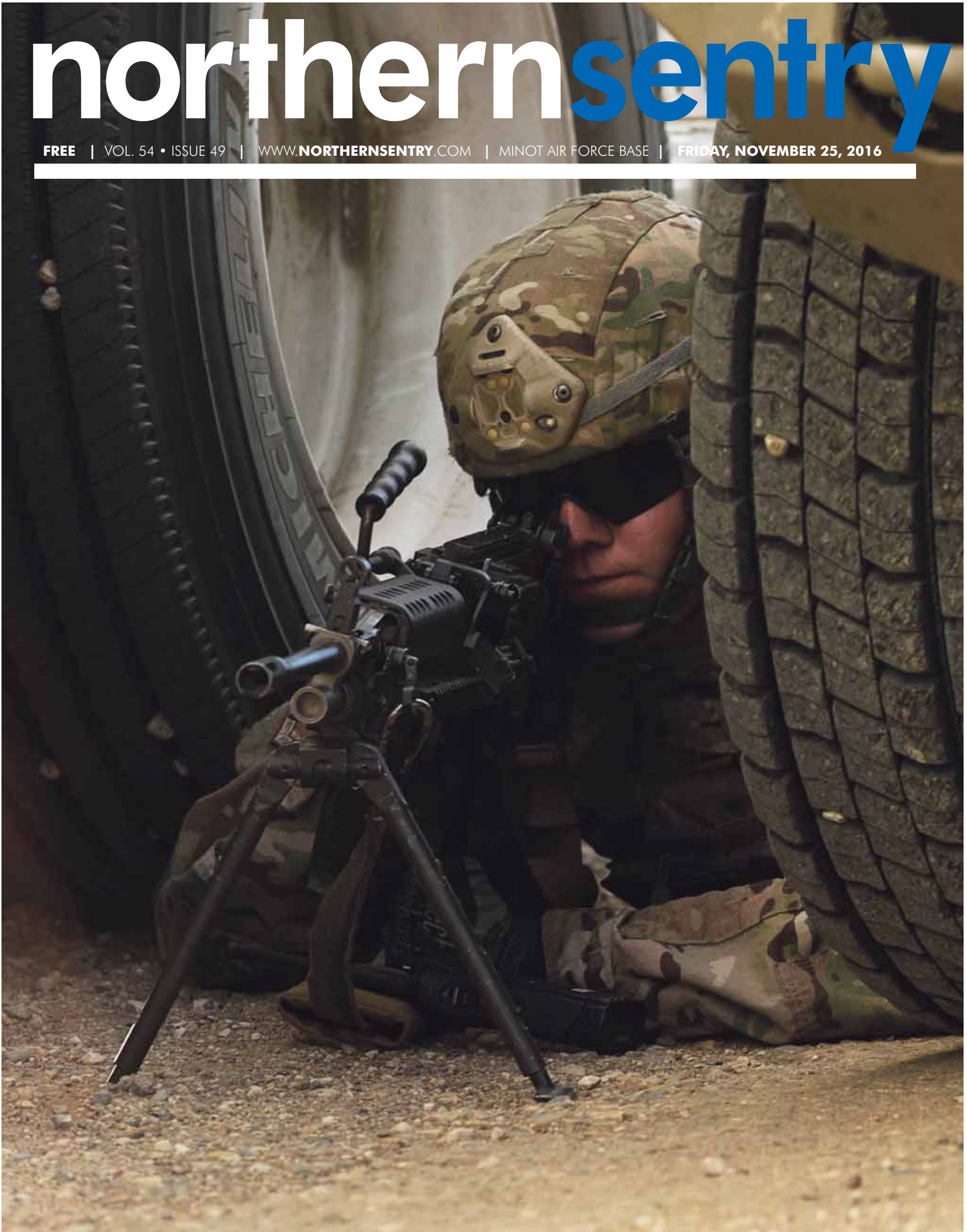


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U.S. AIR FORCE PHOTO | SENIOR AIRMAN APRYL HALL

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Videos



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

Airman's Attic volunteers arrange items at Minot Air Force Base, N.D., Oct. 31, 2016. The Airman's Attic is a nonprofit self-servicing thrift store open to all military members and their dependents.

Airman's Attic: Giving back to the community

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

MINOT AIR FORCE BASE, N.D.

-- In October 2016, the Minot Air Force Base Airman's Attic had more than 60 volunteers who dedicated more than 300 hours to provide approximately 7,737 free items for Team Minot.

The Airman's Attic is a nonprofit self-servicing thrift store

open to all military members and their dependents throughout the year.

It offers a variety of donated items from clothes to books and toys. The attic is an all-volunteer program run by military and civilian personnel.

Heather Bickell, Airman's Attic volunteer, said a great thing about the Attic is people getting whatever they need

without spending any money.

She also talked about the community being the organization's main focus.

"It's not really about the items, it's more about the people," said Bickell, a volunteer since 2007. "The more people volunteer, the stronger the camaraderie grows between us and the members of the community."

Bickell admitted that volunteering gives her a sense of pride.

"The greatest impact is helping the community and knowing my help has impacted others," Bickell said. "I appreciate knowing how much community involvement is required to keep this program running."

Master Sgt. Tyson Andrews, 5th Munitions Squadron conventional maintenance section chief, is one of the Airman's Attic managers and often takes time out of his schedule to volunteer.

Andrews said the best part about the Airman's Attic is the joy and relief it brings to others.

"It is important to give back," Andrews

said. "One of my favorite things is seeing someone walk out of the Airman's Attic with a smile on their face."

Bickell also said volunteers are always welcomed, whether they help for 45 minutes or four hours -- the program would simply not run without them.

"After you've volunteered here more than a few times, you really start to become part of the family," Bickell said. "The friendship becomes constant."

The Airman's Attic is open on Mondays and Wednesdays from 10 a.m. to 2 p.m. Volunteers can walk in and sign up at the front desk. For more information, call 701-723-1818.

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CVS pharmacies will leave the Tricare network

5TH MEDICAL GROUP | 5TH MEDICAL SUPPORT SQUADRON

MINOT AIR FORCE BASE, N.D. -- Effective Dec. 1, 2016, CVS pharmacies will leave the Tricare network.

What this means to you: if you choose to fill a prescription at CVS after this date, you will have to pay the full cost of the medication upfront, and file for partial reimbursement.

However, you do have other options.

1) Your Military Treatment Facility (MTF). The 5th Medical Group has most medications in stock and available to beneficiaries at no cost. Our hours are M-F 0730-1630, excluding Federal Holidays, Global Strike Command Family Days and Training Days. For questions, please call 723-5293.

2) Mail Order. While the Tricare Home Delivery program does sometimes require a co-pay, the cost is small compared to retail and provides a 90-day supply (generic: \$0, Brand Name: \$20, and Non-formulary: \$49). Go here for more information: <http://www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions/HomeDelivery>

3) Other retail pharmacies. There are ten other pharmacies within the Tricare network, within a 60-mile radius of Minot. You will pay a co-pay for a 30-day supply (generic: \$10, Brand name: \$24, and Non-formulary: \$50). Those pharmacies are:

- MARKET PHARMACY**
1930 S BROADWAY
MINOT, ND - 58701-6508
701-839-8883
Distance from Minot: 5.9 mi
- CNTR FOR FAMILY MEDICINE PHCY**
1201 11TH AVE SW
MINOT, ND - 58701-4207
701-858-6755
Distance from Minot: 6.4 mi
- MEDICINE SHOPPE PHARMACY #0523**
1118 S BROADWAY
MINOT, ND - 58701-5955
701-852-1524
Distance from Minot: 6.8 mi
- WHITE DRUG #017**
1015 S BROADWAY
STE 3
MINOT, ND - 58701-4667
701-852-4181
Distance from Minot: 6.9 mi
- B AND B NORTHWEST PHARMACY**
20 BURDICK EXPY W
MINOT, ND - 58701-4498
701-838-2213
Distance from Minot: 7.4 mi
- TRINITY HOSPITAL PHARMACY**
1 BURDICK EXPY W
MINOT, ND - 58701-4406
952-653-2568
Distance from Minot: 7.4 mi
- KEYCARE PHARMACY**
400 BURDICK EXPY E STE
MINOT, ND - 58701-4769
701-857-7900
Distance from Minot: 7.8 mi
- WHITE DRUG #040**
2211 16TH ST NW
STE B
MINOT, ND - 58703-1215
701-852-0388
Distance from Minot: 11.7 mi

VELVA DRUG COMPANY
16 MAIN ST N
VELVA, ND - 58790-7303
701-338-2911
Distance from Minot: 21.5 mi

DAKOTA DRUG
107 S MAIN ST
STANLEY, ND - 58784-4003
701-628-2255
Distance from Minot: 60.5 mi

As a reminder, personnel on PRP/AUoF/ Fly status must report medication use or off base prescription fill to their monitor, CO/CC, or PCM before use.

For any questions regarding your TRICARE benefits, please call TRICARE at 877-988-9378. If you would like to talk to someone at the 5th Medical Group, please see Mr. Tom Melvin on the 3rd floor in the TRICARE office (walk in hours are 0730-1200 and 1330-1630).

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Operation Warmheart: Helping Airmen in need

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Holidays are celebrated as a season of giving and during this time, Airmen come together as a big Air Force family to help

support one another. Operation Warmheart, run solely by first sergeants, is in place here at Minot Air Force Base, North Dakota to help Air Force families in need during the

holiday season. The non-profit organization cares for the morale and welfare of Team Minot and is designed to assist any individual associated with the military or who work on base.

The Thanksgiving holiday basket event is one of the year's largest occasions for the Operation Warmheart organization.

"With this event, we will give identified members a turkey or a ham, whichever they prefer," said Master Sgt. Robert Dooley, 5th Logistics Readiness Squadron first sergeant and Operation Warmheart member. "We will also give them a \$25 gift card to purchase whatever they need from the commissary for their Thanksgiving meal."

From single parents to large families, or younger Airmen who aren't financially stable, Operation Warmheart

will hand out donated food.

"There are roughly 160 families that we will directly help this year," said Master Sgt. Christopher Stroup, 5th Medical Group first sergeant and Operation Warmheart treasurer. "We are hoping to spend around \$5,000 on the event this year."

The organization doesn't just help families in need, but also hosts morale events such as gas giveaways and burger and hot dog burns to uplift Team Minot's spirits.

"Warmheart is all about giving back to the Airmen," said Dooley. "We try to use it for

Continued on page 11



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MISSILE DEFENDERS PRACTICE RECAPTURE, RECOVERY

Defenders from the 791st Missile Security Forces Squadron participated in a recapture and recovery exercise at the missile complex, N.D., Nov. 16, 2016. The scenario tested the defenders' response to an asset being taken over by hostile forces.

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





Pumpkin Pie, Turkey, Football, Diabetes, Oh My!

NORTH DAKOTA DEPARTMENT OF HEALTH

Bismarck, N.D. – Pumpkin pie, turkey, football, diabetes, oh my! Wait, diabetes? Thanksgiving may take the spotlight for November, but November is also Diabetes Awareness month. With more than 1 in 11 North Dakota adults living with diabetes and more than 1 in 3 at risk for developing type 2 diabetes, increasing awareness is crucial.

Thanksgiving and the holiday season are wonderful times to celebrate with family and friends. It can also be a difficult time to resist temptations, resulting in weight gain that lingers long after the parties are over and candy dishes are empty. Extra weight increases the risk for type 2 diabetes and many other chronic diseases. Losing 5 to 7 percent of a person's body weight can decrease a person's risk for type 2 diabetes by nearly 60 percent!

The National Diabetes Prevention Program (NDPP) can help those at risk for type 2 diabetes lose weight to prevent or delay type 2 diabetes. The NDPP is a year-long program that provides support and encouragement to make life-long changes resulting in sustainable weight loss. To find out if you are at risk for prediabetes and eligible to participate in a NDPP near you, take the risk test at <http://diabetesnd.org/diabetes-prevention/prediabetes/>.

One lesson from the National Diabetes Prevention Program focuses on making changes during the holiday season. This year, set some goals to keep your health on track.

- Plan ahead and budget calories wisely. Skip items you can get anytime and opt for a homemade treat that makes an appearance once a year.

- Rethink your drink. Calories from sugar-

sweetened and alcoholic beverages can add up fast. Opt for sparkling water, unsweetened tea or water to stay within your calorie budget.

- After you dish up, stay away from the room with the food table to avoid temptations.

Bring healthy dishes to share at holiday parties and potlucks.

Plan holiday gatherings and events that don't involve food.

If you are interested in learning more about the National Diabetes Prevention Program, go to www.diabetesnd.org/diabetes-prevention/prevention-program/. Find a program near you at www.diabetesnd.org/diabetes-prevention/find-a-lifestyle-coach/.

For more information, contact Jane Myers, Diabetes Program Director for the North Dakota Department of Health, at 701-328-2698 or jmyers@nd.gov.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

“I would encourage anybody who hasn't picked up a trap or is interested in trapping to take the (Fur Harvester Education) course.”

– N.D. Game and Fish Department furbearer biologist Stephanie Tucker.

Hunting seasons are winding down as winter ever so slowly inches its way into vogue again this year.

But just as deer hunters put aside rifles and fewer pheasant hunters take to the field, it's the time of year when fur harvesters awaken.

“Fur harvester” is a broad term embracing trappers, predator hunters, and in increasing numbers, predator calling and participants using cable devices to harvest furbearers, described N.D. Game and Fish Department furbearer biologist Stephanie Tucker.

Trapping is what drew Europeans to what is now modern North Dakota. Today, though, traditional trapping is more of a niche activity.

One way to learn the nuances of fur harvesting is to hit the books.

The N.D. Game and Fish Department has offered free Fur Harvester Education courses since 2008, Tucker said, which includes predator calling and cable devices. Typically, courses are available in August in Minot, Bismarck, Dickinson, and Jamestown.

Like the state's Hunter Education program, volunteers also teach the Fur Harvester Education course with about 15 actively teaching in the four communities. “We're definitely in need of instructors,” she added. A limited instructor pool is why it's not available statewide.

However, the course manual is available for free download from the Game and Fish Department website, (gf.nd.gov), clicking “Education”, and scrolling down to “Fur Harvester Education Course”.

Simply reading the manual doesn't meet certification standards, though. An alternative is taking the course through correspondence with one of the instructors and “you just have to come in for the 8-hour field component,”

Tucker described.

Attaining course certification is beneficial for people wanting to trap in states requiring Fur Harvester Education certification. The course is voluntary for those trapping in North Dakota.

The Game and Fish Department worked with the Association of Fish and Wildlife Agencies to develop its uniform educational program so it is reciprocal in states with mandatory certification, Tucker explained.

Course topics include trap handling and sets, cable devices, predator calling, bait and lures, state regulations, selective trapping techniques, best management practices, trapping ethics, fur handling, furbearer biology, and hound hunting.

The Fur Harvester Education website page also has links to important trapping information and brochures, including one anyone afield with a dog should read providing information about dealing with traps and dogs.

One reason cable devices are gaining popularity is that they're a cheaper investment for beginning fur harvesters, Tucker described. The downside is they're a one-time device. While traps are expensive, they could ultimately be cheaper than continually buying more cable devices.

Tucker doesn't have much good news for fur harvesters this winter: “Right now things look pretty bleak in the fur market,” she described. Chinese and Russian markets are both down due to slowing economies and precarious political standings among many of their neighbors.

North Dakota raccoon pelts often go to Russia and muskrats to China.

However, the demand for coyotes used for trim on outer winter clothing is providing a bright spot for the Canadian market – and the bright spot for North Dakota fur harvesters.

NORTHERN SENTRY

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Medical Education/Practice History:

- Doctor of Medicine degree and General Surgery residency, Howard University College of Medicine, Washington, DC
- Cardiothoracic surgery fellowship, University of New Mexico, Albuquerque
- Served as Assistant Professor of Surgery and Attending Surgeon at the University of New Mexico School of Medicine's Division of Cardiothoracic Surgery for seven years
- Served as an attending surgeon, Pembina County Memorial Hospital, Cavalier, ND
- Honors include Outstanding Resident of the Year, Chairman's Award, and Surgery Research Investigator Award to fund investigation into the weaknesses in traditional sternal closure
- Member, Society of Thoracic Surgeons and American College of Surgeons



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Rice Krispy Turkey Legs for Thanksgiving!

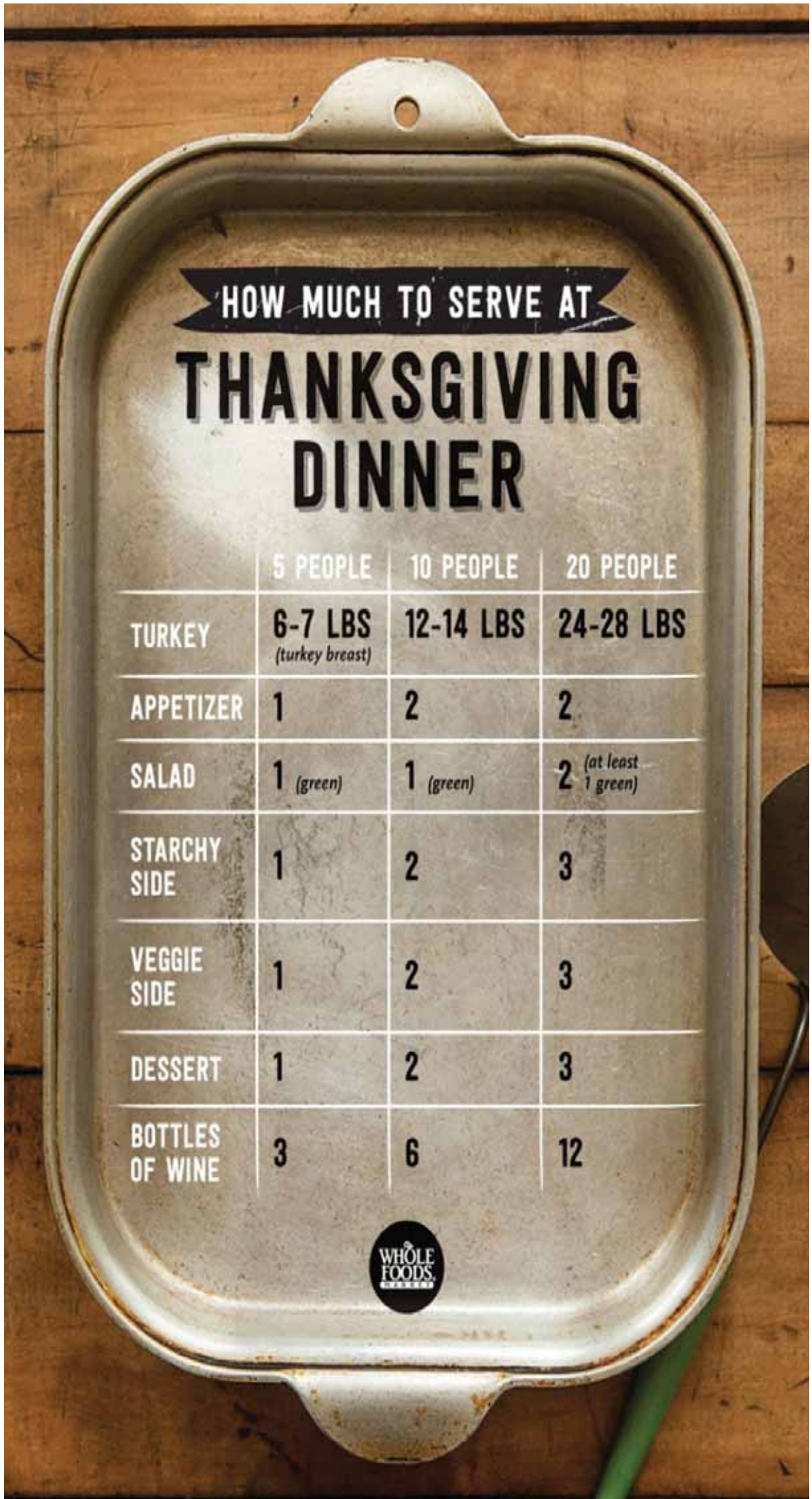


INGREDIENTS:

- 8 cups of Rice Krispies Cereal
- 6 Pretzel Rods
- 1 Bag White Candy Melts
- 1 10 oz. bag Mini Marshmallows (reserving 24)
- 1/4 cup Butter

INSTRUCTIONS:

Break your pretzel rods in half and melt your white chocolate according to the directions. Dip the ends of the pretzel rods into the chocolate just at the tip. Press on two mini marshmallows. Let that set for about 5 minutes. Dip the pretzels back into the chocolate covering almost to the other end. Melt the remaining marshmallows and butter in the microwave for 1 minute. Stir until combined and smooth. Now add in your Rice Krispies cereal and mix until combined. Grab a hand full of your Rice cereal treat mix and shape it into a ball. You can use gloves, butter, or spray your hands with cooking spray to prevent any sticking. Press the end of the pretzel into the ball and shape it to look like a turkey leg. Place them onto wax paper and let them set for about 15 minutes. These will store nicely to make ahead of time and make sure a fun display on your Thanksgiving table!



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Dog Sled Trip Provides Once In A Lifetime Experience

DOG SLEDDING TRIP
JANUARY 6-8
REGISTER BY DECEMBER 30
723-3648

Come on a dog sledding adventure with Outdoor Recreation. Sled through the majestic Superior National Forest in the heart of Minnesota. You will get to drive your own dog team and have lunch on the lake.

Cost
 Single: \$255
 Double: \$127
 Triple: \$85
 Quad: \$65

Price includes the dog sledding day trip, two nights lodging and transportation to Ely, Minnesota. You won't want to miss this winter wonderland adventure!!

If you're looking for a once in a lifetime type experience, don't miss the Dog Sledding Adventure Trip on January 6-8. Outdoor Recreation invites you join the fun as you sled through the majestic Superior National Forest in the heart of Minnesota. You will get to drive your own dog team and have lunch on the lake.

Cost is \$65/person quad occupancy, \$85/person triple occupancy, \$127/person double occupancy, or \$255/person single occupancy. Price includes the dog sledding day trip, two nights lodging, and transportation to Ely, MN. Deadline for registrations is December 30. For more details or reservations, call Outdoor Recreation at 723-3648.

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12AM - 4AM
 Come dance the night away while enjoying savory drink specials!
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Base Library Hosting Winter Reading Program For Adults

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

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

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Outdoor Recreation Hosting Dickens Village Festival Trip

DICKENS VILLAGE FESTIVAL
December 3, 10am
Register By November 28
\$50/person
723-3648

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 its 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" Lutheric Ladies - comedy act, and a ticket to the play "Tiny Tim's Christmas Carol". Children under 17 must be accompanied by an Adult.

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" Lutheric 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.

FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 206 pay-per-view event at Rockers Bar & Grill on Saturday, December 10. Non-members price is only \$7.

The action is headlined by the UFC Light Heavyweight Championship rematch featuring current champion Daniel Cormier facing Anthony Johnson. Other events include a featherweight battle between Max Holloway and Anthony Pettis, Donald Cerrone challenging Matt Brown, and more.

Fight pay-per-view begins at 9 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

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NON-MEMBERS: \$7
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PITCHER SPECIALS: \$6
ADULTS ONLY NO CHILDREN
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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.

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.

CLUB MEMBER DRAWING ON FRIDAY, NOVEMBER 25th WILL BE FOR \$1,500.

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. 25 at the Rockers Bar & Grill only as the Doolittle Center will be closed. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

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.

2016 Air Force ART CONTEST

Call for Entries
November 1-30

Categories Prizes
for adults & youth awarded in each category

for more info visit MyAirForceLife.com/artcontest
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Dec 10 *Christmas At The North Pole*
Children of all ages are invited to the FREE Christmas At The North Pole event at the library on Saturday, December 10 at 1 p.m. Journey to the North Pole for a frozen fun-filled Christmas adventure with stories, crafts, and activities. For additional information, contact the library at 723-3344.

Dec 10 *Winter Dance Recital*
Don't miss the Winter Dance Recital at the Base Theater on December 10 hosted by the Youth Center. Enjoy all classes performing all styles of dance including tap, jazz, ballet, and more. Doors open at 4:30 p.m. with the showcase beginning at 5 p.m. For details, call the Youth Center at 723-2838.

SWIM LESSONS
AT THE INDOOR POOL IN THE MCADOO FITNESS CENTER

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

- December Sign up: 1st and 2nd from 4-6 pm
- December Classes: 6th, 8th, 13th and 15th

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

723-3648

Dec 10 *Best Four Game Tournament*
Strike up some fun during the Best Four Game Tournament at Rough Rider Lanes on Saturday, December 10 from 4-9 p.m. Bowl six games (one game will be 9 Pin No Tap) with your best four games going towards the high series. Payout will be one in four/five depending on participation. Cost is \$50 per person with \$25 going into the prize fund. Participants must be 18 years of age or older. A minimum of 20 bowlers needed to conduct event. For more details, call 727-4715.

Arts & Crafts Center Offering Wine & Paint Class On Dec. 9

WINE & PAINT CLASS AT THE ARTS & CRAFTS CENTER

DEC 9 6:00-8:00 PM

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

ADULTS 21 & UP ONLY
COST: \$26/PERSON
SIGN-UP AT THE ARTS & CRAFTS CENTER DECEMBER 1-8

723-3640

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, December 9 from 6-8 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 December 1-8. 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.

December 2nd 5pm-9pm
Register NOW - December 1st

Team Minot Holiday Social Kids Night Out
A Members & Non-Members event

AGES 5 - 12
COST: \$40/child

Crafts, Movies, Games & more!
Snacks & Popcorn provided

723-2838

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 27 *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 30 *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 2 *Friday Night Karaoke*
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Dec. 2 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.

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

Family coming for the HOLIDAY SEASON?

Reserve holiday guests a room at the Sakakawea Inn
Now accepting Space-A reservations for 1 Nov 2016-2 Jan 2017

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MINOT AIR FORCE BASE, N.D. -- Do you have an upcoming fitness assessment? Here are five steps to know before taking the Air Force fitness assessment.

1. Scheduling a test

Each unit has a Unit Fitness Program Monitor to help schedule your assessment. The UFPM will provide all available testing times, hours may change due to base exercises. The Fitness Assessment Cell recently added additional times every Monday at 3, 3:30, 5 and 5:30 p.m., to help accommodate shift workers. The last week of every month is reserved for walk-ins, and there will be no testing the last duty day of the month.

2. Before arriving

The UFPM will provide a Fitness Screening Questionnaire to ensure if you're healthy enough to test. Don't forget to inform your UFPM of any medical problems and if applicable, have a copy of your signed AF Form 469. Appropriate physical training uniform is mandatory! If you need a reminder, check AFI 36-2903 for a refresher on PTU regulations.

3. Checking in

Arrive at the FAC at least 15 minutes early! Be prepared with all your paperwork and a military ID. Late arrivals will not be permitted to perform the fitness assessment.

If you are too sick to test, notify the Physical Training Leader on duty while checking in.

4. Testing

Fitness assessments will be held at the McAdoo Fitness Center unless otherwise notified by a UFPM or FAC personnel. Weather conditions will determine whether the running portion is at the indoor track, 13 laps, or on the outdoor track, 6 laps.

5. You're done!

After the assessment, don't forget to check the Air Force Fitness Management System to ensure your scores and information are accurate. The score will determine whether you test within six or 12 months.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LAUREN ELY
Tech. Sgt. Nathan Combs, the 902nd Security Forces Squadron NCO in charge of resource protection, was diagnosed with testicular cancer in 2005 while serving as a military working dog handler at Joint Base San Antonio Randolph, Texas. Combs was notified in the spring of 2015 that he was considered cancer-free.

Airman reflects on cancer battle, gives back with 'passion project'

AIRMAN 1ST CLASS LAUREN ELY | JOINT BASE SAN ANTONIO-RANDOLPH PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- At 28 years old, then Staff Sgt. Nathan Combs never imagined he would be in a hospital room at Joint Base San Antonio-Lackland's Wilford Hall receiving chemotherapy. But in December 2005, that's exactly where he found himself.

Sitting across the room from him was a retired Marine, flexing his arm muscles while he read a magazine and received chemo treatment too. The Marine looked over to Combs and smirked. "You know what, kid? It's all about how you look at it."

Now just over a decade later, Combs, now a technical sergeant and the 902nd Security Forces Squadron NCO in charge of resource protection, is cancer free. And he'll never forget the words that Marine spoke to him.

"People can look at cancer (negatively)," Combs said. "It does a lot of damage in this world; it kills a lot of people, it takes our family members away and the treatment for it is just as bad. Cancer made me reassess everything in my life. And it really changed the path that I decided to take."

Combs was diagnosed with stage II non-seminoma, which is a cancer that affects the testicle. According to the University of New Mexico's Comprehensive Cancer Center, this type of cancer is curable in almost 90 percent of cases, but surgery to remove the tumor and chemotherapy are recommended.

Chemotherapy is something Combs remembers all too well.

"I got radiation treatment every day, five days a week, and then on Fridays, I doubled up," Combs said. "Within a week it took away my appetite. I went from about 190 pounds to about 135 between the surgery and completion of treatment. It definitely kicked my butt."

Combs' chemo treatment lasted for about a month, and during that time, he said he couldn't eat anything with a tomato base. Pasta? Pizza? Forget it. "I love pasta and pizza, but I couldn't do it," he said. "It just wouldn't agree."

There was one Mexican restaurant outside the Valley Hi gate at JBSA-Lackland where Combs could always stop to eat. He said his go-to was always a lengua, or cow tongue, burrito.

"I would stop there and scarf down a lengua burrito before or after treatment because if I waited any amount of time, I would not be able to do it," he said. "A lot of people are like, 'That's gross. Lengua, oh my gosh, how do you eat that?' And I'm like, it's good. You just eat it." Another downside to his chemo was losing his hair, Combs said. He still remembers the

Continued on page 12

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5TH BOMB WING | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Don't forget several base facilities will be closed, or have reduced hours during the Thanksgiving holiday weekend.

FSS Facilities	Thursday, November 24, 2016 Thanksgiving Day	Friday, November 25, 2016 AFGSC Family Day	Saturday, November 26, 2016	Sunday, November 27, 2016
Bowling Center	CLOSED	CLOSED	CLOSED	CLOSED
Kelley's Place	CLOSED	CLOSED	CLOSED	CLOSED
Golf Course	CLOSED	CLOSED	CLOSED	CLOSED
Outdoor Recreation	CLOSED	CLOSED	1000-1400	CLOSED
Indoor Pool	CLOSED	CLOSED	LAP SWIM 1200-1500	CLOSED
Arts and Crafts	CLOSED	CLOSED	CLOSED	CLOSED
Auto Hobby	CLOSED	0900-1700	CLOSED	CLOSED
Information, Tickets & Travel	CLOSED	CLOSED	CLOSED	CLOSED
Education Center	Schools and Ed Center CLOSED	Schools and Ed Center CLOSED	Schools and Ed Center CLOSED	Schools and Ed Center CLOSED
Library	CLOSED	1100-1900	1100-1800	CLOSED
Child Dev. Center	CLOSED	Reservations Only	CLOSED	CLOSED
Family Child Care	CLOSED	CLOSED	CLOSED	CLOSED
A&FRC / EFAC	CLOSED	OPEN 0730-1630 Limited Services	CLOSED	CLOSED
Youth Center	CLOSED	CLOSED	CLOSED	CLOSED
School Age Program	CLOSED	Reservations Only	CLOSED	CLOSED
HYPERION (ID Cards)	CLOSED	0800-1600	CLOSED	CLOSED
Civilian Personnel	CLOSED	CLOSED	CLOSED	CLOSED
Military Personnel Section	CLOSED	CLOSED	CLOSED	CLOSED
Manpower Office	CLOSED	CLOSED	CLOSED	CLOSED
NAF Human Resources	CLOSED	CLOSED	CLOSED	CLOSED
Dakota Inn Dining Facility	Open 0630-1830 Airman Thanksgiving Day Meal 1030-1330	0630-1830	0630-1830	0630-1830
Flight Kitchen	CLOSED	CLOSED	2230-0030	2230-0030
Missile Feeding Operation	24/7	24/7	24/7	24/7
Lodging	24/7	24/7	24/7	24/7
Fitness Center 24/7 Access	Only 24/7 Access No staff on site	STAFFED 0800-1600	STAFFED 0800-1600	STAFFED 0800-1600
Rockers Bar & Grill	CLOSED	1600-2100	1600-0400	1130-1800
Jimmy Doolittle Center	CLOSED Thanksgiving Day of Love 1100-1300	CLOSED	CLOSED	CLOSED
Rough Riders	CLOSED	1600-2100	1030-2100	1200-2000
B-Fifty Brew	CLOSED	0500-1400	0800-1400	0800-1400
Lit' Riders	CLOSED	1600-2100	1030-2000	1200-1900
NAF Accounting/DATA	CLOSED	CLOSED	CLOSED	CLOSED

Base Facilities	Thursday, November 24, 2016 Thanksgiving Day	Friday, November 25, 2016 AFGSC Family Day	Saturday, November 26, 2016	Sunday, November 27, 2016
Commissary	CLOSED	0700-1900	0700-1800	1100-1800
Express	24 Hours	24 Hours	24 Hours	24 Hours
Tires Plus	CLOSED	0730-1800	CLOSED	CLOSED
Main Store	CLOSED	0400-2000	0800-2000	1000-1800
MCSS	CLOSED	0900-1800	1100-1500	CLOSED
Stripes	CLOSED	0900-1700	CLOSED	CLOSED
BX Barber Shop	CLOSED	1000-1800	0900-1500	CLOSED
BX Beauty Shop	CLOSED	1000-1700	1000-1500	CLOSED
Flower Shop	CLOSED	1000-1200	1000-1200	CLOSED
Game Stop	CLOSED	0900-2000	0900-2000	1000-1800
GNC	CLOSED	0900-2000	0900-2000	1000-1800
Taco Bell	CLOSED	1030-1900	1100-1700	1100-1700
Subway	CLOSED	0700-1900	1100-1700	1100-1700
Popeyes	CLOSED	1030-1900	1100-1700	1100-1700
Charley's	CLOSED	1030-1900	1100-1700	1100-1700
Burger King	CLOSED	0630-2000	1100-1800	1100-1800

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OPERATION WARMHEART from page 3

emergency purposes, but depending on the amount of funds we have, we will go out and have morale events as well.”

In addition, Operation Warmheart assists Airmen in need during unexpected circumstances.

“If there is a death in the family, Warmheart helps Airmen travel home if they need emergency assistance or funds,” said Stroup. “If they have a large family they need to take home, Air Force assistance only provides for the Active Duty member, not the family. That’s where Operation Warmheart steps in and helps get the whole family home.”

To conclude the year, the organization will have an angel tree for Christmas. Names of families in need can be added to an ornament

on the tree at the Base Exchange. The ornament will include the number of kids, ages, gender and the unit they are associated with.

“Anyone can pick an ornament off the tree and buy toys for those kids,” said Stroup. “The first sergeants will collect those gifts and distribute them to the appropriate families.”

Operation Warmheart accepts donations year-round. There is a wishing well at the commissary where people can drop their loose change. Donations can also be made through the Combined Federal Campaign, base organizations or directly to your first sergeant.

Despite the situation, if a Team Minot Airman is in need of assistance, Operation Warmheart is here to help in any way they can.

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AIRMAN REFLECTS ON CANCER from page 10

moment it first began to fall out about two-and-a-half weeks in to treatment.

At the time, Combs had a motorcycle, and would drive himself to-and-from treatment. He recalls it being a clear, windy day and getting an eyelash caught in his eye.

"I wiped my eye with the back of my hand and half of my eyebrows and all of my eyelashes were on the back of my hand," Combs said. "I just sat on my motorcycle and buried my head on my arms, and I started crying. It reminded me that it was not going to be an easy kind of fight. It scared me again. It made it very, very real."

When he was first diagnosed, Combs said he didn't know how to deal with it. His father had passed away in August 2001 from cancer, so he didn't want to lean too much on his mother, who had taken care of his dad and worked full-time throughout his treatment.

"I would come to the kennels and sit in my dog's run, which is the kennel area, and he would just lay in my lap," said Combs, a former military working dog handler. "I attribute a lot of the positive thoughts during that time to my close friends and family. And definitely to that dog."

After enduring and surviving his own cancer experience, Combs

was inspired to help a friend during theirs by donating blood. Since then, and for the last six years, he has become a regular blood donor and attempts to lead blood drives every 90 days.

"After my cancer situation, I started thinking more about people other than myself," Combs said. "That's the primary reason why it has become my passion project. I can save up to three people's lives just from the blood I'm able to donate, so why not?"

Combs believes his experience with cancer changed him for the better and gave him a new perspective. He even credits his fight with the disease as being the most significant experience of his life - aside from the birth of his child.

"It took a very frustrated, angry young man and turned him into a very happy, positive older guy these days at 39," he said.

Combs advises other men that knowledge is the best weapon against cancer and not to let the "macho" view of something abnormal going on to deter them from seeking help.

"I would rather do without and live longer," Combs said. "Because there's a lot of cool stuff to see, and there's a lot more waves to surf."

And like the Marine said, it's all about how you look at it.

2-year probationary period now in effect for new civilians

AIRMAN 1ST CLASS LAUREN ELY | JOINT BASE SAN ANTONIO-RANDOLPH PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- All new federal employees appointed within the Defense Department to permanent positions in the competitive service are now required to serve a two-year probationary period.

The new requirement took effect Nov. 26, 2015, as part of the fiscal year 2016 National Defense Authorization Act. The change does not apply to employees appointed prior to that date or to those appointed in excepted service. The Office of the Secretary of Defense issued a policy memorandum Sept. 27, 2016, highlighting the change.

The probationary period is used to determine an employee's competence for continued employment in the federal government. During that time, supervisors monitor their work and track their overall job performance.

To ensure all Air Force

civilian employees are aware of the change, the Air Force Personnel Center recently sent out more than 8,000 automated emails to Air Force employees who may be affected.

"We want to be proactive in getting the word out to our Air Force employees," said Robbie Brown, the Civilian Force Management Branch chief. "Our goal is to ensure our civilians have the right information at the right time so they can manage their careers more effectively."

As stated in the OASD policy memorandum, the longer probation period is needed because much of an employee's first year is spent in training, various office rotations and in other project-specific tasks.

"The longer probation period gives employees more time to demonstrate their skills," Brown said. "It also allows supervisors to make proper performance assessments so they can more effectively evaluate job

performance and work behaviors over time."

The one-year supervisory probationary period is not affected by the new two-year probationary period. Employees who are newly appointed to a supervisory position who are required to serve both a supervisory probationary period and a two-year probationary period will serve them concurrently.

The new requirement also applies to those newly appointed to career senior executive service positions. Probationary periods can also vary when an employee is appointed to a new position outside his or her agency.

For more information about the new two-year probationary period and Air Force personnel programs, go to the myPers website. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.



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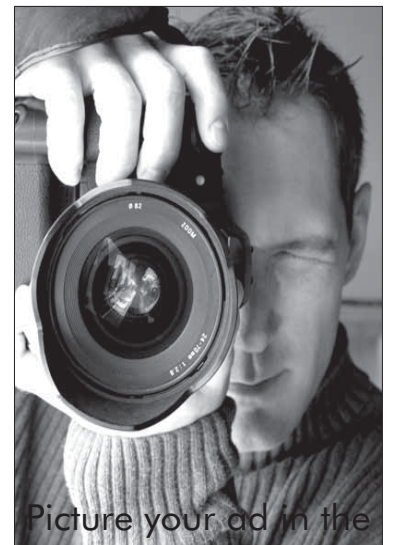
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CHURCH DIRECTORY

<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  Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com 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  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  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  430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org <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 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>  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>  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  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.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  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.minotrbc.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>  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  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  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  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  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  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  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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3	2	4	7	9	5	1	6	8
7	8	5	3	6	1	9	2	4
8	1	9	5	2	4	3	7	6
5	7	2	9	3	6	4	8	1
4	6	3	8	1	7	2	9	5
1	5	8	2	7	3	6	4	9
9	3	7	6	4	8	5	1	2
2	4	6	1	5	9	8	3	7

Answers to puzzle from page 9

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