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

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Minot AFB



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COURTESY PHOTO

Minot AFB soccer team places second of 46

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- They hail from a small Air Force Base in North Dakota. Few expected them to go far in the tournament, but they overcame the odds and came out with a 2nd place finish out of 46 teams across the Department of Defense.

It all started about six months before the tournament. The Minot Air Force Base Soccer Club met every Sunday and Wednesday for training, working on their skills and teamwork. Since Minot's weather is not always ideal, the team had to practice indoors at the beginning of training. While many bases get the convenience to train outdoors year-round, Minot does not have this advantage. But they weren't going to let that stop them.

Before the tournament had even started, Minot SC came across some bumps in the road. A few of the starting players had their permissive TDY orders denied, and therefore weren't able to go. However, the team did their best to gather up quality players who would help take their team to the top.

When the week of the tournament finally arrived, the excitement of the team was unmistakable. They were about to play in the largest military tournament in the nation: the 2016 Defender's Cup National Soccer Tournament in San

Antonio, Texas.

The tournament has been an annual event since 1999. Teams are not limited to uniformed service members; spouses and other civilians are also eligible to participate. Minot SC had one retiree and one spouse on the team, as well as enlisted Airmen and officers from both the 5th Bomb Wing and 91st Missile Wing.

Last year was the first year Minot AFB had entered the tournament and finished with an impressive 13th place out of 40 teams total.

This year, Minot SC was looking forward to surpassing their finish from the previous year and showing everyone that Minot AFB is a force to be reckoned with on the pitch.

The first game was against FE Warren AFB, Wyoming. It was a tough game, but Minot SC came out on top 3-1. The team felt confident after winning their first game and went up against Vance AFB, Oklahoma next. They fell to Vance AFB 0-1, but that didn't stop them from giving it their all in their last group game against Beale AFB, California. Minot SC rolled over Beale AFB with a 4-1 finish.

With their goal differential, Minot SC was able to win their group and earned a first round bye in the knockout stages.

But it wasn't without challenge. Minot SC overcame many obstacles on their run in the

tournament, from losing players to injury and losing gear to theft. After the team found out they had won their group, they went out to dinner to celebrate. While they were piling into the team van after dinner, someone noticed that a few of their bags were missing. Four players' bags were stolen, which was about \$1,000 worth of soccer gear.

The team had a game the following morning at 9 a.m. against Barksdale AFB, Louisiana, their fellow Air Force Global Strike Command team. The four players who had their bags stolen didn't expect to play in this game because there were no stores that were open early enough to buy new equipment. However, some Minot AFB team members had extra equipment, and players from Barksdale AFB offered some of their extra gear as well. Wingmanship at its finest.

After a grueling hour of play, Minot SC took the win with a 3-2 finish, sending Minot to the quarterfinals where they would face Cannon AFB, New Mexico.

The game was well-played on both sides of the pitch, with the final score being tied at 0-0. Then it went straight to a penalty shoot-out.

Team coach and goal keeper Senior Airman Ryan Praleikas, an aerospace medical technician with the 5th Medical Group, made crucial saves during

the penalty shootout and the Minot SC was able to win the match, advancing to the semi-final game against Ft. George G. Meade, Maryland, a team comprised of both Air Force and Army.

The team was ecstatic; they made it further than they had the previous year. They felt as though they had redeemed themselves since they were knocked out of the tournament last year in a penalty shootout.

The semi-final match was another tough game by both teams. Each team wanted to advance to the finals just as much as the other. After a punishing match, the scored ended with a 0-0, sending Minot to yet another penalty shootout.

Minot's first shot was blocked by Ft. Meade's goal keeper. This made the team a little nervous, but Minot was able to bounce back, putting in their next three shots. Praleikas once again came out strong for his team, making great saves. Minot SC won the penalty shootout 3-2. They were headed to the championship game against their first all Army opponent, Ft. Bragg, North Carolina.

This would be Minot's eighth game of the tournament in three days. They were exhausted, but ready to show everyone what Minot AFB could do.

The first half of the game was difficult, as the team lost one of their starting midfielders to

heat exhaustion. Ft. Bragg scored in the first half, bringing the score to 1-0.

During halftime, the team talked about what they needed to do during the rest of the game—they knew they still had a chance to come out on top. As the second half continued, Minot SC fought hard, but were scored on again, bringing the score to 2-0, Ft. Bragg.

The match ended with Ft. Bragg besting Minot SC, but Minot held their heads high. They had made their point: that Minot was a force to be reckoned with, and that they would come back better and stronger next year.

Minot SC can now call themselves the second best team in the Department of Defense and the best team in the Air Force. 2nd place out of 46 other teams from various military bases across the nation is a great accomplishment. And through it all, their pride in representing the United States Air Force on that green field never faltered.

Along with the 2nd place trophy and individual medals, Minot was awarded the Stew Hess Sportsmanship Award for their outstanding sportsmanship, good conduct and fair play throughout the tournament.

If others take just one thing from Minot SC's performance in the 2016 Defender's Cup National Soccer Tournament, it's this: Only the best really do come north.

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Minot mental health dedicates September to suicide awareness

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

MINOT AIR FORCE BASE, N.D. --

During the month of September the mental health office will be helping with suicide awareness every Friday.

"On September 16th, 23rd and 30th, mental health will be at the BX between the hours of 11 a.m. and 1 p.m. for suicide awareness outreach," said Capt. Danyele Kavakcioglu-Anderson, 5th Medical Operations Squadron social worker. "We will be having a table set up with mental health resources."

The goal of this outreach

is to not only help prevent suicides on base and in the Air Force, but to educate people on the topic as well.

"We want to bring suicide awareness and prevention to both Airmen and families to normalize the subject of suicide, reduce stigma and encourage help-seeking behaviors, recognize warning signs and risk factors, and inform about assisting resources such as, but not limited to, mental health, military family life consultants, chaplains, crisis hotlines and others," Kavakcioglu-Anderson said.

The mental health booth

will also provide incentives to those who come and learn more about suicide prevention.

"It is still in progress right now," Kavakcioglu-Anderson said. "But we will hand out outreach materials and resources as well as goodie bags to the first 50 Airmen or families that come to our booth."

Mental health wants to put significance on one key thing in their efforts.

"We want to put emphasis on consequences and the negative effects suicide can have on families, friends, the Air Force community and the

Air Force's mission," Kavakcioglu-Anderson said.

Seeking help is a sign of strength according to Kavakcioglu-Anderson and the rest of her team at mental health.

Some resources for those in need are as follows:

- Mental Health Clinic: 701-723-5527 (business hours 0730-1630, no weekends/holidays/training days)
- Chaplain: 701-723-2456

Team Minot extends invitation to Military Retiree Appreciation Day

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Team Minot is gearing up to welcome military retirees from across the state to this year's Military Retiree Appreciation Day Sept. 23 from 1 to 4 p.m. at the Jimmy Doolittle Center on Minot Air Force Base. Any retiree of the United States Military is invited to participate.

A long-honored tradition here, Military Retiree Appreciation Day offers retirees presentations and an information fair, with speakers discussing a variety of topics including VA entitlements, TRICARE updates,

finance and legal office information. Retirees also have the opportunity to participate in a B-52 tour and a visit to one of the missile training facilities, beginning at 10 a.m. If interested in participating in the tours, please meet at the Jimmy Doolittle Center at 9:45 a.m.

The rest of the base is also excited to offer deals throughout the afternoon to honor these esteemed guests, including: a half price lunch buffet at the Jimmy Doolittle Center, Rockers and Rough Riders Pizza; three free games of open bowling with free shoes at Rough Rider Lanes Bowling Center; 18 holes for the

price of nine at Rough Rider Golf Course (call 723-3164 for tee time); free tour of the McAdoo Fitness Center from 10 to 11 a.m.; 40 percent off purchase on the retail floor of the Arts & Crafts Center; free car wash from Auto Hobby; and free night at the RV FamCamp from Outdoor Recreation (first come, first served). Complimentary flu shots and hors d'oeuvres will also be available throughout the event.

Military Retiree Appreciation Day is a small way for the men and women of Minot AFB to say thank you to military retirees across the state of North Dakota and beyond.

Your dedicated service and the sacrifices you made for our country will be forever valued and never forgotten. We hope to see you soon!

Military ID cards or DEERS information as a current ID card is required for participating in these events. For more information on Military Retiree Appreciation Day, call the Retiree Activities Office at 701-723-3440 or 1st Lt Austin Howard at 701-723-5546.

ADAPT, SFG have resources to prevent DUIs

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

A DUI is simply defined under the Uniform Code of Military Justice as operating a motor vehicle, aircraft or vessel while impaired by substances such as alcohol or drugs, or being under the influence and sitting in a car, whether the car is on or off, with control of the keys to that vehicle.

At Minot Air Force Base, there are organizations and programs set to help minimize the number of registered DUIs.

The Alcohol and Drug

Abuse Prevention and Treatment program promotes readiness, health and wellness through the prevention and treatment of substance misuse and abuse to minimize the negative consequences of substance misuse and abuse to the individual, family and organization. They also

Continued on page 6

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FACEBOOK

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COMBAT CAPABILITY ASSURANCE TRAINING

Defenders from the 91st Security Forces Group train at Camp Grafton, N.D., Sept. 7, 2016. The Defenders took part in various training exercises to include a leadership reaction course, an indoor training simulator, outside firing range, obstacle course and Humvee rollover simulator. Throughout August and September, various units within the 91st SFG completed combat capability assurance training at the Camp Grafton Training Center.

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







Minot AFB fire department honors 9/11

MINOT AIR FORCE BASE, N.D. -- The Minot Air Force Base fire department climbed 110 flights of stairs in honor of the 343 firefighters who lost their lives in 9/11 at Minot Air Force Base, N.D., Sept. 11, 2016. The firefighters climbed 110 flights because that is the equivalent to the amount of stories that were in the twin towers before the attacks. Off-base firefighters also participated in this memorial.

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

ADAPT from page 3

provide comprehensive education and treatment to individuals who experience problems attributed to substance misuse or abuse, as well as restore function and return identified substance abusers to unrestricted duty status or assist them in their transition to civilian life, as appropriate, according to Air Force Instruction 44-121, ADAPT program.

To deter DUIs at Minot AFB, the ADAPT program has recently acquired a tool called the Intoxiclock.

"The Intoxiclock calculates a person's BAC [blood alcohol content] using weight, type of drink, number of drinks, time it takes to consume each drink, and the length of time drinking," said Staff Sgt. Jessica Wyrick, Interim ADAPT NCO in charge. "After all of the aforementioned factors are considered, the Intoxiclock provides the

individual's peak BAC, the time at which it is highest, and the number of hours needed and the time at which the BAC is back to zero, or until the individual is sober."

The Intoxiclock has been used at commander's calls for both the 5th Bomb Wing and the 91st Missile Wing, on display at the Base Exchange and shoppette, and available upon request for education.

Education and brief-counseling is offered by ADAPT to members who are deemed to be at risk for alcohol or substance misuse. Educational events are planned in the community, such as information booths, during April and December for Alcohol Awareness Month and DUI Prevention Month respectively.

"We invite motivational speakers to advocate responsible drinking and speak out against drinking and driving," said

Wyrick. "We brief alcohol education and responsible drinking to all Airmen going through First Term Airman's Course and during the newcomer's briefing."

Responsible drinking is described by ADAPT in the following five steps:

- 1) If you are planning to drink, set limits and stick to those limits.
- 2) Make the responsible choice; your life and someone else's life depends on it.
- 3) Take a break; give your body at least 48 hours after a night of heavy drinking to recover.
- 4) Listen to those close to you who have a concern about your drinking habits.
- 5) Seek help from a doctor or specialized agency if you are worried about your own drinking behaviors.

Responsible drinking plays a huge role in the safety of Minot AFB and the surrounding

community.

"A DUI often involves injury or death, which has far reaching implications on the community, victim and offender," said Staff Sgt. Jerome Long, an investigator assigned to the 5th Security Forces Squadron. "The split-second decision to drive while intoxicated can affect thousands of people."

Along with ADAPT, the 5th SFS has procedures in place to deter, detect and end drunken driving.

The 5th SFS enforces the Air Force policy on DUIs by providing Minot AFB with numerous law enforcement patrollers who actively monitor the base for any signs of a DUI, said Long.

"We utilize random DUI traffic control points annually to deter persons on Minot AFB from drinking and driving," he said. "We hold DUI offenders responsible for their crime."

Along with the 5th SFS and ADAPT, Minot AFB has implemented Airman Against Drunk Driving, a program allowing volunteers to be designated drivers for base personnel from downtown bars to their residences.

Before every major holiday, down days and long breaks, personnel on base are reminded of the consequences that come along with drunken driving. There are crashed vehicles placed at installation entry points to demonstrate an outcome.

The 5th SFS educates its members with government and state sponsored DUI courses and routinely patrol the installation signs of possible DUIs.

"It is important because DUIs have a profound and adverse impact on the base and community," Long said. "All efforts must be made to prevent DUIs from happening."



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September is National Childhood Obesity Awareness Month

NORTH DAKOTA DEPARTMENT OF HEALTH

Bismarck, N.D. – One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems usually seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented.

In observance of National Childhood Obesity Awareness Month, the North Dakota Department of Health (NDDoH) Nutrition and Physical Activity Program is encouraging families to

take the following small steps to achieve and maintain a healthy weight:

Be active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen time (time spent on a computer, watching TV, or playing video games) to two hours or less a day.

Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Cheri Kiefer, Healthy Communities Coordinator, said, “Children should be physically active at least 60 minutes most days of the week, preferably daily.

Activities can include walking, bike riding, running, or swimming. Parents should encourage children to eat more vegetables, fruits, whole-grain products, and to drink more water while limiting sugar-sweetened beverages. Small changes every day can lead to a recipe of success!”

Additional resources that can help families take action in the fight against childhood obesity are available at <http://www.cdc.gov/nccdphp/dnpao/#Exercise>.

For more information, contact Cheri Kiefer at 701.328.4568.

North Dakota Reports First West Nile Virus-Related Death in 2016

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Department of Health announced the state’s first West Nile virus-related death in 2016. The individual was a man who resided in the eastern region of North Dakota and was older than 60 years of age.

Most people infected with West Nile virus experience no symptoms or have only mild symptoms, such as fever and headaches. In more severe forms of infection, the virus can cause high fever, severe headache, stiff neck, altered mental state, and death.

“People older than 60, or those who have underlying health issues are at the greatest risk of developing severe illness due to West Nile virus infection. The death of this gentleman is an unfortunate reminder

of how serious West Nile virus can be,” said Laura Cronquist, epidemiologist with the North Dakota Department of Health. “North Dakotans should continue to take steps to protect themselves from mosquito bites, especially while spending time outdoors over the upcoming holiday weekend.”

To reduce the risk of being bitten by mosquitoes that may carry West Nile virus, the state health department recommends the following protective measures:

- Use insect repellents containing ingredients registered with the U.S. Environmental Protection Agency – such as DEET, picaridin, IR3535, oil of lemon eucalyptus (or PMD), or permethrin. Always follow the directions on the manufacturer’s label for

safe and effective use.

- Limit outdoor activities between dusk and dawn when mosquitoes are most likely to bite.

- When possible, wear long pants, long-sleeved shirts, and socks while outside.

- Eliminate stagnant water and leaf debris in containers around homes where mosquitoes can lay their eggs (e.g., gutters, buckets, flowerpots, old tires, wading pools and birdbaths).

- Keep mosquitoes from entering your home by installing and maintaining screens in windows and doors.

- Keep the grass around your home trimmed.

For more information about West Nile virus, visit www.ndhealth.gov/wnv or contact Laura Cronquist, North Dakota Department of Health, at 701.328.2378.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“According to health sources, there is no antidote. Immediate medical care for the treatment of symptoms is imperative for humans and veterinary care is required for animals.”

– Orange County Register (Calif.) newspaper article, Sept. 7 2016, discussing blue-green algae dangers in California, underscoring the threat throughout the United States. It has become a serious problem nationwide in Australia.

OK, I’m admittedly paranoid.

Can’t help it, especially after recent reports of someone losing their dog – not the “went missing” type of losing a dog, but the kind where the dog passes over the Rainbow Bridge type of loss.

It’s all because of blue-green algae.

Again.

Blue-green algae has made North Dakota news several times this summer with reports of its presence in various lakes in parts of the state where people fish and recreate.

And their dogs are with them.

After all, we Americans love our pets. They travel with us, they’re part of the family. So they recreate with us.

Reports in late August of blue-green algae in Lake Ashtabula near Valley City once again drove home the need to be cognizant of its dangers.

One dog dead, another sick.

The bottom line is that the threat of blue-green algae is not one to be taken lightly for human or canine alike.

Granted, the problem tends to heighten in hot, dry weather, lessening with cooler temperatures. However, the reality is that blue-green algae has been known to over-winter and could be present almost any time of year.

All of this circles us around to the fact that hunting season is now upon us.

Sharp-tailed grouse and partridge season has been open for several days and waterfowl season opens Sept. 24.

Blue-green algae could still be out there, especially if mild weather lingers well past September.

One of the issues with blue-green algae is that not all algae is dangerous. In fact, some of it is even healthy for humans.

But that’s not the case with blue-green algae.

It contains deadly toxins and they don’t take long to take a dog down.

Wetlands and lakes with blue-green algae could have a thick pea soup, almost paint-like appearance. Or they could have an odor, discoloration, or even brackish-looking water.

The problem is compounded because blue-green algae in not always blue-green. It could be an array of rainbow colors – green, brown, red, or yellow, and, yes, blue-green. It can develop thick, yucky mats.

Not only can it vary in appearance, but to make things worse symptoms can vary, too. Look for liver damage indications including vomiting, diarrhea, weakness, pale mucous membranes, seizures, coma, excessive salivation, muscle tremors, blood in stool, shock, or difficulty breathing.

And get the dog to a veterinarian immediately.

Rinse the dog off if it went in the water, even if it didn’t drink because dogs can ingest the algae simply by licking their fur dry. As if that’s not enough, they can even inhale airborne water particles.

More and more hunting dogs and people will be out in the Great Outdoors in the coming days and weeks in areas abounding with wetlands and lakes.

Carry fresh water for that beloved hunting dog and take frequent breaks so it is less tempted to bolt to a wetland to satisfy its thirst.

Check the water before allowing the dog to enter.

Absolutely, positively do everything possible to keep them out of water with any disconcerting appearance.

When it comes to blue-green algae, erring on the side of caution surely beats carrying a dead dog out of the field.

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



#10 ALCENIA’S - MEMPHIS, TN

Alcenia’s in Nashville, Tennessee is run by Betty Joyce Chester-Tamayo and named for her mother, whose recipes were the basis of the menu and inspired Alcenia’s Cookbook. Featured on the Food Network and with quality reviews from publications like Gourmet Magazine and Memphis Flyer, Alcenia’s is particularly known for the great desserts – it’s ranked number one of all the restaurants in Memphis for desserts according to the customer reviews on TripAdvisor. On the menu are fried chicken, pork chops, and catfish, with pecan pie, pound cake and lemon pie to follow.

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CROSSWORD PUZZLE

Gridiron Groups

Across

- 1 Hideous sort
- 5 Blotto
- 10 Like some coffee
- 14 Custard dessert
- 15 Rocky ridge
- 16 Weigh down
- 17 Some toys
- 19 Joined together
- 20 "Old MacDonald" letters
- 21 Lodge
- 23 Justice Fortas
- 24 Staff sgt., e.g.
- 25 Construction site sign
- 29 Boxer's bane
- 31 Trail the pack
- 32 Selling point
- 33 Hair piece
- 34 Prom wear, briefly
- 35 Yiddish "yuk"
- 36 Castle door destroyers
- 41 Bewitch
- 42 Cyclades island
- 43 Rioter's take
- 45 Strengthen
- 48 Hurricane dir.
- 49 Extreme
- 50 Courtroom pros
- 53 ___-Wan Kenobi
- 54 NHL Bobby
- 55 RR stop
- 56 Paris subway
- 58 Songbird
- 60 Breakfast side dish
- 64 Speck
- 65 Arise
- 66 "A ___ plan..."
- 67 Approximately

1	2	3	4		5	6	7	8	9		10	11	12	13
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- 68 Not so common

69 Saw
- 12 Fit to eat

13 Can't stand

18 Barks

22 Mav or Cav

24 Packers' org.

26 Disparage

27 Takeoff prelim

28 "___ return"

30 Tennis great Gibson

34 Cowboy name

35 Three pt. scores

37 Leaks

38 Christmas song

39 Car road

40 School of Paris
- 44 ___ chi

45 ESPN effect

46 Brat

47 Marsh birds

48 Singing syllables

49 Conniver

51 Old anesthetic

52 Hot coal

57 Heavy reading?

59 Prefix with con

61 Abbr. on old maps

62 Clamor

63 Unfortunate
- Down

1 Commonly

2 Choral group

3 Time before TV

4 Author Michael

5 No-no

6 Anger

7 ___ green

8 Series

9 Like some questions

10 Category

11 Lock sites

Solution to last week's Crossword puzzle.

B	A	N	G	S		A	L	V	A		A	N	O	N
A	X	I	O	M		M	E	I	R		L	A	M	E
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NORTHERN SENTRY

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SUDOKU

Solution to puzzle on page 19

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THIS WEEK, WE ARE CELEBRATING THE AIR FORCE'S 69TH BIRTHDAY.

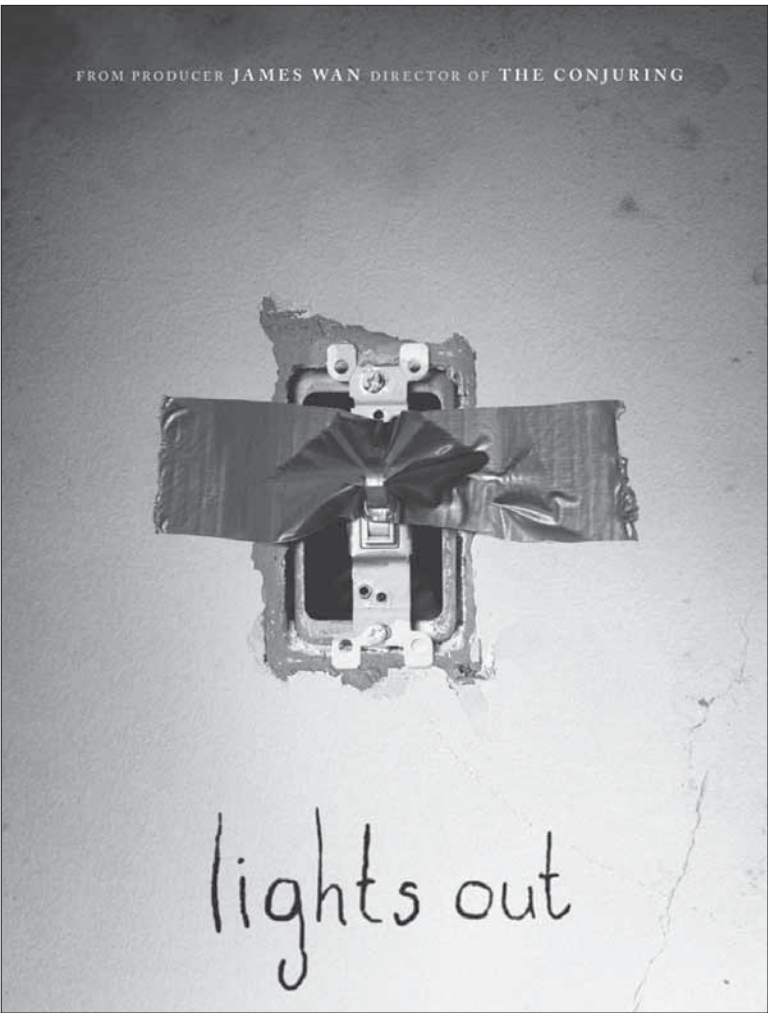
ANNIVERSARY.

WE'RE GOING TO CHANGE THAT, NOW?

IT'S ONE WORD. YOU HAVE 12 HOURS TO GET USED TO THE NEW SCRIPT IN TIME FOR THE BALL.

WE ARE CELEBRATING THE AIR FORCE'S 69TH ANNIVERSARY. PLEASE JOIN ME IN THE AIR FORCE SONG.

OK, BIRTHDAY. WAIT...



Afraid of the Dark?
Lights Out will give you the fright-night heebie jeebies
NEIL POND | PARADE MAGAZINE

Are you afraid of the dark? If you are, then here's something to really give you some real fright-night heebie jeebies. In *Lights Out*, a family is menaced in a big, old "haunted house" by a beastly figure that shuns light and can only be glimpsed in the shadows of darkness.

Lights on, it disappears. Lights off, it attacks. It's name is Diana.

Expanding on his well-received three-minute short film of the same title, first-time feature director-writer David F. Samberg makes an impressive debut, proving you don't need mega bucks to get maxi scares. Cinematographer Marc Spicer, who worked on *Moulin Rouge*, *The Wolverine* and *The Shallows*, makes the most of every creepy angle, tracking shot and dark blob in the background that might be nothing, or might be something else—something far more menacing, vengeful and deadly.

Maria Bello plays Sophie, a mom with serious mental-issue baggage she's been dragging around since childhood. Teresa Palmer is her grown daughter, Rebecca, who's moved out, playfully fending off the advances of her amorous boyfriend, Brit (Alexander DiPersia). Her little brother, Martin (Gabriel Bateman), is still at home, where he's losing sleep because he's afraid to turn out the lights—after he's seen the frightening, violent figure in the inky corners of his mother's bedroom.

Billy Burke (who plays

Mitch Morgan on TV's *Zoo*) appears—briefly!—as Rebecca and Morgan's stepdad.

All the pieces of the *Lights Out* puzzle begin to come together about mid-way through, when we learn more about the mysterious Diana. I give the movie high marks for story development and making us feel invested in its characters, a rarity in a lot of horror flicks. There's virtually no blood, almost zero gore, and a fright machine that runs on well-timed gotchas, real-world surprises and supernatural shocks.

Some experts think that humans carry an ancient, primal genetic code to be afraid of the dark, a hold-over from when we were much more helpless and defenseless after the sun went down—and predators were on the prowl.

This movie certainly plays off that idea, and others, too—including madness, family and the fear of going insane. But one of its most clever ideas is the way its protagonists fight to keep the "lights on" in every way possible, as Diana fights to turn them off. Boyfriend Brit's resourcefulness, in particular, had the audience literally cheering in the screening I attended.

These days, you can watch movies many ways: on your TV, on your laptop, on your tablet, even on your phone. But for full effect, see this one in the big, open expanse of a dark theater, surrounded by people you don't know and by things you can't see...with the lights out!



Pumpkin Pecan Cobbler



INGREDIENTS:

1 cup + 3 tablespoons all purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup granulated sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 cup pumpkin puree
1/4 cup milk
1/4 cup melted butter or vegetable oil
1 1/2 teaspoons vanilla

topping:
1/2 cup granulated sugar
1/2 cup brown sugar
1/4 cup chopped pecans
1 1/2 cups very hot water

INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium sized bowl, stir together flour, baking powder, salt, sugar and spices. Set aside. In a smaller bowl, stir pumpkin, milk, melted butter and vanilla together to combine. Pour wet ingredients into dry ingredients and mix to create a thick batter. Pour into a small 8-inch casserole dish with high sides. In a separate bowl, stir sugar, brown sugar and pecans together. Spread over the top of the batter evenly. Pour hot water over the entire thing {WITHOUT STIRRING A THING!} and bake for 40 minutes or once the middle is set. {Be sure to place on a baking sheet incase it bubbles over.} Cool 5-10 minutes before serving. Serve with more pecans and vanilla ice cream.

Dakota Perspectives & the Glow of Nature

Exhibitions by Andrew Knudson & Andrea Donovan

TAUBE MUSEUM OF ART

The Main Gallery exhibition will feature North Dakota born and raised artist, Andrew Knudson at the Taube Museum of Art. His body of work titled Dakota Perspectives will be on display from September 13 - October 14, 2016. Knudson, formerly maintained a residence and studio in Towner, North Dakota, but recently relocated to Scandia, Minnesota.

Knudson's love of the northern plains reflects strongly in his artwork. From modern working cowboys to a vast array of wildlife, Knudson is part of each drawing he completes. Knudson works from the experiences he knows. He is a former Champion Rodeo Cowboy and an avid outdoorsman. All of these experiences find themselves transposed onto paper, canvas, feathers, and even leaves.

Many know Knudson for his popular oil paintings on turkey feathers, and one

can expect to see some of those in this exhibition as well as new studio pieces. Knudson says, "This show includes works that reflect the strong influence of western North Dakota on my art. The focus of these current studio pieces and paintings from private collections is the western cowboy lifestyle, iconic plains wildlife, and the vast broken vistas of North Dakota."

The Lower Gallery will feature The Glow of Nature by Andrea Donovan. Donovan teaches art history and humanities at Minot State University. Donovan's exhibition will feature her recent acrylics on canvas. Donovan states, "My paintings are about looking at light and color. I look to the sky and the reflections from the sky onto the land and water and tress. When it is evening, the reflections are much different than when the storm is coming or the sun is shining bright in the sky and I try to isolate that moment..." Donovan loves teaching,

painting, and traveling, and says all of those contribute to her work in some way.

Andrew Knudson and Andrea Donovan will be available for questions and comments during the closing artist's reception on October 14, 2016 from 5:30 pm - 7:00 pm, which is open to the public. Refreshments will be served.

Museum and Gift Shop hours are Tues - Fri 10:30 - 5:30 pm, and Sat 11:00 am - 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. This activity is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

For more information: Doug Pfliger, Gallery Manager, 701-838-4445 or visit www.taubemuseum.org or Facebook.

Remarket your Art

TAUBE MUSEUM OF ART

Looking for a way to remarket your art? Make a little cash? The Taube Museum of Art's ReMarket Your Art Sale is a unique occasion for those with original art to sell those pieces. If you have art on your wall, or in your closet that no longer suits you, or was bought on a whim, this is an excellent opportunity for you to sell those pieces! We will be accepting the following for remarketing: previously owned original art, prints, drawings, pottery, fiber arts, jewelry, and frames. All works must be in good, clean condition without chips, cracks or breaks. This sale will also include works of art that have been consigned or donated to museum over the years.

Additionally, we will be accepting contributions for our Starving Artist's corner, of gently used art and craft supplies, frames, and canvases with images to love as is, or to repaint.

There is no limit on the number of pieces to consign or contribute, although the Museum reserves the right

not to accept any piece for the sale. To participate in this sale, drop off your artwork prior to Tuesday, October 29, 2016. The Taube Museum will retain a minimum of a 30% commission on all sales, unless designated otherwise by the consignee. When pricing your art, keep in mind it is not typically worth what you originally paid for it. If you wish it to sell, price it accordingly.

The ReMarket Your Art Sale will be an opportunity for our members and the public to rehome previously owned artwork. This is not a sale for artists to sell their work. It is a cash and carry, three day event. Opening night is a ticket only exclusive event held on Thursday, November 3, from 7-9 pm, which will include a wine tasting with local vintner Eric Hansen of the Minot Winemaking Club, live music by Leonard Haabak and a silent auction.

Proceeds from this event will benefit ongoing programming at the Taube Museum of Art, a non-profit organization.

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Murder Mystery Dinner & Theater Coming To The Doolittle Center



The Jimmy Doolittle Center invites you to a night of delicious food and great entertainment during their Murder Mystery Dinner and Theater on Saturday, September 24th. A social hour will be held from 5:30-6:30 p.m. with the dinner and theater beginning at 6:30 p.m.

The Murder Mystery Theater is performed by the Fargo Entertainment Company and features

The Altos - like the Sopranos....only lower. Audiences throughout the Midwest have loved this show for 15 years. In the production, Tony Alto, a local mob boss is dead (or is he?) and his grieving widow, Toffee, has invited everyone to his wake. Be prepared to dodge bullets, laugh at silly songs, and try to figure out who put a contract on Tony.

The event features a delicious meal including salad, your choice of spaghetti and meatballs or chicken Alfredo, as well as dessert. Cost is \$10 for advance tickets available now for purchase at the Jimmy Doolittle Center. Tickets at the door will be \$15. Limited seating is available so be sure to purchase your tickets early.

A "Dress Your Best" costume contest will be held with prizes awarded for the best Soprano style attire. Costumes are encouraged but not required to attend.

The Murder Mystery Dinner and Theater is for adults only - 18 years of age and older. For more information, call the Jimmy Doolittle Center at 723-3731.

Register Now For Fall Leagues At The Bowling Center

It's hard to believe but autumn is right around the corner. Rough Rider Lanes invites you to strike up some fun through participation in one of their many fall bowling leagues. Bowling leagues offer Minot AFB personnel a great opportunity to get out of the house or dorm during the fall and winter months. Leagues are great for getting a bunch of friends and family together to form a team or join others who would like to be in a league and make new friends.

You definitely don't need to be a terrific bowler to join a league and enjoy a weekly bowling outing. Rough Rider Lanes set up their leagues so low average bowlers can compete with high average bowlers. All but one of their leagues is organized with a handicap for all bowlers to make bowling more fun. A novice bowler with a 100 average receives anywhere from 80-100 pins of handicap to compete against a 200 average score bowler who does not receive any handicap.

At Rough Rider Lanes, participants may choose from both sanctioned and non-sanctioned leagues. Sanctioned leagues have a one-time sanctioning fee per bowler. This payment covers



the bowler for all sanctioned leagues they bowl in for the season.

Some of the leagues available at Rough Riders Lanes include a Mixed Spouse League on Mondays, Scotch Doubles League on Tuesdays, Squadron Extramural League on Wednesdays, a Mixed League and Fun 9 Pin No Tap Mixed League on Thursdays, and a Fun Mixed League on Fridays. The bowling center also offers a variety of Youth Leagues on Saturdays.

Arts & Crafts Center Offering Wine & Paint Class On Sept. 23



The Arts and Crafts Center invites you to their Wine & Paint class on Friday, September 23rd from 6:30-8:30 p.m. Gather your friends for a fun evening out painting a masterpiece. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided.

Pre-registration is required at the Arts & Crafts Center now through September 22nd; limited seating. Class is open to adults 21 years of age and up only. Wine is not included in cost. You must provide your own wine if desired. For additional information, contact the Arts & Crafts Center at 723-3640.

2nd Annual Ninja Warrior Set For Youth Center On Sept. 26



The 2nd annual Ninja Warrior is coming to the Youth Center on Monday, September 26th beginning at 5 p.m. The inaugural event received rave reviews so don't miss your opportunity to see who will be the next Youth Center Ninja Warriors.

This FREE event is in support of the Boys and Girls Club of America and the World Wide Day of Play. Both Youth Center members and non-members are encouraged to attend. Over 10 obstacles will challenge competitors in timed events for youth and adults. The competition will be broken into the following age groups: 5-6, 7-9, 10-13, 14-18, and 19+. Medals and bragging rights will be awarded in each age group.

The 2nd annual Ninja Warrior event is sponsored by Stonebridge Farms of Minot. No Federal Endorsement of Sponsor Intended. For more information, call the Youth Center at 723-2838.



Don't miss Country Night at Rockers Bar & Grill on Saturday, September 24th.

CLUB MEMBER DRAWING ON FRIDAY, SEPT. 16TH WILL BE FOR \$1,050.

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 16th 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.

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FAMILY and YOUTH EVENTS & PROGRAMS**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 21 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on September 21st from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your new baby and about many of the support programs that are available. Meet other expectant parents and receive a free gift for your new baby courtesy of the Air Force Aid Society. To register or for additional information, call 723-3950.

Sep 28 Banned Books Week Open House

The Base Library invites everyone to their Banned Books Week Open House on Wednesday, September 28th from 11 a.m. to 4:30 p.m. Help us celebrate Banned Books Week with refreshments, conversation, and a library game. For more information, call the Base Library at 723-3344.

Oct 3 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.

Family Fun Night

Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, call Rough Riders Pizza at 727-4377.

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

YOUNG AIRMEN EVENTS & PROGRAMS**Sep 16 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 16th 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.

Sep 21 Single Airmen Slice Night

Single Airmen (E-4 and below) are invited to join Rough Riders on Wednesday nights from 5-9 p.m. for Single Airmen Slice Night. Single Airmen can purchase any available slice of pizza for just \$1 per slice; limit 4 slices of pizza per person. Offer is available to all single Airmen (E-4 and below); must show military ID to receive discount. Enjoy delicious pizza at a very affordable price. For additional more information, call at Rough Riders at 727-4377.

Sep 22 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 22 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 22nd 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 the Airman & Family Readiness Center at 723-3950 to register or for more information.

Sep 17 Play The Course Backwards

Have you ever wondered what the Rough Rider Golf Course plays like backwards? Well you have a chance to find out during the 2nd annual Play The Course Backwards two person scramble on Saturday, September 17th starting at 9 a.m. In this tournament, you will play from 1 tee to 9 and so on. The tournament is open to everyone however it is limited to the first 18 teams to sign-up. Cost is \$30 and includes team and individual mulligan; does not include green fees or cart rental. To register for more information, call the Rough Rider Golf Course at 723-3164.

Sep 23 BBQ Bonanza Airmen Appreciation

Bosses bring your Airmen to the BBQ Bonanza Airmen Appreciation Night at the Jimmy Doolittle Center on Friday, September 23rd from 5-7 p.m. You'll enjoy BBQ ribs, potato salad, baked beans, and corn bread. Cost is FREE for club members and \$7 for non-members. Plus enjoy playing trivia and club members can play bar bingo. Buy your Airman a drink of their choice and receive 50 cents off (1st drink only). For more details, call 723-3731.

Sep 23 Bingo At The Doolittle Center

Club members or their bona fide guests are invited to enjoy bingo in the Ground Zero Lounge at the Jimmy Doolittle Center on Friday, September 23rd and 30th. Games will be held at 5 p.m., 6 p.m., and 7 p.m. Cost for the cards are \$1 each or 6 for \$5. Payouts for regular game straight or four corners is \$10. Coverall payout is \$250 (beginning at 52 numbers progressing weekly) with a \$50 consolation prize. Adults only. A minimum of 12 players are required. For more information, call the Jimmy Doolittle Center at 723-3731.

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Team Minot members showcase aircraft refueling process

MINOT AIR FORCE BASE, N.D. -- Two fuel trucks rest in the parking lot after getting refueled at the 5th Logistics Readiness Squadron's POL shop at Minot Air Force Base, N.D., Aug. 31, 2016. The four different refueling vehicles used by the 5th LRS are the R-12 Hydrant Servicing Vehicle, R-11 Refueler, C300 and C301.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JONATHAN MCCLDERR

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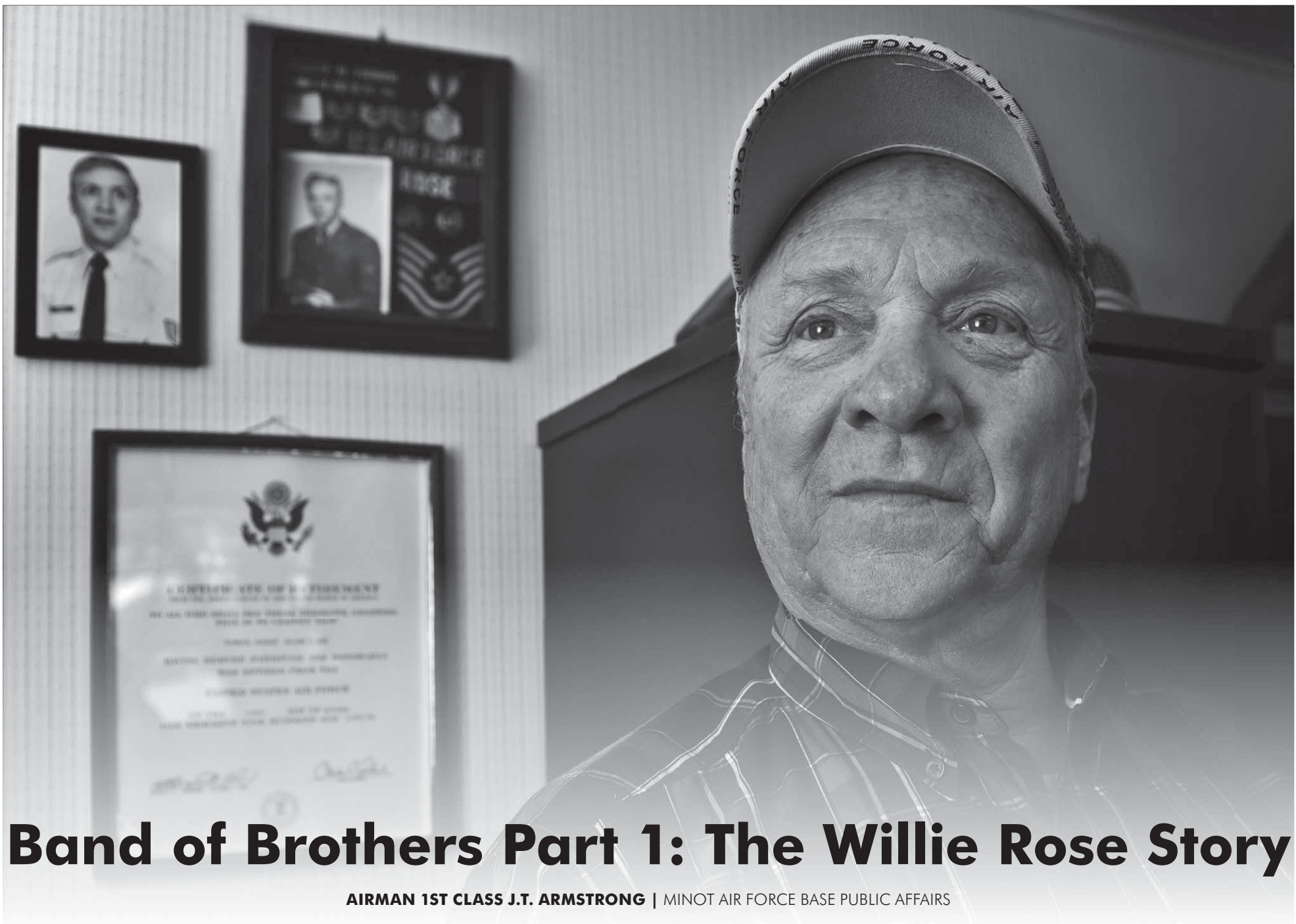
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Band of Brothers Part 1: The Willie Rose Story

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

MINOT AIR FORCE BASE, N.D. -- "I remember the winter of '72 being one of the worst," said Tech. Sgt. (Sep.) Willie Rose. "The snow drifts were as high as the telephone poles."

Rose smiled as he recalled memories of his time spent stationed at Minot Air Force Base, North Dakota, in the 70s. We sat at a kitchen table covered in news

clippings and photographs spanning across the years. Like puzzle pieces, they connected Rose's story.

Willie Rose was born July 4, 1946, in Springfield, Massachusetts and raised in Fredericksburg, Virginia. He enlisted in the Air Force with his twin brother in October of 1963.

"I was 17 and irritated with school," said Rose.

"I was too young to enlist, so my mom and dad had to sign a waiver."

Rose enjoyed his Air Force technical training much more than his high school's curriculum.

"I was aircraft maintenance before crossing over into corrosion control," said Rose. "After that, I cross-trained into civil engineering where I got to drive the big equipment."

Rose loved learning maintenance and operating the equipment but most of all, he valued the relationships he built here.

"Minot is the best kept secret in the Air Force," said Rose. "Once you get used to the cold, the people are awesome."

Minot is also where Willie Rose met his wife. He said he would have gladly served another 20 or 30 years if he had been given the opportunity.

Unfortunately, it only took a split-second to cut Rose's almost 20-year-career short.

"I was working on what we called a 'foam truck'. They were used to spray foam at the missile sites to keep the missiles dry during the snowy winters."

"I was supposed to fix a valve – they put the wrong valve on, which was holding back 75 lbs. of pressurized nitrogen."

He motioned outwards with his hands.

"That's when it blew off. I couldn't see. Everything was yellow."

The chemicals from the blast had affected his nerves so badly that he ended up being medically discharged from the Air Force. But that doesn't stop him from enjoying life and giving back to the community. He currently works as a bus driver

for the Edgewood Vista assisted living facility, where he takes individuals out to experience the local community who couldn't ordinarily do so.

In his spare time, Rose also plays guitar as a part of the Dakota Rose Band.

The members consist of Rose on the guitar, Larry Nelson on vocals and guitar, Karen Martin on the keyboard and Floyd Borud on the bass guitar. All of the members have been inducted into the North Dakota – South Dakota Music Hall of Fame.

Three of the four members of the Dakota Rose Band share another bond. Rose, Nelson and Borud are also veterans, having served in Korea and Vietnam.

"When we first started 13 years ago, it was just Larry and myself having fun jam sessions in the basement," said Rose. "We were all friends before, which is why we've stayed together so long."

Purwa Joshi, MD

FAMILY MEDICINE

Trinity Health is pleased to announce that Purwa Joshi, MD, has joined our Family Medicine team. Dr. Joshi is dedicated to serving the health needs of adults and adolescents, with an emphasis on women's health, diagnosis and treatment of illnesses and injuries, managing chronic conditions such as diabetes and high blood pressure, and educating patients on self-care and lifestyle changes to prevent disease.

Medical Education:

- Doctor of Medicine, Ryazan State I.P. Pavlov Medical University in Russia
- Internship, Seth G.S. Medical College & K.E.M. Hospital in Mumbai, India
- Family practice residency, University of North Dakota School of Medicine and Health Sciences, Northwest Campus, in Minot
- She and her husband, Dr. Gaurav Bansode, have an 8-month-old son.



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Tech. Sgt. (Sep.) Willie Rose stands for a portrait during an interview in Minot, N.D., May 13, 2016. Rose enlisted in the Air Force in 1963 and served at Minot Air Force Base, N.D., in the 70s.

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

TODAY

- Last day to register for the AF Ball Kids Night Out at the Youth Center
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club Meeting, 1700-1800, Youth Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2000-2300, Rough Rider Lanes

SATURDAY

- Hard Core Strength, 0900, Fitness Center
- Play the Course Backward, Shotgun start 0900, Golf Course
- Yoga, 1000, Fitness Center
- Base Skate, 1600-1800, Youth Center
- Air Force Ball Kids Night Out, 1700-2100, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday “Bowl the Night Away” with Lights and Strikes, 2000-2300, Bowling Center

SUNDAY

- Football Frenzy, 1130, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY

- Youth Tumbling Classes, Every Mon, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP Higher Education Workshop, 0800-1600, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- H2O Fitness, 1630, Indoor Pool
- Zumba, 1730, Fitness Center
- Learn on the Course, Every Mon, 1800, Golf Course
- Yoga, 1830, Fitness Center

TUESDAY

- Last day to register for the 5 Man Paintball Tournament at Outdoor Rec
- 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
- Performance Nutrition Class, 1145-1230, Fitness Center
- Running Clinic, 1430, Fitness Center
- Swim Lessons, 1600-1900, 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
- Warbird Tactical Fitness, 0600, Fitness Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- Bundles for Babies, 0900, A&FRC
- 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
- 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
- Craft Club, 1030, Base Library
- HIIT Circuit + Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Off Base Budget Class, 1430-1600, A&FRC
- Swim Lessons, 1600-1900, 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)
- Hard Core Strength, 1830, Fitness Center
- Cycle/ CORE, 1930, Fitness Center

UPCOMING EVENTS - SEPT. 23

- 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
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Airmen Appreciation BBQ Bonanza Night, 1700-1900, Jimmy Doolittle Center
- Bingo, 1700, 1800, 1900, Jimmy Doolittle Center
- Torch Club Meeting, 1700-1800, Youth Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Keystone Club Meeting, 1800-1900, Youth Center
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2000-2300, Rough Rider Lanes

UPOMING EVENTS - SEPT. 24

- Hard Core Strength, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Chess Club, 1100, Base Library
- 5 Man Paintball Tournament, 1200, Outdoor Rec
- Give Parents a Break, 1300-1700, Child Development Center/School Age Program
- Base Skate, 1600-1800, Youth Center
- Murder Mystery Dinner & Theater, Social Starts at 1730, Jimmy Doolittle Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday “Bowl the Night Away” with Lights and Strikes, 2000-2300, Bowling Center
- Country Night, 2100, Rockers Bar & Grill

ONGOING EVENTS

- Murder Mystery Dinner & Theater, Come out to an interactive dinner and show featuring the “Altos...like the Sopranos only lower.” Dress in your best Soprano style attire for a chance at prizes and the title of “Best Dressed.” Advance tickets on sale now for \$10 at the Jimmy Doolittle Center. Tickets will be available at the door for \$15.
- 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
- Pizza Delivery Option, 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. 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 16th-30th – Buy oil & oil filter from Auto Hobby & use a stall for FREE for 1 hour.

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 (17 Oct -18 Dec). 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 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

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.

COLOR ME HAPPY COLORING CLUB 9/17/2016 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.

MINOT FLEA MARKET 9/17/2016 8:00 AM - 9/18/2016 3:00 PM

We have antique furniture, beautiful carved wood figures large and small, oddities of all sorts, comic books, toys, board games, books, stencils, tools, purses, jewelry, cleaning products, as well as baked goods, honey, jam and jellies, and much more. We're open Saturday 8 am-4 pm and Sunday 10 am-3 pm and located at the North Dakota State Fair Center. Admission is ONLY \$1. Children 10 and under are FREE!

MAGIC CITY INTERNATIONAL DRAG RACING 9/18/2016 11:00 AM

North Dakota State Fairgrounds. Magic City International Dragway SEASON FINALS 11:00AM until dark Mid Afternoon (Jackpot eliminations) After Jackpot Race is complete - Street Car Shootout More info at www.magiccityinternationaldragway.com Phone: (701)833-8465 Email: mciddragway@yahoo.com

SIDE BY SIDE STORIES 09-20-2016 10:00 AM - 09-20-2016 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.

TOUGH ENOUGH TO WEAR PINK RAFFLE FUNDRAISER 9/12/2016 8:00 AM - 9/23/2016 5:30 PM

Prairie Federal Credit Union lobby. Purchase raffle tickets for \$1.00. Pick the prize you would like to win. All funds raised will go to the Trinity Cancer Care Rehabilitation program. There are many awesome prizes including UND hockey tickets and a signed jersey, rodeo tickets, Chase Rice tickets, 4 Bears Casino package, Hostfest tickets and many more! Our lobby hours are 8:00 to 5:30. Stop in and see all the great prizes on display and help raise money for a wonderful cause.

SIDE BY SIDE STORIES 09-20-2016 10:00 AM - 09-20-2016 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.

WHIMSICAL WEDNESDAY 09-21-2016 10:30 AM - 09-21-2016 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.

THE PRICE IS RIGHT LIVE 9/21/2016 6:30 PM

North Dakota State Fair Center. COME ON DOWN The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the chance to “Come On Down” and play classic games from television's longest running and most popular game show. Contestants can win cash, appliances, vacations and possibly even a new car by playing favorites like Plinko™, Cliffhangers™, The Big Wheel™, and the fabulous Showcase. Playing to near sold out audiences for more than ten years, The Price Is Right Live™ has given away over 12 million dollars in cash and prizes to lucky audience members all across North America. The Price is Right™ is the longest running game show in television history and loved by generations of viewers this on-stage travelling version gives fans the chance to experience the same fun and winning excitement up close and in-person All Ages Doors open at 6:30pm Show starts at 7:30pm Tickets: Reserved Seating- \$51, \$41, and \$31 (additional fees may apply) Buy tickets online at <http://jadepresents.com/the-price-is-right-live-minot/> Presale - June 9 (10am-10pm), Onsale - June 10 at 11:00am

36TH ANNUAL PERINATAL MEDICINE AND WOMEN'S HEALTH CARE SYMPOSIUM 9/22/2016 8:00 AM - 9/23/2016 5:00 PM

The Grand. For over 36 years, Trinity Health has been hosting the Perinatal Medicine and Women's Health Care Symposium. The purpose of this two-day symposium is to provide you with the most up-to-date information on current issues and hot topics in perinatal medicine and women's health. National and local experts will present approaches to challenging problems and give the newest diagnostic and therapeutic techniques.

AFTERSCHOOL GAMING 9/22/2016 3:30 PM

Minot Public Library. We love video games at MPL! We have expanded our game collection to include games for the WiiU, Xbox One and PlayStation 4 for checkout. These games are located in the teen section and can be checked out for 1 week, limit 2 games per patron. It's a great way try out a new game and see if you like it. MPL also offers a wide gaming array at our gaming events: we have several tablets, a WiiU, 2 Xbox360 and a Playstation 4. Bring your buddies, because we always have an amazing time. No registration is required.

WILD ABOUT WINES 9/22/2016 5:00 PM

Roosevelt Park Zoo. Please join us for wine tasting, hors d'oeuvres, reserve wine table, cash bar and silent auction at the beautiful Roosevelt Park Zoo. Wild About Wines is our premier wine tasting event to help raise funds for the Roosevelt Park Zoo. Tickets are \$35 per person and available at the Roosevelt Park Zoo's gift shop or online at rpzoo.com. Get Wild!

PAINT THE TOWN RED 9/22/2016 6:30 PM

2 N Main St. 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.

BABY PLAY 09-23-2016 10:00 AM - 09-23-2016 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.

RTL OPEN MIC NITE 09-23-2016 07:00 PM - 09-23-2016 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.

MINOT DISC GOLF ACE RACE TOURNAMENT 9/24/2016 9:30 AM

Minot Disc Golf is hosting its 2nd annual Ace Race tournament sponsored by Discraft Disc Golf. In this unique day-long tournament, Discraft gives you a chance to try out their brand new discs in this race for the chains. The cost of the event is \$30 per person. That covers a players pack featuring 2 prototype discs, plus a high performance wicking t-shirt, a premium disc golf towel, reusable scorecard, SuperColor mini, and a vinyl sticker. Prizes will be awarded. Preregistration is available @ https://www.discgolfszene.com/tournaments/Minot_Ace_Race_2016. Limited number of players packages will be available the day of the event. For more information, search Minot Disc Golf on Facebook.

PAINT FIGHT 5K 9/24/2016 10:00 AM

Sertoma Sports Complex 1705 3rd Street Southeast Minot ND 58701. MINOT - SPREAD THE WORD! The Paint Fight 5K is headed your way on September 24th, at MSU Campus! Pre Register Now for FREE to save your spot and get the best prices on VIP tickets. <https://www.paintfight5k.com/event/minot/>

MAKER MONDAY 09-26-2016 10:30 AM - 09-26-2016 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

Airman 1st Class

Brandon BURNS

5th Civil Engineer Sq. **SAN JACINTO, CA**

Warbird of the Week




What did you do before you joined the Air Force
Joined right out of high school.

Hobbies or Interests
Hiking, playing sports and botany.

Most life changing experience
Joining the Air Force.

Where do you see yourself in 10 years
Working as an engineer, living in California with a house in the hills with my wife.

If you could have one special talent, what would it be
To have the same skills as Da Vinci did.



Favorite quote
“It's better to die on your feet than to live on your knees.”
- Emiliano Zapata



Minot AFB Annual Fuel Spill Exercise

MINOT AIR FORCE BASE, N.D. -- 5th Civil Engineer Squadron firefighters begin training during a fuel spill exercise at Minot Air Force Base, N.D., Sept. 8, 2016. The exercise simulated a fuel truck spilling 6,000 gallons of fuel after its rear end got damaged, which was part of the annual training.

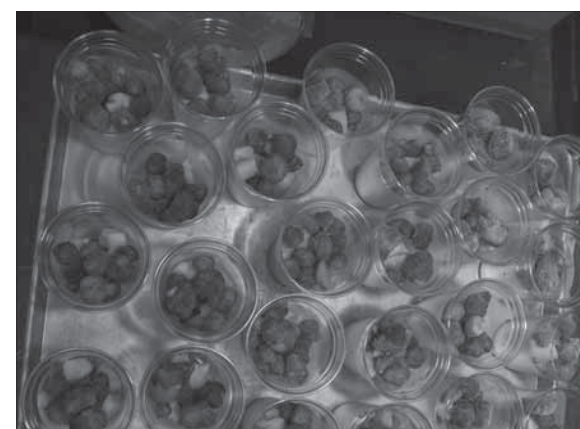
U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JONATHAN MCCLDERRY



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"I press on toward the goal for the prize of the upward call of God in Christ Jesus."
—Philippians 3:14



BUILDING ON THE SHORES OF FAITH

Help Finish the Race

Celebration Open House
Sunday, Sept. 25th
3-5 p.m. with program at 4 p.m.
Camp of the Cross Fellowship Center
9 miles southwest of Garrison
Refreshments including fresh lefse

Celebrate how far we've come in raising \$2.5 million toward the building of a new Fellowship Center!

Contributors are invited to sign the Donor Thermometer!



The new and improved DFAC

MINOT AIR FORCE BASE, N.D. -- The Dakota Inn Dining Facility has received some big upgrades and now serve more options for Minot Air Force Base, N.D. The DFAC is now open to the entire base as opposed to only being available for Airmen before the update. It also has a bigger variety of food, including a smoothie bar, a pizza station and a sub sandwich station among many more options.

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

CHURCH DIRECTORY

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

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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 27 Sept 2016 by 1100 and can be submitted to TSgt 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 27 Sept from 1300-1500. Contractor must complete a background check in accordance with DoDI 1402.5.

40w



Join our team at NDCPD as an Experienced Parent!

The ND Center for Persons with Disabilities at MSU is seeking to hire an individual for our Experience Parent project. Tasks will include:

- Assist in accessing peer and statewide support networks
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- Organize play groups for children and families
- Produce a monthly newsletter
- Collaborate with staff from the MIDP program
- Inform and encourage parents to serve in leadership roles

Position requires the person hired to be a parent of a child with a disability. This position part-time (8 hours/week) and non-benefited.

To apply, contact Cathy Haarstad
cathy.haarstad@minotstateu.edu
(701) 858-3048

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EVENTS

4TH ANNUAL MINOT COIN CLUB SHOW at Sleep Inn & Suites, October 1-2, 2016, Sat: 10am to 6pm, Sun: 10am to 4pm, Daily GOLD COIN Giveaway, Free Gifts for kids, Door prizes, Free Appraisals, Free Wifi, www.facebook.com/MinotCoinClub

41w

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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.

39w

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

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- Northern Sentry Office | 315 South Main Street, Ste 202
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- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
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- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
- Country Inn & Suites | 1900 22nd Ave SW
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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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vows to donate blood
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MLS #161878



\$180,000

TOWNHOME – 2 story with open floor plan. Kitchen has lots of counters, cabinets and opens to dining area and family room. Upper level has 3 bedrooms and 2 full baths. Attached garage. Reduced! For More Info: TEXT TO: 63975 MSG: WATNE33

MLS #161452



\$399,900

CONVENIENT – Open floor plan in the townhome with everything on one level. 4 bedrooms, 3 baths, family room and laundry. Covered rear patio, fence, triple garage that is insulated, heated and has floor drains. Near the new Minot Country Club. Price reduced.

MLS #161484



\$359,000

BEAUTIFUL – 4 bedroom home with open floor plan. Kitchen has granite counters, slate backsplash, and eat-in bar. Deck off dining room, gas fireplace in living room, large master suite. Lower level family room, bedroom, office and bath. Triple garage.

MLS #160883



\$140,000

COZY- 3 bedroom, 1 1/2 bath, 2 story home. Newer kitchen with pantry and slate floor, bonus room to fenced back yard. Upper level has 3 bedrooms, full bath, laminate flooring. Central air, patio, attached garage. Reduced. For More Info: TEXT TO: 63975 MSG: WATNE65

MLS #161600



\$139,900

MOVE IN READY – 3 bedroom, 1 1/4 bath with nice updates. 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.

MLS #161426



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A Gardeners delight in this 3 bedroom, 2 bath ranch with awesome features in a great neighborhood that's NOT in the floodplain. This home has a 4 season bonus room with access to the maintenance free deck that wraps around. Call Cindy Strandberg At 833-1956. #161867

\$275,000



This 3+ bedroom home on south hill features a large open dining/living room area w/sliding door to wood deck w/built-in seating. Magnificent back yard has a privacy fenced area with garden spot & double attached heated garage. Call Aisha Vadell at 240-3780. #161847

\$256,500



Single family home located in SW Minot on a good sized lot and quiet street! The minute you pull up to this 5 bedroom, 1.75 bathroom home, the rustic charm will draw you in. The split foyer frame divides the two levels nicely. Call Amber Alexander at 500-0810. #161388

\$164,500



This upper level 2 bedroom, 2 bath newly constructed condominium located on the outskirts of town is move in ready! Open concept with a gas fireplace in the living room and sliding glass doors to step out onto the balcony and enjoy the sunset. Call Megan Atchison at 441-9085. #161853

\$199,900



Check out this lovely 3 bedroom home that is close to restaurants, shopping and Hwy 83 for quick access to anywhere you want to go. The large kitchen with a deck off the back door is perfect for entertaining and open to the dining area. Call Cindy Strandberg at 833-1956. #161846

\$289,000



Amazing floor plan, many updates & nice, fenced back yard. This charming contemporary house has character, all throughout. Admire the open kitchen & dining area with tiled floor that has a great view from the new sliding glass door. Call Neil Gush at 340-1734. #161441

\$134,900 - Burlington



Nicely remodeled 2 bedroom 1 bath townhome with large garage on large corner lot with an additional 1/3 acre lot to go with sale of home. Call Jerry Thomas at 833-7578. #161851

\$299,900



Very nice 4 bedroom, 3 bath home in great NW location. Great open floor plan, hardwood floors throughout the main floor. Master bedroom with large master bath and walk in closet, sliding glass doors open to a nice size deck. Call Lori Henderson at 721-0158. #161839

\$239,000



Enjoy the peaceful paradise of this 3 bed, 3 bath townhome at Trappers Cove! Rare find beside the lake & conveniently close to Dakota Square, restaurants, shopping & health care! Family room with walk out patio in the lower level. Lorell Seibold at 721-4996. #160237

5FSS Airman carries out Army tradition

SENIOR AIRMAN APRYL HALL | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- It's day two of the hardest thing he's ever done in his life. He's in the middle of the desert. He hasn't slept for almost 48 hours. His body is shutting down by the second. Shakily holding himself in the push-up position, he speaks the final words that indicate the hellish test is over: "And go to Fiddler's Green!" He did it. It's over.

Tech. Sgt. Matthew Knight, 5th Force Support Squadron NCO in charge of career development, had the opportunity to do something not many Airmen get to do. He completed the traditional "Spur Ride" to become an Army Cavalryman.

In 2009, then Senior Airman Knight was deployed to Balad, Iraq, embedded with the Army's 1st Infantry Division or the "Big Red One." The commanding officer offered the deployed soldiers of the 1st ID, whose cavalry roots run deep, to become official Cavalrymen by completing their Spur Ride. Since Knight was attached to the unit, he was included in the offer.

"It's a rite of passage," Knight said. "If you're part of a cavalry unit, with as much history and tradition

as they pride themselves on, you need to make sure you can hold your own. What better way to do that than have a Spur Ride, to earn your spurs and do exactly what they did to earn their's?"

Throughout the two-day Spur Ride, Knight and the soldiers were expected to complete an onslaught of rigorous physical and mental tests. A two-mile run carrying a 50 caliber weapon, physical fitness test, a ruck march through the desert carrying 60-pounds, tests on cavalry history, and an Iraqi special forces obstacle course are just a few tasks faced over the 48-hour period.

"It was all about teamwork, like anything else in the military," Knight said. "It's the Army, so you know your body is going to go through hell, but they expect you to overcome it as a team. It was all about testing your abilities and overcoming your fears."

When all was said and done, and those last few words of the Cavalryman's Creed were out of his mouth during the last obstacle, Knight knew he had accomplished something rare.

"It was pretty much one

of the best moments of my life," he said. "Not a lot of Air Force guys get to do it. I busted my butt, and I was proud of myself for doing it. I wasn't just doing it for myself though, I was doing it for the Air Force."

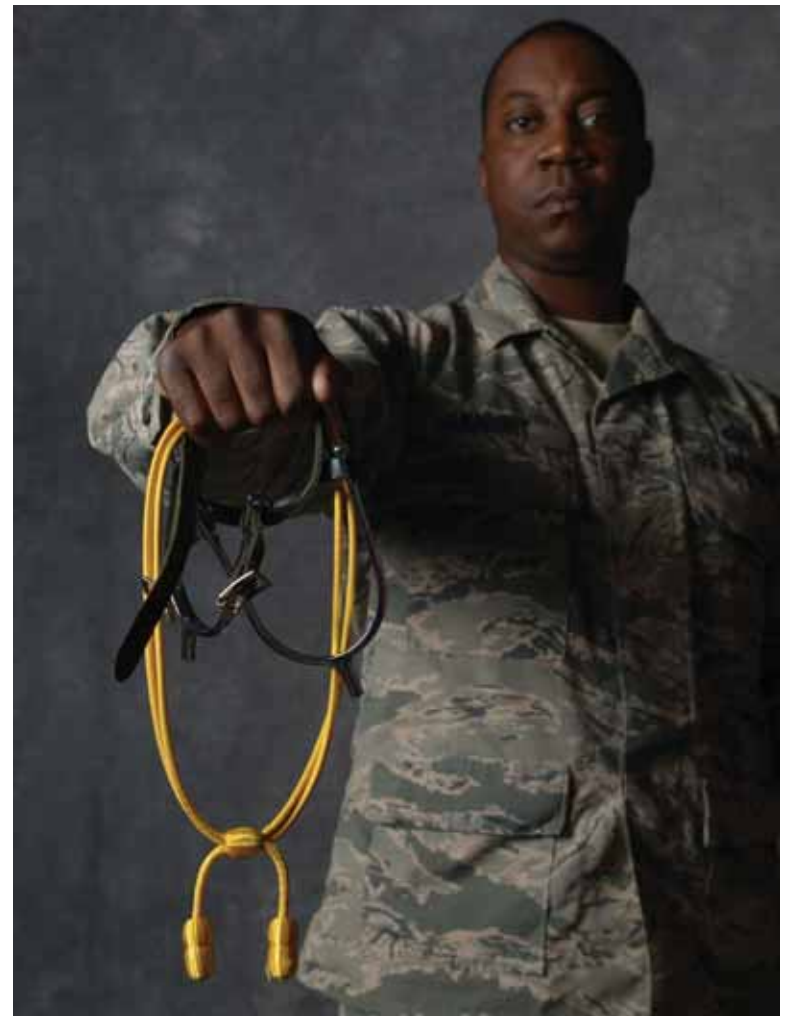
This particular deployment was a little more difficult for Knight, as he missed the birth of his son. It only made completing the Spur Ride that much more meaningful, he said.

"That deployment had a lot going on," Knight said. "Knowing I would be deployed when my son was being born, at least I knew if something happened to me my name would be carried on. Getting my spurs was almost as rewarding as that."

To add even more value to his accomplishment, Knight was especially excited to share the experience with his father.

"My father was Army, so I was definitely honored to do it," Knight said. "It is one of the highest achievements I've ever gotten. Words can't express how honored I was for the Army to allow me to join in on it and complete it with them."

Whether he did it for his son, his father, the Air



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



Tech. Sgt. Matthew Knight, 5th Force Support Squadron NCO in charge of career development, holds his spurs and acorns in the studio at Minot Air Force Base, N.D., Sept. 6, 2016. Knight was deployed with the U.S. Army's 1st Infantry Division in 2009, where he completed the traditional Spur Ride to become a Cavalryman.

Force or himself, Knight secured his spurs and acorns with the 1st ID during that deployment, and he has worn them proudly ever since.

"To be a Cavalryman means to be part of a tradition, a legacy of

honor," Knight said. "It means you're a person who goes above and beyond. It's one of the highest honors to ever be bestowed upon you. It's just a huge honor."






An honor he earned "Halfway down the trail to Hell."

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