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MINOT AIR FORCE BASE

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

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Minot AFB



Videos



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

Three B-52H Stratofortresses taxi down the runway during Prairie Vigilance 16-1 at Minot Air Force Base, N.D., Sept. 16, 2016. As one leg of U.S. Strategic Command's nuclear triad, Air Force Global Strike Command's B-52s at Minot, play an integral role in nation's strategic deterrence.

Prairie Vigilance 16: Anytime, Anywhere

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

MINOT AIR FORCE BASE, N.D. -- The 5th Bomb Wing at Minot Air Force Base, North Dakota, participated in Prairie Vigilance 16-1 Sept. 11-16, an annual exercise designed to test the wing's ability to conduct conventional and nuclear-capable bomber operations.

"Prairie Vigilance 16-1 is an operational readiness exercise that validates the 5th Bomb Wing's capability to execute our assigned missions," Col. Matthew Brooks, 5th BW commander, said. "The exercise ensures our Airmen and B-52s maintain the highest state of combat readiness and demonstrates that the wing can respond to emerging strategic threats anytime and anywhere in the world."

Approximately 3,500 Airmen from across the wing demonstrated safe, secure, reliable nuclear-capable weapons standards and procedures during the weapons generations and fly off.

"Airmen from the 5th Bomb Wing were tasked to demonstrate our nuclear [capable] tasking without prior notification or coordination," Col. Douglas Warnock, 5th Operations Group commander, said. "The exercise was originally scheduled for next week, but by starting a week early, it gave our Airmen the opportunity to clearly exhibit their abilities and nuclear prowess."

According to Warnock, exercises like Prairie Vigilance provide the opportunity for bomber Airmen to train like they would fight, learning from mistakes and adding to their expertise and skillset. Team Minot is entrusted with the substantial day-to-day responsibility of

keeping a well maintained and secure nuclear-capable bomber force, so when called upon, the mission is executed flawlessly.

"As long as nuclear [capable] weapons exist, there is no mission more important than maintaining the nation's nuclear capability and ensuring strategic deterrence and assurance," Warnock said. "That deterrence is

strengthened by the men and women of Minot AFB demonstrating their capability to execute their nuclear [capable] tasking at a moment's notice when we are called upon by the President and combatant commanders."

As one leg of U.S. Strategic Command's nuclear triad, Air Force Global Strike Command's B-52s at Minot play

integral role in the nation's strategic deterrence.

"Our nation relies on a highly-credible and capable strategic bomber force," Brooks said. "Prairie Vigilance demonstrates that the 5th Bomb Wing maintains that capability and credibility, ensuring the American public that we stand ready to execute our assigned missions."

The exercise concluded with a rapid fly-off, successfully launching a sequence of 12 B-52s to showcase their active capability to execute the mission.

"I'm extremely proud of the Warbird's performance this week, and I have no doubt in their commitment to Minot's nuclear mission and our abilities to execute," Warnock said.

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Minot AFB Exchange Seeking Volunteer Groups for Community Gift Wrap Program

ARMY & AIR FORCE EXCHANGE SERVICE

MINOT AIR FORCE BASE, N.D. -- Minot Air Force Base volunteer groups are looking to raise money—and spread some holiday cheer this season—can turn to the Minot AFB Exchange, which is seeking partners for the Army & Air Force Exchange Service's annual community gift wrap program.

As part of the program, the Minot AFB Exchange sets up tables and provides supplies that community volunteer groups can use to wrap gifts during the busy holiday shopping season in exchange for donations.

"The Exchange's community gift wrap program helps military families make the most of the hectic holiday season," said Minot AFB Exchange General Manager Kristine Cowley. "They can check items off their gift lists and get those presents wrapped in just one stop. As an added bonus, Minot AFB community groups get a chance to raise money for their worthy causes."

Interested organizations can contact the Minot AFB Exchange at 701-727-4717 for information on scheduling a time to participate in the

community gift wrap program.

The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earnings provide dividends to support military morale, welfare and recreation programs. The Exchange is part of the Department of Defense and is directed by a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff. To find out more about the Exchange

history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/about-exchange/public-affairs/press-releases.htm> or follow us on Twitter at <https://twitter.com/ExchangePAO>.

For more information or to schedule an interview with an Exchange representative please contact Lisa Anderson, 701-727-4717 or andersonlm@aafes.com.

Uniting us all

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

MINOT AIR FORCE BASE, N.D. --

I was five years old. At that age I didn't worry much, I had other people to do that for me—my food, where I slept, when to go to school, all that good stuff. Although I was young and it didn't make much sense to me at the time, I will never forget where I was and what I was doing at five years old when those planes hit the twin towers.

I hadn't been in school long that day when I noticed we weren't in our normal routine. At the time I didn't know

any better, so I thought it was cool that we were watching TV instead of the usual school activities. That's when I noticed things were off.

The adults were consoling the kids who were old enough to know what was going on, and both teachers and students were crying at what they saw on the news. I specifically remember one older kid holding tears back and telling everyone not to worry, because his dad was in the military and that he would take care of what had just happened.

Now, 15 years later, at 20 years old, I realize the magnitude this historical event not only held on me, but on everyone else in this country since the day it happened. It started one of the longest wars in U.S. history and it may or may not have won the president at-the-time's second term, but most importantly, it united America as a people. For a long time afterwards, Americans were all brought together by that one event, as tragic as it was.

On the 15th anniversary of this horrific day, I was tasked to document the on-base fire department's tribute to those who died in the terror attacks. At first it was just another day in the office, an after-duty shoot that I've done several times before. But this time it was different.

When I woke up and put my uniform on, I wasn't complaining that I was waking up early on a Sunday to go do my job when I could be watching NFL Sunday Countdown, as it was the first week of the NFL season. No, for some reason I was ready for this shoot. When I arrived, I was going through my pre-shoot routine—what kind of shots I want, the lighting, typical stuff. Then I noticed the turnout the fire department had

for the event; nearly the whole shop it seemed, was standing there, waiting to begin. People who were off work, and even off base, were participating in this memorial. That's how important it was. That's how this horrible event, no matter how divided this country may be during the rest of the year, constantly brings us all together on this day to honor the innocent lives lost.

As a photojournalist in the United States military, I may not directly "fight the war on terror," but there could be a situation where I could be called to do so. This is one of the main reasons I joined the military—to be ready if called upon. When people ask me why I joined the Air Force, oftentimes I think about this day. I think about how I felt when I was five, staring at the TV screen with the sounds of my classmates' tears surrounding me. I think about the

Continued on page 6

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FACEBOOK

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NEVER FORGOTTEN

In honor of National Prisoner of War/Missing in Action Recognition Day, many events were held at Minot Air Force Base, N.D., Sept. 15-16, 2016. The events included a 24 hour run, which participants would swap out after a certain amount of time as someone read the names of military members of POW/MIA. The event ended with a closing ceremony involving a formation and flag folding presentation.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH | AIRMAN 1ST CLASS JT ARMSTRONG | AIRMAN 1ST CLASS JONATHAN MCELDERRY







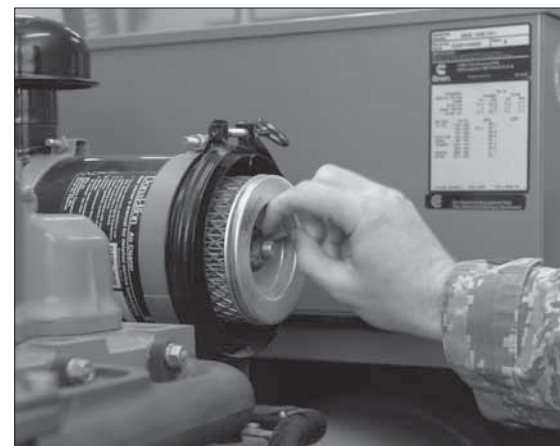
UNITING US ALL from page 3

firemen, meeting on their day off to honor sacrifice and courage. I think about the way Americans come together on this one day and set conflicts aside because this event was and is more important than that. And then I gather up these reasons and continue to represent the red, white and blue. 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.



Pros behind Team Minot's power


MINOT AIR FORCE BASE, N.D. -- Electrical power production apprentices from the 5th Civil Engineer Squadron conduct a pre-operation inspection on a generator at Minot Air Force Base, N.D., Sept. 12, 2016. Generators around base are inspected and run monthly to ensure they are working properly. The inspection includes checking the diesel fuel, coolant and oil levels.

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




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Prediabetes and Your Health

NORTH DAKOTA STATE UNIVERSITY

Nearly 29.1 million Americans have diabetes, according to estimates from the Centers for Disease

Control and Prevention (CDC). In addition, an estimated 86 million U.S. adults have prediabetes.

Prediabetes affects 35 percent of adults age 20 and older and half of Americans age 65.

Q: What is prediabetes?

Prediabetes is a condition that can lead to Type 2 diabetes and heart disease. Prediabetes means that

your blood sugar level is higher than normal but not yet high enough to be classified as Type 2 diabetes.

You can take steps to prevent or delay Type 2 diabetes and heart disease. On the positive side, prediabetes can be an opportunity for you to improve your health.

Q: Do I have prediabetes?

You are likely to develop prediabetes when you have certain risk factors. You are at higher risk for

prediabetes if you: a) are 45 or older; b) are African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander; c) have a parent, brother, sister with diabetes; d) are overweight; e) are physically inactive; f) have high blood pressure or you take medicine for high blood pressure; or, g) are a woman who had diabetes during pregnancy (gestational diabetes).

Those who should be screened for prediabetes include overweight adults age 45 and older and those under age 45 who are overweight and have one or more of the risk factors.

Q: How can I prevent or delay diabetes?

You can prevent or delay Type 2 diabetes by losing 5 to 7 percent of your weight. For someone who weighs 200 pounds, 7 percent is only 14 pounds! Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem. Ways to prevent or delay Type 2 diabetes include: a) cutting back on calories and saturated fat; b) losing weight; and, c) increasing your daily physical activity. If you are overweight, your first goal should be to lose weight. One key issue in losing weight is controlling portion size and making healthful food choices that

cut down on the amount of fat you eat. Each gram of fat has significantly more calories than carbohydrate and protein grams.

Q: What should I eat?

What you eat is important, but so is how much you eat of certain foods. Here are a few tips to make

better food choices:

- eat more foods that are broiled and fewer foods that are fried
- cut back on the amount of butter you use
- eat more fish and chicken and only lean cuts

of beef

- add more fruits and vegetables to your diet

Having prediabetes or diabetes does not mean that you cannot eat certain foods. The solution isn't to avoid foods with sugar in them, but to limit how often you eat processed, high-sugar foods, and watch the portion size when you do indulge. Choose foods low in fat and calories and high in fiber. Focus on fruits, vegetables and whole grains.

Q: How much time should I exercise?

Aim for 30 to 60 minutes of moderate physical activity most days of the week. Take a brisk walk, ride your bike or swim laps. Try not to let more than two days go by without some exercise.

Q: How does having prediabetes affect my health in the future?

If you take no action, prediabetes in many cases will progress to Type 2 diabetes within five years.

Losing 5 to 7 percent of your weight through lifestyle changes that include more healthful eating and

increased physical activity can prevent prediabetes from progressing to Type 2 diabetes. Take action today to prevent Type 2 diabetes and avoid the complications that diabetes and heart disease could

bring. Small steps can make a difference in your health. Take one to two small steps today.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"My goal in life is to be as good of a person my dog already thinks I am."

— Author unknown.

A little gray in their muzzle, some morning stiffness...little hints that the once vibrant pooch that lives for two things – the human in their life and to hunt – was becoming a senior dog.

It's always too soon and comes much too quickly.

It seems that just yesterday they were pups, bouncing from one mischievous deed to another.

The first skunk encounter – and thankfully the only skunk encounter.

A tiny brush with a porcupine, nothing too serious but enough to forever engrain in their mind that those creatures are best left alone.

The first retrieve.

All too quickly, hunting seasons slip away and a hunter is faced with a tough decision.

Dog's lives are too short – their only fault, really. – Agnes Sligh Turnbull.

Is it OK for a senior dog to hunt?

Like people, that depends.

Hunters need to be smart about taking a senior dog afield.

However, if a person did the right things with their hunting dog through proper nutrition, conditioning, and regular veterinarian check-ups, an older dog could still be that treasured hunting companion.

Just be smart about taking it afield.

Start by taking the dog to your veterinarian for a complete examination to understand its overall health and stamina. Their hearts are usually in the hunt regardless of their age, but their body simply isn't.

An old dog, even more than an old spouse, always feels like doing what you feel like doing. – Robert Brault.

Preseason conditioning is vital for any hunting dog, especially for senior dogs. It's already hunting season and if they haven't had a chance to gradually get into proper condition, they likely shouldn't be in the field hunting. And if they are afield, it's even more critical

to be cautious.

Just as their conditioning sessions need to be shorter and built up over time, their hunting excursions should likely be shorter even if they're in good condition. They work so much harder than their hunter does, sacrificing their bodies in heavy brush, cattails, and cover.

Take breaks. Rest. Provide water. Take another break for more rest.

Many senior dogs, especially hunting dogs, have hearing loss, not hearing a whistle, tone of a training collar, or a voice as easily as they did. It may occur gradually so a person might not realize the extent of the hearing loss. Be aware of the dog's location in the field because it might not hear commands.

It's also important for hunters to properly manage their senior dog's weight. Like people, extra weight puts strain on joints.

Talk to your veterinarian to see if your senior dog could benefit from high-protein diets that are also lower in fat.

As dogs age, glucose metabolism in the brain begins to change, which could affect memory, learning, awareness, and decision-making. It might be worthwhile to also ask your vet about dog food designed for senior dogs or if any supplements to aid in conditions such as joint health could be beneficial.

It all comes down to knowing and understanding your dog, which really begins when it joins the family as a puppy.

Properly trained, a man can be dog's best friend. – Corey Ford.

For some senior dogs, just being along for the ride is enough to make them content. Others might be OK with a short 100-yard walk down a tree row, while some can handle longer hunts.

Some – many – wouldn't quit until it's too late.

Just be smart out there, especially with a senior dog.

Their time is never long enough.

Rachel Gruenberg, FNP-C

FAMILY MEDICINE

The newest member of our Family Medicine team, Rachel Gruenberg, FNP-C, provides primary care to people of all ages, including annual physicals, acute care visits, treatment of infections, chronic illness management and injury assessment. A valuable member of our Radiation Oncology team for the past year, Rachel looks forward to helping people live healthier lives through disease prevention and self-care education.

- Master of Science in Family Nurse Practice, Frontier Nursing University, Hyden, KY
- Bachelor of Science in Nursing, Minot State University
- Associate Degree in Massage Therapy, Williston State College
- Most recently served as radiation oncology nurse practitioner at the Trinity CancerCare Center
- Staff RN, Ortho/Neuro and OB/Labor & Delivery units at Trinity Hospital
- Member, American Association of Nurse Practitioners and North Dakota Nurse Practitioners Association
- A Granville native, Rachel and her husband, John, have three children. Together they enjoy spending time at the lake, traveling, and enjoying activities in the community



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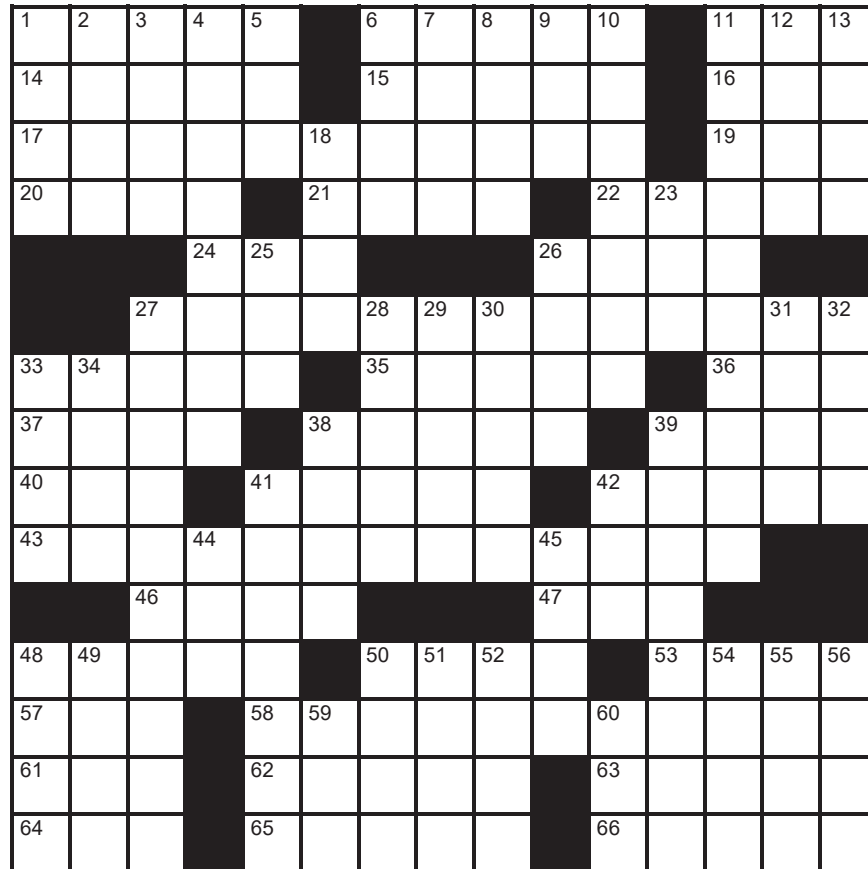
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57 Compact weapon
58 Propose a story
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62 Soup server
63 Tack on
64 A little work
65 Result
66 Second best effort



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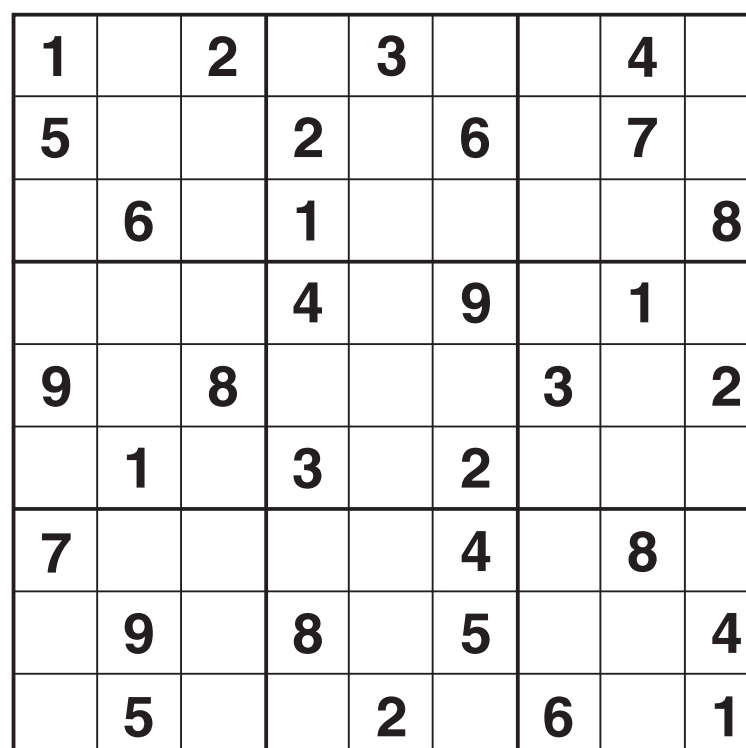
Solution to last week's Crossword puzzle.

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Solution to puzzle on page 19



Sully

signals start of serious fall movie season

NEIL POND | PARADE MAGAZINE

Those three words are at the heart of this inspiring big-screen salute to Chesley "Sully" Sullenberger, whose successful emergency landing of crippled US Airways Flight 1549 became known around the world in 2009 as the "Miracle on the Hudson."

Sully makes the "impact" announcement when he realizes there's no way for his plane—with two failed engines, both destroyed by a massive flock of Canadian geese—to make a conventional landing. The line is later brought up, for much more lighthearted effect, when Sullenberger and his flight crew make a TV appearance alongside late-night host David Letterman.

But "Brace for impact" also means for you, the viewer, to hang on and get ready to dig in: Summer is over and a more serious movie season has begun. Based on Sullenberger's 2009 best-selling memoir *Highest Duty*, directed by Clint Eastwood and with Tom Hanks in the starring role, Sully gives off somber Oscar signals with its theme of an ordinary, matter-of-fact man simply doing his job—until something extraordinary comes along requiring him to rise up to meet its unprecedented challenge.

"Everything is unprecedented," Sully notes later, "until it happens for the first time."

US Airways 1549 was in the sky less than four minutes, and Eastwood's film toggles back and forth between the incident itself, Sully's nightmarish flashbacks, and the wrenching post-event investigation by the National Transportation Safety Board (NTSB), which drilled and grilled Sully and co-pilot Jeff Skiles (an excellent Aaron Eckhart) on every detail. Was the plane really too damaged to fly? Did Sully do everything he could to get back to the airport—any airport—in-

stead of risking lives unnecessarily by landing on water? Pilots in computerized flight simulators, fed with data of the incident, indicate that it would have been possible to bring the plane back to LaGuardia, or into nearby Newark, or Teterboro...

"They're playing Pac-Man!" an exasperated Skiles counters. "[We were] flying a plane full of human beings."

As the investigation drags on and Sully is hauled before the "court" for days and days, with his career and reputation on the line, the media feasts on his amazing feat—a water "crash" landing from which all 155 passengers and crew members were safely evacuated. And the Big Apple, in the financial dumps of the Great Recession and still reeling from the aftershocks of 9/11, anoints him a hero. A bar names a drink—a shot of Grey Goose with a splash of water—in his honor. Strangers give him hugs and kisses.

"It's been a while since New York had news this good," one character tells him, "especially with an airplane in it."

"I don't feel like a hero," Sully says. "I'm just a man who was doing his job."

Hanks, his hair dyed white, looks very much like the real-life pilot he's portraying, a career aviator whose lifelong love of flight—as we see—dates back to boyhood and crop-dusting biplanes. "Never forget," his first flight teacher tells young Sully in a lesson that certainly reverberated through the years, "no matter what happens, fly the airplane."

Just a man doing his job, a guy flying a plane, a pilot controlling the stick. Brace for impact—Sully shows us just how important that one "ordinary" person can be, when ordinary circumstances sudden, unprecedentedly, become extraordinary.



Apple Pie Cookies



INGREDIENTS:

1 package Refrigerated Pie Crust (2 crusts) 1 tsp Cinnamon
5 oz Caramel Topping ¼ tsp Nutmeg
10 oz Apple Pie Filling ¼ cup Sugar
1 Egg

INSTRUCTIONS:

Preheat the oven to 350. Spray cookie sheet with non stick spray and set aside. Allow crusts to warm slightly to make them easier to work with. Dust work area with flour and slightly roll out crusts. Spread a thin layer of caramel on one of the crusts. Use a knife to chop pie filling into smaller pieces and spread over top of caramel. Cut other crust into ½" strips. Use strips to create a lattice top over pie covered crust. Cut out circles and transfer to prepared baking sheet. Beat egg in bowl until well blended. Mix together sugar, cinnamon and nutmeg. Brush lattice tops with egg wash and sprinkle with sugar mixture. Bake for 20-25 minutes or until golden brown.

Apple Pie Roll Ups

INGREDIENTS:

6 pieces of sandwich bread-I use potato bread usually
Cinnamon sugar-I make my own to keep on hand by combining 1 cup of sugar with 3 tbsp ground cinnamon
3 tbsp butter, melted on a plate
1 large or 2 small apples, cut into 1 cm cubes

INSTRUCTIONS:

Preheat oven to 350 degrees and prepare a baking sheet with parchment paper. Use a rolling pin (or your hand!) to flatten the slices of bread. Divide the apples between the bread slices and sprinkle each with 1 tsp of cinnamon sugar. Carefully roll the bread around the apples and place in the butter on all sides, then in the cinnamon sugar to coat. Place on the baking sheet. Bake for 15 minutes or until crisp. Let cool 5 minutes and serve warm.

Beyond the Pond Travel: Part I

TOM LAGEMANN | NORTHERN SENTRY

My trip to London started off in a panic. I awoke on Friday expecting to check-in to my flight online. To my horror I discovered that the flight I had booked did not go through. I was supposed to fly out Friday night with my friends Adam, Rudy, and Caitlin. I immediately went into damage control. Feverishly Googling any flight that could get me to London with my friends.

I was devastated when I found out I would not be able to get to London that night, possibly at all! I scoured the Internet in the hopes of finding a flight. Amazingly I found a flight that wasn't exceedingly expensive. The caveat was that I would fly out the following morning and I would have to drive two hours away to a different airport.

After dropping my friends off I preceded to the Frankfurt International Airport. I spent the night in there and flew out at 7:00 am the next morning with a few hours of sleep. Although I was tired my excitement, and some coffee, prepared me for my flight. I was seated in Row 1 and did not have anyone sitting next to me, because of this I met a wonderful flight attendant who chatted me up to help pass the time. I told her I was celebrating my birthday that weekend and asked if I could get some champagne and orange juice to make mimosas. She gladly obliged and kept them coming. I guess she felt I

needed it after hearing my previous flight luck.

The flight and the staff of the airline were outstanding and just prior to landing my amazing flight attendant asked me if I wanted a champagne

to make my connection to Gloucester Road Station. While at Paddington I ran into the famous Paddington Bear! I cherished this run in because I am a huge fan of the Paddington Bear books. It is a wonderful children's story and I highly recommend it!

Upon arrival to Gloucester Road Station it was a short five-minute walk to my hotel at the Grange Strathmore. The Grange Strathmore was a beautiful hotel in Kensington and the staff was extremely welcoming. As I walked in my buddy Adam surprised me from around the corner and helped me get situated in my room. Afterwards we met up with Rudy and Caitlin to go explore the city.

We hopped on the Tube and went to Westminster Station, which brought us up right next to Elizabeth Tower and Westminster Palace. I was in awe seeing the grand structures that lay before me! I almost had to pinch myself because I never thought I would be standing in that spot. The marvelous sights just kept coming!

Our next stop was the Eye of London and the view of Westminster Palace from where the Eye stands is breathtaking. From the Eye we boarded a ship that took us on a tour up and down the Thames. Our tour guide was exceptionally enthusiastic and astoundingly knowledgeable about the sites of London. We saw the Tower of London, Tower Bridge, Shakespeare's Globe Theatre, The Shard of London, MI5, MI6, and a plethora of other marvelous sites.

Our boat ride ended and we were on a high! We walked from the wharf to Westminster Abbey and ran into a protest against Brexit. It was an interesting experience to see so many out and about discussing such a global topic. The speakers were very passionate about their stance and the London Police were on standby to allow them their right to protest. We passed the protest and continued to the Abbey. I was struck by the grandeur of the building. The detail put into the sculptures was overwhelming.



PALACE OF WESTMINSTER AND ELIZABETH TOWER



PADDINGTON BEAR AT PADDINGTON STATION

bottle to go. That way I could continue celebrating when I met up with my friends. I, of course, could not refuse such a generous gift and stowed it away in my backpack.

Getting through the boarder checkpoint and customs was a breeze. I had worried that with Brexit I would spend hours upon hours in line waiting to get into the country. But alas that was unneeded worry. I proceeded to the underground and hopped a ride to Paddington Station

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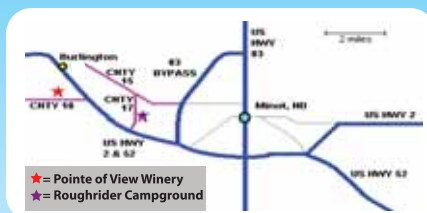
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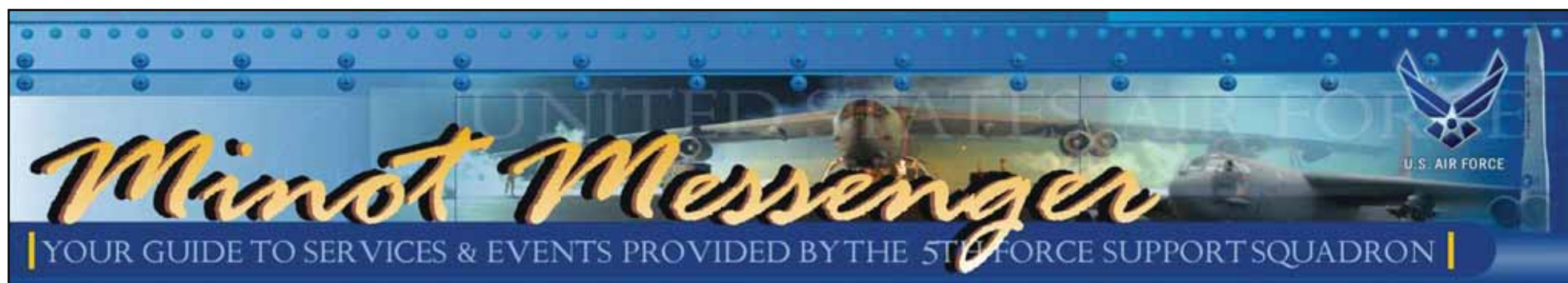
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2nd Annual Ninja Warrior At The Youth Center On September 26th

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.

The Stage Is Set For Murder Mystery Dinner & Theater At The JDC

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.

Reserve Your Spot Now For Papa's Pumpkin Patch Trip

Outdoor Recreation invites you to enjoy a great family day trip to Papa's Pumpkin Patch in Bismarck, ND on Saturday, October 15th. Papa's Pumpkin Patch began in 1983 as a "happy accident" filled with "win-win" partnerships and attractions. Today, it has developed into a more than a month long attraction, normally from mid-September to mid-October, that is open to the public. This year, Papa's Pumpkin Patch will bring an estimated 300,000 pounds of pumpkins to their yard and well over 50,000 people will attend the six-week season.

In addition to all the "produce" more than 25 activities have been built and added for "children of all ages" to enjoy. This makes an excellent outing for the entire family.

Cost for the Papa's Pumpkin Patch trip is \$30 per person. The price includes transportation, admittance to Papa's Pumpkin Patch, a hay ride, a

train ride, pumpkin craft, and lunch. The trip is scheduled to depart at 10 a.m. on October 15th. Deadline for reservations is October 11th.

For more information, call Outdoor Recreation at 723-3648.

Register Now For Fall Bowling Leagues At Rough Rider Lanes

It's hard to believe but autumn has officially arrived. 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.

CLUB MEMBER DRAWING ON FRIDAY, SEPT. 23RD WILL BE FOR \$1,100.

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 23rd will be held at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

"DOO IT YOUR WAY" BURGER NIGHT - FRI., SEPT. 30 - 5-7PM - DOOLITTLE CTR

Build your own burger with ground beef, ground turkey, or portobello mushrooms. Cost is 50 cents per ounce for meat/cheese or \$4.50 for portobello mushroom. Buffet available featuring salad, waffle fries, brownies and all the burger toppings. Buffet is FREE for Club members and \$7 non-members.

FAMILY and YOUTH EVENTS & PROGRAMS

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 details, call 727-4377.

Oct 8 **Pumpkin Party**

The Base Library invites children of all ages to their Pumpkin Party on Saturday, October 8th beginning at 1 p.m. This Second Saturday program provides youth a chance to get ready for Halloween by celebrating pumpkins, jack-o-lanterns, and scarecrows with stories, crafts, and activities. Halloween costumes are welcome but not required. Call the Base Library at 723-3344 for additional information.

Youth Center Membership Renewal

Come in today to avoid the crowd and long line. Effective 1 October 2016, annual Youth Center membership is \$30 per child. Current immunization records must be on file for membership renewal or new membership. As a Youth Center member, your child can enjoy all of the benefits for an average of \$2.50/month/child. The Youth Center offers a Boys and Girls Club and supports a 4-H Club, STEM, and more. For more information on the largest Youth Center in the Air Force, please call 723-2838.

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

YOUNG AIRMEN EVENTS & PROGRAMS

Sep 23 **Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 23rd 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 28 **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 28 **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.

Oct 3 **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 October 3rd 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 LESs 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 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. 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.

Sep 24 **Country Night**

Come out and boot scoot across the dance floor with your favorite dance partner during Country Night at Rockers Bar & Grill on Saturday, September 24th starting at 9 p.m. This event is FREE for everyone! For additional details, call 727-ROCK.

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Tennessee Jet to perform free concert at MSU

MINOT STATE UNIVERSITY

Minot State University's Amphitheater will come alive Friday (Sept. 23) as Tennessee Jet takes the stage. Tennessee Jet is this year's guest musician for NOTSTOCK, Minot State University's signature arts event, Sept. 21-24. TN Jet describes himself as a one-man Americana-rock band from Nashville influenced by the hard-core honky-tonk of Dwight Yoakam, the writings of John Steinbeck, and the raw minimalism of The White Stripes. Opening up for TN Jet is local pop-punk band, Vanity Plate.

The concert will be held at the MSU Amphitheater on Friday, Sept. 23. Doors open at 7:30 p.m., and Vanity Plate kicks off the show at 8 p.m. The concert is free; donations will be accepted.

Julie W. Watson of roots music magazine, No Depression, described TN Jet as, "Full of grit, soul, and even some tenderness, Tennessee Jet is the alter ego/one-man band/tour de force of Nashville musician TJ McFarland. It's a powerful, rockin', badass sound, all produced by one talented musician...Tennessee Jet's self-titled debut release is

the ultimate in DIY."

To replicate his wide ranges of sound while performing live, it's not uncommon for TN Jet to play as many as seven instruments at a time, all while engaging the audience as a direct extension of the band.

"The ultimate goal is for the audience to feel like they're just as much a part of the show as I am," said TN Jet.

The audience should be prepared to clap, stomp, and chant along on Friday night as TN Jet engages the crowd in an experience "together," blurring the line between performer and audience.

Minot band, Vanity Plate, includes Jazmine Wolff Schultz, Zach Schultz, Blake Burbach and Joshua Thornton. Jazmine and Zach also



coordinate Minot's Pangea House, and they organize "Why Not Minot?!" Music and Arts Festival each year. During the summer of 2016, Vanity Plate and Bismarck's Juniper Drive completed a 19-date tour of the western U.S. Vanity Plate does not disappoint, so make sure to catch their performance.

In the event of inclement

weather, the concert will be held in Aleshire Theatre. For more information about the concert or the other events at NOTSTOCK, visit www.msunotstock.org. For questions, contact Laurie Geller, vice president for academic affairs and NOTSTOCK co-organizer, at 858-3310 or Laurie.Geller@minotstateu.edu.

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SANFORD
HEALTH



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN
Airman First Class Alisa Baker-Burdo (right), 5th Civil Engineer Squadron firefighter, puts out a fire during a training exercise at Minot Air Force Base, N.D., Sept. 1, 2016. Baker-Burdo is the only female firefighter in the 5th CE fire department.

Blazing her own trail

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

MINOT AIR FORCE BASE, N.D. --

Being a firefighter can be one of the most physically demanding jobs in the civilian world, and in the Air Force. Airman 1st Class Alisa Baker-Burdo, 5th Civil Engineer Squadron firefighter, doesn't let the fact that she is one of the few female firefighters in the Air Force, and the only one at Minot Air Force Base, stop her from doing her job.

"It absolutely motivates me being the only female

in my shop," Baker-Burdo said. "Only around five percent of firefighters are female. It's a growing trend, but it definitely motivates me because, as much as I hate to admit it, there are physical limitations that I can't reach that some of the guys can—but when it comes to the knowledge side they can only beat me if I let them."

Although there may be some physical limitations, she says that's not the hardest part of being the only female firefighter in

her shop.

"I wouldn't say the physical part is really an obstacle, because as an Airman and a firefighter, we're supposed to be fit to fight anyway to complete the mission," Baker-Burdo said. "Just fitting in is tough, it's a tough situation to come into where the last female they've had work with them was in their chain of command, and I'm like one of them on the Airman level."

Baker-Burdo isn't necessarily a trend setter when it comes to her family being not only firefighters, but female firefighters.

"My grandfather was the fire chief for his volunteer

fire department until he passed; he helped start an international fire training school that I'm actually a board member for," Baker-Burdo said. "Almost all of my family members on my mom's side have, at one point in their life, been involved with a fire department somehow."

Specifically, she draws inspiration from one late aunt who beat the odds and blazed her own trail as well.

"My Aunt, who's since passed, she was one of the people who got polio from the vaccine so one of her hands was completely useless, but she went to Alaska and was the first female at a volunteer fire

department there," Baker-Burdo said. "Then she came back home to Vermont and she was the first female volunteer at that department too. She still rappelled and everything else the other members did with basically one hand. I've had some good inspiration."

Although she may be unknowingly setting a trend for more females to join the career field, Baker-Burdo says that isn't the best part about her job.

"I think my favorite part is being able to hopefully help someone. Maybe I'll be able to impact someone's life," Baker-Burdo said. "I feel like that's a really important thing to do."

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TODAY

- 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

SATURDAY

- 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

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 GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- H2O Fitness, 1630, Indoor Pool
- BGCA World Wide Day of Play-YC 2nd Annual Ninja Warrior, 1700, Youth Center
- Zumba, 1730, Fitness Center
- Learn on the Course, 1800, Golf Course
- Yoga, 1830, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga, 1130, Fitness Center
- Running Clinic, 1430, Fitness Center
- 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
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Banned Books Week Open House, 1100-1630, Base Library
- Lunch Time Pickup Basketball, Every Wed, 1100-1300, Fitness Center-Court B
- Fit to Fight Cycle/CORE, 1100, 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

- Youth Center Dance Classes, Every Thursday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- HIIT Circuit + Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Single Airmen Wingman Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Winter Car Care Class, 1700-1900, Auto Hobby
- 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. 30

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development 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
- “Doo it Your Way” Burger Night, 1700-1900, Jimmy Doolittle Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2000-2300, Rough Rider Lanes

UPOMING EVENTS - OCT. 1

- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday “Bowl the Night Away” with Lights and Strikes, 2000-2400, Bowling Center

ONGOING EVENTS

- Mens & Women’s Varsity Basketball – Coaches still needed. Send Resume to SSgt Derek Maple or Ms. Judy LaRue at the Fitness Center. Tryouts will begin in October. Women’s tryouts are scheduled for 3-6 Oct from 1800-2000. Men’s tryouts will be 10-13 Oct from 1800-2000.
- 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. October Special – Rueben Pizza. Tasty roast beef with sauerkraut, Swiss & Mozzarella cheese, drizzled with 1000 island dressing and a hint of garlic. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Try it on a Panino! \$8.25 meal – includes side & drink
- B-Fifty Brew Drink Specials. Hot Butterbeer Latte September Special– 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. Toasted Marshmallow Latte October Special – Come in and enjoy a sweet October treat made

with white mocha, caramel syrup, espresso shots and topped with tasty whipped cream. Grande \$5.00 Venti \$5.50

• Auto Hobby Monthly Special. September 16th-30th – Buy oil & oil filter from Auto Hobby & use a stall for FREE for 1 hour. October 1st-30th – Scan Tool Hook Up Check engine light on? Bring your vehicle to Auto Hobby. We will pull the code from the computer & give you an idea of what needs to be repaired or replaced. Reg. Price \$25 Sale price \$15

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

NOTSTOCK 9/21/2016 7:00 PM - 9/24/2016 Minot State University. A live arts event at Minot State University that includes printmaking, ceramics, performance poetry, music, film, theatre, three art exhibits, foreign language, a craft fair, and more.

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.discgolfscene.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 Pig-gie 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

SIDE BY SIDE STORIES 09-27-2016 10:00 AM - 09-27-2016 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.

NORSK HOSTFEST 9/27/2016 7:00 PM - 10/01/2016 11:00 PM ND State Fair Center. Høstfest is coming! Are you ready? Returning for its 39th year, America's largest Scandinavian festival is bigger and better! Come join us in all the festivities from Viking Village, shopping, big name entertainment and a smorgasbord of Scandinavian delicacies to indulge on, this is an event you won't want to miss! Kicking of Tuesday night at 7pm is the opening night concert with full days of festival entertainment, shopping, and happenings starting at 8:30 am to 11:30 pm, Sept. 28-Oct.1 (Wednesday-Saturday). Bring your RV, your Viking gear and Bunads and celebrate Scandinavia!

MINOT SYMPHONY HOSTFEST CONCERT - SCANDINAVIAN SOUNDSCAPES 9/27/2016 7:30 PM Ann Nicole Nelson Hall. Scandinavian Soundscapes Scandinavian Soundscapes opens with the Holberg Suite, a suite of five movements based on eighteenth century dance forms, written by Edvard Grieg in 1884 to celebrate the 200th anniversary of the birth of Danish-Norwegian humanist playwright Ludvig Holberg. The concert continues with Scandinavian composer Jean Sibelius' Karelia Suite and Edvard Grieg's Peer Gynt Suite. The Minot Symphony Orchestra will be joined by Norwegian vocal guests Didrik and Emil Solli-Tangen, who are back by popular demand to perform at Norsk Hostfest. Didrik and Emil Solli-Tangen have made their mark on big stages and television appearances both home and abroad, and are well known in Norway. Didrik is an educated classical singer from the Barratt Due Institute of Music, and Emil took his education at the National Opera Academy in Oslo.

MINOT COIN CLUB MEETING 09-27-2016 07:30 PM - 09-27-2016 08:45 PM Minot Public Library Basement. Minot Coin Club meets the 4th Tuesday of every month August to May at 7:30pm in the Minot Public Library basement. Each meeting features an educational presentation, a coin silent auction, a raffle for a coin, as well as planning for our annual show. Membership dues are \$10 annually and guests are always welcomed and encouraged to attend. For more information, contact Josh:701.833.7979 or coins@srt.com

WHIMSICAL WEDNESDAY 09-28-2016 10:30 AM - 09-28-2016 11:00 AM Minot Public Library. Whimsical Wednesdays, a puppet story time will be held on Wednesdays at 10:30 am for independent children ages 3-6.

BABY PLAY 09-30-2016 10:00 AM - 09-30-2016 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.

LEGO BUILDING SESSION 9/30/2016 2:00 PM Minot Public Library. Join us on Friday, September 30th from 2-3:30 pm for a special LEGO building session. The program will be held in the Imagination Station of the Minot Public Library and structures will be put on display in the Children's Library. This activity is planned for school age children (K-5). Come build with us!

"JUNGLE BOOK" MOVIE MATINEE 9/30/2016 2:00 PM

Minot Public Library. School's out and MPL has FREE admission and FREE Popcorn in our South Community Room which now features awesome audio, making movies sound better than ever! Bring a friend or two.

RAISE THE WOOF 9/30/2016 7:00 PM Holiday Inn - Riverside 2200 Burdick Expressway E Minot ND 58701. Benefit Comedy Show. GIVING A VOICE TO ANIMALS THROUGH LAUGHTER Comedy, Raffles, Silent Auctions Tickets are \$20 each or \$150 for a table of 8. Tickets available at the Souris Valley Animal Shelter, Purr-Fect Pets, online at https://www.facebook.com/events/1220243801329535/1220243861329529/?notif_t=like¬if_id=1473269933157203 or at the door while they last.

MINOT COIN CLUB SHOW 10/01/2016 10:00 AM - 10/02/2016 4:00 PM Sleep Inn and Suites, Minot, ND. Minot Coin Club Coin & Collectible Show October 1-2, 2016 Sat: 10am to 6pm, Sun: 10am to 4pm Sleep Inn and Suites, Minot FREE GIFTS FOR KIDS DOOR PRIZES GOLD COIN GIVEAWAY Facebook.com/MinotCoinClub 701.833.7979

2016 FALL PARADE OF HOMES 10/01/2016 10:00 AM Minot and Surrounding Areas. The Minot Association of Builders is proud to announce the 2016 Fall Parade of Homes! Explore 13 homes expertly crafted by area builders on October 1st from 10 AM to 6 PM. The Parade of Homes offers you a unique opportunity to tour multiple new homes and get a peek at what's new and different in home design in 2016. You're sure to find some inspiration for your next project, a builder or subcontractor who can fit your needs, or maybe even your new home. Talk with area builders like Real Builders, Souris River Designs, Anasazi Builders, Heartland Developers, ArK Property Investment, Future Builders, Weststad Construction and R Squared and make the dream of becoming a homeowner, a reality. Tickets are \$5 for ages ten and up and are available for purchase at each home. They are valid for the whole day and provide entry into all homes. Free parade magazines are available at Marketplace and Cashwise Foods starting September 23rd or any parade home the day of the Parade. Visit our website www.minotab.com/parade-of-homes for more details!

THE MINOT CHAMBER CHORALE PRESENTS LOVE, TRAVEL AND ALL THAT JAZZ. Friday, October 7, 2016 – The Grand Hotel; Social at 6:30 pm. Concert at 7:30 pm. Hear all-time favorites as Hushabye Mountain, Smile, Music of the Night, Edelweiss, When I Fall in Love, In the Still of the Night, New York New York and more! Enjoy snacks on the tables and the cash bar. No admission charge! (Free will offering accepted.)

2nd Lieutenant

Cody

MOROS

742nd Missile Sq. **NAPLES, FL**

Rough Rider of the Week



What did you do before you joined the Air Force
Physical Ed. major at the University of Florida as well as various jobs to include valeting cars and construction.

Hobbies or Interests
Hunting, fishing, shooting various firearms, hiking, camping and water sports.

Most life changing experience
At 14 my mother was diagnosed with stage 4 breast cancer.

Where do you see yourself in 10 years
Still in the Air Force and I hope to instruct at Vandenburg after my plus three assignment.

If you could have one special talent, what would it be
To have an ear for foreign languages.



Favorite quote

"Man's feet must be planted in his country, but his eyes should survey the world."

- George Santayana

Notic public comment period for draft moose and turkey hunting plans upper Souris and Des Lacs National WWildlife Refugees

UPPER SOURIS NWR

The U.S. Fish and Wildlife Service (Service) is soliciting public comments for new proposed uses on Upper Souris and Des Lacs National Wildlife Refuges (NWRs). In an effort to increase hunting opportunities on public lands the Service is proposing to open portions of Upper Souris and Des Lacs NWRs to moose hunting and portions of Upper Souris NWR to spring wild turkey hunting. Draft hunt plans for both moose hunting and wild turkey hunting will be available for review on September 29, 2016. Copies of these plans are available upon request or can be downloaded from the Upper Souris and Des Lacs NWRs web sites (https://www.fws.gov/refuge/upper_souris/ or https://www.fws.gov/refuge/des_lacs/). Comments on the draft

hunt plans will be accepted from September 29, 2016 through close of business on October 12, 2016. People wishing to provide comments can do so by submitting them in writing to Att: Project Leader, Souris River Basin NWR Complex, 17705 212TH Avenue NW, Berthold, ND 58718-966, or in person at the Upper Souris or Des Lacs NWR headquarters (42000 520th Street NW, Kenmare, ND 58746).

Additionally, there will be an open house at the Upper Souris NWR Headquarters from 6:00PM – 9:00PM on September 29, 2016 to provide opportunity for the public to ask questions and comment in person. Draft hunt plans will also be available at the open house.

For additional information, contact Frank Durbian, Project Leader, 701-768-2548 x113.

Give Your Child a Safe Ride, Every Trip, Every Time

NORTH DAKOTA DEPARTMENT OF HEALTH

Bismarck, N.D.—Every day in America, too many children ride in car seats that have been installed incorrectly or are the wrong car seats for their age and size. Other children ride while completely unbuckled. According to the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA), 59 percent of car seats are misused. To help combat the issue, the North Dakota Department of Health (NDDoH) announced today its participation in Child Passenger Safety Week, a campaign dedicated to helping parents and caregivers make sure their children ride as safely as possible, every trip, every time. Child Passenger Safety Week runs Sunday, Sept. 18, to Saturday, Sept. 24, and is sponsored by NHTSA.

"Every 33 seconds in the United States, a child under age 13 is involved in a crash," said Dawn Mayer, Child Passenger Safety Program Director. "Using car seats that are age- and size-appropriate is the best way to keep your child safe. Motor vehicle crashes are a leading killer of children

and car seats, booster seats, and seat belts can make all the difference. In 2014, there were 252 children under age 5 saved because they were riding in the correct car seats. Car seats matter, and having the right car seat installed and used the right way is critical."

She added that too often, parents move their children to the front seat before they should, which increases the risk of injury and death. The safest place for all kids under age 13 is in the back seats of cars. Also, according to NHTSA, about 24 percent of children ages 4 to 7 years, who should be riding in booster seats, were prematurely moved to seat belts; and 9 percent were unbuckled altogether.

"It's our job to keep our children safe," she said. "Get your car seats checked. Make certain they're installed correctly, that your kids are in the right seats and are buckled in correctly. Even if you think your child is safe, check again, so you can be sure that your child is the safest he or she can be while traveling."

NHTSA recommends keeping children rear-facing as long as possible up to the

top height or weight allowed by their particular seats. Once a child outgrows the rear-facing-only "infant" car seat, he/she should travel in a rear-facing "convertible" or all-in-one car seat. Once your child outgrows the rear-facing size limits, the child is ready to travel in a forward-facing car seat with a harness and tether. After outgrowing the forward-facing car seats with harness, children should be placed in booster seats until they're the right size to use seat belts safely.

Always remember to register your car seat and booster seat with the car seat manufacturer so you can be notified in the event of a recall.

For help with your child passenger safety needs, please contact Dawn Mayer at the NDDoH at 701.328.4536 or 800.472.2286, or visit: www.ndhealth.gov/injuryprevention/childpassenger. Check out the new NDDoH online ordering system through this site. The public can also visit the National Highway Traffic Safety Administration website: www.safercar.gov/parents for additional information.



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—Philippians 3:14



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!



Fall for Adventure in North Dakota

NORTH DAKOTA LEGENDARY

September's changing foliage, cooling temperatures and sounds of school children signify that summer is coming to its end. Yet fall's adventures are just beginning, so stay outside and experience autumn fun in North Dakota. Into running? Test your physical stamina in a road race or get off-trail for a terrain challenge. If you'd rather watch a sport than participate, tailgate with family and friends and then cheer on your favorite team at homecoming. Get culturally courageous at a range of food and art festivals across the state. There is much to do in North Dakota this September ... enjoy the adventure.

Looking to test your endurance? There are multiple events across the state to let you do just that. Bismarck's Kroll's full and half marathon (<http://www.active.com/bismarck-nd/running/distance-running-races/kroll-s-diner-bismarck-marathon-2016>) and Grand Forks' Wild Hog full and half marathon (<http://www.gfmarathon.com/>) are each held this month. Extreme North Dakota Racing's Bakken X-Trek in Williston (<http://www.bakkenxtrek.com/>) and END Racing's Uffda Mud Run in Grand Forks (<http://endracing.com/>) encourage you to get absolutely filthy as you run, crawl, wade and climb your way to the finish line.

If spectator sports are more your pace, travel to Fargo to cheer on five-time defending NCAA Division I FCS national champion North Dakota State University (www.ndsu.edu/homecoming/) during its homecoming game. Or visit Grand Forks and celebrate the 51st annual Potato Bowl (www.potatobowl.org) with the University of North Dakota as it challenges the University of South Dakota. The University of Mary and Minot State play in the NCAA II Northern Sun Intercollegiate Conference and there are multiple sporting events occurring at the NAIA, junior college and high school levels. Show your spirit and don school colors, tailgate with family and friends and give your best effort in the cheering section.

Feeling culturally inclined? Visit Theodore Roosevelt National Park and drive the wildlife loop to witness buffalo, prairie dogs and wild horses in their native environs. At dark, contemplate the marvels of our universe while learning from nationally recognized astronomers during the Dakota Nights Astronomy

Festival (www.nps.gov/thro/learn/nature/dakota-nights-festival.htm). For an authentic German experience – complete with lederhosen and accordion music – raise your beer stein at an Oktoberfest (www.mandanprogress.com; www.jamestownarts.com). For some intellectual stimulation, spend the day engaging with Pulitzer Prize-winning historians and authors at North Dakota Humanities Council's GameChanger Idea Festival (www.gamechangernd.com).

What is September without apples, pumpkins and corn stalks? Halloween is just around the corner and pumpkin patches and corn mazes start welcoming guests in September. Papa's Pumpkin Patch (www.papaspumpkinpatch.com) was recently recognized by Travel and Leisure Magazine as a top pumpkin farm in the United States. Communities across the state feature top-notch corn mazes and hayrides. (<http://www.ndtourism.com/best-places/5-pumpkin-patches-and-corn-mazes-explore-nd>)

These are just a few of the activities available in September in North Dakota. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

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THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

tfn

CHAPEL POSITION AVAILABLE FOR PROTESTANT PARISH HOSPITALITY COORDINATOR

Coordination of fellowship meals for the Protestant Parish. Prefer 2 or 4 year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 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



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by E-mail or phone at
gpeterson@kalixnd.org
(701)833-6559

FLEA MARKET

MOVING NEED CASH? Sell your used/unwanted items at MAGIC CITY FLEA MARKET, October 15 & 16, State Fairgrounds. Info 701-340-7930.

tfn

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

CARPET CLEANING

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REAL ESTATE

HOUSE FOR SALE ON BIDS

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

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ANSWERS

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

Answers to puzzle from page 9

NEWSPAPER LOCATIONS

northernsentry

Paper Locations

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- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
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- 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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COUNTRY SETTING - 3 bedroom, 2 bath home on 1/2 acre lot minutes from Minot. 2012 manufactured home with an attached 2 car garage. Great kitchen that is open to dining and living room. Nice deck and yard shed. Reduced. For More Info: TEXT TO: 63975 MSG: WATNE41

MLS #160813



\$119,000

GREAT STARTER - 2 bedroom, 1 1/2 bath townhome. Bedrooms and full bath are on the upper level. Dining area off kitchen. Family room in lower level. Newer roof, most windows are updated, attached garage.

MLS #161854



\$139,900

TOTALLY UPDATED - 2 bedroom home, kitchen has quality cabinets, countertops and desk. Deck off dining room. Partially fenced yard, large shed, detached garage. For More Info: TEXT TO: 63975 MSG: WATNE44

MLS #160833



\$134,900

MOVE IN READY - 2 bedroom home with newer roof, siding, windows, furnace and water heater. Hardwood floors, open living room and dining room. Lower level laundry and storage. Fenced back yard. Attached garage. For More Info: TEXT TO: 63975 MSG: WATNE2

MLS #161221



\$200,000

NEAR SURREY - 3 bedroom, 2 bath manufactured home on 5 acres. Large kitchen, deck off dining area, 32x32 garage, fenced backyard. For More Info: TEXT TO: 63975 MSG: WATNE13

MLS #161414



\$157,000

SPACIOUS - 3 bedroom home on large fenced corner lot with mature trees. Galley kitchen, large living room, 2 main level bedrooms and 3rd bedroom in upper level. Enclosed front porch, garage with alley access. Owner/Licensed Salesperson.

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Out with the old & in with the New! Great 1 acre lot on the outskirts of Minot. This flooded home is ready for tear down so you can build your dream home. Perfect location to jump on the bypass heading any direction. Call Aisha Vadell at 240-3780. #161906

\$155,000

\$245,000 - Burlington



This New-Build Single Family home in Burlington's newest residential development, Harvest Heights is the 1,235 sq. ft. 'Jenny Manor Plan' which has 3 Bedrooms, 2 Bathrooms, and an attached double 24x24 garage. Call Amber Alexander at 500-0810. #161904

\$289,900

\$235,000 - Burlington



Customize your dream home! This New-Build Single Family home in Burlington's newest residential development, Harvest Heights is the 1,176 sq. ft. 'Cassandra Plan' which has 3 Bedrooms, 2 Bathrooms, and an attached double 24x24 garage. Call Amber Alexander at 500-0810. #161902

\$359,900



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. #161896

\$300,000



A beautiful 4 bedroom, 2 bathroom, and 3 car garage, located in the Green Valley Addition. The home is just across the street from the Green Valley Park. This home has a good size kitchen, stainless steel appliances with lots of cabinet space. Call Clyde Thorne at 240-8594. #160586

\$319,000



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

\$125,000



Enjoy this countryside setting in this great rural neighborhood just minutes from town! This nice home with peaceful setting has 5 bedrooms, 2 baths & 3 stall garage with 3 of the bedrooms on the main floor. Call Tamie Dunn at 720-1723. #161450



If you are looking for the ultimate horse property you have found the right place. This property is 3.8 acres and has everything. It is only 7 miles NW of Minot on the Souris River Valley Rim. Beautiful view that overlooks the valley. Call Jerry Thomas at 833-7578. #160806



If you like historic character homes, you will not be disappointed. This vintage charmer has original wood floors, built-in bookcases and high ceilings. The yard is a nice size with extra parking in back. A new roof was installed less than 5 years ago. Call Cindy Strandberg. #161370

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