sideways shuffle. Left and right sides. Unusual movement is challenging and works muscles hard.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"I think it's just a great time to get out with great weather."



— N.D. Game and Fish Department migratory game bird biologist Andy Dinges discussing dove hunting season.

Doves receive a hint of love from North Dakota hunters, but nothing compared to dove-crazy states like Missouri or Texas.

Maybe part of the reason is the season seems to sneak up on us, opening Sept. 1 — the same time harvest kicks into gear, school starts, and North Dakota State University football rolls towards more victories.

Even with other distractions, about 7,000 hunters pursue doves each year, N.D. Game and Fish Department migratory game bird biologist Andy Dinges said.

Dinges feels there are several reasons to hit the field in pursuit of doves: It's a great opportunity to get into shooting and hunting mode for upcoming upland and waterfowl seasons.

Secondly, it offers hunting dogs some work under their belt before getting serious about grouse, pheasants, ducks, and geese.

The key is getting out early in the season because, quite honestly, many doves already booked their flights south, en route to warmer winter climates.

This year the U.S. Fish and Wildlife Service, the agency charged with establishing dove season length and limits across the United States, allowed North Dakota a 90-day dove season, which closes Nov. 29.

Don't wait, Dinges suggested. Instead, get out as much as possible as early as possible because doves will stage and move out in increasing droves with the next round or two of chilly weather.

Dove populations across North Dakota and throughout their range generally remain steady, Dinges described. They're an "edge" species, he continued, taking advantage of patchy mixes of trees, grass, cropland, and even the mix of habitat available in residential areas.

Game and Fish Department biologists count mourning doves while conducting summer upland

brood surveys.

In addition, doves are banded throughout the U.S. Banding takes place in North Dakota from about July 1 through Aug. 15. The data is used to track harvest and population trends, which the Fish and Wildlife Service in turn uses to determine season length and limits.

Mourning doves were the only legal dove when the season became an annual opportunity in 1979. However, in recent years the non-native Eurasian-collared dove has expanded in population across many areas of the country, including North Dakota. It's been legal to harvest Eurasian-collared doves in the state for several years so 15-bird daily and 45-bird possession limits can be an aggregate of mourning and Eurasian-collared doves, Dinges explained.

North Dakota doesn't specifically survey its Eurasian-collared dove population but anecdotally Dinges said the state's population is increasing, much as it is elsewhere across the country.

However, not many Eurasian-collared doves are harvested in North Dakota, in part because they tend to inhabit different areas than mourning doves.

Think about pigeons and how they love old granaries, farm elevators in small communities, and oftentimes, buildings.

That's similar to where Eurasian-collared doves hang out and not areas where dove hunters hang out.

Mourning doves, on the other hand, like those rural edge, patchy habitat areas with a mix of grasses, grains, water, and a few dead trees tossed into the mix for them to roost.

The bottom line is dove season is open. It will likely be short for any major quantity of birds.

Yet it's a great primer for the upcoming seasons.

Get out and enjoy it.

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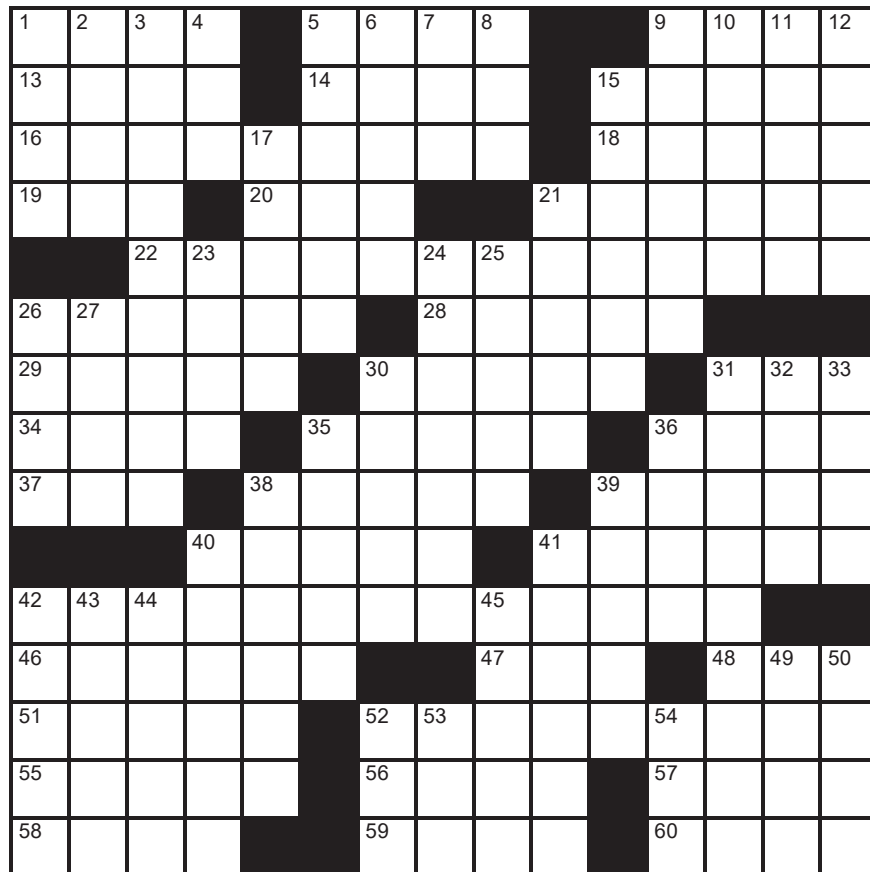
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Labor Day

Across

- 1 Call at home
- 5 Tasting like venison
- 9 Flying jib, e.g.
- 13 Pizza baker
- 14 Irritate
- 15 Bangor's state
- 16 Some construction on the street
- 18 "You win"
- 19 Charge letters
- 20 Hotel amenity
- 21 Banisher
- 22 The "H" in "ADHD"
- 26 Sharp
- 28 ___ Kea
- 29 Mythologies
- 30 Start to go?
- 31 Plead
- 34 Top guns
- 35 "Long time ___"
- 36 Legendary Bunyan
- 37 Pea jacket?
- 38 Fictional rabbit
- 39 Pack animal
- 40 Misrepresent
- 41 Plow line
- 42 Hollywood
- 46 Pilot
- 47 Vietnamese holiday
- 48 .001 inch
- 51 Dentist's request
- 52 Apple co-founder
- 55 Unkind look
- 56 Tortoise racer
- 57 'Hood
- 58 Pianist Myra
- 59 Land o' blarney
- 60 Succeeding



Down

- 1 Put into piles
- 2 Romance publisher
- 3 ___ one's nest
- 4 Finale
- 5 Worker with an apron
- 6 Network, e.g.
- 7 1/15 initials
- 8 Survey choice
- 9 Drivel
- 10 Garlicky mayonnaise
- 11 Atlas enlargement
- 12 On one's guard
- 15 Bartender's task
- 17 Nursery supplies
- 21 Musical composition
- 23 Painter Tanguy
- 24 Stockpiled
- 25 Singer Mariah
- 26 Applaud
- 27 Cockeyed
- 30 Cabbie's cry
- 31 Actress Drew
- 32 Continental money
- 33 Be exuberant
- 35 "It's the truth!"
- 36 Engine sound
- 38 Greeter's partner
- 39 Montana city
- 40 Political slants
- 41 Battleship guess
- 42 Quagmire
- 43 Like Bo-Peep's charges
- 44 Creepers
- 45 Birth places
- 49 Surefooted goat
- 50 Future J.D.'s hurdle
- 52 Cow or sow
- 53 Blacken
- 54 Calendar abbr.

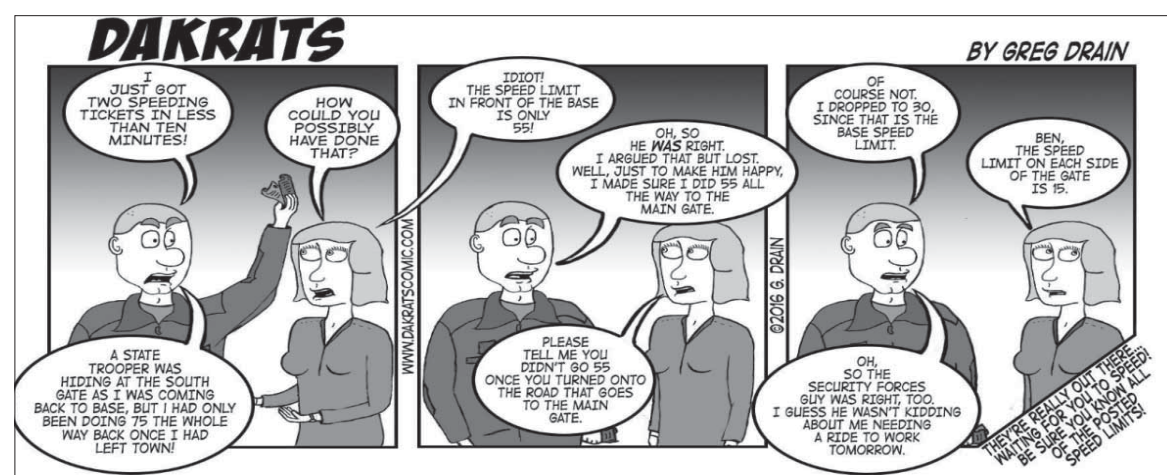
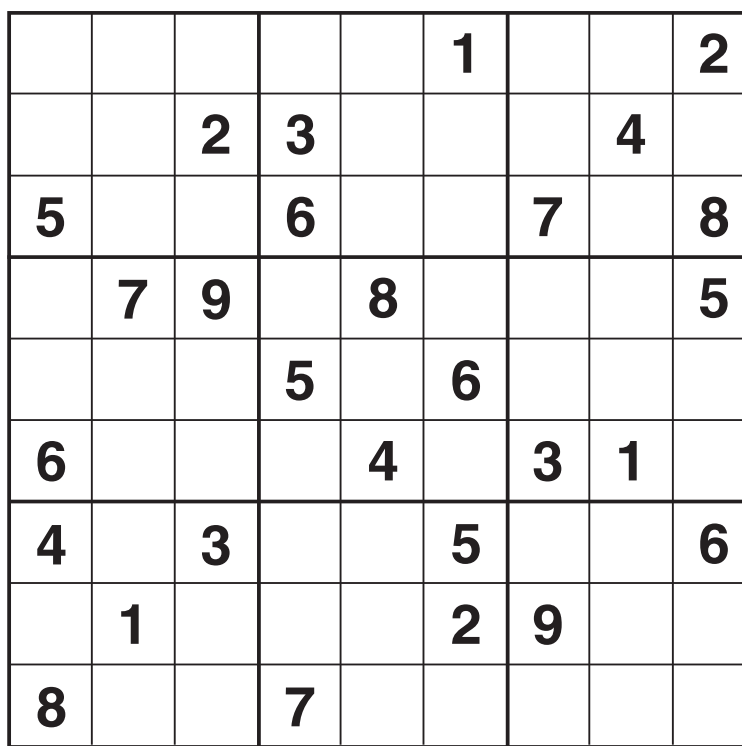
Solution to last week's Crossword puzzle.



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SUDOKU Solution to puzzle on page 19



High Notes

Meryl Streep Gives Moving Musical Performance in *Florence Foster Jenkins*

NEIL POND | PARADE MAGAZINE

"I've got the music in me," proclaimed singer Kiki Dee in her pumping, thumping Top 20 hit of 1974. "I've got the music in me, I've got the music in me!"

Some three decades before Kiki Dee, another singer made a similar proclamation, when matronly New York City socialite Florence Foster Jenkins was filled with a lifelong, overabundant love of music—but a serious lack of talent.

Director Stephen Frears, whose resume also includes *The Queen*, *Philomena* and *Dangerous Liaisons*, brings Jenkins' quirky story to the screen with humor as well as heart, never crossing over into camp or parody in a tale that certainly couldn't have gone there. Meryl Streep has proven she can indeed sing, and quite well—in *Mamma Mia!*, *Into the Woods* and *Ricki and the Flash*—which makes her enthusiastic off-key yelping, peeping and squawking as Florence all the more of a marvel.

After a big-screen absence of several years, it's good to see Hugh Grant back in a leading role. He's terrific as Florence's common-law husband, St Clair Bayfield, who loves her dearly and shields her from "mockers and scoffers" by bribing newspaper critics and making sure audiences at her concerts are packed with friends and supporters.

Simon Helberg (Howard Wolowitz on TV's *The Big Bang Theory*) has a major role as Jenkins' young piano accompanist, Cosme McMoon. At first incredulous at her ineptitude, McMoon later comes—as we do—to admire and respect Jenkins' childlike innocence and the purity of her desire to share music with others in the "profound communion" of performance.

The movie takes its basic setup—a biopic of a pop-cultural footnote character—and fleshes it out in engrossing detail. We see the tremendous lengths to which Bayfield and others in Florence's elite social circle go to protect—and enable—her. Florence's vocal coach uses phrases like "You've never sounded better" and "There is no one quite like you" to avoid hurting her feelings and pointing out her clear shortcomings. Bayfield's long-term relationship with a mistress (Rebecca Ferguson) is strained by his equal devotion to Florence. "It's complicated," he tells McMoon. And indeed it is. We learn the heartbreaking reason Florence and Bayfield never married, never had children and never had a "real" marriage—and how Florence's doomed first marriage, when she was 18, left her devastated and damaged, in more ways than one. We learn of the tragic medical condition—and its toxic treatments—that may have led to some, or many, of Florence's oddball behaviors, phobias or even delusions. But mostly we learn of a singer who loved to sing, who had a dream of doing it at Carnegie Hall, and about the unconventional love story at the center of it all. "They may say I couldn't sing, but no one can say I didn't sing," says Florence toward the end of the film, in a final, parting nod toward her naysayers who refused to see—or hear—the unbridled joy and happiness of her out-of-tune operatics. "Bravo," Bayfield replies with a bittersweet smile. And bravo, Meryl Streep, for a moving performance that reminds us that music, like any gift, is one meant to be shared, and that in 1944, Florence Foster Jenkins followed the music "in her."

MSU Notstock celebrates 10 years of interactive arts education

MINOT STATE UNIVERSITY

In its 10th year, NOTSTOCK continues to provide unique opportunities for guests to participate in the arts. Sept. 21-24, Minot State University's annual live, signature arts festival, NOTSTOCK 2016, celebrates four days of printmaking, poetry, music, ceramics, theatre, film, foreign language and broadcasting. It also features three special art exhibits. All events, which are free and open to the public, take place on MSU's campus.

"NOTSTOCK looks like an energetic bohemian arts event, but it is layered with education, exposure and opportunity for all ages," said Bill Harbort, art professor and NOTSTOCK co-organizer.

WordStock kicks everything off with Guante, two-time National Poetry Slam champion, master of ceremonies, activist, educator and writer from Minneapolis. He has performed in many locations from the United Nations, to the Soundset hip hop festival, to hundreds of colleges, clubs and theaters across the country. He or his work has appeared on Upworthy, MSNBC, Racialicious, Feministing, Minnesota Public Radio, the Progressive and City Pages' "Artists of the Year" list and more. Guante will perform Sept. 21 at 7 p.m. in Aleshire Theater. He will also conduct workshops with students and host the Sept. 23 Poetry Slam in the Beaver Dam at 1 p.m. Joe Davis, MSU alumnus and fellow writer, performer, and educator, will assist Guante and work with area high school students.

"With WordStock, we're excited to welcome another talented, successful, enthusiastic performance poet who will help students

put their words on the page and then share them from the stage," Sarah Aleshire, English instructor and WordStock co-organizer, shared.

Printmakers, Dan McCarthy of Boston, and Neal Williams of Eugene, Ore. will print live in the Beaver Dam Sept. 22-24. They will also speak about their work at noon on Sept. 22 and Sept. 23 in Aleshire Theater.

"McCarthy and Williams create stunning, detailed screen prints of nature and other subject matter, as well as posters for bands and movies," said Laurie Geller, vice president for academic affairs and NOTSTOCK co-organizer. "I cannot wait for them to share their talents and stories with students and the community."

Their artwork is currently on display in the Gordon B. Olson Library Gallery through Sept. 24 with an artists' reception Sept. 22 from 6:30 - 8:00 p.m. Their work will be available for purchase at the event.

PotStock opens its seventh year with guest ceramicist Danielle O'Malley of Montana. She and MSU faculty and students will give ceramics demonstrations Sept. 22-24 outside the north entrance of the Student Center. All are invited to sit at a potter's wheel and attempt to throw a vessel with direction from PotStock guests. O'Malley will give a presentation of her work Sept. 22 at 10 a.m. in Aleshire Theater. Her artwork will be available for purchase.

"I grew up in a rural environment, spending my childhood exploring the woods, gardening, swimming and prodding through tide pools in search of unknown treasures, and this molded who I became as an artist," O'Malley said.

"In Our Own Words: Native Impressions," an exhibit of both portraits and text from various people who live within the Tribal Nations of North Dakota, will be on display in the Student Center Conference Center Sept. 22-23, 9 a.m. to 4 p.m. and Sept. 24, 10 a.m. to 3 p.m.. The exhibit, provided by the North Dakota Museum of Art, features the work of Kim Fink, Lucy Ganje and Daniel Heyman.

Theatre continues to be a part of NOTSTOCK. Performers from the Center for Applied Theatre and Drama Research at University of Missouri-Columbia will perform thought-provoking interactive theatre and improv Sept. 22 in Aleshire Theater at 8 p.m. They will also host workshops for interested high school and MSU students.

Foreign language participates again with "Poetry Around the World," and MSU's Broadcasting Program will hold tongue twister contests each day in the Beaver Dam. Filmmaking joins the event as ND Strong provides one-hour filmmaking workshops three times during the event. Come join the fun! A favorite NOTSTOCK activity, daily do-it-yourself screen-printing, continues in the Beaver Dam on Sept. 22-23 from 9 a.m. to 5 p.m. and Sept. 24 from 10 a.m. to 3 p.m. Visitors can choose a NOTSTOCK design and "pull" their own screen print. Bring a T-shirt, hoodie, tote bag or other item for printing, or buy a T-shirt from the MSU Art Club.

NOTSTOCK is super excited to host musician, Tennessee Jet, a one-man Americana rock band from Nashville. TN Jet is influenced by the hardcore honky-tonk of Dwight

Yoakam, the writings of John Steinbeck, and the raw minimalism of The White Stripes. He just recently released a self-titled, full-length album. TN Jet will perform Sept. 23 in the MSU Amphitheater. Doors open at 7:30 p.m., and Vanity Plate opens the show at 8 p.m. Be prepared to clap, stomp, and chant along as TN Jet engages the crowd in an experience TOGETHER, blurring the line between performer and audience. The concert is free, but donations will be accepted.

Sept. 24, shop CRAFTSTOCK outside the Student Center. The craft fair will feature approximately one dozen local artists and their work for purchase. Local music will also be featured with support from Pangea House. 3 Little Pigs food truck will be on hand for those who want a bite to eat while shopping, making art, or listening to music.

NOTSTOCK closes with a reception at 62 Doors Gallery & Studios Sept. 24, 7 p.m. Attendees will enjoy art, food, and music with this year's guests.

Finally, a comprehensive 10-Year NOTSTOCK Retrospective exhibit will be on display Sept. 19 to Nov. 10 in MSU's new Flat Tail Press Gallery located in the west stairwell landing of the Administration Building. View prints, quotes, and photos from nearly all previous NOTSTOCK artists.

"Please join us to celebrate a decade of opportunities for hands-in, hands-on interaction and participation in the arts," welcomed Geller. "There is something for everyone at MSU NOTSTOCK."

For a complete list of times and events, visit www.msunotstock.org. All events and performances are free and open to the public.

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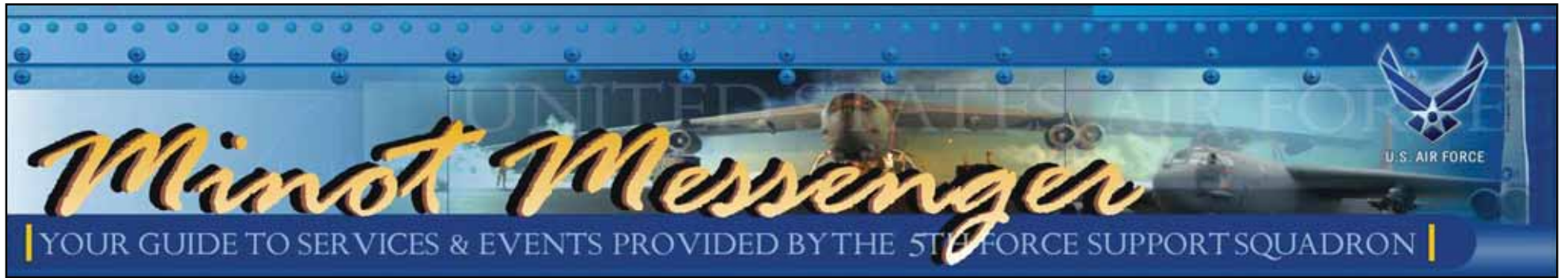
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Pet Fair Offers A “Dog-Gone” Good Time For Pet Lovers

than simply cats and dogs as those attending often see guinea pigs, lizards, and more. Pet lovers of all kinds will enjoy the annual Family Pet Fair on September 10th from 10 a.m. to noon at Bud Ebert Park.

Again this year, the 5th Force Support Squadron has partnered with the Exchange to provide a great family outing designed for anyone who owns a pet. It provides a perfect opportunity to show off the furry members of your family with lots of great contests, prizes, and giveaways.

Owners may register their pet at the event in numerous contest categories including: Most Unique Name, Owner and Pet Look-A-Like, Best Dressed Pet, Most Unusual Pet Trick, Best Feline, Best Canine, and Best Unique Pet. Prizes will be awarded to contest winners.

A wide variety of pet supplies and products will be given away to attendees during this year's Pet Fair. You are also invited to visit various pet related booths.

The annual Pet Fair is sponsored by The Exchange and North Country Mercantile. *No Federal Endorsement of Sponsors Intended.* For more information, call FSS Marketing at 723-6707.

You never know what you'll see when you attend the annual Pet Fair. The event features more

Kick Off The NFL Season During Tailgate Party At Rockers

It's time to cheer on your favorite NFL team as Rockers Bar & Grill kicks off this year's Sunday football action with their Football Kick-Off Tailgate Party in the lounge on Sunday, September 11th. Doors open at 11:30 a.m. with the games beginning at noon. The event is free for club members and \$5 for non-members; adults only.

Enjoy great snacks and drink specials. Then catch all the action on the big screen or on one of the many televisions located throughout Rockers Bar & Grill.

For additional information regarding the Football Kick-Off Tailgate Party, call Rockers Bar & Grill at 727-ROCK

Changes Coming To Members First Monday Lunch Program

Starting in September, Minot AFB club members will have an option on what day they would like to enjoy their FREE members lunch. Previously, club members could enjoy a complimentary lunch only on the first Monday of each month. Now club members simply need to visit the Jimmy Doolittle Center during normal business hours to pick up their FREE Members Lunch voucher which will be valid for lunch any day of the week (not to exceed \$9.50) for the month the voucher is issued in. The voucher can be presented for a complimentary lunch at Rockers Bar & Grill, the Jimmy Doolittle Center, Rough Rider's Pizza, or Kelley's Place. Lunch hours vary by location. The voucher is valid for lunch only and only one lunch per Club Membership card. For details, call the Doolittle Center at 723-3731.

CLUB MEMBER DRAWING ON FRIDAY, SEPTEMBER 2ND WILL BE FOR \$950.

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, September 2nd will only be held at Rockers Bar & Grill. The Doolittle Center will be closed. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Sep 10 FREE Castle Capers

The Base Library invites children of all ages to their FREE Castle Capers event on Saturday, September 10th at 1 p.m. Meet dragons, princesses, and knights as well as enjoy stories and crafts. For additional information regarding the Castle Capers event, contact the Base Library at 723-3344.

Sep 12 Family Child Care Pre-Orientation

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on September 12th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the Family Child Care office at 723-6662.

Sep 15 Creative Kids Class

Spend the morning with your preschooler having fun creating a back-to-school apple craft during the Creative Kids class at the Arts & Crafts Center on Thursday, September 15th from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call 723-3640 for more information.



Sep 17 Air Force Ball Kids Night Out

The Youth Center is hosting a special Air Force Ball Kids Night out on Saturday, September 17th from 5-9 p.m. The event is open to both Youth Center members and non-members ages 5-12. Cost is \$40 per child and includes snacks, games, crafts, and more. Registration deadline is September 16th. Call 723-2838 for additional details.

Sep 7 Brown Bag Book Talks

The base library invites you to Brown Bag Book Talks on Wednesday, September 7th at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to others doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

Sep 9 Grill Your Own Steak Night

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on September 9th from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portabello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portabello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallians. The potato bar is free for club members and \$7 for non-members. For more details, call 723-3731.

Sep 11 Retiree Scramble

The Rough Rider Golf Course is hosting the Retiree Scramble on Sunday, September 11th beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18-hole, four person scramble is sponsored by the Air Force Association and Tires Plus Total Car Care. *No Federal Endorsement of Sponsor Intended.* Entry fee for the tournament is \$30; green fees and cart rental not included. Registration is open now until the day of the event. Call 723-3164 for more information.

SWIM LESSONS

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Sign ups will be held at the Indoor Pool for Preschool and Levels 1 and 2.

- September Sign up: 8th and 9th from 4-6 pm
September Classes: 13th, 15th, 20th and 22nd
- November Sign up: 3rd and 4th from 4-6 pm
November Classes: 8th, 10th, 15th and 17th
- December Sign up: 1st and 2nd from 4-6 pm
December Classes: 6th, 8th, 13th and 15th

Cost: \$45/class
Class size is limited
Classes will be held Tuesday and Thursday 4-7 pm

723-3648

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SEP 1-8 FOR THE CLASS ON THE 9TH & 15-22 FOR THE CLASS ON THE 23RD

Sit, Sip and Create! Bring your friends out and enjoy a fun evening painting a masterpiece! Follow step by step instructions in this two hour session. Wine is not included, you must provide your own if desired. Limited Seating.

723-3640

ARTS & CRAFTS

YOUNG AIRMEN EVENTS & PROGRAMS

Sep 6 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 September 6th 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 or for more information.

Sep 7 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 more information, call at Rough Riders at 727-4377.

Sep 8 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.

Sep 9 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 9th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

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

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Worth the weight: Airman finds solace in gym sessions

AIRMAN 1ST CLASS ASHLEY N. STEFFEN | 355TH FIGHTER WING PUBLIC AFFAIRS

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

With her brow furrowed and teeth clenched as muscles in her body tense up, the dissonant sounds of metallic ringing, determined grunting and echoed overhead music constructs the 25-year-old bodybuilder's place of serenity.

Staff Sgt. Macy Benjamin finds her escape from everyday life within her workouts. Starting with a scarce amount of fitness knowledge, she began transforming herself from an average Airman to a fitness guru.

"I got into fitness pretty seriously about two years ago after I failed my physical training test," Benjamin said. "I decided I was done being mediocre."

The contract administrator from the 355th Contracting Squadron began looking for a positive avenue in her life to destress and

improve her health. She's now the PT leader within her squadron and also trains on her own six days a week.

"(The gym is) a good place to escape," Benjamin said. "I put my headphones on, do what I have to do, then go on about my day. I feel like previously in my life, I was kind of dealing with things the wrong way."

Like many other bodybuilders, the development of Benjamin's humility stemmed from her early, more inexperienced days of weightlifting.

"When I first started working out, I felt kind of stupid," she said. "I didn't know what I was doing, there's a bunch of buff guys who look like they know what they're doing and I was just throwing weights around."

As her muscles strengthened, so did her confidence. Benjamin was able to see herself growing in more ways than one.

"Working out is a part of her everyday life now," said Staff Sgt. Christina Rinato, one of Benjamin's gym partners. "It's not a burden or a task, but rather something she uses for a

stress reliever."

According to Benjamin, there is nothing like the high she receives from the release of endorphins after a workout. For her, it's a necessity to have this experience before she starts her day.

"I'm naturally a very reserved person," Benjamin said. "Working out has helped me get out of my comfort zone and become part of a small gym family."

Every fitness center has its own little community of regulars, who aid in the growth and development of new gym goers.

"The fitness community will come up and tell you how great of a job you're doing, and it's boosted my confidence," Benjamin said.

From a PT failure to leading exercises, she also looks to inspire others struggling with fitness.

"I started from humble beginnings and honestly, I wouldn't change a thing," Benjamin said. "I'm really happy and I hope by telling people (my story) I can help inspire them to realize that you can start from the bottom and get to where I am today."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ASHLEY N. STEFFEN

Staff Sgt. Macy Benjamin, a 355th Contracting Squadron contract administrator, prepares to perform a dead lift at the Haeffner Fitness and Sports Center at Davis-Monthan Air Force Base, Arizona, Aug. 25, 2016. Benjamin uses weightlifting as a personal escape from everyday stressors.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ASHLEY N. STEFFEN

Staff Sgt. Macy Benjamin, a 355th Contracting Squadron contract administrator, performs a squat exercise at the Haeffner Fitness and Sports Center at Davis-Monthan Air Force Base, Arizona, Aug. 25, 2016. Benjamin has used fitness to boost her self-esteem and finds happiness within her workouts.

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Influenza vaccine update for Airmen, families

J.D. LEVITE | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- The yearly influenza vaccine is one of the most important regular immunizations for Airmen and their families. This year will be different because the Centers for Disease Control and Prevention has recommended not using the live attenuated influenza vaccine commonly known as FluMist. All the military services will follow their recommendation.

This is because an independent panel of experts, known as the Advisory Committee on Immunization Practices, has found over the past

few seasons FluMist has become less effective than other forms of the vaccine.

"People should be reassured that this is exactly how the system is set up to work," said Col. John Oh, the chief of preventive medicine for the Air Force Medical Support Agency. "We are testing the effectiveness of the vaccination annually, and we're taking the appropriate policies to make sure our Airmen are going to be protected."

The absence of FluMist doesn't change anything else going into the immunization season. It's still recommended that people get vaccinated, to include age groups from children as young as 6 months to adults 65 years and older.

According to the CDC, more than 200,000 people are hospitalized from flu-related complications, and as many as 171 children die from the flu every year.

"The flu virus has to be respected. We just really can't underestimate its potential to cause harm," said Maj. Ryan Gottfredson, a pediatrician and Uniformed Services University of the Health Sciences preventive medicine resident. "I think flu becomes commonplace because it recurs every year. So it's easy for people to get lulled into a sense of normalcy and not recognize this as a threat to their health and to their families' health."

He said there are certain groups of people that

really need to get the vaccine: children less than 6 years old, adults over 65 years old, pregnant women, anyone with certain chronic medical conditions like asthma, and people with weakened immune systems, among others. The CDC tracks the rates of vaccinations among high-risk groups.

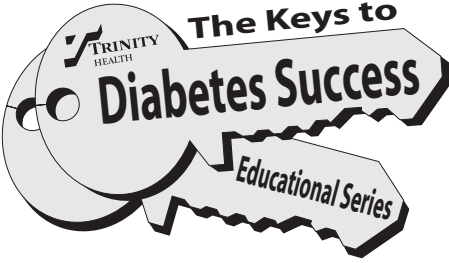
"This is a safe and effective vaccine," Gottfredson said. "Recent studies have shown that the flu vaccine in children can decrease their risk of being admitted to the pediatric intensive care unit by 74 percent, and there's about a 71 percent reduction in flu-related hospitalizations overall."

He added there is a 92 percent decrease in hospitalizations of

newborns with the flu whose mothers were vaccinated during pregnancy.

Oh said, "It's pretty clear the influenza vaccination has a lot of really good benefits. We encourage everyone to get it."


There are a lot of ways for Airmen to get the influenza vaccine as it becomes available. Airmen can contact their local military treatment facilities to see if the vaccine is in stock, several clinics and bases do large immunization days where Airmen and their families can show up and get the vaccine quick and easy, and Airmen can also get the shot from retail pharmacies as long as they're a TRICARE participating provider.



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First AF reservist assumes role as AF assistant vice chief

Gen. Darren W. McDew, the U.S. Transportation Command commander, watches as former Women Air Force Service Pilot Pauline Cutler-White and retired Col. Charles McGee, one of the original Tuskegee Airmen, pin new rank on Lt. Gen. Stayce D. Harris during her promotion ceremony Aug. 26, 2016, at Joint Base Andrews, Md. Harris became the Air Force's first black female lieutenant general, and also the first reservist to fill the position of the assistant vice chief of staff and director of the air staff.

U.S. AIR FORCE PHOTO | ANDY MORATAYA



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TODAY

- AFGSC Family Day, For information on facility hours, visit www.5thforcesupport.com or our "5th Force Support Squadron" Facebook page
- Last Day to register for the Medora Musical Trip at Outdoor Rec
- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center

SATURDAY

- For information on facility hours, visit www.5thforcesupport.com or our "5th Force Support Squadron" Facebook page
- Hard Core Strength, 0900, Fitness Center
- Yoga, 1000, Fitness Center

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Labor Day, For information on facility hours, visit www.5thforcesupport.com or our "5th Force Support Squadron" Facebook page

TUESDAY

- Last day for Minot AFB Men & Women's Basketball Coach Sign ups at the Fitness Center
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga, 1130, Fitness Center
- Running Clinic, 1430, Fitness Center
- Off-Base Budget Class, 1430-1600, A&FRC
- 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
- Warbird Tactical Fitness, 0600, Fitness Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Parent Advisory Group Meeting, 1100, Child Development Center
- 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
- Brown Bag Book Talks, 1200, Base Library
- 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
- H2O Fitness, 1630, Indoor Pool
- 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

- Last day to sign up for the Wine & Paint Class at Arts & Crafts
- Youth Center Dance Classes, Every Thursday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- HIIT Circuit + Core, 1100, Fitness Center
- Stress Management Workshop, 1100-1230, A&FRC
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Swim Lesson Registration, 1600-1800, Indoor Pool
- 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
- Craft Club, 1800, Base Library
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- Hard Core Strength, 1830, Fitness Center
- Cycle/ CORE, 1930, Fitness Center

UPCOMING EVENTS - SEPT. 9

- Youth Center Dance Classes, Every Friday,

Various Times, Youth Center

- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center
- Swim Lesson Registration, 1600-1800, Indoor Pool
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club Meeting, 1700-1800, Youth Center
- Grill Your Own Steak Night, 1700-1900, Jimmy Doolittle Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Family Movie Night, 1800-2000, Jimmy Doolittle Center
- Family Color Run, 1800-2000, Jimmy Doolittle Center
- Keystone Club Meeting, 1800-1900, Youth Center
- Give Parents A Break, 1800-2200, Child Development Center/School Age Program
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2000-2300, Rough Rider Lanes

UPCOMING EVENTS - SEPT. 10

- 10 September
- Historical Medora Musical Trip, Departs 0700, Outdoor Rec
- Pet Fair, 1000-1200, Bud Ebert Park
- Fall Fitness Sampler, 1000-1200, Fitness Center
- Minot vs Grand Forks Match Play, 1100, Golf Course
- Chess Club, 1100, Base Library
- Castle Capers, 1300, Base Library
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center
- UFC Fight Night - UFC#203 Miocic vs Overeem, 2100, Rockers Bar & Grill

ONGOING EVENTS

- Indoor Pool Parties, Make your reservation for a party at the Indoor Pool! Times available: Friday 1800-2000 & Saturday 1000-1200 & 1500-1700. Each 2 hour party is \$75 for up to 30 guests and \$100 for 30-60 guests. Contact Outdoor Rec at least 10 days in advance at 723-3648.
- Pizza Delivery Option, Starting September 9th, Rough Riders Pizza will be offering delivery to on base housing, including the dorms. The delivery minimum is just \$10 plus a \$2 delivery charge. Delivery will only be available Fridays & Saturdays from 1700-2100.
- 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.
- Rough Riders Monthly Pizza Special. September Special - Taco Pizza. Taco sauce, ground beef, mozzarella, & Cheddar Cheese on a fresh baked crust topped with fresh tomatoes, crisp lettuce, and crunchy tortilla chips. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal - Taco Sandwich - Ground beef, mozzarella, cheddar cheese, topped with lettuce & tomatoes. Served with taco sauce. \$8.25 meal - includes side & drink
- B-Fifty Brew Drink Specials. Hot Butterbeer Latte - Tasty caramel sauce with toffee nut syrup, warmed with steamed espresso and topped with whipped cream and a sprinkle of cinnamon. Tall \$4.50 Grande \$5.00 Venti \$5.45
- Auto Hobby Monthly Special. September 1st-15th Special - Pay for 2 hours stall use and receive 1 hour stall use FREE.

PARK UNIVERSITY FALL 2016 REGISTRATION IS NOW OPEN!!

Park University's Fall 11 term (Oct 15, 2016 - Dec 11, 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. We look forward to seeing you!!!

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.

MINOT ENLISTED SPOUSES CLUB

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

EXPECTANT AND BREASTFEEDING MOTHERS

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

MAIN STREET BOOKS STORYTIME -

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

MAIN STREET BOOKS 1ST SATURDAYS STORYTIME -

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

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

**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.

**THE ADDICT'S MOM LIGHTS OF HOPE
2016 9/10/2016 4:00 PM**

Roosevelt Park Band Shelter. September is National Recovery Month! Our traditional Lights of Hope will be held on September 10th and this event is our opportunity and our right to honor and support our loved ones in their respective stages of recovery.

ROLLER DERBY 9/10/2016 7:00 PM

North Dakota State Fairgrounds. Nodak Knockouts v Gapland Rollers (SK) Doors open at 6:00pm, bout starts at 7:00pm ADULTS: \$10 in advance, \$12 at door CHILDREN: (6-12 yrs old) \$5 in advance, \$7 at door Children 5yrs and under FREE Advanced tickets available online and at Souris River Brewing

**RIGOLETTO
9/11/2016 3:00 PM**

Ann Nicole Nelson Hall, Minot State University Western Plains Opera Company presents Giuseppe Verdi's Rigoletto in the magnificent Ann Nicole Nelson Hall at Minot State University. Rigoletto is an opera where we will see a father's struggle to protect his daughter from outside evils manifest 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. Tickets available online at www.wpopera.org or by calling the box office at 701-858-3185.

**HEALTHY HEARTS BRUNCH SYMPOSIUM
9/12/2016 9:00 AM**

Holiday Inn Riverside. The Healthy Hearts Brunch Symposium will feature presentations from Trinity Health cardiologist, Dr. Emad Dodin, and Trinity Health Stroke/Stemi Coordinator Jerilyn Alexander. A delicious yogurt parfait buffet will be served. Tickets are \$15 and can be purchased at the Trinity Hospital Gift Shop or by calling Sherry at 701-857-5221.

MAKER MONDAY 09-12-2016 10:30 AM - 09-12-2016 11:00 AM

Minot Public Library. Maker Mondays will continue this fall for all independent children ages 3-6. This is a story/activity program which will be held Mondays at 10:30 am. Topics for the weekly program are as follows: September 12- Popsicles September 19- Cookies September 26- Popcorn October 3- Pete the Cat October 10- Little Red Hen October 17- Apples October 24- Elephant and Piggy October 31- Halloween November 7- Where the Wild Things Are November 14- Farms and Barns November 21- Turkey Turkey November 28- Cupcakes December 5- Here Comes Santa

**HEALTHY HEARTS GOLF SCRAMBLE
9/12/2016 12:00 PM**

Vardon Golf Club. Great hole-in-one prizes including \$20,000 in cash, roundtrip airline tickets for 2, a set of irons and a flatscreen TV. One lucky participant will get a chance to shoot a long-range put and win \$2,500. The scramble is open to both men and women, with 4 individuals making up a team. The cost per team is \$500 and includes 2 golf carts. Registration begins at 11 a.m. To sign up, call Sherry at 857-5221 or Jordan at 857-7841.

**SIDE BY SIDE STORIES 09-13-2016
10:00 AM - 09-13-2016 10:30 AM**

Minot Public Library. Side by Side stories will be held Tuesdays at 10:00 am for children accompanied by parents or other caregivers.

LEGO CLUB 9/13/2016 7:00 PM

Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM in the Imagination Station of the Minot Public Library. Children ages 4 and up are invited to come build with us.

**WHIMSICAL WEDNESDAY
09-14-2016 10:30 AM - 09-14-2016 11:00 AM**

Minot Public Library. Whimsical Wednesdays, a puppet story time will be held on Wednesdays at 10:30 am for independent children ages 3-6.

BABY PLAY 09-16-2016 10:00 AM - 09-16-2016 11:00 AM


Minot Public Library. Baby Play is a story time and sensory play activity for children ages 12 months to 3 years of age and their caregivers. There will be stories with an opportunity for children to play after the story time.

Airman 1st Class

Jesse BRANDON

5th Civil Engineer Sq. GREENVILLE, TN

Warbird of the Week




What did you do before you joined the Air Force
Worked on a farm and a landscaping company.

Hobbies or Interests
Anything outdoors, hunting, fishing, agriculture and music.

Most life changing experience
Living in Minot.

Where do you see yourself in 10 years
On a porch in East Tennessee.

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



Favorite quote
"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- Psalm 23:4

Enjoy

LABOR DAY

• 5th. September •

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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</p> <p>Through Labor Day weekend. Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>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</p>  <p>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.</p> <p>Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church</p>  <p>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</p>  <p>5900 Highway 83 N, Minot</p> <p>www.faithumcminot.com</p> <p>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</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship..... 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the 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</p>  <p>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org</p> <p><i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>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</p> <p>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</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 9:30 am</p>  <p>Services are now available online at 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</p> <p>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</p>  <p>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</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>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</p>  <p>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>BELIEVERS BIBLE CHURCH of MINOT</p> <p>I John 5:13 www.bbeminot.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.minotcrbc.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></p>  <p>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</p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p>  <p>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</p>  <p>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</p>  <p>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</p>  <p><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</p> <p>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</p>  <p>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</p>  <p>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</p>  <p>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</p>  <p>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.vincenumc.com</p>	

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CHAPEL AVAILABLE FOR PROTESTANT PARISH HOSPITALITY COORDINATOR: Coordination of fellowship meals for the Protestant Parish. Prefer 2 or 4 year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 7 Sept 2016 by 1630 and can be submitted to SSgt Smith at the Northern Lights Chapel (723-2456). Basis of the Contract Award is "Best Value" to the government. Interviews will be conducted at North Plains Chapel on 9 Sept from 0730-1200. Contractor must complete a background check in accordance with DoDI 1402.5. 37w

SECURITY OFFICERS (BEULAH)

GSSC is accepting applications for EMS Security positions in Beulah, ND. Qualified applicants must be EMS qualified as EMT or Medical First Responder (EMR), have a valid driver license and pass back ground investigation. Military, Law Enforcement, EMS or Security experience preferred but, not required. Wages are commensurate with experience and qualifications. Please Contact Bill at 218-726-1606 or on-line bill@gssc.net. EOE/AA/Disability/Veterans/M/F Employer



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Ranch style, two bedroom, laundry room main floor, attached double stall garage with shop. Small storage shed. Located on a corner lot (6 lots total) at 525 2nd Ave West Gackle, ND. Interested buyers, please call Bonnie @ 701-320-5864 to view house. All sealed bids can be mailed to Bonnie Denning PO Box 202 Gackle, ND 58442 postmarked by Friday, Sept. 16, 2016. Top three bidders will be notified with chance to raise their bid. We reserve the right to accept or reject all bids.

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 \$129,000 PRICE REDUCED - 2 bedroom home in NE area with 864 sq ft of living space. Original wood trim throughout along with nice hardwood floors. Large lot with mature trees and fenced yard with patio. MLS #160877	 \$250,000 IN BURLINGTON - New Harvest Heights development offers this 3 bedroom, 2 bath new construction home with stunning views. Main level has 1281 sq ft plus a full unfinished basement. Oak kitchen cabinets and a breakfast bar. Master suite has walk-in closet and private bath. Double garage. MLS #161013	 \$39,900 IN RUTHVILLE - Remodeled 3 bedroom, 1 1/2 bath double wide with vinyl siding, new kitchen cabinets, appliances and new flooring in most areas. Laundry off kitchen. Yard shed, fenced yard. Reduced price. MLS #161470
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HOW DO I SUBMIT ARTICLES OR STORY IDEAS TO THE NORTHERN SENTRY?

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SUDOKU ANSWERS

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

Answers to puzzle from page 9

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 This adorable 2 bedroom home nestled in a nice NW neighborhood is move in ready and updated throughout. Wonderful open floor plan which showcases the updated kitchen. Family room downstairs with an egress window. Call Danette Krumwiede at 720-2335. #161742 \$225,000	 This BRAND NEW Move in Ready Unit is Stunning! Located in the newest family friendly development; Prairie Pointe, and built by Real Builders, a local builder known for using high quality materials. 3 Bedroom, 2.5 Bathroom Townhome. Call Amber Alexander at 500-0810. #161249 \$189,000	 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 340-1734. #160746 \$179,900
 Nestled in the Cottonwood Addition, a starter home with a 3 bedroom, 2 bathroom, and 2 car garage. This split foyer home has been well kept up. Home has a master bedroom suite with separate tub and shower, main floor laundry. Call Clyde Thorne at 240-8594. #161168 \$225,000	 Rustic Beauty with Sophisticated Elegance describes this 3 bedroom, 3 bath, impeccably neat condo. High definition counters and lustered floors. The enchanting gas fireplace warms the evenings. Luxurious master bath with walk-in closet. Call Lorell Seibold at 721-4996. #161230 \$189,000	 Nice one level home on large lot in a private cul-de-sac. This home has been nicely refurbished with hardwood flooring throughout living room, hallway and bedrooms and tile floor in kitchen and dining areas. There are 3 bedrooms including a master bedroom. Call Virginia Slavick at 721-7493. #161064 \$179,900

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 Tuesday (9/20)..... 6:30 pm
 Wednesday (9/21).... 6:30 pm

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EVENING LEAGUES 28 WEEKS
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MIXED

Teams

Wednesday (9/21).... 7:00 pm
 Thursday (9/22)..... 6:30 pm
 Friday (9/23)..... 6:30 pm
 Sunday (9/18)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/20)..... 6:30 pm
 Thursday (9/22)..... 6:30 pm

YOUTH

Bumper League available for ages 5-6

Thursday..... 3:30 pm
 • all ages starts September 15th
 Saturday..... 9:00 am
 • all ages starts September 17th
 Sunday..... 6:00 pm
 • 12 and over starts September 11th

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4 Person Mixed Teams
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 Leagues are 30 weeks

Wednesday..... 10:00 am
 • starts September 14th
 Friday..... 1:00 pm
 • starts September 16th

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 Thursday..... 1:00 pm
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