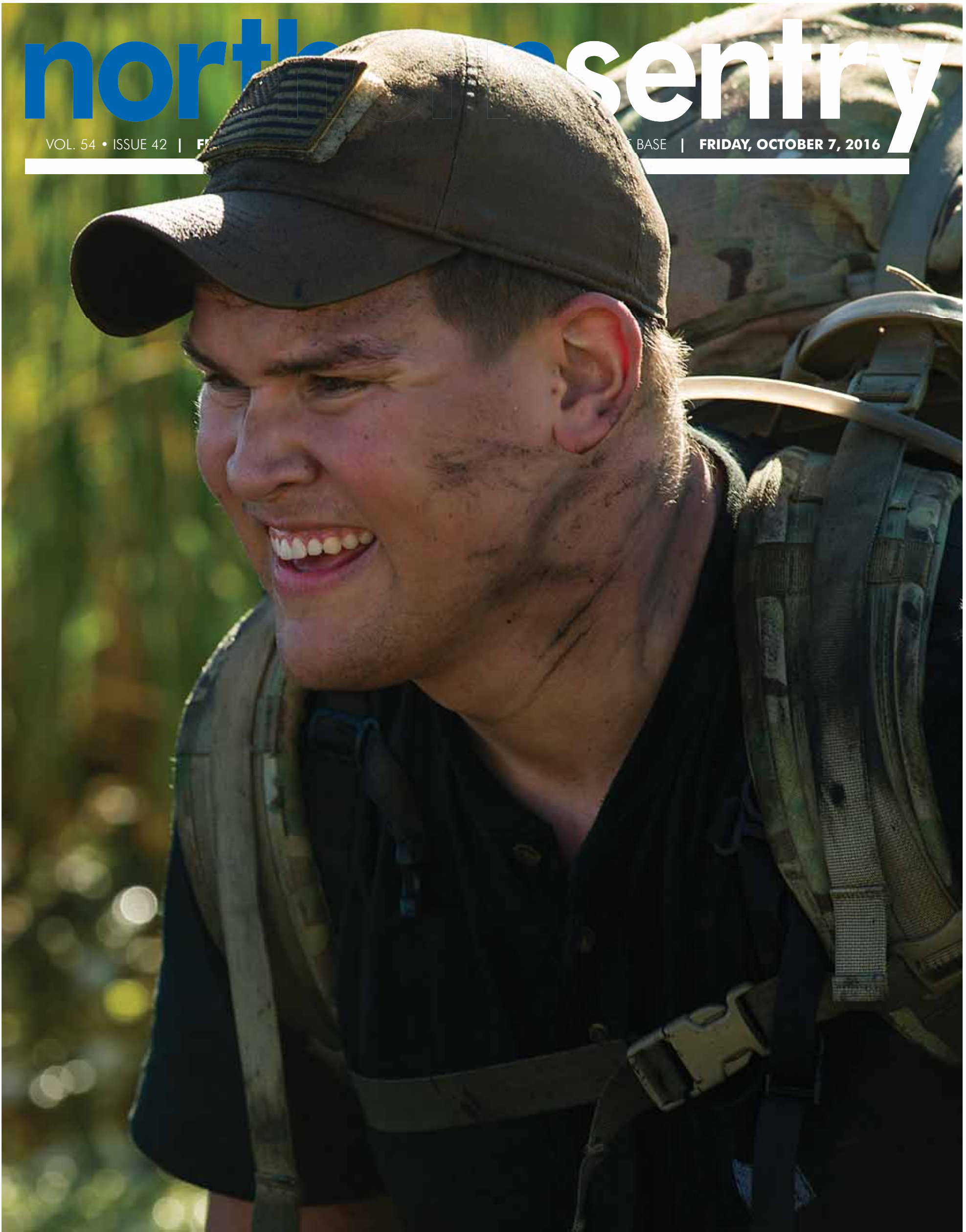


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MINOT AIR FORCE BASE | FRIDAY, OCTOBER 7, 2016



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

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Videos



Out of the Boneyard, Into the Fight: Ghost Rider Flies Again

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

MINOT AIR FORCE BASE, N.D. -- He said it was something he never thought he'd see again. The B-52H Stratofortress screamed across the blue North Dakota sky above Minot Air Force Base before coming in to land.

"I saw it at the boneyard and figured that's the end of that era," said Robert Crane, 5th Logistics Readiness Squadron vehicle management flight chief. "She's never going to fly again."

Crane stood at the alternate parking area as a B-52, tail number 1007, taxied towards him.

But this wasn't just any B-52.

The nose of freshly painted aircraft rolled past Crane and Staff Sgt. Dylan Wall, 5th Aircraft Maintenance Squadron dedicated crew chief, and came to a stop. Crane, the primary crew chief on the aircraft from 1991-1994, also gave 1007 its legendary name -- Ghost Rider.

"Having that tail number and nose art coming by me -- it was a big moment for me," said Crane. "I was pretty

darn choked-up" It was a reunion that he wouldn't soon forget. According to Crane, back in the early 90's when he named 1007 Ghost Rider, he did so for a worthy reason.

"I came up with the name Ghost Rider, because it flew code-1. I figured it had to be a spirit or ghost on board watching over," said Crane. "Code-1 means zero discrepancies or write-ups."

He recalled many times being out on the flightline as the discrepancies of other aircraft were being called in. Then 1007's turn would come. Sure enough, code-1.

"I felt a great sense of pride, being on the flight line with the crew chiefs, it brought me back to 22 years ago -- and to have my old plane taxiing in," said Crane. "That was four years of pride and joy coming back."

Ghost Rider's reunion wasn't only with crew, but with Minot Air Force Base as well. In 2008, the aircraft was sent to the 309th Aerospace Maintenance and Regeneration Group (AMARG) aka the Boneyard at Davis-Monthan AFB, Arizona. This site is the world's largest aircraft

boneyard, where the climate preserves parts to be removed and used on other aircraft.

After more than seven years in the boneyard, Ghost Rider, the first B-52 to be restored, has spent the last year at Tinker AFB, Oklahoma and Barksdale AFB, Louisiana, undergoing equipment transfers of usable equipment, inspections and corrective maintenance actions to ensure its airworthiness.

"Obviously flying in a plane that has not flown for such a long time would normally be a bit of an unnerving experience," said Col. Doug Warnock, 5th Operations Group commander. "However, knowing that Ghost Rider was thoroughly evaluated on the ground, both at Barksdale and Tinker, and had completed several test flights at Tinker by the U.S. Air Force Reserve B-52 aircrew, removed any doubt."

Warnock's flight from Tinker, returning 1007 to Minot AFB, was not his first flight in Ghost Rider.

In 2002, then Capt. Warnock, a recent graduate

of the U.S. Weapons School, was deployed to Diego Garcia with the 20th Expeditionary Bomb Squadron during Operation Enduring Freedom. Ghost Rider was there as well, fighting terrorism in Afghanistan.

After returning to Minot, Warnock said the entire crew remarked how clean and smooth of a ride home Ghost Rider had given them.

"Having flown Ghost Rider during OEF and then again today, I am excited to have her back in the fleet and ready to meet future combatant command taskings," said Warnock.

"Its true evidence of the numerous maintenance hours and actions that so many had given so that the B-52 named Ghost Rider could fly again and return to Minot."

After a long journey, Ghost Rider arrived home to Minot AFB on Sept. 27, 2016. It was no surprise to Crane, hearing an all too familiar phrase, this time from Ghost Rider's new crew, "1007, code-1".

The Ghost Rider rides again.

TOP FAR LEFT: Capt. Doug Warnock, 20th Expeditionary Bomb

Squadron, holds an American flag in front of The B-52H Stratofortress 61-007, aka Ghost Rider, at Diego Garcia, July 2002. Warnock now serves as the 5th Bomb Wing operations group commander.

COURTESY PHOTO

TOP MIDDLE: Robert Crane, 5th Logistics Readiness Squadron vehicle management flight chief, stands next to the B-52H Stratofortress Ghost Rider at Minot Air Force Base, N.D., Sept. 27, 2016. Crane, who was the primary crew chief on Ghost Rider when it was stationed here in the 90s and named the aircraft, came to see its return to Minot.

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

BOTTOM MIDDLE PHOTO: Lt. Col. Jeremy Holmes, 69th Bomb Squadron commander, peers out a window of the B-52H Stratofortress Ghost Rider at Minot Air Force Base, N.D., Sept. 27, 2016. In 2008, Ghost Rider was sent to the 309th Aerospace Maintenance and Regeneration Group, aka Boneyard, at Davis-Monthan AFB, Ariz., and has spent the last year at both Barksdale AFB, La. and Tinker AFB, Okla., undergoing equipment transfers of usable equipment and undergoing inspections and corrective maintenance actions to ensure its airworthiness.

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

TOP FAR RIGHT: Capt. Doug Warnock (right) and other members of the 20th Expeditionary Bomb Squadron hold American flags in front of The B-52H Stratofortress 61-007, aka Ghost Rider, at Diego Garcia, July 2002. Warnock now serves as the 5th Bomb Wing operations group commander.

COURTESY PHOTO

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Flu season is here!

5TH MEDICAL GROUP

MINOT AIR FORCE BASE, N.D. -- Flu season is here! Influenza (flu) is a contagious respiratory illness caused by an influenza virus. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. To help prevent the spread of the flu:

- Avoid contact with sick people
- If you become sick-limit your contact with others
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand

sanitizer.

- Avoid touching your eyes, nose, and mouth. Germs spread this way.

- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

The best way to prevent the spread of flu is to get vaccinated. The Centers for Disease Control and Prevention does not recommend the FluMist for prevention against the flu for the current season.

The Immunizations Clinic currently has flu vaccine available for deployers, medical group personnel and our high risk population. High risk population are defined by pregnant women, people who are < 65 years old or under 2 years and people diagnosed with heart, lung, or kidney disease, nervous system disorders, or a weakened immune system.

The Immunizations

clinic will have flu vaccines available for all military AD and Tricare beneficiaries by mid-late October.

After the 24 hour run, the event concluded in a closing ceremony at the McAdoo Fitness Center with a guest speaker, retired Captain William Robinson, who was a POW for more than seven years.

The POW/MIA event also involved the help of approximately 500 volunteers. Bird said what made this event so unique is that the volunteers did it out of pure compassion.

"A lot of volunteer things have a personal benefit to them and this is one of those that doesn't," said Bird. "You don't get anything in return except for the satisfaction of knowing that you've supported such a worthy cause, so that's what I love so much about it."

Bookhardt, who plans on getting involved with this event again in the upcoming years, said this event is bigger than ourselves and this is why we wear the military uniform in the first place.

Like Bookhardt, Bird also plans on being involved with the event in the future and says people should look forward to the bigger and better event next year because this event is just going to keep growing.

"I want every year for it to be known that on POW/MIA Recognition Day that this is happening and people are jumping at the chance to do it because it's become a staple at Minot Air Force Base."

The face of the Air Force

AIRMAN 1ST CLASS JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The Honor Guard at Minot Air Force Base, North Dakota, is one of the many base Honor Guards in the United States.

Tech. Sgt. Joshua Hull, NCO in charge of the Minot AFB Honor Guard, has been here since 2011, but started working with the Honor Guard in 2006 at Davis-Monthan AFB, Arizona.

He said he fell in love with the program because

of the opportunities to do incredible things, such as go to an Order of the Swords ceremony.

Hull was then selected for the Air Force Honor guard and spent four years working with them. According to Hull, the Honor Guard represents the U.S. Air Force, which he considers to be an incredible responsibility.

"We are the face of the Air Force," said Hull. "The Honor Guard has given me a much deeper appreciation for our Air Force history, our culture and the

heritage."

The Minot AFB Honor Guard's primary mission is to provide military funeral honors for Air Force veterans and retirees with an honorable discharge from the Air Force, whether those individuals served two years or 40 years. Some secondary missions for the Honor Guard include being at change of command ceremonies, retirement ceremonies, and U.S. and international military balls.

The Minot AFB Honor Guard is a direct reflection of Air Force Honor Guard because it follows the same guidance and instructions, but on a local scale.

In order to have a base Honor Guard established, a military base must support 12 military funerals a year. Here in North Dakota, the Minot AFB Honor Guard provides military honors at approximately 40 to 60 military funerals a year. This is a ceremony Hull has a lot of respect and appreciation for.

"We have an amazing opportunity to go out there and represent the U.S. Air Force for someone who sacrificed their life for the Air Force 60 years ago," said Hull. "That's our most time-honored tradition and I love it."

The Minot AFB Honor Guard consists of approximately 40 Airmen from both the 5th Bomb

Wing and the 91st Missile Wing.

"One of the greatest moments I have had while working with the Honor Guard is seeing how young Airmen are willing to step up, lead and develop other Airmen within the program," said Hull, who added that his most valued memory is watching Airmen develop into people of outstanding character.

Over a course of four years, Hull has trained approximately 40 Airmen annually.

"I have gotten to watch 160 Airmen develop and influence, mentor and guide them into becoming better Airmen," said Hull.

In retrospect, Hull said his time with the Honor Guard has been the best experience he has ever had in the Air Force.

"I am who I am today because of the Honor Guard," said Hull. "I have been developed personally and professionally to a level I've never even imagined because of my experiences with the Honor Guard and I love every minute of it."

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FACEBOOK

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2016 TEAM COHESION CHALLENGE

Airmen participate in the GoRuck Team Cohesion Challenge at Minot Air Force Base, N.D., Sept. 29, 2016. During the five-hour event, participants worked as a team to complete various physical tasks. The ruck included exercises, a relay race, navigating through swampy waters and climbing steep hills, all while carrying sand bags. This was the third annual GoRuck event the 5th Force Support Squadron has hosted.

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







5 SFS entry controllers

MINOT AIR FORCE BASE, N.D. -- Entry controllers check to verify a person's access to a military installation through the Defense Biometrics Identification System at Minot Air Force Base, N.D., Sept. 30, 2016. Security forces members conduct random vehicle inspections and truck checks through the day and night in search of infractions. Due to implementation of the READ ID Act, individuals are no longer able to access Minot AFB unescorted with only a state-issued identification card or driver's license from Missouri, Minnesota, Washington or American Samoa.

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



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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Airmen with the Minot Air Force Base Honor Guard go over the different steps in presenting the colors at Minot Air Force Base, N.D., Sept. 27, 2016. While maneuvering with the flags in areas with low ceilings, Airmen carry the flags in a position known as "port arms" in order to prevent the flag from hitting the ceiling.

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

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Fall for North Dakota this October

NORTH DAKOTA LEGENDARY

Fall may just be the prime season to enjoy North Dakota's splendors.

Autumn's brisk weather is ideal for a day spent hiking through a state park or perusing an art festival. Anglers can troll for walleye while enjoying fall's foliage on one of North Dakota's many lakes. Haunted forts, colorful pumpkin patches and sprawling corn mazes involve visitors. Don't let this festive season pass you by.

Fall for Art:

As the weather cools, North Dakota's art scene heats up. Discover local artists at an art festival (www.fmva.us; www.downtownfargo.com/events/article/art-and-ale-walk; <http://downtowngrandforks.org/go-downtown/aww/>), learn more about North Dakota artists at a community gallery (http://art-collecting.com/nonprofits_nd.htm) or hit up the Plains Art Museum (www.plainsart.org) in Fargo or the Taube Museum of Art (www.taubemuseum.org) in Minot. Take a self-guided driving tour through Nelson County to see the vividly painted Barn Quilt Trail (<http://www.michigannd.com/>) created by quilters from across the region. The 32-mile long Enchanted Highway (<http://www.ndtourism.com/best-places/7-ways-be-awed-enchanted-highway>) in western North Dakota is always open

and offers travelers views of whimsical roadside sculptures.

Fall for Cuisine:

The food scene in North Dakota has never been better. Sample delicious wood-fired pizza at Fargo's Blackbird Woodfire, Minot's Starving Rooster or Bismarck's Fireflour. Cap a busy day outdoors with a craft brew from Williston Brewing Company, Souris River Brewing in Minot or Bismarck's Laughing Sun Brewing Company. Grab a coffee and scone for the road at Bismarck's Terra Nomad, where Chef Tyler keeps the drool-worthy menu fresh, local and seasonal. Mandy's Bagel Bar in Dickinson or Bearscat Bakeries in Bismarck and Mandan provide fuel for the day's activities.

Fall for Outside:

North Dakota's vast countryside beckons this October. Hunting is a classic fall activity so gather a party and discover why this state has a world-class reputation. (<http://www.ndtourism.com/best-places/top-5-places-north-dakota-hunt-pheasants>). Pair a wool sweater with a mug of apple cider and hitch a ride on a hay-wagon (<http://www.ndtourism.com/best-places/5-pumpkin-patches-and-corn-mazes-explore-nd>). Round up biking companions and pedal the (paved) scenic loop drive through the majestic Badlands of Theodore Roosevelt National Park

(<https://www.nps.gov/thro/index.htm>) or get gritty on the Maah Daah Hey Trail (<http://mdhta.com/>). Spend the day angling or bird watching on Lake Sakakawea and then tuck in at a cabin at Lake Sakakawea State Park or Fort Stevenson State Park (<http://www.parkrec.nd.gov/>). Stroll through an afternoon at the International Peace Garden (<http://www.peacegarden.com/>) on the Canadian border and then cozy into a yurt for a night at nearby Lake Metigoshe State Park (<http://www.parkrec.nd.gov/parks/lmsp/LMSP.html>).

Fall for the Mystic:

Thrill-seekers hit their stride this month with Halloween and multiple other opportunities to get spooked (<http://www.ndtourism.com/best-places/5-spooktacularly-haunted-hideaways>). Fort Abraham Lincoln State Park in Mandan transforms from a historical landmark into a nightmarish fortification. Leonard's Acres of Terror in Leonard inspires nightmares with abandoned schoolhouses and busses. Zoo Boos, pumpkin patches, corn mazes, parades and Spooktaculars are lighter options for kids ... and for the faint of heart.

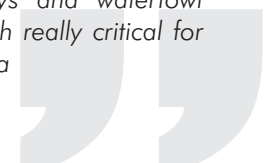
These are just a few ways to experience acres of adventure North Dakota. For more information, go to NDtourism.com or phone 800-435-5663 or 701-328-2525.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"They're (harvest surveys and waterfowl banding information) both really critical for harvest management data



- N.D. Game and Fish Department migratory bird management supervisor Mike Szymanski described.

Hunters generally recognize they have serious responsibilities when they purchase licenses and go afield – safety and ethics, for example.

However, there is another responsibility, one that allows hunters to play a role in management: The responsibility to wildlife and future hunters and hunting opportunities – filling out a harvest survey.

Or reporting a banded bird.

For those hunters asked to submit wings, wing parts, and feather or leg samples, it's the responsibility of providing harvest information and mailing the prepaid postage packet to the appropriate wildlife agency.

If hunters don't live up to that responsibility it makes it that much more difficult for migratory and upland bird managers to live up to their own responsibility of managing resources to the best of their scientific ability. "As managers, we have to manage with confidence. If we have less confidence, we have to be more conservative," N.D. Game and Fish Department migratory bird management supervisor Mike Szymanski explained.

Confidence comes with information. A large part of that information includes harvest data – what species, how many, whether a bird is juvenile or adult, male or female.

Consider this: The more information waterfowl managers have, the better they can determine season and bag limits, species restrictions, etc. For example, Szymanski said the U.S. Fish and Wildlife Service allows North Dakota to issue a limited number of tundra swan licenses. If there isn't accurate enough harvest information available to guide the decision making process and provide enough of a confidence level, licenses numbers could decrease or season structure change with managers erring on the side of caution to best protect the resource.

Essentially, if harvest numbers are uncertain, managers tend to be cautious in management strategy, which could lead to more conservative regulations and fewer opportunities in the field.

It's a case of the old adage "to ere on the side of caution."

Money is another reason to participate in harvest surveys or report band information.

Hunters pay for banding operations.

They pay for surveys and collecting and analyzing wing samples.

Wildlife managers send out follow-up correspondence for things such as harvest surveys if they don't have enough information to statistically validate their data, costing more hunter dollars. "We need that data to make better estimates of what we're doing for our harvest," Szymanski described.

Oh, and one last thing – not only is it important to respond to surveys, submit wing samples, and report banded bird harvest information, it's equally important to be honest.

Truly, people analyzing the information won't laugh if you didn't harvest a duck, goose, dove, pheasant, or grouse. They're not going to question your shooting skills. Don't be embarrassed to put down "zero" in the column.

A "zero" response is equally as important as any number of birds harvested. "We need to know if they didn't shoot anything," Szymanski stressed.

The reason: A "zero" falls into the average and when no one reports a "zero" for harvest, it skews harvest success rates, which could affect management decisions.

So be honest.

Send in harvest surveys, band information, and wing samples.

Take the time to live up to a hunter's responsibility.

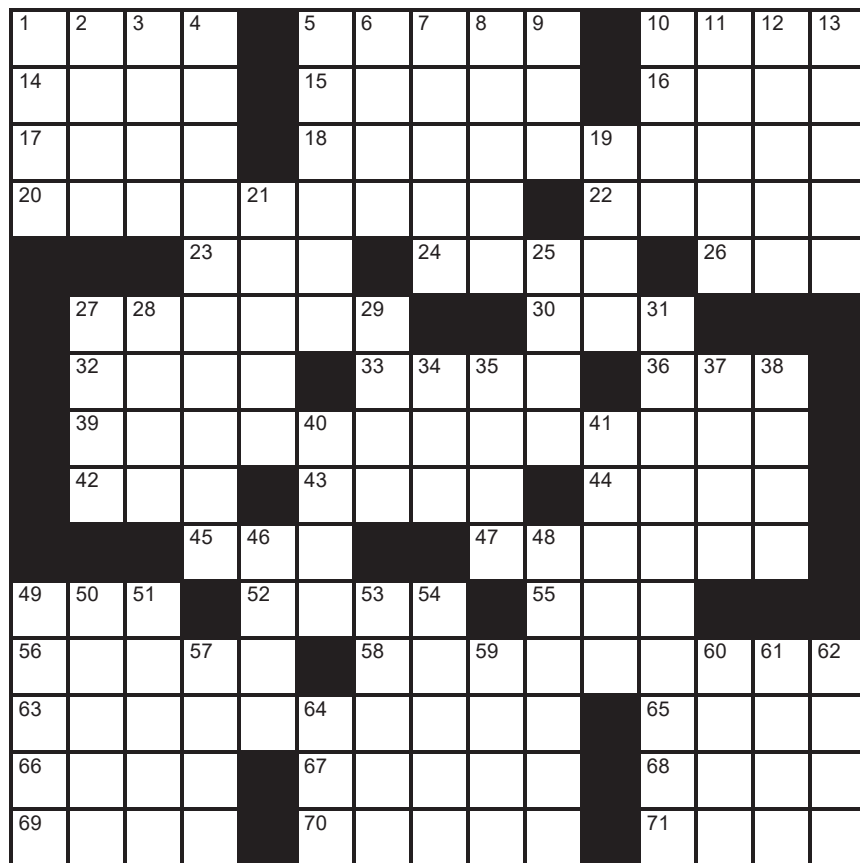
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CROSSWORD PUZZLE

Double OU

Across

- 1 Crude group?
- 5 Afternoon: Sp.
- 10 Distort
- 14 Long (for)
- 15 Crazy as ___
- 16 Emanation
- 17 Org. with eligibility rules
- 18 Locomotive locale
- 20 Bread type
- 22 North of Virginia
- 23 Pacific ring
- 24 Bindle bearer
- 26 Big ___ Conference
- 27 Far down
- 30 Some hosp. cases
- 32 Once, once
- 33 Grand Ole ___
- 36 On the ___ vive
- 39 "No question"
- 42 ___-Jet (winter vehicle)
- 43 Mouth, slangily
- 44 Dundee denials
- 45 Negative word
- 47 Cooking wine
- 49 CBS cop show
- 52 Starting place
- 55 Job ad abbr.
- 56 Bellybutton type
- 58 Total
- 63 Restaurant special
- 65 "This can't be!"
- 66 ___ Nostra
- 67 Boxer Liston
- 68 Pooch's name
- 69 Newspaper piece
- 70 River to the Missouri
- 71 Put one over on



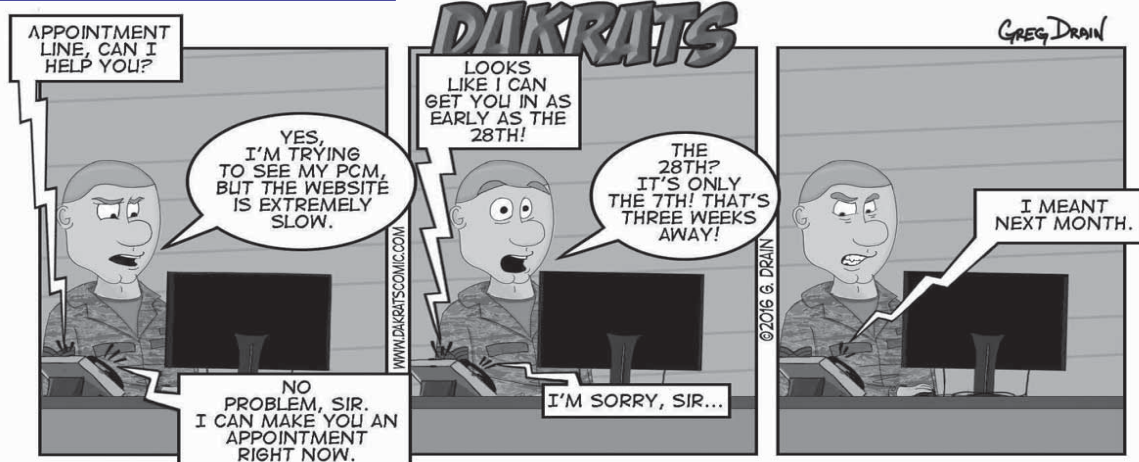
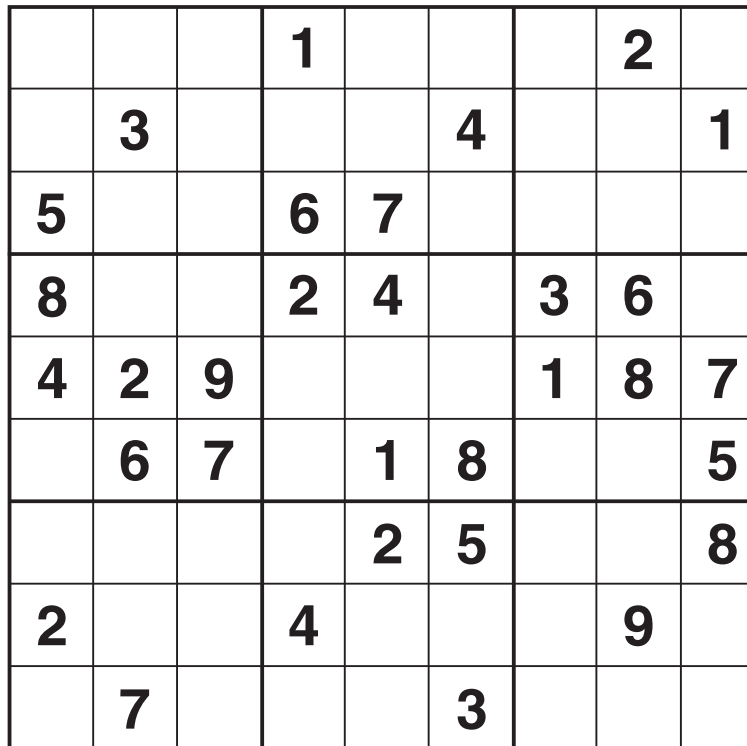
Down

- 1 Has
- 2 ___ de gallo
- 3 Twin in Genesis
- 4 South Carolina city
- 5 Coal product
- 6 Baseball brother
- 7 Uneven
- 8 "Tiny Bubbles" singer
- 9 Finis
- 10 Ewe's coat
- 11 Mature
- 12 Ms. O'Donnell
- 13 Dress up
- 19 Parka feature
- 21 Profundity
- 25 "Cheers" bartender Woody
- 27 Moistens, in a way
- 28 "___ go bragh!"
- 29 Part of BYO
- 31 Took a fighting stance
- 34 School tie?
- 35 Emulates Eminem
- 37 Rideshare company
- 38 Teeny
- 40 Sgt. Snorkel's dog
- 41 Tie ___ (tipple)
- 46 Was in the hole
- 48 Town crier's cry
- 49 Kid's name
- 50 Nosy Parker
- 51 Sign on a plane facility
- 53 Magic amulets
- 54 "___ sera!"
- 57 Apple bestseller
- 59 Mao Tse-___
- 60 Mississippi feeder
- 61 Bring to ruin
- 62 Hammer or sickle
- 64 WWII entertainers

Solution to last week's Crossword puzzle.



SUDOKU Solution to puzzle on page 19



Bridget Jones's Baby

Romantic triangle sets up sturdy comedy in *Bridget Jones's Baby*

NEIL POND | PARADE MAGAZINE

"How in the hell did I end up here again?" Bridget Jones asks herself as she sits on the couch of her London flat watching the pitiful flicker of a birthday candle in a cupcake remind her that she's celebrating yet another birthday—number 43—alone.

We might ask the same question: How did Renée Zellweger end up in the same place, in the same role, one she hasn't played in 12 years (since *Bridget Jones: The Edge of Reason*), as a character that she launched back in 2001 in a movie originally made from a Helen Fielding novel kinda-sorta based on Jane Austen's *Pride and Prejudice*?

Zellweger received an Oscar nomination for *Bridget Jones's Diary*, a delightfully frothy British rom-com, in the title role that captured viewers' hearts—a plucky, single, working-class lass struggling with her career, her weight, her love life and her tendencies to over-indulge in booze and cigarettes. She chronicled it all in her diary.

Now, 15 years down the road, Bridget has moved up—and somewhat on. She's a producer for a TV news show; she's managed to corral her figure into something she's proud to show off. She's stopped smoking and cut down on the booze. These days she writes on a laptop. But she's still single, and now more than ever she's feeling the ticking of her biological clock.

"I'm beginning to think I've passed my sexual sell-by date," she tells one of her co-workers. She refers to her ovaries as "the last barren husks in London."

But that's about to change, as you likely surmised by the title of the movie.

Yes, Bridget gets pregnant. But the big question

is, who's the daddy?

Is it her longtime—nearly lifelong—crush, London barrister Mark Darcy (Colin Firth)? Or is it the new American dating-website guru Jack Qwant (Patrick Dempsey)? As fate would have it, Bridget had "intimate encounters" with them both, just weeks apart. As the old saying goes, when it rains, it pours.

That romantic triangle sets up the sturdy structure of the movie's comedy, and there are plenty of laughs as Bridget at first tries to keep both Darcy and Qwant in the dark about each other, then resigns herself to telling them both. Original *Diary* director Sharon Maguire also sets up some hilarious gaffes and snafus in Bridget's workplace as her personal life begins to intrude—once again—on her career.

It's nice to have the original *Diary* gang—or most of them—back, including many of the supporting players (like Bridget's parents and pals). Zellweger and Firth pick up where they left off, just as their characters do, after more than a decade apart; the absence of Hugh Grant's caddish Daniel Cleaver, Bridget's other love from the previous two films, is explained early in the movie, with a dry twist of British wit. Dempsey slides right into his role like a sweet slice of blue-eyed American pie.

And Emma Thompson, who was also one of the screenwriters, shines as a bright comedic charm as Bridget's no-nonsense OB/GYN. There's a very cool cameo from Grammy-winning British singer-songwriter Ed Sheeran.

So how did Bridget end up here again? The important thing is the little bundle of joy she leaves with two hours later, and the laughter—and the surprises—along the way.



Bloody Good Cheesecake



INGREDIENTS:

For the Crust:

8 whole chocolate graham crackers, crushed into fine crumbs
5 tablespoons melted butter

For the Gel Frosting:

1/4 cup COLD water
3 teaspoons cornstarch (see note)
1/4 cup light corn syrup
1 teaspoon vanilla
red icing color

For the Cake:

For the Cake:
3 (8 ounce) blocks of cream cheese, at room temperature
3/4 cup granulated sugar
1/4 cup dark unsweetened cocoa powder
4 large eggs, at room temp.
1 teaspoon vanilla
1/4 teaspoon salt
1/3 cup heavy cream
red icing color

INSTRUCTIONS:

Preheat the oven to 325F. Line a 9" springform pan with parchment paper or foil, letting the paper cover the edges of the bottom of the pan and closing the springform edge around it. Combine the crushed chocolate grahams and melted butter until the crumbs are evenly coated. Press into the prepared pan. Beat the softened cream cheese and sugar until fluffy. Add the unsweetened cocoa and mix until combined. Add the eggs one at a time. Then mix in the vanilla, salt and heavy cream. Add the red icing color until the batter is a deep red color. Scrape the batter into the prepared pan and spread it over the crust. Bake for 20 minutes at 325F. Then reduce the oven temperature to 225F and bake for 30 more minutes. Turn the oven off and DO NOT open the oven door. Just let the cheesecake stay in there until the oven cools to room temperature. This prevents cracking. Use a knife to gently loosen the sides of the cake from the pan before popping the springform sides open. To make the gel frosting, stir together the cold water and cornstarch until smooth. Pour it into a small saucepan and bring to a simmer over medium heat. Pour in the corn syrup and stir until the mixture is heated through and smooth. You will need to stir frequently; you can watch it thicken as it cooks. Remove the mixture from the burner after 1-2 minutes. Stir in the vanilla and red icing color. Let the gel cool before spooning it over the cake. Refrigerate for 4 hours before serving.

NOTES

For the cake pictured, they made 2 batches of the gel frosting. For the first batch they used 4 teaspoons of cornstarch. It makes a thicker gel. Then spread it over the top of the cake and let it drip down the sides. Then refrigerated the cake. That kept the drips in place. The second batch they made with 3 teaspoons of cornstarch and spooned it over the cake when serving.



Ritual of Summer Rodeo raises funds for Triangle Y Camp

RUTH NICOLAUS | MINOT Y'S MEN'S RODEO

MINOT, N.D. – The Triangle Y Camp on the shores of Lake Sakakawea has had an impact on a multitude of kids.

Each year, for the past 52 years, the camp has hosted a number of youth, including 1,250 kids this past season. Those kids experience a ritual of summer: spending time experiencing new things, away from home, growing and learning.

And the Mowbray family of Minot has participated in that ritual.

Travis Mowbray went to camp three times in the 1980s, and loved it. He remembers the horseback riding, the fishing, and the archery, and being away from home. He looked forward to it each time. "It was a week to hang out with friends, make a lot of new friends, and be away from your parents," he remembers.

It was a great experience, one his kids have gotten to enjoy.

He and his wife Jessica have two children, a son, Carter, who is eleven, and a daughter, Darby, age eight. Both have been to camp, Carter, five times, and

Darby, twice.

Carter loves it. He likes making new friends, the lake, and the rope swing. He also has learned how to be away from his parents. He misses them the first day, "but then I don't even think about them till the last day" of camp. He's also learning responsibility and how to lead. "I try to be a leader. Not just control the cabin," he explained, "but make sure everybody's not goofing around. Everybody's supposed to have fun and all that, but everybody's supposed to work together." In four years, Carter will be old enough to be a "leader in training" at camp, and then become a counselor after that.

Darby also likes camp, especially the rock wall and the riflery. She has learned the importance of being respectful, she said. "You have to be nice to the campers and the counselors."

The Minot Y's Men's Rodeo is the Triangle Y Camp's biggest fundraiser, and Travis, as a Y's Men member, volunteers each year. He helps with set up and tear-down, and serves

as an usher during the event. He loves seeing the rodeo and being part of it. "It's the only rodeo I get to see each year. It's great to be involved with something like that, that has such a big impact on this town. People come to expect it and it's a good thing to be a part of."

Proceeds from the Y's Men's Rodeo, after the bills are paid, go to the camp. Monies go towards camp upkeep and improvement and scholarships for student tuition to the camp.

The Y's Men's Rodeo performances begin at 6:30 pm on October 6-8 and at 1:30 pm on October 9. Tickets range in price from \$13 to \$33 and can be purchased online at MinotYsMensRodeo.com and at the gate. For more information, visit the website or email tickets@minotysmensrodeo.com.

Darby (left) and Carter Mowbray, sister and brother, are the second generation of the Mowbray family to attend the Triangle Y Camp at Garrison, N.D. The Minot Y's Men's Rodeo raises funds for the camp each year; their father, Travis, is a Y's Men's Club member and volunteers with the rodeo.

PHOTO COURTESY JESSICA MOWBRAY

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YOUR GUIDE TO SERVICES & EVENTS PROVIDED BY THE 5TH FORCE SUPPORT SQUADRON

Don't Miss The First Friday Oktoberfest At The JDC On Oct. 7

The Jimmy Doolittle Center is celebrating Oktoberfest during their First Friday event on October 7th in the Ground Zero Lounge. From 4-9 p.m., enjoy playing cornhole, darts, and crud. Plus from 4-6 p.m., you'll be able to savor delicious German cuisine including bratwurst with sauerkraut and pommes frites. Cost is free for club members and \$7 for non-members. This is an adults only event.

You can also try your skills in some friendly competition during the "Pretzel Toss" and "Pass The Stein Race". Club members or their bona fide guests are invited to enjoy bingo at 5 p.m., 6 p.m., and 7 p.m. For more details, call 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.

FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 204 pay-per-view event at Rockers Bar &

Grill on Saturday, October 8th. Non-members price is only \$7.

The action is headlined by the UFC Middleweight Championship bout featuring champion Michael "The Count" Bisping facing former Pride Welterweight, Pride Middleweight, and former Strikeforce Light Heavyweight champion Dan Henderson. In other action, Vitor "The Phenom" Belfort battles Gegard Mousasi, Ovince Saint Preux takes on Jimi "Poster Boy" Manuwa in a light heavyweight match, Stefan Struve faces Daniel Omielanczuk, and much more.

Fight pay-per-view begins at 8 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

Auto Hobby Hosting Ladies Night On Monday, October 24th

Auto Hobby is hosting a Ladies Night on Monday, October 24th from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. Dependents may also attend. The class is taught by a certified mechanic who will cover items including battery care, automotive fluids, tire changing tips, common car maintenance questions, and more.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. There will be a door prize given away at 6:30 p.m. Registration deadline is October 21st. Please wear clothes you don't mind getting dirty and close-toed shoes. To register, call Auto Hobby at 723-2127.

Ghouls, Goblins, and More Will Enjoy Family Fun Fest

Family Fun Fest is coming to the Youth Center on Friday, October 28th from 5:30-7:30 p.m. Children of all ages can enjoy wearing their costumes and trying their skill at a variety of games. There will be face painting, a candy walk, bone sweep, and haunted maze.

Admission is FREE with no registration necessary. The games require 1 or 2 tickets to play. Tickets for games are \$1 for 2 tickets and may be purchased at the door. Prizes will be awarded at each booth.

The Family Fun Fest is sponsored by Dakota Kids Dentistry and Minot AFB Homes. No Federal Endorsement of Sponsor Intended. For more information, call the Youth Center at 723-2838.

CLUB MEMBER DRAWING ON FRIDAY, OCTOBER 7th WILL BE FOR \$1,200.

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, October 7th will be held at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

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.

Oct 14 Family Pizza Night & Karaoke

Family Pizza Night returns to the Jimmy Doolittle Center on Friday, October 14th from 5-7 p.m. Build your own personal pizza from a wide array of delicious toppings, sauces, and crust. Cost is \$5 per pizza for club members of all ages and \$7 per pizza for non-members of all ages. For additional information, contact the Jimmy Doolittle Center at 723-3731.

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. For additional details, call Rough Riders at 727-4377.

Oct 19 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on October 19th 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.

Oct 20 Creative Kids Class

Spend the morning with your preschooler having fun creating a spooky Halloween paper craft during the Creative Kids class at the Arts & Crafts Center on Thursday, October 20th from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call 723-3640 for more information.

Youth Indoor Soccer Registration

The Youth Center is holding registration for Youth Indoor Soccer now through October 28th. Cost is \$30 for Smart Start youth ages 3 & 4 and \$40 for youth ages 5-15 years old. Current immunization record must be on file to register and new FY17 Youth Center membership paid. For more details, call 723-2838.

Oct 7 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, October 7th. 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.

Oct 21 Doo It Your Way Burger Night

The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, October 21st from 5-7 p.m. Choose from ground beef, ground turkey, or portobello mushroom. Select the type and amount of meat, cheese, and seasonings you want. Cost is 50 cents per ounce of meat/cheese; portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call the Jimmy Doolittle Center at 723-3731.

Arts & Crafts Center Offering Wine & Paint Class On Oct. 21

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, October 21st 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 from October 13-20. There is limited seating available so be sure to register early. Class is open to adults 21 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For additional information, please contact the Arts & Crafts Center at 723-3640.

YOUNG AIRMEN EVENTS & PROGRAMS

Oct 7 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on October 7th 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.

Oct 12 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.

Oct 13 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 20 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 20th 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.

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

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October 27-30
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Register by October 21st
Skills Test: Oct 27th

Cost for Class: \$200
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723-3648



2nd Annual Ninja Warrior

MINOT AIR FORCE BASE, N.D. -- The Youth Center held its second annual Youth Ninja Warrior at Minot Air Force Base, N.D., Sept. 26, 2016. The event had over 10 obstacles for the children and adults to go through. The event was held in recognition of the Boys and Girls Club of America's worldwide day of play.

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

Everything you need to know about absentee voting

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

MINOT AIR FORCE BASE, N.D. --

With the primary elections right around the corner, Maj. Katrina Janousek, 5th Medical Operations Squadron flight medicine clinic element leader and voting installation assistance officer, helps answer absentee voters' most common questions.

Question: How does an absentee ballot work?

Answer: The Federal Postcard Application is for all service members, eligible family members living outside their voting jurisdiction and U.S. citizens residing overseas who haven't changed their residency.

Q: What is a voting residence and why is it important?

A: Voting residence is your state of legal residence or domicile. It is used for state income tax purposes and determines eligibility to vote for the federal and state elections. If a service member cannot remember their state of residence, it can be found on the leave and earnings statement.

Q: When is the best time to apply for absentee ballots?

A: In order to continue receiving absentee ballots, submit a new FPCA every January or each time your

address changes. However, you can also apply at a minimum of 90 days prior to the elections you want to vote in.

Q: Where do I send my FPCA?

A: The request form must be completed, printed, signed, dated and sent directly to your election official. Some states allow submission by fax or email.

Q: When is the deadline to submit an absentee ballot?

A: The FVAP.gov/FWAB websites have specific cutoff dates for each state. The Federal Postcard Application must be submitted 45 days before the election. In order to vote in the general election, you must be registered. Some states allow the use of the Federal Write-in Absentee Ballot which allows you to register and vote at the same time.

Q: Who can Airmen and their spouses contact for more information?

A: Anyone can call the Voting Office at 723-5222, speak to their squadron's voting representative, log onto FVAP.gov or call FVAP at 1-800-438-VOTE (8683) for additional information. The FVAP provides online assistance to walk you through filling out the FPCA and FWAB.



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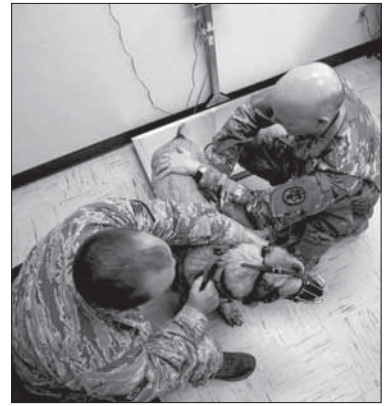
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Oct. 2-8, 2016



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For assistance, call the MSU office on base at 727-9044, the Center for Extended Learning Office at 858-4422 or the MSU Veterans Center Office on campus at 858-4003.





Grand Forks MWDs visit Minot vet

MINOT AIR FORCE BASE, N.D. -- Military working dogs, along with their handlers, from the 319th Security Forces Squadron visited Minot Air Force Base, N.D., Sept. 28, 2016. The Grand Forks AFB K9s come to Minot for their veterinarian needs because Grand Forks does not have the necessary assets to regularly maintain the MWDs. During the checkup, the MWDs had their weight, eyes, ears, teeth and their heart rates checked to ensure they are fit to carry out their duties.

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



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TODAY

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center
- First Friday Oktoberfest, 1600, Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- 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, 1830-1930, Youth Center
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling Leagues, 1000, Bowling Center
- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100-1230, Fitness Center
- Pumpkin Party, 1300, Base Library
- Columbus Day Special, 1400-2000, Bowling Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- UFC Fight Night: UFC#204 Bisping vs Henderson, 2000, Rockers Bar & Grill
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2400, Bowling Center

SUNDAY

- Football Frenzy, 1130, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Zumba, 1400, Fitness Center

MONDAY

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

TUESDAY

- Last day to register for Papa's Pumpkin Patch Trip at Outdoor Rec
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Power Yoga, 0630, Fitness 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
- Turbo Strength, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- Scotch Doubles League, 1830, Bowling Center
- 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
- 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
- New Parent Orientation, 1200, Child Development 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
- H2O Fitness, 1630, Indoor Pool
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- Squadron Extramural League, 1800, Bowling 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
- Time Management Workshop, 1100-1230, A&FRC
- Hard Core Strength Muscle Pump, 1130, 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
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- Craft Club, 1800, Base Library
- Mixed Couples League, 1830, Bowling Center
- Fun 9 Pin No Tap Mixed League, 1830, Bowling Center
- Hard Core Strength Muscle Pump, 1830, Fitness Center

- Cycle/ CORE, 1930, Fitness Center

UPCOMING EVENTS - OCT. 14

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Step Jam, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Family Pizza Night & Karaoke, 1700-1900, 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, 1830-1930, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPCOMING EVENTS - OCT. 15

- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Papa's Pumpkin Patch Trip, 1000-1800, Outdoor Rec
- Yoga, 1000, Fitness Center
- Youth Bowling Leagues, 1000, Bowling Center
- Jiu Jitsu Training, 1100-1230, Fitness Center
- Give Parents A Break, 1300-1700, CDC/School Age Program
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Texas Hold'em Game Night, 1930, Rockers Bar & Grill
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2400, Bowling Center

ONGOING EVENTS

- Papa's Pumpkin Patch Trip Registration, Registration open until October 11th. Trip is \$30/person - price includes transportation, admittance to Papa's Pumpkin Patch, hay ride, train ride, a pumpkin craft and lunch! Contact Outdoor Recreation at 723-3648 to reserve your spot. Trip leaves October 15th at 10am.
- Youth Center Indoor Soccer Registration, Registration open from 8 Oct - 28 Oct. Smart start ages are 3-4. Youth ages are 5-15. Indoor Soccer season starts January 2017 and is open to members only. Cost is \$30 for Smart Start & \$40 for Youth. Contact the Youth Center for more information at 723-2838.
- Men's & 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. 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 Special. 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. 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

MILITARY SAVINGS

Advertise your Military discounts!

Contact us to reserve your ad space today!

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We will be running our Military Savings the first week every month that will showcase businesses that help support the Minot Air Force Base personnel and their families by offering a Military discount.

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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 .

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.

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.)

FRIENDS OF THE LIBRARY FALL BOOK SALE 10/07/2016 9:00 AM

The Friends of the Minot Public Library will be holding their fall book sale on the following dates: Thursday, Oct. 6th 12:00 - 9:00 PM Friday, Oct. 7th 9:00 AM - 6:00 PM Saturday, Oct. 8th 10:00 AM - 4:00 PM (BONUS: from 1:00-4:00 on Saturday you can fill a bag with anything you can find at the Book Sale and pay only \$3 for everything in the bag!) Friends of the Library members are also welcome to attend the special pre-sale on Wednesday the 5th from 5:30 - 8:00 PM. Not a Friend of the Library member, but want to attend the pre-sale? It's not too late!! Membership forms are available at the Library and at the sale so you can sign up anytime. Membership levels begin as low as \$10 and all proceeds from dues and sales go directly to the Friends of the Library. For more information call 852-1045.

BABY PLAY 10-07-2016 10:00 AM - 10-07-2016 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.

MAKE A SCENE KIDS THEATRE PRESENTS CHARLOTTE'S WEB 10/07/2016 5:30 PM - 10/09/2016 8:30 PM

Novak Barn. Make A Scene Kids Theatre will be performing Charlotte's Web. This will be a fun filled event starting with supper, hay rides, train rides and pumpkin picking. We will also be featuring Max Patzner for some pre-show entertainment. And then, of course, the performance of Charlotte's Web IN A BARN!!! We cannot wait to see you there!

RTL OPEN MIC NITE 10-07-2016 07:00 PM - 10-07-2016 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.

ARSENIC AND OLD LACE 10/07/2016 7:30 PM

Mouse River Players Community Theatre presents "Arsenic and Old Lace" by Joseph Kesselring; \$15 or Season Ticket; Purchase tickets and make reservations at www.mouseriverplayers.com; Performances at 115 1st St SE, Minot

JUNK IN' IN THE DIRT - HOSTED BY GRANVILLE JUNKAHOLICS 10/08/2016 9:00 AM

ND State Fair Center-Arena II & Theater Room. JuNk Market- 70+ junk booths largest Junk Sale in North Central ND. The Junkin' in the Dirt Event is hosted by the Granville JunkAholics. Lloyd and lots of great JuNk to be found. Shabby Chic, Retro, Rusty, Reborn, Vintage, Tool Shed, Garden, One of a Kind, Boutique Style Clothing and Costume Jewlery. Something for everyone's style. There will also be live music, and concessions, come out and spend the day JuNking! Find us on Facebook at Granville JunkAholics

TEENS ROCK SATURDAYS 10/08/2016 1:00 PM

MPL will now be offering a free Manga Club for teens. Join us for the appreciation of all things Manga: writing, drawing, critiquing, cosplaying and gaming! Manga Club will be held from 1-2 pm just before video gaming from 2-4 on the Second Saturday of the month and henceforth shall be called: Teens Rock Saturdays. Teens Rock Saturday Dates: September 10th, October 8th, November 12th and December 10th Teens Rock Saturday Time: Manga Club from 1-2 and Video Gaming from 2-4

FAMILY PAINTING DAY 10-08-2016 01:30 PM - 10-08-2016 02:30 PM

Looking for an adventurous new opportunity for you and your children? Grab your kiddos, ages 6 and up, and join the Taube Museum of Art for an afternoon of entertaining art instruction by a Minot local artist The Taube Museum of Art has created a new monthly Paint Party - You and Your Child Painting class! This creative upbeat class is open to the artistic and the not so artistic. These classes will be held one Saturday a month, with the first one held January 16th. The instructor will guide your family through step by step in recreating the featured painting. It is easy, fun, and stress free! No experience required for you or your child! You can create individually or partner together to take home a painting you can call "uniquely yours" and possibly unleash a new talent you will want to continue to explore. Each class will cover a different painting technique or style. Each monthly session is \$22 for non members and \$18 for members, per person, which includes all the supplies needed to create your 9" x 12" canvas masterpiece. Each session will be held at the Taube Museum of Art from 1:30 - 3:00 pm. Class size is limited, so register early! Additional class dates: November 12th, December 10th. Additional class dates forthcoming! For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www.taubemuseum.org.

ROLLER DERBY 10/08/2016 7:00 PM

North Dakota State Fair Center. Doors open at 6:00pm, Bout starts at 7:00pm Adults: \$10 in advance, \$12 at door Children: (ages 6-12) \$5 in advance, \$7 at door Children 5yrs and under get in FREE Advance tickets available online and at Souris River Brewing Visit www.mouseriverrollers.com for more infomation

AFRICAN CHILDRENS CHOIR 10/09/2016 7:00 PM

Faith United Methodist Church at 5900 Hwy 83 N, Minot. Children from Africa perform cultural dances and music from Africa. Very uplifting, wonderful event.

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

2nd Lieutenant

RJ

CREDICOTT

741st MISSILE Sq. RICHMOND, VA

Rough Rider of the Week



What did you do before you joined the Air Force
Studied aerospace engineering at Virginia Tech.

Hobbies or Interests
Biking, working out, woodworking, and swing dancing.

Most life changing experience
Running a marathon, being a member of the Virginia Tech Corps of Cadets and babysitting my niece and nephew on my own.

Where do you see yourself in 10 years
As close to living as Ron Swanson as possible.

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



Favorite quote

"I refuse to tiptoe through life only to arrive safely at death."

Award Winning Airman

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

MINOT AIR FORCE BASE, N.D. -- The Jimmy Doolittle Center at Minot Air Force Base, North Dakota was crowded with Airmen of all ranks on the evening of May 5, 2016. Colleagues, former supervisors, friends and family members all joined in celebration of an Airman Leadership School graduation ceremony. As attendees were finishing their meal, the hosts announced the opening remarks to begin the ceremony.

After each Airman was given their diploma, the individual awards presentation began.

A young Airman was listening to each name be called for the distinguished graduate awards, the commandant's award and the top academic award. As his wife was writing down the names of the award winners and all distinguished graduate awards had been handed out, the young Airman became disappointed in himself, as he thought he had done just as well as the award winners.

Just as the applause ended, his former supervisor said, "You must have gotten the Levitow Award!"

At that moment, time stood still. He looked around the table to see his commander a few seats down, prior supervisors and co-workers scattered throughout the table, and his first sergeant sitting right across from him.

The emcee's voice caught his attention as he announced the winner of the award.

"The John L. Levitow Award is the highest award accorded to a student. This award symbolizes excellence in both a leader and a scholar. Airman 1st Class Levitow was awarded the Medal of Honor for Heroism in Vietnam."

The young Airman heard the emcee announce his name.

"The John L. Levitow award for class 16 Delta has been awarded to Senior Airman Alexander Franco."

Success is nothing new to Franco, an Oklahoma native, who joined the Air Force March 25, 2014. Through the beginning of his career, Franco worked his job as a communications security accountant with the 5th Communications Squadron and spent his time volunteering for over 20 different events.

Franco was awarded the Volunteer Award and Airman of the Quarter for the second quarter of 2015.

Through his hard work, Franco was awarded Senior Airman Below the Zone and tacked on Senior Airman six months before his original sew-on date.

"I put in interest in attending ALS as soon as possible because of the staff sergeant testing schedule," he said. "My commander and first sergeant were willing to help me get into one of the slots available for the test. They had to fill out a waiver and send it to the Barnes Center [For Enlisted Education]."



U.S. AIR FORCE PHOTO | STAFF SGT. CHAD TRUJILLO

Senior Airman Alexander Franco, a communications security accountant assigned to the 5th Communications Squadron, accepts an award during his Airman Leadership School graduation May 5, 2016. Franco was awarded the John L. Levitow award for his leadership skills and academic achievements.

After approval for early admission to ALS, Franco attended and was awarded the highest award in any professional military education course. The Levitow Award winner is selected through peer evaluation and test scores, with consideration from the faculty and staff of the PME center.

"I never thought I was going to get the award," he said. "I had only been in the Air Force for two years, and there was a lot of people in my class with more experience. I thought for

sure they would present the award to them. I was at most expecting a distinguished graduate, if that."

Through all of his accomplishments, Franco admits the reasoning behind his success.

"I couldn't be where I am today, or have received the awards I have, without the support of my wife," He said.

Franco met his wife at a local college near his hometown. After discussing their career opportunities, he decided to join the military to have a career he knew he would enjoy.

"Even though it was scary to dive into the unknown, I didn't want to hold him back from what he has always wanted to do," said Christy Franco, Alex's wife. "I think I help him by encouraging him, believing in him and helping him believe in himself."

After graduating ALS and returning to his job, Franco tested for staff sergeant and continued learning from his supervisors.

Staff sergeant results were released Aug. 25, and Franco's name was on the list, showing everyone's hard work pays off.

Military Writing 101: Airman Tier

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

MINOT AIR FORCE BASE, N.D. -- The Top 3 Association,

in coordination with the Total Force Development Committee, recently hosted a professional development

Cooking Class Enjoying the Harvest of Healthy Foods

Tuesday,
October 11, 2016
5:30-6:30 pm
\$10



Trinity Health Community Conference Room
Town & Country Center

Join a Trinity Health Registered Dietitian
for a small group cooking class.



RSVP by October 10.
Space is limited!
Please reserve your
spot today! Call 857-5268

course for junior enlisted Airmen.

Military Writing 101: Airman Tier is a professional development course created for Airman Basic through Senior Airman to teach what they need to know about military writing and bullet writing.

The course was taught by Senior Master Sgt. Joshua Wiener, the quality assurance superintendent assigned to the 5th Maintenance Group and the vice president of the Top 3.

"We developed this class to make sure Airmen are preparing themselves properly and to know what goes into a bullet," said Wiener. "The course isn't so much about getting them to write a bullet, but getting Airmen Basic to Senior Airmen to know what goes into effectively writing a bullet."

Airmen were instructed that thinking ahead and preparing themselves by keeping a personal log of their accomplishments and volunteer opportunities throughout their reporting period can drastically help

their supervisor write an effective enlisted performance report.

"I like the fact that Sgt. Wiener pointed out to everyone that it's up to us as Airmen to write down everything we do, both on the job and off, to improve the bullets we can get," said Staff Sgt. Shelby Gowler, assistant installation Personnel Reliability Assurance Program monitor assigned to the 5th Bomb Wing, "I only wish someone had told me that when I was a brand new Airman."

Airmen were reminded that feedback sessions with supervisors are important, and if they haven't received one they are encouraged, and allowed, to ask for one.

"As an MXG guy, and there were a few MXG Airmen who attended the course, I enjoy seeing Airmen now coming in and initiating their feedback sessions if they never received one initially," said Wiener.

The course did not only discuss bullet writing and feedback, but talked about filling out Air Force forms,

Officer Training School packages and civilian resumes.

While this class focuses on junior enlisted Airmen, there will be classes offered to NCOs and Senior NCOs.

"We have taught a 201 course that reaches to NCOs and we're planning a 301 to reach senior NCOs," said Wiener. "We started with a general writing course, but decided to break it down to the individual tiers to reach the proper targeted audience."

As an NCO, Gowler decided to take this course to encourage her troops and other Airmen to take professional development courses like it.

"I feel that I am comfortable having my Airmen take this course to better prepare themselves, and I'm better able to answer any questions they may have coming out of it," she said.

The whole prospect of the course is to teach Airmen what is recommended for EPRs, and how to be successful as an Airman as it relates to military writing, said Wiener.

"No one takes care of you like you."

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:30 am Through Labor Day weekend. Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>GLENBURN FIRST BAPTIST CHURCH </p> <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church </p> <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE </p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church </p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church </p> <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>
<p>First Presbyterian Church </p> <p>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org</p> <p><i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA </p> <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship..... 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School 9:30 am Wednesday Worship..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>St. John the Apostle Catholic Church </p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church </p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf . . 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH </p> <p>Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship: 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education..... 6:00 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i> </p>	<p>BELIEVERS BIBLE CHURCH of MINOT</p> <p>I John 5:13 www.bbcminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist </p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God </p> <p>"A Family Worship Center"</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC </p> <p>"Building Followers of Jesus Christ!"</p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p> <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church </p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. 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.</p> <p>Rev. Kent Hinkel, Senior Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church </p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>Dakota Baptist Church </p> <p><i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church </p> <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church </p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>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.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>ZION Lutheran ELCA </p> <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church </p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	

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

Answers to puzzle from page 9

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MLS #161688



\$195,000

CONVENIENT – One level home with 2 bedrooms on main level and a loft that could be a 3rd bedroom. Living room has a fireplace, dining area opens to the patio and private, fenced backyard. Laundry and 2 baths on main level. Detached double garage.

MLS #161941



\$119,500

AFFORDABLE LIVING – Buy as a 2 bedroom with rental income or convert it to a 5 bedroom 2 1/2 bath single family home. Shared driveway with neighbor. Attached garage. For More Info: TEXT TO: 63975 MSG: WATNE62

MLS #161952



\$179,900

MOVE IN READY! 3 bedroom, 1 1/2 bath home in NW area. Kitchen has pantry and breakfast bar. Hardwood floors. Updated main level bath. Remodeled lower level has family room with fireplace, non-egress bedroom and laundry. Fenced yard, deck and attached garage.

MLS #161801



\$399,000

PRICE REDUCED – 5 bedroom, 3 1/2 bath 2 story home. Designer kitchen with walk-in pantry and large island. Formal dining. Living suite above the triple garage. Charm and detailed design throughout. For More Info: TEXT TO: 63975 MSG: WATNE7

MLS #160679



\$39,900

NICELY UPDATED – 3 bedroom, 1 3/4 bath double wide in Ruthville. Vinyl siding, new kitchen cabinets, appliances and new flooring in most areas. Laundry off kitchen. Yard shed, fenced yard. Reduced price. For More Info: TEXT TO: 63975 MSG: WATNE38

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<p>\$125,000</p> <p>This 2 stall garage house with 2 bedrooms and 1 bath on the main floor is at a great price! Brand new wood deck, good sized yard with shed, plenty of space for a vegetable garden, flower beds, and potted plants. Call Megan Atchison at 441-9085. #162001</p> <p>\$245,000</p>	<p>\$299,900</p> <p>Absolutely gorgeous 6 bedroom, 3 bath home in a great neighborhood. Warm colors, plush carpets and beautiful woodwork throughout. Custom cherrywood cabinets in the nice sized open kitchen with stainless steel Appliances. Call Lori Henderson at 721-0158. #161992</p> <p>\$299,900</p>	<p>\$299,500</p> <p>Country home, close to Minot and Burlington, sitting on 2 partially wooded acres. This 2013 built home, features 3 bedrooms, 2.25 bathrooms, and a 30' x 32' outbuilding that can store 4 vehicles easily. Full, unfinished, walkout basement. Call Clyde Thorne at 240-8594. #161982</p> <p>\$359,900</p>
<p>Refinished to perfection! This four bedroom 3 bath home in SE location features a lower level kitchen 2 egress bedrooms, 1 non-egress bedroom, & spacious family room. The perfect in-law space. New maintenance free deck. Call Aisha Vadell at 240-3780. #160865</p> <p>\$110,000</p>	<p>Beautiful Country ranch home sits on 2 beautiful acres with mature trees. Large Country kitchen with new cabinetry, flooring and counter tops. Enjoy the outside scenery while sitting in the solarium (sun room). Call Dawn VerBruggen at 720-2034. #152785</p> <p>\$154,900</p>	<p>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 sq ft on each level with 3 bedrooms on the main floor. Call Lori Henderson at 721-0158. #160928</p> <p>\$559,500</p>
<p>This 2 bed 1 3/4 bath is 840 sq. ft. up and 840 sq. ft. down with 2 oversized bedrooms, spacious kitchen and full bath on the main floor. Downstairs has a 3rd non egress bedroom, 3/4 bath, family room and kitchenette. Call Nathan Stremick at 500-3890. #161547</p>	<p>Don't miss out on this "move in ready" home! The main floor of this 1 1/2 story home features beautiful hardwood floors in the living room, dining & master. The kitchen has been nicely updated. The upper area has 2 additional bedrooms. Call Tarnie Dunn at 720-1723. #161564</p>	<p>78 Acre hobby farm. This property also has a 4 bedroom rental unit that is currently being rented for \$1,000 a month. The 30 X 60 shop has concrete floors and a wood working shop in the corner. Several outbuildings. Call Cindy Strandberg at 833-1956. #161455</p>

Norsk Høstfest

PURE SCANDIMONIUM!



2016 Norsk Høstfest

Minot Norsk Høstfest took place September 28 to October 1, 2016. TOP PHOTOS: Stockholm Hall, just one of the many halls at the festival. MIDDLE LEFT PHOTO: Melody Anderson of Polar Mitts posing in front of her booth at the festival. MIDDLE PHOTO: Wood carver in Copenhazen Hall. ABOVE, BOTTOM LEFT AND BOTTOM RIGHT PHOTOS: On Friday, September 30 the band Chicago preformed at the festival they sang many great classics. Military Appreciation Day was Saturday, October 1 admission was free to all active duty military and their families. Hope to see you all next year September 27-30, 2017 for Norsk Høstfest's 40 years of pure Scandimonium!

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