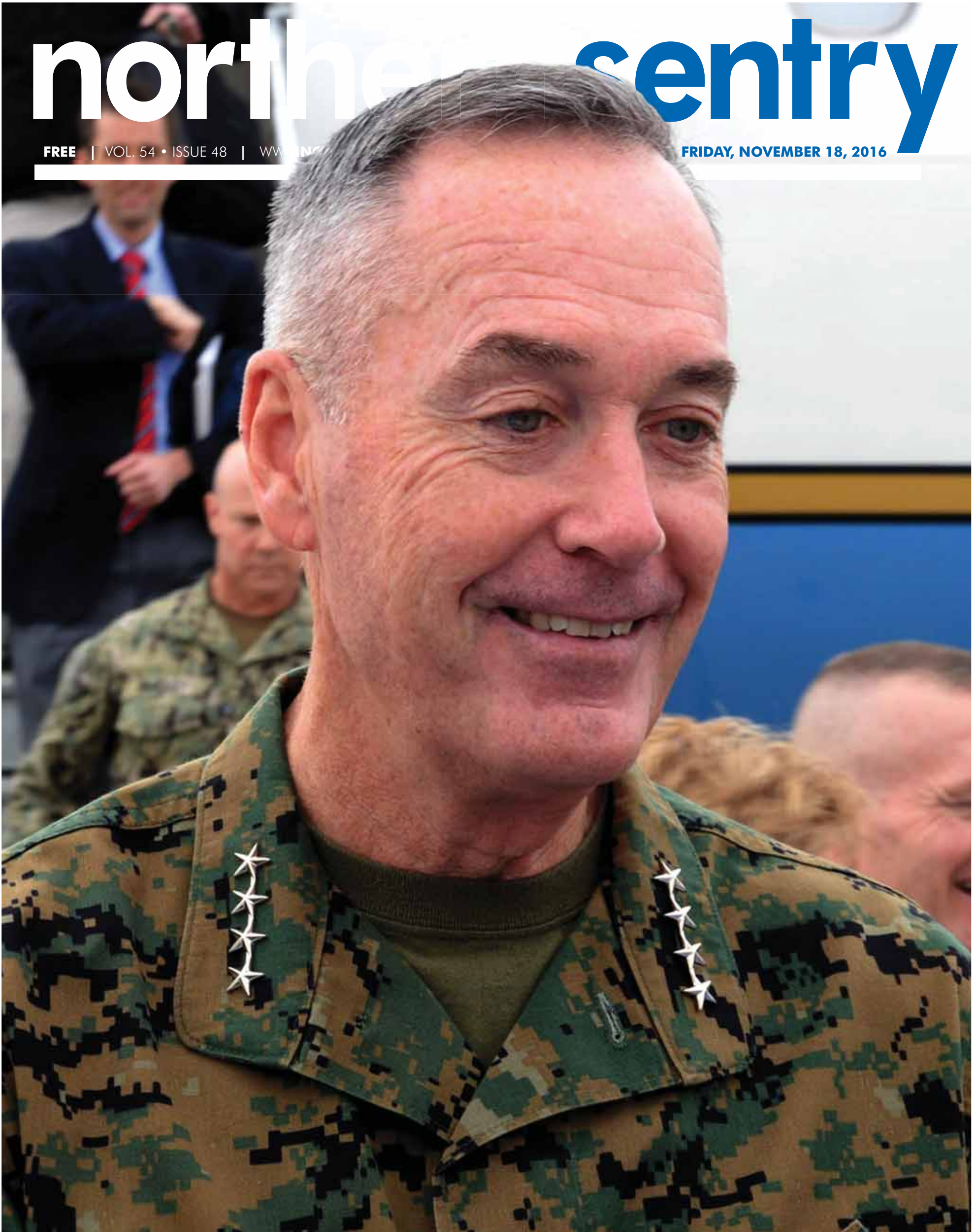


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FRIDAY, NOVEMBER 18, 2016



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Videos



Catching the sun: 5th OSS Weather

MINOT AIR FORCE BASE, N.D., -- Airmen from the 5th Operations Support Squadron weather operations flight set up tactical meteorological equipment on the airfield at Minot Air Force Base, N.D., Nov. 8, 2016. The weather flight supports Team Minot with weather condition updates for flight operations, ground operations and weapons movements. The equipment is a transportable system used as a back-up data collection source to ensure weather conditions are suitable for flight and ground operations.

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



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U.S. AIR FORCE PHOTO | STAFF SGT. BOBBY CUMMINGS

An RQ-4 Global Hawk proceeds down the taxiway prior to departure Nov. 1, 2016, at Beale Air Force Base, Calif. The RQ-4 is a high-altitude, intelligence, surveillance and reconnaissance, long-endurance, remotely piloted aircraft.

Hawkeye: Eyes, ears of the RQ-4

STAFF SGT. BOBBY CUMMINGS | 9TH RECONNAISSANCE WING PUBLIC AFFAIRS

BEALE AIR FORCE BASE, Calif. (AFNS) --

An aircraft accelerating down the runway with 8,500 pounds of thrust and a wingspan greater than a Boeing 737 is inherently dangerous. The danger is amplified when the pilot isn't even located on board the aircraft. Trailing behind pursuing the aircraft is "Hawkeye" ensuring the remotely piloted aircraft ascends from the surly bonds of Earth.

The RQ-4 Global Hawk, serves as the Air Force's high-altitude intelligence, surveillance and reconnaissance, long endurance RPA. Global Hawks are loaded with

an integrated sensor suite and cameras capable of providing global all-weather, day or night ISR, however while on the ground visibility for pilots operating the aircraft from within the Mission Control Element is limited. That is where Hawkeye fulfills its role.

"Hawkeye is any RQ-4 pilot who performs preflight inspections no differently than a typical pilot would conduct a preflight inspection," said 1st Lt. Jeffrey, a 12th Reconnaissance Squadron RQ-4 pilot. "The pilots in control at the MCE have limited visibility; Hawkeye is the eyes and ears of

RQ-4 Global Hawks on the ground. While maintaining a safe distance, Hawkeye pursues the aircraft at 40 mph down the runway until takeoff."

Prior to engine start Hawkeyes reviews a checklist with maintenance personnel verifying the functionality of the aircraft.

"We guide them from a maintenance perspective during their walk arounds," said Staff Sgt. Josh Reynolds, a 9th Aircraft Maintenance Squadron RQ-4 crew chief. "We provide a second set of eyes and answer any maintenance related questions the pilots may have."

According to Jeffrey, he has personally witnessed multiple occasions where a Hawkeye prevented a potential incident.

"Hawkeye has prevented various incidents from bird strikes, runway incursions, located leaking hydraulic fluid and damaged aircraft," he said. "While deployed serving as Hawkeye I once identified an engine fire on another jet."

Aside from locating potential hazards and serving as the eyes and ears of the aircraft, Hawkeyes are also responsible for communicating critical information to the pilots

coordinating with the air traffic controller before takeoffs and landings.

"When the air traffic controller gives clearance to land, Hawkeye is on the taxiway visually locating the jet, ensures the airfield has no debris or obstructions, and serves as a secondary source to the tower notifying the pilot the aircraft is cleared to land," Jeffrey said.

Global Hawks possess the capability to fly nonstop for 28 hours. Occasionally, the pilots and their aircraft are geographically separated.

Although pilots and their aircraft are sometimes separated, technology and mission elements such as Hawkeyes, enable missions to be accomplished.

"Hawkeye conducts those firsthand checks," Jeffrey said. "When we fly, the Hawkeye is there for every single takeoff and landing."

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CHAIRMAN OF THE JOINT CHIEFS OF STAFF VISITS MINOT

U.S. Marine Corps Gen. Joseph Dunford, Chairman of the Joint Chiefs of Staff and his wife Ellyn Dunford toured various 5th Bomb Wing and the 91st Missile Wing facilities at Minot AFB, N.D., Nov. 2, 2016. Dunford learned about Team Minot's mission and spoke about the importance of maintaining a competitive advantage over our adversaries.

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







2016

Downtown Minot

Christmas Open House

November 25th: 3PM - 8PM
 Christmas Tree Lighting 6PM

Selfies with Santa at Fiancee 3PM - 4:45PM
 FREE wagon rides on Main & Central 3PM - 8PM
 (Sponsored by Allstate Insurance, Kim Albert Agency)
 Cookies & Milk with Santa at The Taube 5PM - 5:45PM



Schedule of Events

- Art, Angels & Antiques: Cider & Angel Cookies 3PM - 6PM
- Brays: All day specials - Christmas Cookies 9AM - 8PM
- Century Eyewear: 15% OFF Frames & Lens 8:30AM - 5PM
- Cookies for You: Christmas Snacks
- El Azteca: Mexican hot chocolate
- Esoterica: Hot roasted chestnuts 4PM - 6PM
- Fiancee: 25% all in store gifts and accessories 10AM - 5:30PM
- Grow with Me: 25% OFF Melissa and Doug, Hot chocolate all day
- Gourmet Chef: Gene Putnam 4PM - 7:30PM
- Hyatt House: Studio \$68, 1 Bdrm \$73, 2 Bdrm \$123 Mention Visit Minot Rate
- Ice Box: Drink specials 4PM - 6PM
- Inspired Interiors: 20% OFF holiday decor 10AM - 8PM
- Liens Jewelry: Holiday Jazz with the Anderson Family, Hot Cider & Cookies 6PM-8PM
- Lulu Lane: Hot chocolate bar 3PM - 8PM
- Main Street Books: Early bird specials and hot cider 10AM - 3PM
- Mainstream Boutique: Candy cane sale 10AM - 8PM
- Margie's Art Glass: Enjoy live music, hourly specials on cocoa 5:30PM - 8PM
- Microtel Inn & Suites: Bring can of food for local food bank & get 10% OFF Nov. 25-27
- Off the Vine: Holiday drink specials 4PM - 6PM
- Oliver's Attic: Carmel Apples 4PM - 7PM
- Oriental Pantry: Reindeer food making station
- La Quinta Inn & Suites: 10% OFF rooms for November 25th
- Restore: 25% OFF store wide 10AM - NOON
- Rick's Jewelry: Live entertainment 7PM - 8PM
- Seasons Floral: 20% in store all day 9AM - 6PM
- Souris River Brewing: 10% OFF all snacks & apps 11AM - close
- Starving Rooster: 20% OFF appetizers 3PM - 6PM
- Taube Museum of Art: Festival of the Season Art Sale 12PM - 8PM
- Tap Room: \$3 Irish hot chocolate & coffee 4PM - 6PM
- Val's Cyclery: 25% OFF all clothing 9AM - 5:30PM
- Zoo: Open Friday 25th and Saturday 26th 10AM - 3PM



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"Pop YOUR Pet" Painting Party Easy as 1-2-3!

TAUBE MUSEUM OF ART

Minot's original paint and wine class, Paint the Town Red, offered through the Taube Museum of Art is thrilled to announce a very special Pop Your Pet Painting Party! This epic party will be held on December 8, and you will be painting your own pet in a 'pop art' style, like iconic artist Andy Warhol. Instructor Tonya Stuart - Melland will guide you through the process of capturing your pooch or feline, in paint on a stretched canvas. In two hours you will paint a masterpiece of YOUR pet! No experience necessary. Perfect gift idea for the pet lovers in your life!

This special Paint the Town Red Painting Party will be held on Thursday, December 8th, 2016 from 6:30 to 8:30 PM. The cost for the class is \$45.00 for non-members and \$40.00 for members. Pre-

registration is required, and your pets photo must be submitted by December 1st via email or drop off to the Taube to allow our artist time to pre-sketch them onto the canvas. Appetizers and cocktails are included in the ticket price. This class also counts towards the Paint Perfect Rewards Program, where every 7 Paint the Town Red class, your 8th one is free! Class size is limited, so register early! To register for this special class or other Paint the Town Red classes please visit www.taubemuseum.org and click on Paint the Town Red link to register and reserve your spot today.

In addition to the monthly Paint the Town Red classes, the museum is offering a Christmas themed series of adult classes:

- Nov. 16 - Zentangle Class
- Nov. 19 - Make your own Christmas Cards with Gelli

Plates
Nov. 30 - Christmas Swag Class

Dec. 14 - Into to Christmas themed Water Color class.

Fees and times vary for these classes, for more information visit www.taubemuseum.org, Facebook or call 838-4445.

The proceeds from this event will support the Taube Museum of Art, a non-profit organization.

Normal Museum and Gift Shop hours are: Tuesday - Friday: 10:30 am - 5:30 pm and Saturday: 11:00 am - 4:00 pm. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

Please contact Nancy F. Walter, Executive Director or Doug Pfliger, Gallery Manager at 838-4445 for further information.



Salted Caramel Chocolate Chip Cheesecake



INGREDIENTS:

Sauce:

- 1 cup granulated sugar
- 6 tbsp salted butter, cut into 6 pieces
- 1/2 cup heavy cream
- 1 tsp salt

Cake:

- 1/2 cup Oreo cookies, finely crushed
- 3 tbsp unsalted butter, melted
- 3 (8 oz) packages of cream cheese, softened
- 1 (14 oz) can sweetened, condensed milk
- 3 large eggs, room temp
- 2 tsp vanilla extract
- 1 cup mini chocolate chips (plus more for topping)
- sea salt (optional-for topping)

INSTRUCTIONS:

Make the caramel sauce- in a small saucepan, heat sugar over medium heat. Use a heat-resistant spatula to continually stir the sugar. It will start to melt and form brown clumps. Keep stirring! Once the sugar is melted, add the butter. Be careful to keep stirring as the caramel will bubble up when you add the butter. Stir the butter until completely melted, 2-3 minutes. Continue stirring as you slowly drizzle the cream in. Keep stirring again, because the caramel will bubble up again when you add the cream. Allow the mixture to boil for 1 minute, then remove pan from heat. Immediately stir in the salt. Set sauce aside and allow to cool before using. Store in a glass jar for ease of use, keep sauce in the fridge. Preheat oven to 300°. Thoroughly grease a 9-inch springform pan. Set aside. In a mixing bowl, combine Oreos and butter. Press mixture evenly into the springform pan. Prepare the filling- place cream cheese in a stand mixer or mixing bowl to use an electric beater on in. Beat the cream cheese until fluffy, 2-3 minutes. Beat in the condensed milk. Beat in the eggs, one by one until thoroughly mixed. Mix in the vanilla. Add chocolate chips to the bowl, and fold in gently with a spatula. Pour filling into springform pan. Top with a handful of mini chocolate chips. Bake in preheat oven for 40-50 minutes, or until the cheesecake is set and jiggles slightly in the center. Run a thin knife around the edge of the cheese cake (but leave it in the pan) and place on a cooling rack. Allow cheese cake to cool before chilling in the fridge in the springform pan overnight. Before serving, heat caramel sauce in the microwave for 10-15 seconds. Pop springform pan off cheesecake. Pour enough caramel sauce over the top of the cheese cake to cover it. Top with more chocolate chips and a sprinkle of sea salt, if desired. Slice, and serve immediately.

*A note about the caramel sauce- Caramel is extremely temperamental during the spring and summer months when the humidity is high. A more experienced baker than I told me that they never make caramel sauce in the summer because it almost always seizes. I can testify to that. A good work around for me in the summer is to cheat with the caramel sauce. I take a bag of packaged caramels (like Werther's), place them in a saucepan, and add 2-3 tbsps of heavy cream. Heat the pan over medium heat, stirring constantly. When the caramels have melted and the cream is incorporated, add the salt to taste. Start with 1/2 tsp. Only add another 1/2 tsp of salt if you need it. Use as you would the other sauce.

*A note about baking time- My oven is a convection oven, which bakes about 20% faster than a normal oven. If you are using a regular oven, baking time may take longer, about 60-70 minutes. Check your cheesecake every 5 minutes or so after 50 minutes by jiggling the pan.

#HeresToFirsts

A HANDY TIMELINE FOR YOUR FIRST THANKSGIVING

When preparing a feast for the first time, it's helpful to stick to a schedule and make what you can ahead of time. Here's a guide for the newbie host on when to do what when it comes to Thanksgiving dinner.

2 WEEKS BEFORE
Create a menu and shop for what you can now.
TIP: Consider sticking to the classic dishes everyone loves.¹

3 DAYS BEFORE
Make your cranberry sauce and keep it in the fridge. Or go the canned route and skip this step altogether.²
If you're using a frozen turkey, now's the time to start thawing it in the fridge.
TIP: Allow 1 full day of thawing for every 4 lbs of turkey.⁴

1 DAY BEFORE
Make your stuffing.
TIP: An unstuffed turkey can be easier to cook than a stuffed one.
Set the table.
TIP: Get out your serving dishes and label each with a sticky note of what goes in it.⁵
If you're making pies, do it today then wrap well in plastic.

THANKSGIVING DAY

4 HOURS BEFORE DINNER
TURKEY
Stick your 8-12 lb turkey in the oven. (Larger turkeys will require longer cook times)

2 HOURS BEFORE DINNER
MASHED POTATOES
Start boiling the taters.

1 HOUR BEFORE DINNER
Take the turkey out and let it sit for at least 30 minutes. Cover with foil to keep warm.
TIP: Set out some simple snacks for people to munch on in case dinner runs behind schedule.

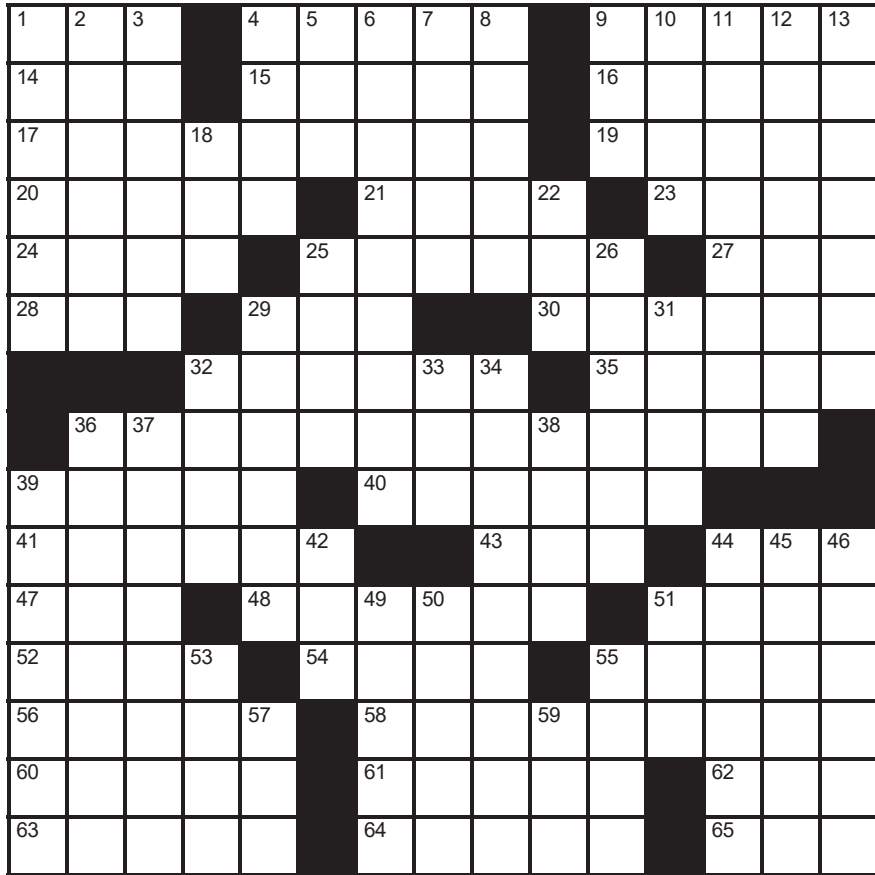
30 MINUTES BEFORE DINNER
GREEN BEAN CASSEROLE
Assemble and stick in the oven.
ROLLS
Start baking in the oven.
STUFFING
Place the pre-cooked stuffing in the oven to warm up.
MASHED POTATOES
Mash up the potatoes and cover with foil to keep warm.
GRAVY
Make the gravy using drippings from the turkey.

5-10 MINUTES BEFORE DINNER
TURKEY
Assign someone to carve the turkey.
STUFFING, GREEN BEANS, ETC.
Take out everything from the oven when fully cooked and place in serving dishes.
CRANBERRY SAUCE
Don't forget to take it out of the fridge!

CROSSWORD PUZZLE

To Scale

- Across
- 1 Raiding grp.
 - 4 Breakfast strip
 - 9 "___ gold in them..."
 - 14 Score
 - 15 Terse bridge bid
 - 16 Right, in a way
 - 17 Popular image manager
 - 19 Union station?
 - 20 Astronaut's wear
 - 21 Coldplay "Viva la ___"
 - 23 Means
 - 24 Counseling, e.g.
 - 25 Rio Grande city
 - 27 Actress Carrie
 - 28 Rubble-maker
 - 29 Preserve, in a way
 - 30 Whistler, e.g.
 - 32 Bob of NBC sports
 - 35 Lets up
 - 36 Boxing class
 - 39 Pioneer in Surrealism
 - 40 Lays out
 - 41 Modus operandi
 - 43 Director DuVernay
 - 44 Weep
 - 47 "___ sport!"
 - 48 Fine point
 - 51 Elders' teachings
 - 52 Kind of rock
 - 54 God of war
 - 55 Vessel detector
 - 56 Excavation find
 - 58 Say the word
 - 60 Mercury 6 occupant
 - 61 Site of Joan of Arc's demise
 - 62 Christmas helper
 - 63 Ancient
 - 64 Some choristers
 - 65 Asian occasion



- Down
- 1 Creeps
 - 2 ___ burner (lab staple)
 - 3 Dig
 - 4 Bridge site
 - 5 Geom. measure
 - 6 "Don Quixote" author
 - 7 Broadcasting
 - 8 ___ plume
 - 9 Musical syllable
 - 10 Controls
 - 11 Floor
 - 12 Words that come before "go"
 - 13 D and C, in D.C.
 - 18 Hint
 - 22 Nabokov novel
 - 25 Whip
 - 26 Tater tots brand
 - 29 T-shirt fabric
 - 31 Makes it
 - 32 Bills, e.g.
 - 33 Dadaism founder
 - 34 Endures apprehensively
 - 36 Solitaire variant
 - 37 Required
 - 38 It's a sin
 - 39 Trade ban
 - 42 Headlight setting
 - 44 Shakespearean verse
 - 45 Delphic shrine
 - 46 Forlorn
 - 49 Director Frank
 - 50 Documentarian Morris
 - 51 Crooner Rawls
 - 53 Eat
 - 55 Princes, e.g.
 - 57 Blitzer's station
 - 59 Prefix with realism

Solution to last week's Crossword puzzle.



SUDOKU Solution to puzzle on page 22

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

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The Accountant adds up to more than a conventional spy movie

NEIL POND | PARADE MAGAZINE

"Do you like puzzles?" how other superheroes got started down their paths. When we first meet young Christian as a boy, he's working on a jigsaw puzzle.

But here's where The Accountant takes its first turn. Christian has autism, which explains much about how he grew up and became gifted with numbers, but not so tuned in to people. There's a whole subplot about how his domineering military dad (Robert Treveiler) further shaped and steeled—rather than coddled—him, helping shift his neurological condition from a liability to an asset.

A stint at a minimum-security prison introduces Wolff to an organized-crime bookkeeping snitch (Jeffrey Tambor) who takes him under his wing, teaches him basic socialization skills and schools him in the "dark-money" arts.

When Wolff is hired to find the source of \$62 million leak at a high-tech robotics firm, it puts him and a perky young employee, Dana (Anna Kendrick), on the hit list of an assassin (Jon Bernthal) and his crew hired to stop them and cover their tracks.

The original screenplay, by Bill Dubuque (who also wrote The Judge), craftily keeps you guessing—although some viewers will probably see the movie's biggest "surprise" twist coming long before it arrives—and plants several puzzle pieces along the way to be picked up and set in place later.

In the middle of the action is another story entirely, a tale of family, siblings, daddy issues, kids who are "different," and the relationship between Wolff and Dana, which doesn't necessarily go where another, more conventional movie might have taken it.

It's so cannily drawn in its characters, backstory and detail, it sometimes feels like the pilot for a new TV series or the setup for another movie. I guess we'll have to wait and see: Where The Accountant will turn up next is a puzzle with a piece that's always missing.

In fact, his "origin story," told in flashbacks, might remind you of how Bruce Wayne became Batman (another role, as you probably know, currently played by Affleck in DC's big-screen franchise) or

Sniffle. Snort. Sneeze. No Antibiotics Please.

NORTH DAKOTA DEPARTMENT OF HEALTH

Bismarck, N.D.—In conjunction with Get Smart About Antibiotics Week, November 14-20, 2016, the North Dakota Department of Health (NDDoH) is spreading the message that “antibiotics aren’t always the answer,” says Faye Salzer, HAI Activities Coordinator.

The Centers for Disease Control and Prevention (CDC) and the NDDoH want to remind everyone this cold and flu season: antibiotics don’t work on viruses—never have, never will! “This isn’t new news. It’s a long-documented medical fact. Antibiotics can only treat illnesses caused by bacteria. Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses, not bacteria,” states Salzer.

If you or your child has a viral infection, antibiotics won’t help anyone feel better or get well sooner. In fact, they can even be harmful. Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria, which cause infections that are more

difficult, and sometimes even impossible, to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. These “superbugs” can quickly spread to family members, schoolmates, and coworkers, and threaten our communities with illnesses that were once easily treatable. Antibiotic resistance is a growing problem, and the main cause of this problem is the misuse of antibiotics. CDC estimates that more than two million antibiotic resistant infections occur annually in the United States.

“We need to be better stewards of our antibiotics,” said Salzer. “This can be accomplished by making sure you take antibiotics only when they are needed and used as they should. When diagnosed with a viral illness, ask your doctor what you can do to feel more comfortable. Your provider may suggest you drink plenty of fluids, get a lot of rest, use over-the-counter medications as directed, use a cool mist humidifier, or gargle with salt water. Do not ask or pressure your provider for antibiotics.”

Antibiotics can also lead to side effects, such as diarrhea or an upset stomach. Some side effects can be quite serious, or even life-threatening. An example is Clostridium difficile (C. difficile or C. diff) infections – these are bacterial infections that cause severe diarrhea. In the past, most C. difficile infections were connected to a recent hospital stay. Studies show that children in the general community – without a recent hospital stay – account for as many as seven out of 10 pediatric C. difficile infections. Many children who got sick with C. difficile had recently taken a course of antibiotics for a respiratory infection — infections that are usually caused by viruses and therefore not even helped by the antibiotics.

The CDC Get Smart program focuses on common illnesses that account for most of the antibiotic prescriptions written for children and adults in doctors’ offices and other outpatient settings. The table below shows when antibiotics are necessary for common illnesses.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

“Ideally, we would like to see a majority of the harvest be 3 ½ years old and older.”

– N.D. Game and Fish Department big game supervisor Bruce Stillings discussing pronghorn harvest and management goals.

The 2016 North Dakota pronghorn season is officially in the books.

Big game managers will have a sense of success when they finish analyzing hunter harvest surveys and aging jaw samples from the harvested animals later this winter.

Each year, many hunters voluntarily submit pronghorn lower jaws, which helps track harvest success and get an estimate of the population’s age structure. It’s important to maintain an appropriate buck-to-doe ratio and help to manage populations, N.D. Game and Fish Department big game supervisor Bruce Stillings explained.

Biologists can identify the age of a big game animal based on tooth replacement – much as humans get permanent teeth at certain ages. “You can go confidently to 3 ½ years old,” Stillings described. Teeth are cross-sectioned for most accurate age determination, though, once all adult teeth are in. Cross-sectioning teeth is much like reading tree rings.

North Dakota’s pronghorn population is rebounding from three consecutive winters that saw numbers plummet. “It’s been a slow recovery,” Stillings added. Hunting seasons were closed from 2010 through 2013 and their population bottomed out in 2012.

The season re-opened in 2014 in one unit, 4A, in far southwestern North Dakota with 250 licenses. Two additional units opened in 2015. This year hunters enjoyed 730 licenses throughout seven units.

North Dakota has 16 pronghorn management hunting units, Stillings continued.

While it’s too early to peak into any crystal ball for the future of pronghorn, unseasonably warm October and November weather means that for each day of warm temperatures there is one less day of potentially

biting wind, cold, and snow pronghorns and other wildlife must endure to make it to spring. “It’s sure starting off as a nice winter but that could change,” Stillings reminded hunters.

Typical of many wildlife management strategies, North Dakota takes a conservative approach when determining the number of available big game hunting licenses, especially when dealing with a historically limited population like pronghorn.

However, Stillings admitted that it is “somewhat of a “use it or lose it” situation with pronghorn. Some areas of the state have a number of older bucks – the ones that tend to be worn down after the rigors of the rut and could come into winter in weakened condition, therefore potentially more vulnerable in severe weather. North Dakota’s wildlife managers don’t want hunters to lose opportunities to harvest those animals.

Yet they don’t want to overharvest a population in any given unit. That’s why when looking at lower jaw sets, they hope they see a high percentage in the age class that requires cross sectioning and not just being able to identify permanent or baby teeth.

North Dakota’s pronghorn population last took a severe dive after the winter of 1996-1997. It took about 5 years for the overall population to rebound to more typical numbers. While wildlife managers saw pronghorn numbers tumble, it didn’t warrant completely closing hunting seasons.

Based on recovery from the ‘96-97 winter, Stillings anticipates it could take a similar amount of time to recover from the winters of 2008-2010.

Toss in last year’s mild winter, and at least for now arrows are pointing up once again for North Dakota’s pronghorns.

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WARBIRD OF THE WEEK



WHAT DID YOU DO BEFORE YOU JOINED THE AIR FORCE
I ATTENDED SCHOOL WHILE DELIVERING PIZZAS, UNTIL THE PARTY LIFE HIT TOO HARD.

HOBBIES OR INTERESTS
TACO TUESDAY, COUNTRY MUSIC (NOT THIS NEW “POP” GARBAGE), WATCHING THE SPURS.

MOST LIFE CHANGING EXPERIENCE
AT 19 I FOUND OUT WHAT THE GENIE LAMP LIGHT ON MY CAR MEANT. WHEN I WAS TOLD THAT THE BANGING SOUND UNDER THE HOOD WASN’T A GENIE, I NEVER MADE THAT MISTAKE AGAIN.

WHERE DO YOU SEE YOURSELF IN 10 YEARS
NO MATTER HOW GREAT TECHNOLOGY IS, I’M SURE A MIRROR WILL STILL WORK FINE.

IF YOU COULD HAVE ONE SPECIAL TALENT, WHAT WOULD IT BE
SEEING MYSELF IN TEN YEARS.



FAVORITE QUOTE
“YOU MAY ALL GO TO HELL, AND I WILL GO TO TEXAS.”
–DAVY CROCKETT

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5 MXS Airmen manage aircrew safety

(From left) Airman 1st Class Joshua Davis, 5th Maintenance Squadron electrical and environmental apprentice, and Staff Sgt. Christopher Thomann, 5 MXS electrical and environmental craftsman, check a raft bottle's weight at Minot Air Force Base, N.D., Nov. 2, 2016. Raft bottles are used to inflate aircrew life rafts during an emergency situation.

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

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Nov. 25, 26 & 27
Dec. 2 & 3
Dec. 9 & 10

Special Entertainment

FRIDAY, NOV. 25, 1 P.M. & 3 P.M.
Bill Sorensen & Emily Walter

SATURDAY, NOV. 26, 1 P.M. & 3 P.M.
Highway Men
Musical Tribute: Willie Nelson, Johnny Cash, Waylon Jennings

SUNDAY, NOV. 27, 2 P.M.
James Wedgwood, *comic ventriloquist*

FRIDAY, DEC. 2, 2 P.M.
Note-ified Barbershop Quartet

SATURDAY, DEC. 3, 2 P.M.
"Da" Lutherlic Ladies

FRIDAY, DEC. 9, 2 P.M.
Shelby Huston, Fiddler

SATURDAY, DEC. 10, 2 P.M.
The Woodpicks

- Live Stage Performance of "Tiny Tim's Christmas Carol"
- Piccadilly Square Craft Vendor Show
- Queen Elizabeth Double Decker Bus Rides
- Carriage Rides • Lighted Parade
- House Tours • Dickens Quilt Show
- Street Food Vendors
- Tinsel & Cider • Wine & Cheese Tour
- **Special Weekend Events Including:**
 - Nov. 25-27, Dec. 3 & Dec. 10 - Top it Off With Style: Decorate a Top Hat
 - Dec. 3 - Fruitcake Toss
 - Dec. 10 - Milk & Cookies with Santa
- **Family Day:** Sun. Nov. 27
(Kids 12 & under FREE to Comic Ventriloquist, James Wedgwood at 2 p.m.)
Treats with Tiny Tim, Strolling Characters, & more
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TICKETS ON SALE NOVEMBER 14th

Daily event schedules, details, and tickets are available on our website at www.dickensfestival.com or by calling 800-799-4242 or 701-463-2345

SECTION 2

NORTHERN SENTRY • FRIDAY, NOVEMBER 18, 2016 • WWW.NORTHERNSENTRY.COM



91MW celebrates 68 years

MINOT AIR FORCE BASE, N.D. -- Members of the 91st Missile Wing celebrate the wing's 68th birthday at Minot Air Force Base, N.D., Nov. 9, 2016. The celebration began with a presentation from 20th Air Force commander Maj. Gen. Anthony Cotton, where he spoke about the wing's important role in the nation's security for the past 68 years. The event also featured a cake-cutting ceremony, where the youngest and oldest members of the wing helped Maj. Gen. Cotton and wing commander Col. Colin Connor cut the birthday cake. The wing initially stood up as the 91st Strategic Reconnaissance Wing in 1948 at McGuire Air Base, N.J.

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



Kimberly Krohn, MD COMPREHENSIVE FAMILY MEDICINE

Trinity Health is pleased to announce that Kimberly Krohn, MD, has joined our medical staff in continuation of a 20-year career in comprehensive Family Medicine. A past president of the North Dakota Medical Association and the 2014 North Dakota Family Physician of the Year, Dr. Krohn provides primary and hospital care for people of all ages, which includes care for acute illness, chronic disease management, prenatal care and deliveries, and preventive care. She welcomes patients old and new to her practice at Health Center – Town & Country.

Education/Practice History:

- Doctor of Medicine, University of North Dakota School of Medicine and Health Sciences
- Family Medicine residency, Center for Family Medicine, Minot
- Subsequently joined the residency faculty and served as Program Director for 10 years.
- Studied Dietetics at Michigan State University and Public Health at the University of Minnesota
- Dr. Krohn has three sons and is married to Minot dentist Dr. John Fishpaw



Appointments and Consultations:
Call 857-5464 or 1-800-598-1205

Health Center – Town & Country, Suite 104
831 South Broadway • Minot, ND 58701

Have a question? Download our app today: trinityhealth.org/mobile



20AF/CC returns to MAFB

MINOT AIR FORCE BASE, N.D. -- Maj. Gen. Anthony Cotton, 20th Air Force commander, and his wife Marsha visited Minot Air Force Base, N.D., Nov. 7-9, 2016. During their visit, they toured several units from both the 91st Missile Wing and 5th Bomb Wing. The general also led the 91MW's 68th birthday celebration.

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



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*For a limited time, Midco will provide you with up to five digital adapters at no monthly charge for use at your premises. For each digital adapter in excess of five, the monthly leasing fee is \$5. If you currently have digital adapters on your account, this fee waiver appears on your monthly billing statement. Digital adapters remain the property of Midco. They must be returned to Midco in good condition (normal wear and tear excepted) when cable TV service is no longer provided. If the digital adapters are not returned to Midco, you will be responsible for the replacement cost of the non-returned equipment. © 2016 Midcontinent Communications. All Rights Reserved.

TODAY

- Youth Dance Classes, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Jason Michaels Illusionist, Taco Bar 1600-1800, Show starts 1800, Jimmy Doolittle Center
- Torch Club Meeting, 1700-1800, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Mixed Fun League, 1830, Bowling Center
- Get up. Get out. Get Fit Bowling, 1900-2100, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-0000, Bowling Center

SATURDAY

- Turkey Burn Cycle-a-thon, 0900-1100, Fitness Center
- Picture Framing Class, 1000, Arts & Crafts
- Youth Bowling Leagues, 1000, Bowling Center
- Give Parents A Break, 1300-1700, Child Development Center/School Age Program
- Family Turkey Bingo, 1400, Youth Center
- Arts are Alive Theater & Art Showcase, 1800-2000, Youth Center
- Get Up. Get Out. Get Fit Bowling, 1600-1900, Bowling Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2400, Bowling Center

SUNDAY

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

MONDAY

- Youth Tumbling Classes, Hours vary by age, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Cycle/Core, 0700, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit To Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- H2O Fitness, 1630, Indoor Pool
- Step Jam, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Game Day, Every Tues, 1000-1930, Library
- Yoga, 1130, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Turbo Strength, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Warbird Tactical Fitness, 0600, Fitness Center
- Fit to Fight, 0700, Fitness Center
- Right Start, 0800-1200, 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 Pick-Up Basketball, 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
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Squadron Extramural League, 1800, Bowling Center

THURSDAY

- Thanksgiving Day, Federal Holiday, For information on facility hours, visit
- "5th Force Support Squadron" on Facebook or www.5thforcesupport.com
- Airmen Thanksgiving Meal, 1030-1330, Dakota Inn Dining Facility
- Thanksgiving Day of Love, 1100, Jimmy Doolittle Center

UPCOMING EVENTS - NOV. 25

- Registration opens for Innertube Water Polo League at the Fitness Center
- AFSGC Family Day, For information on facility hours, visit "5th Force Support Squadron" on Facebook or www.5thforcesupport.com
- Friday Fun Members Buffet, 1600-2100, Rockers Bar & Grill

UPOMING EVENTS - NOV. 26

- Chess Club, 1100, Base Library
- Hip Hop All Nighter Pajama Party, 0000-0400, Rockers Bar & Grill

ONGOING EVENTS

- Air Force Club Member Appreciation Giveaway, November 1-22, Club members can sign up online at MyAirForceLife.com/GiveAway for a chance to win weekly prizes including laptops, gift cards, or Smart TVs. One lucky winner will be awarded a 2017 Jeep Wrangler of their choice.
- Air Force Art Contest, November 1-30, Submit your entry into the 2016 Air Force Art Contest with prizes awarded in each category. Categories are open to Adults and Youth. For more information go to MyAirForceLife.com/artcontest
- Air Force Worldwide Talent Competition, November 1-30, Calling all Active Duty, AF Guard, or AF Reserve to participate in the Air Force Worldwide Talent competition. There are 6 categories open to musical and non-musical talents. Visit MyAirForceLife.com/Entertainer for more information.
- Rough Riders Monthly Pizza Special. November Special – Chicken Enchilada Pizza. Come try our tasty seasoned chicken on a soft dough smothered in enchilada sauce topped with onion, cheese, and a sprinkle of cilantro. 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. Cinnamon Chai November Special – Served Hot or Frappuccino style. Try this tasty drink with cinnamon syrup, calming chai tea topped with whipped cream and finished with a dash of cinnamon. Limited time only. Grande \$5.00 Venti \$5.50
- Auto Hobby Monthly Special. November 17th-30th – Save \$2/tire on balancing Reg. Price \$6.50/tire Sale Price \$4.50/tire

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 AT MINOT AFB

is now registering for the Fall 2016 term (6 Dec-13 Feb). To sign up for 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.

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.

YOU ARE INVITED TO THE 3RD ANNUAL FESTIVAL OF TREES

hosted by Dakota Hope Clinic. The event features a live auction of decorated Christmas Trees as well as a silent auction of gift and Christmas items. Funds raised will benefit Dakota Hope. Join us on Friday, November 18 at the Armory downtown in the City Auditorium Complex, 420 3rd Ave SW. Social hour with hors d'oeuvres starts at 6:00 p.m. with short program and live auction at 7:15. Tickets are limited and available for \$20 in advance at Dakota Hope Clinic, Little Flower Church, Interiors Plus, and Caribbean Color. To purchase online, go to Facebook.com and search Festival of Trees Dakota Hope Clinic. For more information call 701-852-4675 or email us at dakotahope@minot.com

CAREER FAIR 11/18/2016 10:00 AM

Burdick Job Corps center would like to invite you to have a table at our annual career fair. If you would like to participate, please email me at dawson.linn@jobcorps.org to reserve your table. We look forward to meeting with you.

CORK AND CANVAS 11/18/2016 6:30 PM

Lower Level, Margie's Studio. Join your friends and neighbors for a creative and social evening while being instructed as how to paint tonight's featured portrait. The cost is \$40 and includes all your materials for painting a 16 x 20 canvas and appetizers. You are welcome to bring your own adult beverage for this 21+ class, glasses and bottle openers will be available.

RTL OPEN MIC NITE 11-18-2016 07:00 PM - 11-18-2016 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 cel-

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OPEN HOUSE AND BAZZAR 11/19/2016 9:00 AM

Visit Minot Gift Shop & Visitors Center 1020 South Broadway Minot ND 58701. Join Visit Minot, the Sons of Norway and the Scandinavian Heritage Center for an Open House and Bazaar. The Giftshop will be open with hot cider to drink. The Sons of Norway will have a Bazaar in the lower level with lunch, lefse, baked good, and treasures to purchase. Located at 1020 South Broadway, inside the Scandinavian Heritage Building.

OZOBOT FUN AT MCDC 11/19/2016 1:00 PM

Magic City Discovery Center / Dakota Territory Air Museum. Explore the imaginative side of robotics with Ozobots! Minot Public Library is bringing its small robots to the Magic City Discovery Center to show how easy and fun it is to teach a robot to follow the codes you draw! Coding becomes an artistic expression when children create a robot dance floor, a map of our city, and more! Ozobots can be fun for all ages, although drawing the lines and codes will be geared more toward ages 7+. The Ozobots will be set up as a special station and the entire discovery center will be available for use. Bring the whole family! Regular admission rates apply.

ARTISAN'S ALLEY CRAFT/VENDOR SHOW 11/19/2016 10:00 AM

North Dakota State Fairgrounds. Artisan's Alley has partnered with United Blood Services for this event. There will be a \$2 admission fee donated to UBS, as well as an onsite blood drive. Stop by and support an amazing cause, and shop local crafters, vendors, and artists! Everything from Tupperware to handmade quilts!

COLOR ME HAPPY COLORING CLUB 11/19/2016 1:00 PM

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

YOUTH CHALLENGE AT THE ROSE 11/19/2016 2:00 PM

Dakotah Rose B&B, 510 4th Ave. NW, Minot ND 58703. Join Shar Carlson of CEF for a dessert fundraiser as she shares about the new ministry of Youth Challenge. Youth Challenge is geared toward discipleship for teenagers, giving them a place to be encouraged in their faith and honest with their struggles. Join her Saturday, Nov. 19th at the Dakotah Rose B&B. Dessert is provided with a donation; all funds raised will go toward Youth Challenge. There will be two sessions: 2pm and 3:30pm. Please call Carol at 701.838.3528 to reserve a spot at the table!

BORDER WARS BOXING SHOWCASE - USA VS CANADA 11/19/2016 5:00 PM

The Vegas Motel. Amateur Boxing Competition between uppermidwest region boxers vs canadian boxer. Also Youth ND Silver Gloves state tournament.

WORLD TRAVEL ADVENTURE AT MCDC 11/20/2016 3:00 PM

Stamp your passport without leaving the Magic City Discovery Center! Students from Minot State University's teacher education department are leading an adventure around the world. Experience places like the Galapagos Islands, Egypt, and the Amazon Rainforest through science experiments,

art, and an obstacle course. Fun and learning for the whole family! Regular admission rates apply.

PAINT THE TOWN RED 11/20/2016 6:30 PM

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

MAKER MONDAY 11-21-2016 10:30 AM - 11-21-2016 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 Piggie 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 11-22-2016 10:00 AM - 11-22-2016 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.

GLASS BLOWING 11/22/2016 6:00 PM

Margie's Studio. Join Margie Bolton as she teaches you how to blow German style glass ornaments in this fun, semi-private class. Only four students per class gives you personal attention. Bring your family and friends for a fun afternoon. Each student receives 10 glass tubes and an assortment of colorful glass frits, stringers, and other decorative bits to personalize your creation. It might take a little practice but after a while, you will be making some lovely one of a kind ornaments to keep or give as presents. We even supply the metal hanger inserts. After a day of kiln annealing, your handmade ornaments will be ready to pick up and hang on the tree!

WHIMSICAL WEDNESDAY 11-23- 2016 10:30 AM - 11-23-2016 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.

STORYTIME 11-23-2016 10:30 AM - 11-23-2016 12:00 PM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:30 storytime for ages birth - 4yrs. and the 11:30 storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

3RD ANNUAL MAGIC CITY TURKEY TROT 11/24/2016 9:00 AM

Dakota Bark Park, 705 Highway 83 Bypass W, Minot, ND 58701. 1 mile fun run/walk and 5k run/walk - Costumes are welcome and encouraged - Free T-shirt for the first 150 pre-registered entrants & medals for all participants - Registration available online at www.eventbrite.com and can also be picked up at SOS Image. Packet pickup and registration will be available at Scheels on November 23rd from 4pm-7pm. Proceeds Benefit The Magic City Synchronized Figure Skating Team.

OLD FASHIONED CHRISTMAS OPEN HOUSE 11/25/2016 3:00 PM

Downtown Minot. Save the date for this year's Christmas Open House! Always a favorite for our friends and family. We'll have in-store specials, visits from Santa and of course the traditional lighting of the Christmas tree! Join us and shop local this Christmas season.

MINOT FLEA MARKET 11/26/2016 8:00 AM - 11/27/2016 3:00 PM

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

PET SUPPLY & FOOD DRIVE 11/25/2016 8:00 AM - 11/30/2016 6:00 PM

North Country Mercantile - 2000 20th Ave SE Minot ND 58701. Give pets in need in our community a chance this holiday season. We will be accepting all donations at our Minot location. You will receive 5% off your North Country Mercantile in-store purchase when you make a donation! All donations will be added to the Attis Eats Area Pet Food Bank!

LONGFELLOW ELEMENTARY BOOK- FAIR 11/26/2016 9:00 AM

Barnes & Noble - Dakota Square Mall. Join us in supporting Longfellow Elementary Schools Book-fair. They will have fun activities throughout the day!

START THE CHRISTMAS SEASON WITH MINOT CHAMBER CHORALE'S 44TH ANNUAL RENAISSANCE CHRISTMAS FEAST START

the Christmas season with Minot Chamber Chorale's 44th Annual Renaissance Christmas feast on Thursday - Saturday, December 1, 2 and 3, at the Holiday Inn Riverside. Enjoy surprises and fun amid toasts, music, dancing, revelry and the ever-popular Year in Review. Social and Silent Auction open at 6:00 pm; Dinner at 7:00 pm. Discounts: Military Discount any night with your military ID; Group Discount for 15 or more; Student Discount on Thursday with student ID! Reservations are required. Call for tickets at the Chorale's new phone number: 701-240-7537, or buy tickets online at: www.minot-chamberchorale.org

GLENBURN LIONS HOST COMMU- NITY PRE-HOLIDAY BAZAAR

Join us for a Community Pre-Holiday Bazaar in Glenburn - only 10 miles north of the base! Vendors & Crafters welcome! A lunch of soup and sandwich will be available for purchase. Location: Trinity Lutheran Church of Glenburn. Date/Time: 3 Dec 2016, 10 AM - 2 PM. POC for Vendors/Crafters: Ginney Jones, 701-833-2648

HOLIDAY CRAFT & HOME SHOW

Saturday, 10 Dec, 10:00 a.m. - 4:00 p.m., Senior Parker Center, 21 1st Ave SE, Downtown Minot. Many crafters jointly displaying unique handmade crafts & baked goods. Finish up your last minute Christmas shopping. Accepting cash, check or credit cards. FREE ADMISSION.

HOLIDAY TOUR OF HOMES, Twilight

Tour, 3 - 7 pm, Saturday, 3 Dec 16, tour tickets \$15.00 available at Taube Museum of Artmain, Interiors Plus and MarketPlace. This tour features beautiful decorated homes, \$1,000 in door prizes (must visit the Taube Museum for register during the tour). Please give Mary Grainer a call for information on this event at 838-6719.

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4 Things you need to know about privately owned weapons

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MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Recently purchased a firearm? Do you plan on transporting or storing it at Minot Air Force Base? Here's what you need to know about the rules and regulations of being a firearm owner while living on base.

1. Getting Started

If you live on base, filling out an AF Form 1314 Firearms Registration and DD Form 2760 Qualification to Possess Firearms or Ammunitions form is required. All personal and weapon information must be typed, with the exception of your "wet" signature.

2. Where to store your weapons depends on where you live

If you live in base housing, you are authorized to store YOUR unloaded firearms safely in your home. Ammunition should be stored separately. Airmen living in the dorms are NOT authorized to store weapons in their rooms, visiting quarters or temporarily lodging facility. Read the next step to find out where else an owner can store a weapon.

3. Keeping them safely stored

The base armory can keep our weapon safe. When going to the 5th Security Forces Squadron armory, don't forget to bring the cleared firearm(s), any separately stored ammunition and your military ID. The armorer will give you an AF Form 1297 temporary hand receipt. The hand receipt is necessary to access your firearm.

4. Driving them around

To transport weapons on base, they must be stored in the rear-most compartment of the vehicle. Ammunition must be secured separately.

It is the owner's responsibility to follow the rules and regulations for owning a personal weapon. In addition, members must also comply with requirements outlined in AFI 31-101 and AFMAN 31-125 for Law Enforcement Officers Safety Act credentialed individuals. If regulations aren't followed, consequences will depend on the severity of the infraction. For further information, contact the 5th SFS at (701) 723-6568. To fill out an AF Form 1314, www.epublishing.af.mil



Up in smoke: 5 CE firefighters train to save

MINOT AIR FORCE BASE, N.D. -- The 5th Civil Engineer Squadron fire protection flight conducts a no-notice structural exercise at an old dorm building at Minot Air Force Base, N.D., Nov. 9, 2016. The flight protects the Minot AFB community and property from fires and disasters. They are required to conduct one no-notice exercise per year.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH/AIRMAN 1ST CLASS CHRISTIAN SULLIVAN



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Base Library Hosting Winter Reading Program For Adults

Sign up for the Base Library's first ever **WINTER READING PROGRAM** and stay warm with some good books!

SIGN UP: 1 DEC - 15 FEB
LOG YOUR READING: 1 DEC - 1 MAR 17

Adults who read and log CSAF Reading List titles or books read for fun between 1 Dec and 1 Mar will receive prizes & chances to win bigger prizes!

For more information or to sign up, visit www.tinyurl.com/minotlibrary

The Base Library is holding their first ever Winter Reading Program for adults from December 1 through March 1. You can stay warm with some

good books plus chances to win prizes. To participate, adults simply need to visit the Base Library between December 1 and February 15 or register at www.tinyurl.com/minotlibrary. Then read and log CSAF Reading List titles or books read for fun. Participants will receive their choice from a variety of prizes upon reading and logging 1, 5, and 10 books. For each book read, they will be given one chance to win a grand prize gift certificate at the end of the program. In addition to individual prizes, the squadron whose active duty members read the most CSAF Reading list books and log them will receive a certificate and a trophy to display.

The Winter Reading Program is sponsored by Hess Corporation. *No Federal Endorsement of Sponsor Intended.* For more information, contact the Base Library at 723-3344.

HIP HOP ALL NIGHTER PJ PARTY!

NOVEMBER 26 12AM - 4AM

Come dance the night away while enjoying savory drink specials!

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Outdoor Recreation Hosting Dickens Village Festival Trip

DICKENS VILLAGE FESTIVAL
December 3, 10am
Register By November 28

\$50/person

Join Outdoor Recreation in celebrating the start of the holiday season in Garrison, ND at the famous Dickens Village Festival. Visit the many street vendors, shop the unique stores and embrace a simpler time. As the official Christmas Capital of North Dakota, Garrison and it's Dickens Village Festival are a must for anyone who wants to turn the holiday season into a special experience.

Tickets: \$50.00 per person
Price includes: transportation to Garrison, ND, a ride on the Queen Elizabeth, an afternoon with "Da" Lutherlic Ladies - comedy act, and a ticket to the play "Tiny Tim's Christmas Carol". Children under 17 must be accompanied by an Adult.

723-3648

If you really want to get in the mood for the holidays, Outdoor Recreation has the perfect opportunity. On Saturday, Dec. 3, start your holiday season with a trip to the famous Dickens Village Festival in Garrison, North Dakota.

Street vendors, Dickens Quilt Show, Fruit

Cake Toss, Piccadilly Square craft vendor show, afternoon and evening entertainment, a lighted Main Street parade at dusk, and a live stage performance each evening of "Tiny Tim's Christmas Carol" are highlights of this festival that continues to increase in popularity. Ride on an authentic English double-decker bus or enjoy a carriage ride. As the official Christmas Capitol of North Dakota, Garrison and its Dickens Village Festival are a must for anyone who wants to turn the holiday season into a special experience.

Cost per person is \$50 and includes transportation, a ride on the Queen Elizabeth, an afternoon with "Da" Lutherlic Ladies - comedy act, and a ticket to the live stage performance of "Tiny Tim's Christmas Carol." Deadline for registration is Nov. 28. Children age 17 and under must be accompanied by an adult. For more information, call Outdoor Recreation at 723-3648.

2016 DoD MWR Customer Satisfaction Survey Seeks Feedback From Customers

There's a survey in your inbox

Survey email invitations are hitting inboxes for the DoD MWR Satisfaction Survey.

This survey focuses on customer satisfaction of your fitness center, library, swimming pools and other MWR programs operated by the Force Support Squadron.

Recently, select members of active duty, National Guard and Reserve components received the 2016 DoD MWR Customer Satisfaction Survey. All recipients were chosen at random. The survey will measure the impact of satisfaction on three desired outcomes - readiness, retention, and unit cohesion of the MWR programs offered by Force Support Squadrons. The survey will be distributed through GovDelivery.com and for the first time, spouses will also have an opportunity to participate. If you receive the DoD MWR Survey, please take a few minutes to fill it out. Your response can make a significant difference.

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CLUB MEMBER DRAWING ON FRIDAY, NOVEMBER 18th WILL BE FOR \$1,450.

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 next weekly club member drawing will be held on Friday, Nov. 18 at the Jimmy Doolittle Center and Rockers Bar & Grill. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Nov 19 Family Turkey Bingo

Youth Center members are invited to attend the Family Turkey Bingo event at the Youth Center on November 19 starting at 2 p.m. This is a Youth Center member only FREE event and parents must accompany all youth. There is a limit of one turkey per family. For more information, call the Youth Center at 723-2838.

Nov 19 The Arts Are Alive Showcase

The Youth Center is hosting The Arts Are Alive Theater, Talent, and Art Showcase on Saturday, November 19 from 6-8 p.m. This FREE event is open to all participating Youth Center members and their families. Tryouts for the talent portion will be held between 4:30-5:30 p.m. daily starting November 1-10. Youth between the ages of 9-18 can audition. For additional details, call the Youth Center at 723-2838.

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 information, call Rough Riders at 727-4377.

Dec 3 Tumbling Winter Showcase

The Youth Center is holding the Tumbling Winter Showcase on Saturday, December 3 at 5 p.m. Enjoy all classes showcasing their tumbling skills. Doors open at 4:30 p.m. For more information, call the Youth Center at 723-2838.

Nov 19 Turkey Burn Cycle-a-thon

Looking for some fun and exercise? The Fitness Center is hosting the Turkey Burn Cycle-a-thon on Saturday, November 19 from 9-11 a.m. For additional information, contact the Fitness Center at 723-2145.

Auto Hobby Hosting Ladies Night On November 28th

Auto Hobby is hosting a Ladies Night on Monday, November 28 from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. Dependents may also attend. The class will have work stations covering changing brakes, spark plugs, oil changes, changing spare tires, and more. The class is taught by a certified mechanic. There will be a question and answer session after the class.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Registration deadline is November 25. Please wear clothes you don't mind getting dirty and closed-toed shoes. To register or for more information, call Auto Hobby at 723-2127.

YOUNG AIRMEN EVENTS & PROGRAMS

Nov 18 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Nov. 18 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.

Nov 20 Football Frenzy

Catch all the exciting NFL action every Sunday during Football Frenzy at Rockers Bar & Grill. Watch your favorite team on the numerous televisions throughout the facility. Club members, be sure to get the unique word of the week then register online to win weekly prizes. Doors open at 11:30 a.m. For more details, call 727-ROCK.

Nov 23 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.

Dec 5 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 December 5 from 2:30-4 p.m. Attendees should bring their current LESs and have knowledge of their bills. Class size is limited; call 723-3950 to register or for more information.

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

Volunteers Are Needed For The Annual Day Of Love Event On November 24th At The JDC

Express your thanks and appreciation to local senior citizens during the annual Thanksgiving Day Of Love event on Thursday, November 24. Volunteer to escort senior citizens to the Jimmy Doolittle Center or help serve the delicious Thanksgiving meal. Assistance is also needed to set up, teardown, and more. If you are interested in volunteering for this memorable event, please contact Mrs. Susan Wagers at 723-6718.



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 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  402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE </p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church </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 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 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 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 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  2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i> </p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH </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 I John 5:13 www.bbminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist </p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i>  1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour .. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ!"</i> </p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH <i>Independent - affiliated with IMF</i> </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  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  <i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church </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	1	9	2	7	3	8	5	4
4	2	3	5	8	6	1	9	7
7	8	5	1	4	9	2	6	3
5	6	8	7	3	1	4	2	9
9	3	4	8	2	5	6	7	1
2	7	1	6	9	4	5	3	8
8	4	2	3	6	7	9	1	5
1	9	7	4	5	2	3	8	6
3	5	6	9	1	8	7	4	2

Answers to puzzle from page 9

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- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
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 <p>\$359,000</p> <p>MOVE IN READY - 4 bedroom home with open floor plan. Gas fireplace in living room, deck off dining room and kitchen with granite counters, slate backsplash and eat-in bar. Large master suite. Lower level family room, bedroom, office and bath. Triple garage.</p> <p>MLS #160883</p>	 <p>\$139,900</p> <p>GREAT STARTER - Totally updated 2 bedroom home. Kitchen has quality cabinets, countertops and desk. Deck off dining room. Partially fenced yard, large shed and detached garage.</p> <p>MLS #160833</p>	 <p>\$295,000</p> <p>LIKE NEW - Custom built 4 bedroom home. 2125 sq ft above grade plus a full basement. Main floor has laundry, 3 bedrooms, all new kitchen, new flooring, custom cabinets and milling. 2nd level has family room with fireplace, master suite and doors to balcony. New furnace, A/C, elect. panel and finished double garage.</p> <p>MLS #162024</p>
 <p>\$172,000</p> <p>MANY UPDATES - 3 bedroom, 2 bath home. Large kitchen with island, formal dining room and main floor bedroom, bath and walk-in closet. 2 upper level bedrooms, 3/4 bath and sitting area. Basement is stubbed for a bath and ready to finish for added living space. Double garage.</p> <p>MLS #162119</p>	 <p>\$119,000</p> <p>TOWNHOME - Cozy living in this 2 story townhome. Main level has dining area off kitchen, living room and 1/2 bath. Upper level has 2 bedrooms and a full bath. Lower level family room. Newer roof, most windows are updated, attached garage.</p> <p>MLS #161854</p>	 <p>\$229,900</p> <p>COUNTRY SETTING - 3 bedroom, 2 bath home on 1/2 acre lot. 2012 manufactured home with an attached 2 car garage. Great kitchen that is open to dining and living room. Nice deck and yard shed.</p> <p>MLS #160813</p>
 <p>Milt Korslien 833-1891 uncdemilt@srt.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES</p> <p>APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Ric Montoya 240-0749 grigio92@aol.com</p>

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<p>\$179,900 - Glenburn</p>  <p>Check out this move in ready home in Glenburn, North Dakota and only minutes from Minot Air Force Base. This is a 3 bedroom, 2 bath 1,250 SQ/Ft home with double stall heated garage. Call Nathan Stremick at 500-3890. #162328</p> <p>\$414,900</p>	<p>\$495,000</p>  <p>Plenty of room inside and out! Over 3,000 Sq Ft home on over 2 1/2 acres is less than 5 minutes drive from Minot. The master suite upper addition features a large, open seating area, separate closet spaces & ready to finish bath w/tub & double sinks. Call Aisha Vadell at 240-3780 #162312</p> <p>\$249,500 - Garrison</p>	<p>\$396,000 - Logan</p>  <p>Country home located just south of Minot in Logan, nestled above the valley. Home is surrounded by numerous pines and spruces that protects the home from the North Dakota winds. Good size deck to sit out in the morning and smell the fresh dew off the pines and view of the valley. Call Clyde Thorne at 240-8594. #162301</p> <p>\$243,900</p>
 <p>This perfect split level home is located in a great location with amazing upgrades and desirable finishes. It is a 5 bedroom 3 bathroom located at the end of a quiet cul-de-sac, within walking distance to Perkett Elementary school & a view of Jack Hoeven baseball fields. Call Nathan Stremick At 500-3890. #162293</p> <p>\$94,900 - Surrey</p>	 <p>Lake Property in the popular Douglas Bay located 9 miles west of garrison at Lake Sakakawea. Three Bedroom, two bath manufactured home on almost 2 acres and has a 36 X 36 shop. Call Cindy Strandberg at 701-833-1956. #162292</p> <p>\$164,900</p>	 <p>Lovely 1,760 sq. ft. home on a corner lot in northwest Minot with unmatched curb appeal and a variety of mature trees! The spacious split-foyer layout flows nicely on both floors. The upper floor consists of the roomy living area, kitchen and dining rooms. Call Amber Alexander at 500-0810. #162289</p> <p>\$124,900 - Burlington</p>
 <p>Think of the possibilities! Located on a large lot in Surrey - this home has a lot of great potential! It already has newer siding, gutters added, electrical updated, newer garage door, appliances and some light fixtures, and most all windows are new. Call Tamie Dunn at 720-1723. #162286</p>	 <p>This upper level 2 bedroom, 2 bath newly constructed condominium located on the outskirts of town is move in ready! Open concept with a gas fireplace in the living room and sliding glass doors to step out onto the balcony and enjoy the sunset! Call Megan Atchison at 441-9085. #161853</p>	 <p>Nicely remodeled 2 bedroom 1 bath townhome in Burlington. Double garage on large corner lot with an additional 1/3 acre lot to go with sale of home. Call Jerry Thomas at 833-7578. #161851</p>

HAWC encourages smokers to go "Cold Turkey"

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

MINOT AIR FORCE BASE, N.D., -- The Health and Wellness Center at Minot Air Force Base is scheduled to host a 5K race in honor of the Great American Smokeout on Nov. 17, 2016.

The Great American Smokeout is an annual event hosted on the third Thursday of November to encourage tobacco users to quit for a day and promote a smoke-free lifestyle.

"The goal behind this event is that if people can go 24 hours without tobacco, maybe they can go a little bit longer," said Lori Halvorson, 5th Medical Operations Squadron health promotion coordinator.

The 5k's theme is "Cold Turkey Trot" to encourage smokers to

quit tobacco-use "cold turkey."

Although the race is primarily coordinated to inspire tobacco users to quit, friends and family participation is also encouraged.

"Anyone who is interested in improving their own or their loved one's health can participate," said Halvorson.

Free turkey soup samples, Gatorade slushies and information about tobacco cessation will be available during the event.

A carbon monoxide smoke analyzer will also be available to detect carbon monoxide levels in smokers and people exposed to second-hand smoke.

"People can blow into

the machine and in less than a minute get their results," said Halvorson. "The machine can tell if someone is a light, heavy or addictive smoker."

The race will be conducted around the McAdoo Fitness Center, however, if inclement

weather arises it will be at the indoor track.

According to the American Cancer Society, tobacco-use and cigarette smoking remains the largest preventable cause of disease and premature death in the world.

"Tobacco users

typically start using when they're bored or stressed," said Halvorson, "So exercise is a great alternative to take your mind off those factors."

Chewing gum, sunflower seeds and alternate distractions are key methods in tobacco

cessation, said Halvorson. "One method to quitting smoking is rate reduction," said Halvorson.

"For example, if you smoke one full pack a day simply reduce it to 16 or 14 cigarettes a day and continue to reduce daily."

Quitting smoking has immediate and long term benefits.

"What most people don't know is that

within 20 minutes of your last cigarette your blood pressure and pulse rate have already decreased," said Sheena Swanner, 5th Medical Support Squadron dietician. "After one full year, your chances of developing coronary artery disease is reduced by 50%."

The race is one way to jump-start quitting tobacco-use.

Halvorson concluded with additional benefits to quitting, such as exercise improves attitude, job performance and physical fitness standards, said Halvorson.

To register for the 5K, visit the fitness center's front desk or by call 701-723-2145 until 11:30 a.m. on Nov. 17, 2016. For information on tobacco cessation, contact Halvorson at 701-723-5399.

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