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SNOWMAGEDDON



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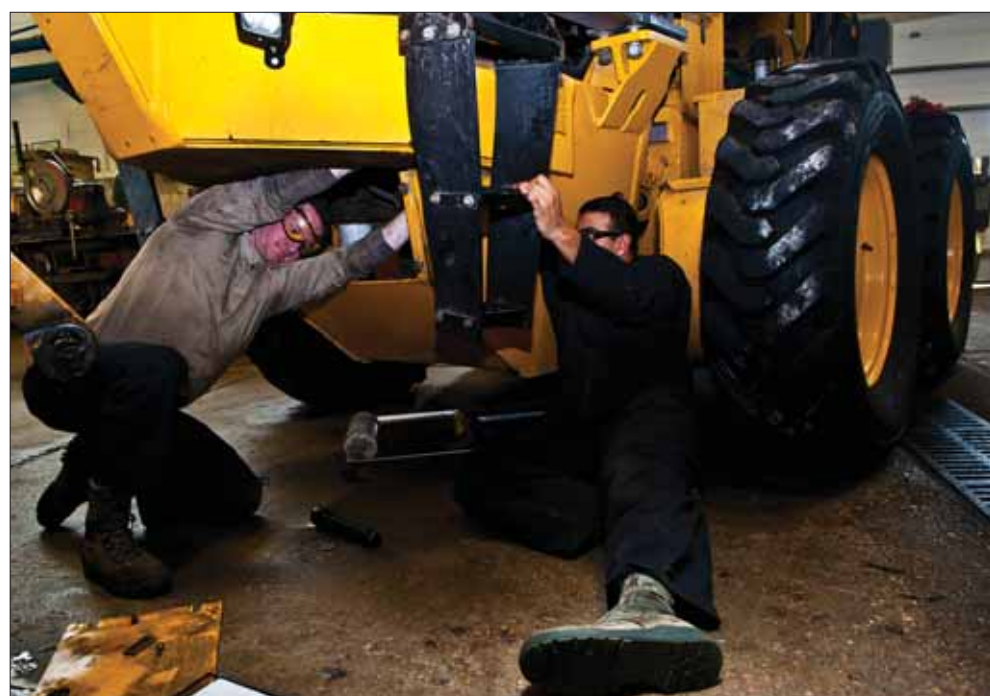
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5 LRS Airmen maintain Minot's vehicles

Airman 1st Class Brennan Walley, 5th Logistics Readiness Squadron vehicle maintenance technician, installs a drive shaft on a snow blower at Minot Air Force Base, N.D., Dec. 14, 2016. Airmen in the 5th LRS special purpose shop perform maintenance on various types of equipment, from gasoline and diesel engines, to hydraulic and air systems.

Recovery care coordinators provide 'boots on the ground' support

RICHARD SALOMON | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- During his 30-year Air Force career, Keith Mondloch spent much of his time on the flightline as an aircraft maintainer, but he also devoted many hours as a senior NCO helping young Airmen with personnel, financial and legal issues.

"If I couldn't help them myself, I made sure I found the right person or office for them to contact," Mondloch said.

Although he hung up his blues in 2011, the retired chief master sergeant continues to be an advocate for Airmen by serving as a recovery care coordinator for the Air Force Wounded Warrior Program at Mountain Home Air Force Base, Idaho.

Mondloch is one of 42 RCCs who are strategically placed at bases throughout the Air Force to help wounded, ill, and injured service members, their caregivers and their families navigate the recovery, rehabilitation and reintegration process.

Assisting wounded warriors in recovery requires a team effort involving the commander, medical and non-medical community – all operating together to provide the best possible support to wounded warriors and their families.

RCCs provide face-to-face care and assistance for wounded warriors by serving as the focal point for coordinating medical and non-medical care and services. They develop comprehensive recovery plans and have an extensive knowledge of support programs and processes.

"Being an RCC is really an extension of what I did on active duty," Mondloch said. "I am here to help people. As RCCs, we're basically considered 'boots on the ground' and meet regularly with recovering service members to discuss their concerns."

While not in all cases, most RCCs work in military treatment facilities so they can work closely and collaborate with the medical team. RCCs brief members on eligibility benefits and compensation, cultivate contacts in the local community with a number of helping agencies, assist with various applications (Traumatic Servicemembers' Group Life Insurance, Social Security Disability Insurance, etc.), research answers on members' medical evaluation board status, help guide members through the Air Force's Integrated Disability Evaluation System, along with a variety of other tasks.

Once service members

are enrolled in the program, they are each assigned an RCC and one of the 27 non-medical recovery care managers at the Air Force Personnel Center's Warrior Care Division here.

One of those managers, Cynthia Iniguez, said the main part of her job is to make sure the RCCs have the resources and tools they need to help members at the base level.

"We assist with a variety of personnel and career issues, whether it is help in updating and correcting military records or help with promotion or pay issues," Iniguez said. "We're here to help in any way we can."

Clinical case managers, physical evaluation board liaison officers, commanders, first sergeants and caregivers are also key components of the care management team and all play an integral part in the recovery process.

"Although each of us bring our own expertise, we all work together as a team for the benefit of the service member," Mondloch said.

Recently, Mondloch helped a service member complete, submit and staff an application for Special Compensation for Assistance with Activities of Daily Living. This allowed the family to receive financial compensation for the wife's work with her husband after he had been seriously injured in a motorcycle accident. After the accident, she had to take a leave of absence without pay from her job to assist her husband.

The AFW2's care management team helps families receive compensation they are entitled to, but may not be aware they are eligible for. In fiscal year 2016, the program's staff helped wounded, ill, and injured Airmen and their families receive about \$13.5 million in needed benefits.

"I am an advocate for the member and their interests," Mondloch said. "It can be extremely chaotic

and stressful for service members after an illness or injury. Many times, returning to active duty is not an option for the recovering service member, so I am there to assist with their next life transition and to make it as smooth as possible."

For more information about AFW2 and how to enroll, visit their website. <http://www.woundedwarrior.af.mil/>

For more information about Air Force personnel programs, go to myPers. <https://mypers.af.mil/app/login/redirect/home> Individuals who do not have a myPers account can request one by following these instructions.

1. Enter the URL: <https://mypers.af.mil> into a web browser

Click "Create Account"

2. Complete the required fields and then click "Continue"

3. Passwords must be at least 15 characters long and contain at least one uppercase letter, a number, and a special character.

A user PIN must be 6 to 8 numerical digits.

Once a password and PIN are entered, users will need to select five security questions and provide answers to recall lost or misplaced information later.

4. Once a new account is created, users will be brought back to the myPers home page. From here, they can log into and out of their account, manage accounts and change features like passwords.

Or go to <http://www.afpc.af.mil/myPers> for more instructions.

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FACEBOOK

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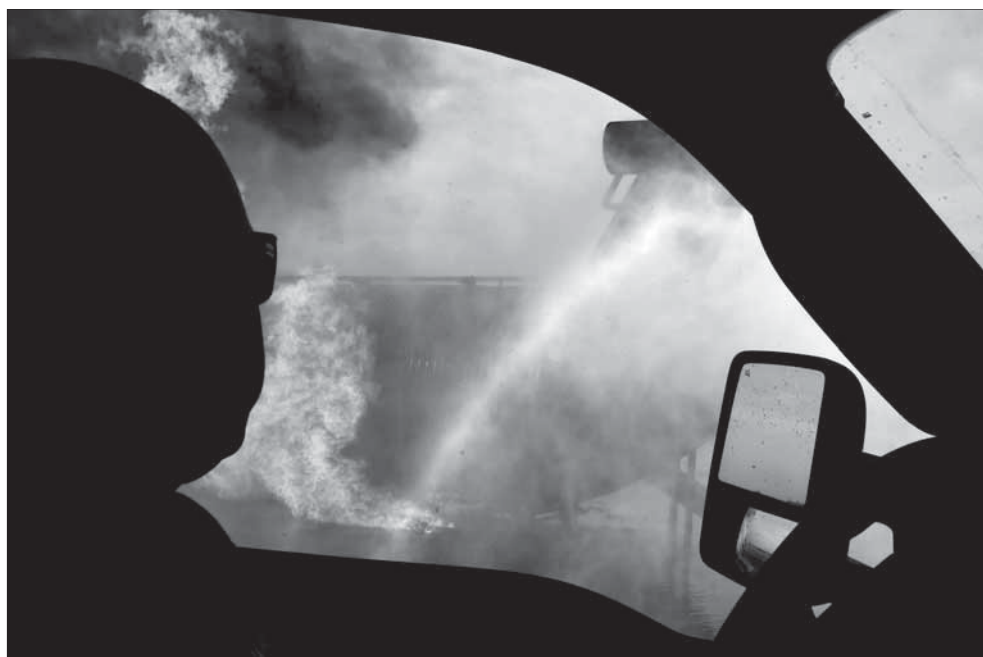
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AIR FORCE WEEK IN PHOTOS

This week's photos feature Airmen from around the globe involved in activities supporting expeditionary operations and defending America. This weekly feature showcases the men and women of the Air Force.

U.S. AIR FORCE PHOTOS





Airman finds potential through EPR

AIRMAN 1ST CLASS KATHRYN R.C. REAVES | 20TH FIGHTER WING PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

Enlisted performance reports have the power to affect an Airmen's career. For one Airman, an EPR had the power to change how he saw his life.

Staff Sgt. Preston Moten, a 20th Equipment Maintenance Squadron aerospace ground equipment schedule and training monitor, said the rating from his first EPR made him realize it was time to straighten up and listen to the positive people around him.

Moten's life before he joined the Air Force set the tone for his first year as an Airman; he said there weren't many leaders or positive mentors around as he grew up. Instead, he was surrounded by toxic individuals.

"They were all the wrong people, telling us kids to do all the wrong things," Moten said.

Even at home, he could not escape the toxicity.

As a child, Moten said the gifts he received for the holidays would be taken to a pawn shop within a few days because his parents needed the money for something else. When he was about

16 years old, Moten's grandparents discovered his parents' addiction to crack cocaine and removed him completely from the situation.

His grandmother attempted to guide his life in a more positive direction, but Moten said he wasn't ready to accept the advice yet.

When his girlfriend became pregnant with his daughter, Moten said he took a good look around. He noticed that many of the children around him were not being raised by their fathers because the men were often in jail, in prison or dead. Then Moten thought about what he wanted for his daughter.

"I know what it's like," he said, referencing his difficult youth. "I didn't want her to go through that."

Moten said he didn't want to be like those other fathers. Instead, he enlisted in the Air Force to be a better role model for his daughter and to get her away from the destructive environment he once grew up in.

Like his past, his first year in the Air Force was full of trouble.

Staff Sgt. Trevor Smart, a 20th EMS AGE craftsman, said he remembered one distinct mistake Moten made while bringing in a piece of equipment off a maintenance line.

"He knocked a bomb

load truck off of jack stands and it spun toward me and another guy," Smart said. "That's the day he found out everything in AGE is a potential hazard to a life."

Moten said he was never taught to act professionally before, so his reactions to people were far from reflecting Air Force standards.

"He did not have the attitude of an Airman in the Air Force yet," Smart said. "He had that thought process of 'If I don't get it right, somebody will pick up after me.' When he reacted or talked to anybody ... he responded the incorrect way."

Immaturity led to discipline issues and paperwork.

"The paperwork didn't set in with me," Moten said. "What did set in to me was my EPR."

The rating Moten was given on his first EPR finally shocked him out of his stubborn attitude. It made him realize, compared to the other Airmen, he was not only far from the best, but did not reach the standard expected of him. Now he was ready to not only hear what the sergeants around him were saying, but to listen and act on it. He wouldn't let failure be an option.

"People like them, the sergeants, worked on me," Moten said. "They've got gray hairs

because of me. They said 'We see something in you.' I didn't even see it in myself."

Moten changed the trajectory of his family with a new determination to be the best.

"His attitude toward pretty much everything changed," Smart said.

One step Moten took to change himself was disassociating with the negative people back in his hometown. He said he saw that many of those people were doing the same things year after year with nothing better in their future. By doing better, he said he believed he could be an example that would encourage them to challenge themselves.

Too many people doubted his capabilities when he was younger, telling him what he couldn't become, said Moten. Now, he uses his past to help local youth realize their true potential; he coaches youth football and basketball.

"I coach because I love it," Moten said. "I judge myself by how I

help others reach their potential."

Moten doesn't just help youth, but also the Airmen around him.

"His goal is to further his education and show his daughter that he can be a better role model," Smart said. "He's been pushing all of our Airmen to do the same. He likes to do counseling sessions with them and tell them the benefits of having an education."

Moten is setting a standard for himself to also do great things.

Currently pursuing his Bachelors of Science in computer information systems, Moten said he hopes to complete his master's degree before he reaches 10 years in service.

Although furthering his education is one of his goals, it's not his only one. He said his ultimate goal is to own a clinic for troubled youth where they can gather to listen to speakers, find mentors and learn a trade.

"I don't see a limit on my future," Moten said. "I can be anything I want to be."

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Thursdays 4:45 - 9:45 p.m.	BI101 Biological Concepts** <i>Lab portion of class will be online.</i>

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Put North Dakota on Your Bucket List This Year

NORTH DAKOTA LEGENDARY

BISMARCK, N.D. – Many of us will spend the New Year reflecting on the past and singing “Auld Lang Syne” (which translates to “times gone by”). But the new year is also a time to look forward and many North Dakotans are busy making plans for 2017. Whether it’s learning to ice skate, attending a hockey game for the first time or visiting a historical treasure, there are abundant things to do and see in this northern state. Add North Dakota to your bucket list this year: You are sure to have the experience of a lifetime.

Tackle an Icy Interest

Want to try a new activity? You have options in North Dakota, where unique winter sports tend to involve a lot of ice. Curling is in full swing so if this traditionally northern sport mystifies you, stop in at one of several clubs around the state to learn more about it. Or watch the best curlers in the nation compete at the USA Curling Junior National Championships in Fargo (<http://www.ndtourism.com/events/usa-curling-junior-national-championships>). Strap on some blades and take an ice skating lesson at a local rink or simply join the swarms of boisterous hockey fans found all across North Dakota as they cheer on their favorite team. Whoever said fishing requires open water hasn’t been here, where ice fishing is a beloved winter pastime. Find out what the fuss is all about and drop a line in a North Dakota lake (<http://www.ndtourism.com/best-places/8-great-fishing-spots-north-dakota>).

Look Through a Wintry Lens

North Dakota’s prairie winter landscape is

unparalleled in its pristine splendor. Observe wintry wildlife while snowshoeing or cross-country skiing at one of North Dakota’s serene state parks (<http://www.parkrec.nd.gov/>). Join local cyclists for a fat bike ride on snow-covered single-track trails around rugged buttes or across rolling prairie. Give snowboarding a try at one of North Dakota’s modest ski and snowboard areas where you can safely and confidently hone your skills (<http://www.skicentral.com/northdakota.html>). Theodore Roosevelt National Park is a year-round favorite and rife with active wildlife even during the state’s coldest months. Drive the North Unit or South Unit scenic drives (check for road conditions) to see for yourself how bison and prairie dogs withstand the cold. On a clear and crisp night, look up at North Dakota’s vast winter sky and uncountable twinkling stars (<https://www.nps.gov/thro/index.htm>).

Try Different Digs

North Dakotans have a knack for identifying unique ways to both have fun and stay comfortable in the winter months. The full-service Woodland Resort near Devils Lake offers anglers the opportunity to dangle a line into a frozen lake and then tuck in for a cozy night at the lodge (<http://woodlandresort.com/>). Lodges and resorts around the state guarantee secluded, peaceful and romantic weekends away (<http://www.ndtourism.com/information/8-legendary-places-romantic-getaway-north-dakota>). Pack books, board games and snacks to spend a weekend in a yurt – a tent-like structure with stoves for heat – at

Cross Ranch State Park or Fort Ransom State Park. Several yurts were recently renovated and even include indoor plumbing! For an urban experience, book a night at the Hotel Donaldson in Fargo or the Radisson in Bismarck and spend the evening exploring coveted eating establishments and watering holes in North Dakota’s larger cities.

Uniquely North Dakotan There are only a few places in the country where you can play a game of snow kickball or race a cardboard sled, and this northern climate is one of them. Fargo’s North of Normal Frostival is a multi-day celebration of all things cool about living in one of the coolest places. Tree pose with locals during snowga – yes, that’s snow yoga – and then enjoy family-centered activities at The Depot (<http://frostival.com/>). North Dakota’s unique and fascinating natural and cultural history is chronicled at the North Dakota Heritage Center and State Museum (<http://www.history.nd.gov/exhibits/>). Roam the extensive galleries for hours and improve your knowledge about dinosaurs, the earth’s geological eras and anthropology in the region. Lewis and Clark spent a winter along the Missouri River near modern-day Washburn, so head to the Lewis and Clark Interpretive Center there to learn what life was like for the explorers (<http://www.fortmandan.com/plan/lewis-and-clark-interpretive-center/>). Guided tours of Fort Mandan highlight recreated living conditions of the expedition, replete with map-making tools, clothing and the bunks the men slept in (<http://www.fortmandan.com/plan/fort-mandan/>).

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“No man is good enough to govern another man without that other’s consent.”

- Abraham Lincoln

North Dakota legislators are back to business for the 2017 law-making session and no doubt about it, things will be interesting.

While budgets will likely dominate from now until the April conclusion, there are always a few things requiring due diligence on the part of hunters, anglers, and folks who simply like the outdoors.

Granted, outdoor minded legislation has been a tad quiet for several sessions – especially compared to the late 1990s and early 2000s when ducks, geese, and the number of nonresident waterfowl hunters dominated sportsmen, landowner, and business owner’s attention – but that doesn’t mean hunters and anglers can afford to sit back and languish in the quiet calm of a legislative session.

Because, quite frankly, there often isn’t quiet calm.

Keep in mind hunters are likely already into the “new normal” mindset of fewer upland and deer hunting opportunities with less wildlife habitat across the landscape and winter potentially setting back what had been a gentle recovery of wildlife population.

Ask yourself if you’re OK with that.

Also keep in mind that more often than not, someone will likely advance yet another bill to change North Dakota’s trespass laws from the longstanding heritage of “open unless posted closed” to mirror all but one other state, which is “closed without permission.”

If that bill is introduced and actually passes, look for North Dakota hunting opportunities for the average person to potentially disappear faster than a snowman in Arizona.

North Dakota’s current laws have held up in court and so far, the legislature has been reluctant to mess with what is the very fabric of our unique hunting heritage.

So far.

Another upcoming bill,

according to N.D. Game and Fish Department deputy director Scott Peterson, looks at allocations of special big game licenses. Currently, licenses are available through raffles for every big game species – including turkeys – to a variety of nonprofit organizations.

Another bill likely to come to the discussion table addresses concerns retail license vendors have when making online license sales available at their place of business. A business can currently recoup a tiny portion of their cost by adding a 50-cent fee, but that doesn’t really equate to their expenses. Whether or not legislation is approved helping retailers address that deficit remains to be seen, which is the case with any and all legislation this early in the game.

Look for other natural resource bills to pop up, as well.

Sometimes the language in early bill drafts is a scant image of how it actually reads when brought up for a vote. Other times, legislation flies through.

That’s why it’s imperative for hunters, anglers, and folks who simply care about the outdoors and natural resources to pay attention.

Close attention.

One easy way to do that is by logging onto the Game and Fish Department’s website, (gf.nd.gov) and check out their weekly legislative updates. The agency monitors the status of Game and Fish Department-related legislation and, perhaps equally as important, includes links on how to contact legislators, contact information, and upcoming hearing dates for bills as they work their way through the legislative process.

Sportsmen and sports-women have no one to blame but themselves if they sit back and don’t do anything if legislation they like or dislike doesn’t meet their desired result.



Louba Bouzou, PA-C

ORTHOPEDICS

Trinity Health is pleased to welcome Louba Bouzou, PA-C, to our team of providers at Orthopedic Associates. A certified physician assistant, Louba is involved in various aspects of patient care, including pre-, intra- and postoperative care, patient assessment and care planning, and providing nonsurgical care to patients with orthopedic problems such as hip, knee and shoulder issues.

- Graduate, North Park University, Chicago
- Holds a Physician Assistance Certificate and Master of Science degree in Health Sciences as part of a dual program through Cuyahoga Community College and Cleveland State University in Ohio
- Practiced nearly two years as a physician assistant at Eastern Maine Medical Center in Bangor, where she gained valuable experience in orthopedic trauma
- Member, American Academy of Physician Assistants
- Enjoys reading, studying, hiking, cooking and spending time with her family



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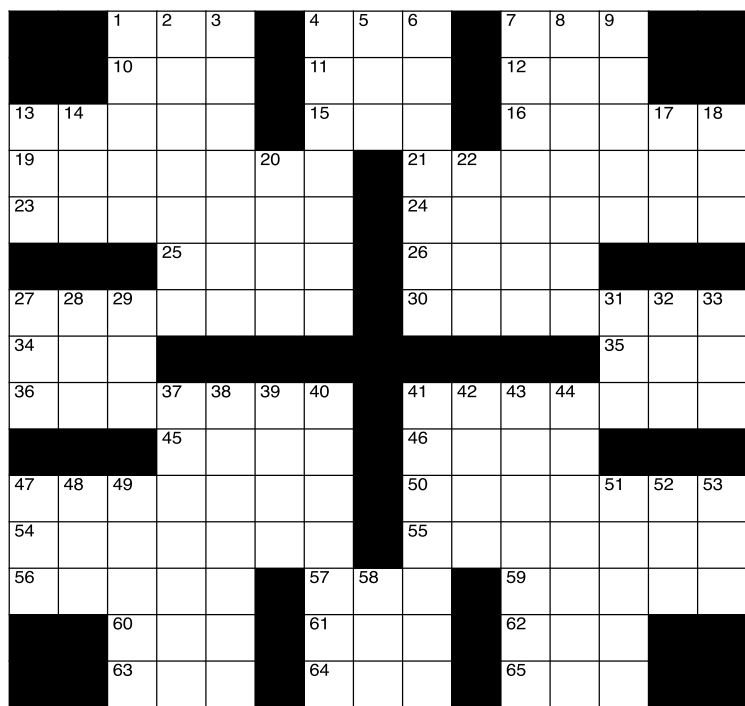
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CROSSWORD PUZZLE



CLUES ACROSS

- 1. ___ fi (slang)
- 4. Carolina Panthers' Newton
- 7. Documented organizational practice
- 10. A way to change color
- 11. Boxing legend
- 12. Football coach Parseghian
- 13. Rewards (archaic)
- 15. Colbert's network
- 16. Palm trees
- 19. Capital of N. Carolina
- 21. LA ballplayers
- 23. Does not sit
- 24. A way to intensify
- 25. Penny
- 26. Elements' basic unit
- 27. Muscular weakness (pl.)
- 30. Makes sense
- 34. Helps little firms
- 35. Go quickly
- 36. Found at the end of books
- 41. A way of carving
- 45. The back of one's neck
- 46. Israeli dance
- 47. They help golfers
- 50. Western landmass
- 54. Evokes
- 55. A Big Easy hoopster
- 56. Small valleys
- 57. Water in the solid state
- 59. Acquired brain injury behavior science (abbr.)
- 60. Don't let this get too big
- 61. Motor is one type
- 62. Negative
- 63. A hiding place
- 64. Negative
- 65. Excavated

CLUES DOWN

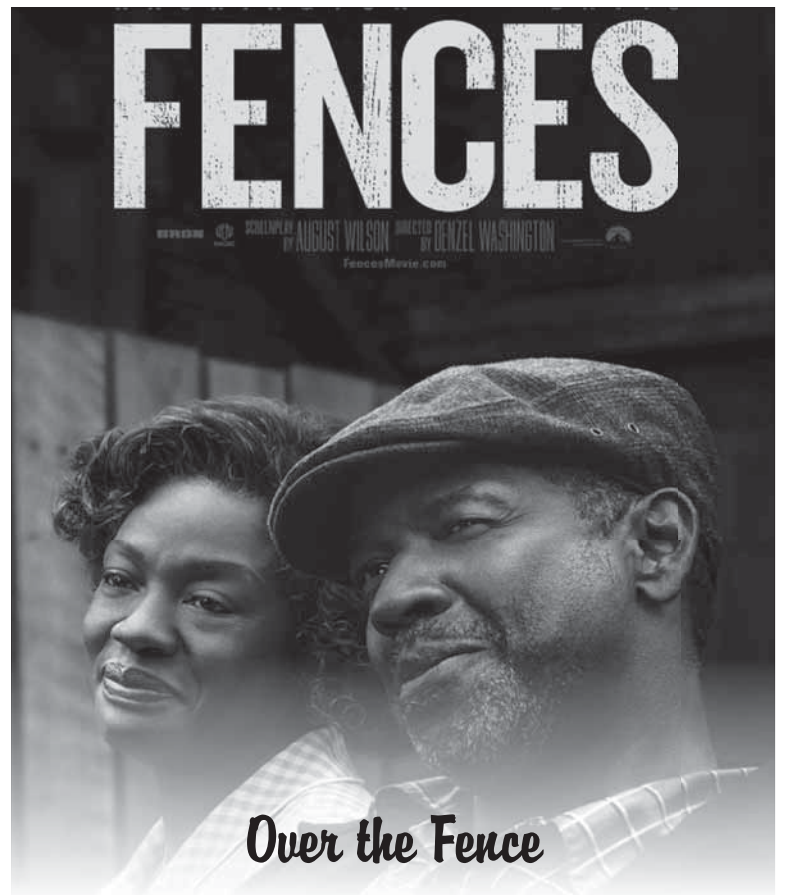
- 1. Upright stone
- 2. Beat
- 3. Intestines (informal)
- 4. Distinguishing marks
- 5. Clergical vestment
- 6. Give cards incorrectly
- 7. Underground construction worker
- 8. Japanese art form
- 9. Franz van __, German diplomat
- 13. Wife
- 14. Consume
- 17. Curve
- 18. Midway between south and southeast
- 20. Unit of heredity
- 22. Upon
- 27. Pressure unit
- 28. Australian TV station
- 29. Cool!
- 31. A person's guardian spirit
- 32. French river
- 33. Body part
- 37. Gratify
- 38. Watertight chamber
- 39. Dueling sword
- 40. Term
- 41. Having an attractive shape
- 42. Togo capital
- 43. Island nation
- 44. Arctic deer with large antlers
- 47. Dishonorable man
- 48. Equal to 100 sq. meters
- 49. Administered
- 51. Cake topping
- 52. Car for hire
- 53. Autonomic nervous system
- 58. Intelligence organization

SUDOKU Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

			R	A	B	I		A	P	P	L	E			
	S	C	O	P	E	S		S	E	E	I	N	G		
	T	H	E	O	L	O	G	I	C	A	L		R	O	
B	A	I					B	A	D		K	A	R	A	T
A	B	C			T	A	B	E	S		C	E	D	I	
G	S	A			S	I	R		S	A	T		G	A	O
			G	E	A	N				C	O	M	E	T	S
A	C	O	R	N						R	A	N	E	E	
S	A	C	R	A	L					S	A	T	E		
T	H	U		A	A	R		R	A	H		R	A	D	
H	O	B	S		C	A	S	E	D			A	C	E	
M	O	S	U	L		P	P	M				T	I	C	
A	T		L	E	G	I	T	I	M	A	T	E	D		
	S	A	C	K	E	D			S	C	H	U	S	S	
		B	I	S	E	S			S	F	A	X			



Fences can keep things in, keep things out, make it difficult for people to see what's happening, and mark lines of division, separation or conflict.

Oscar-winning actor Denzel Washington directs as well as stars in this big-screen adaptation of August Wilson's Pulitzer Prize-winning 1987 Broadway play, an epic domestic drama about a black family in Pittsburgh in the mid 1950s.

Washington reprises the lead role of Troy Maxson, a garbage collector and former baseball player haunted by his glory days in the Negro leagues. It's a role Washington also performed on stage in the play's 2010 Tony Award-winning Broadway revival, alongside Viola Davis, who also returns to her role as Troy's long-suffering, loyal wife, Rose.

Much of the movie is set in the scrappy, cramped, grassless backyard of Troy and Rose's modest brick home, in the shadows of the town's smoke-belching factories, where Troy spends his weekends working on the construction of a wooden fence. It's to separate his home from the eyesore of the abandoned house next door.

And it's obviously a metaphor for much more.

Troy is a fiercely proud patriarch who crows about how much he loves Rose, how hard he works, how he deserves a promotion, and how much he's done to provide for his family. He boasts about what a great baseball player he was (better than the new black players, even Jackie Robinson), and how he danced with death more than once and lived to tell the tale.

But Troy is a jealous bully to his youngest son, Cory (Jovan Adepo), blocking his promising athletic path to college.

He's stingy and dismissive of his oldest son, Lyons (Russell Hornsby), whose easygoing musical ambition doesn't seem like "real" work. And when his secretive philandering puts his marriage to the test, the world of which he so loudly proclaims himself to be the center begins to crumble.

In a powerful performance, Washington makes Troy both sympathetic and pathetic, a tragic character of almost Shakespearian proportions grappling with fate, family responsibilities, work, racial injustice and carnal desires. You may not like him, or love him, but Washington makes Troy a force of nature you cannot ignore.

And Davis, too, is formidable; she's already won a Critic's Choice award, and she's all but certainly bound for an Oscar nomination. The emotional, confrontational scene where Rose stands up to Troy, and her wounded pride comes spilling out in a fierce spew of anger, hurt, betrayal, tears and snot, goes far deeper than any of the holes Troy's put in the yard for his fence posts.

Familiar character actor Stephen McKinley Henderson does a great job in a supporting role as Troy's longtime friend Bono, who serves as the moral compass Troy mostly ignores. Mykelti Williamson, best remembered as Bubba in Forrest Gump, gives a touching performance as Troy's brother, Gabe, who came back from World War II with a metal plate in his head—and an otherworldly gift.

Sometimes Fences betrays its roots as a Broadway play, with more words than action. But any stilted "staginess" is offset by its commanding performances—especially by Washington. As the star and director, he's created a majestic movie with both gravity and grace that feels too big, and too significant, to be fenced in by anything.

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spicy white cheddar beer cheese soup



INGREDIENTS:

- 4 Tbsp. unsalted butter
- 1/2 cup celery, chopped
- 1/3 cup carrot, finely chopped
- 1 cup white onion, chopped
- 1 Tbsp. garlic, chopped
- 1 Tbsp. jalapeno, chopped (remove seeds)
- 1/4 cup AP flour
- 1 bottle beer (12 oz. lager is preferable)
- 1 cup chicken broth
- 1 bay leaf
- 1/2 Tbsp. black peppercorns, whole
- 1/2 Tbsp. caraway seeds (toasted if possible)
- small handful of fresh thyme sprigs
- 1/2 cup milk
- 1/2 cup half and half
- 2 1/2 cups of sharp white cheddar cheese, shredded (add more to your liking)
- salt and pepper to taste
- 2 bread bowls
- chives and chopped bacon, for garnish

INSTRUCTIONS:

In a deep pot over medium heat, melt the butter. Add celery, carrot, onion, garlic, and jalapeño. Cook until veggies become very tender, about 20 minutes. Add flour, and let it cook for a few minutes. Stir continuously to avoid browning. The consistency of the veggies and flour together should feel similar to a vegetable "paste" as you stir it. Slowly add the bottle of beer, while still stirring continuously. Then, slowly whisk in the chicken stock. Add the bay leaf, black peppercorns, caraway seeds, and fresh thyme. Simmer for 30 minutes. Add milk and half and half, stir to blend everything together, then bring to a quick boil. Immediately turn back down to a simmer, and allow it to simmer for another ten minutes. Whisk in cheese, and check to be sure consistency is to your liking. Add more stock if it seems too thick. Strain entire contents into another large pot, and add salt and pepper to taste. Serve in a bread bowls, garnish as you please, and enjoy!

2017 Opening Exhibition Season Kyklos by Susana Amundarain

TAUBE MUSEUM OF ART



The Main Gallery exhibition at the Taube Museum of Art will feature *Kyklos* by Susana Amundarain from January 10 to February 10, 2017. Amundarain is a Venezuelan-born American artist. She has exhibited nationally and internationally in numerous solo and group exhibitions. Amundarain's work is represented in museums in South America, United States, as well as in many private and corporate collections, such as Empresas Polar Foundation, PepsiCO, ALCOA, and Minitab.

KYKLOS is the Greek word for cycle. She chose it as the title of this exhibition to celebrate the opportunity she has been generously given by the staff at the Taube Museum of Art to show and share some of her paintings from different time

periods. "When I see them together, I can also see the cycles in life and how they find a way to manifest in the artwork. My earliest work here is from 1985 and the latest is from 2015."

One of her main interests is the interconnection of different art forms. Her paintings and mixed-media works on paper lie somewhere between abstraction and representation, and her images have been described as poetic and compelling, many times identified as lyrical abstractions.

Amundarain holds a Master of Fine Arts degree, with emphasis in painting and performance art from the University of Denver in Colorado. She has also been a Visiting Scholar in Performance Studies at the Tisch School of the Arts, in NYU, New York City. She currently lives and works in Minot, ND.

Excerpt from Susana's Artist Biography: I was born in Venezuela, a tropical country, where we never experience the seasons. But there are dramatically different areas in Venezuela: the Northern coasts where the Caribbean Ocean provides picture-perfect beaches with an abundance of sunlight; and then to the South, the complexities of the rainforest with unique table mountain formations, a dense jungle where light filters through little openings and the general ambiance is of low light. To the West, the Andean mountains, the end of the chain that travels south throughout South America to the end of Chile. Then to the East, the Orinoco Delta, with a labyrinth of water channels as they run violently into the Atlantic Ocean. This is how I grew up, in a diversity of landscapes and peoples.

As I was finishing my high school education I thought I would be a scientist, maybe in basic sciences; but moving to Colorado when I was 18 years old was revelatory. I

was able to face my present more freely, and realized my true love was in the arts. I finished my college degrees in Denver, with its beautiful light. After that there were a series of moves and experiences that took me home, to New York, little escapades in South America and Europe, and many years in Pennsylvania, just before arriving in North Dakota; a place to fall in love with its sky and the clarity of its vast space. These works are made with acrylic paint, sometimes with collaged elements, usually micas and papers. They are built by layering thin coats of paint in a process that combines play, memory, and timeless moments of contemplation.

I hope you won't just look for meaning in these images, but bring meaning to them, complete them. These are not abstractions or landscapes in themselves, but silent surfaces that I hope will evoke a feeling of connection, or suggest the possibility of the mysterious. Thanks for being an audience to this work.

Meet the artist, Susana, during her artist reception, which is free and open to the public, Thursday, January 12th from 5:30 – 7:00 pm. Hors d'oeuvres and wine will be served.

The Lower Gallery exhibition will feature works by Bismarck artist Nicole Gagner, with her exhibition titled *The Road Home*. It will feature acrylic paintings of North Dakota landscapes.

Museum and Gift Shop hours: Tues – Fri 10:30 – 5:30 pm, Sat 11:00 am – 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. The exhibition is made possible with support from the North Dakota Council on the Arts.

For further information contact Doug Pfliger, Gallery Manager, Taube Museum of Art, 701-838-4445.

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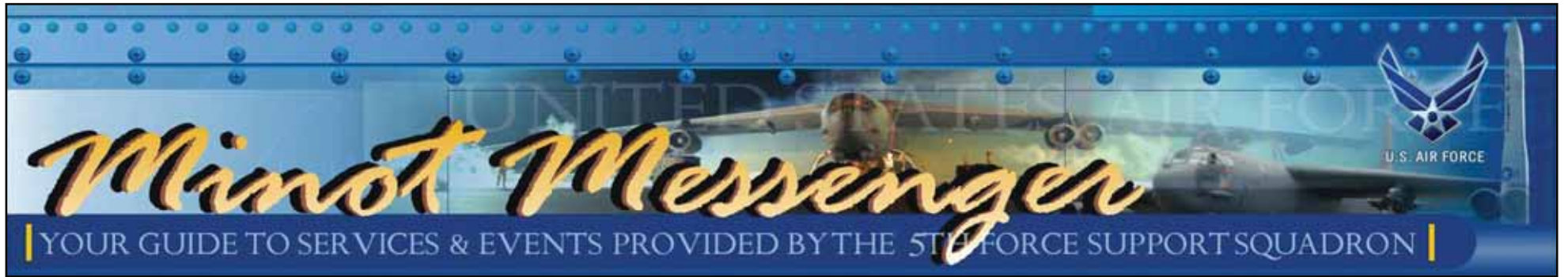
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Enjoy First Friday Luau At The Doolittle Center On Jan. 6

FIRST FRIDAY LUAU
JANUARY 6TH
 4-9 pm, Food from 4-6 pm
 Club Members: FREE, Non-Members: \$7
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 Must be 21. Please drink responsibly.

Aloha! Come out and enjoy First Friday with your crew! Join the fun with corn hole, darts, and crud as well as Luau themed activities! Delicious food served from 4-6pm will include Chicken Teriyaki, Beef Bulgogi, Egg Rolls and more! Hosted by 5 OG.

723-3731

The Jimmy Doolittle Center invites you to enjoy a special First Friday Luau on Friday, January 6 from 4-9 p.m. Join the fun with corn hole, darts, and crud as well as Luau themed activities.

A delicious menu featuring Chicken Teriyaki, Beef Bulgogi, Egg Rolls, and more will be served from 4-6 p.m. Cost is FREE for Club Members and \$7 for non-members.

A keg provided by leadership will be available while it lasts. Must be 21 years of age or older. Please drink responsibly. For additional information, please contact the Jimmy Doolittle Center at 723-3731.

GET CERTIFIED
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February 4-12
Outdoor Recreation
 Register by January 27
 Skills Test: February 4, 9-10 am
 Course Online: February 5-10
 Practice Skills and Final Test: February 11-12, 9 am-6 pm

Cost for Class: \$200
 Class size is limited. Sign up today!

723-3648

Make Reservations Now For Bottineau Winter Park Trip

Need a little "lift" to get you out of the winter blues? You'll find some fun and excitement during the Bottineau Winter Park trip hosted by Outdoor Recreation on Saturday, January 21.

Bottineau Winter Park sits in the heart of North Dakota's snowbelt and offers the best snow that Mother Nature has to offer. Dubbed "The Jewel Above The Prairie", this winter resort is located in the Turtle Mountains and provides enjoyable skiing or snowboarding on a variety of terrain for everyone from beginners to experts. The facilities snowmaking machines are always available to assist Mother Nature to ensure the best possible snow conditions. This is a great trip for families as well as all skiing enthusiasts.

Cost for this winter getaway is only \$10 per person. The price includes transportation to Bottineau Winter Park, all-day lift ticket, and ski or snowboard

BOTTINEAU WINTER PARK TRIP

JANUARY 21, 8:30AM
 Register by Jan 17

Join Outdoor Recreation for a fun filled day in the snow at the Bottineau Winter Park. We will meet at Outdoor Recreation at 8:00am and leave by 8:30am.

COST: ONLY \$10/PERSON
 Price includes the ride to Bottineau, all-day lift tickets and ski or snowboard rental from Outdoor Recreation.

FOR MORE INFORMATION, CONTACT OUTDOOR RECREATION 723-3648

rental from Outdoor Recreation. Registration deadline is Tuesday, January 17. Trip will depart from Outdoor Recreation at 8:30 a.m. For more details or to make your reservations, call 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.

PLEASE JOIN US FOR THE TEMPORARY LODGING FACILITY GRAND OPENING & OPEN HOUSE

JANUARY 10, 3:30PM

All military members and their families are invited to tour the new Temporary Lodging Facility on Missile Avenue across from the Shoppette. We are very proud to offer this beautiful new facility to our traveling families. Bring your spouse and children to tour the new rooms, and join us for cake and punch!

248-7000

LADIES NIGHT - MONDAY, JANUARY 23 - 5-7PM - AUTO HOBBY
Cost: \$10 per person - Includes complimentary snacks and door prize drawing
 Learn the basics on how to maintain your vehicle. Class is taught by a certified mechanic. Registration deadline is January 20. For more information, call Auto Hobby at 723-2127.

CLUB MEMBER DRAWING ON FRIDAY, JANUARY 6th WILL BE FOR \$1,700.

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, Jan. 6 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

Jan 9 Family Child Care Pre-Orientation

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on January 9 from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the Family Child Care office at 723-6662.

Youth Basketball & Cheerleading Registration

The Youth Center is holding Youth Basketball and Cheerleading registration for Youth Center members 3-15 years of age from January 3-31. Cost for Youth Basketball is \$30 for Smart Start ages 3 & 4 and \$40 for ages 5-15. Cost for Cheerleading is \$80 for ages 3 & 4 and \$95 for ages 5-13 (cheerleading cost includes new uniform). Cost for returning cheerleaders with uniforms is \$26. Youth Center membership and a current immunization record are required to be on file prior to registration. Both the Youth Basketball and Cheerleading seasons begin on March 14. Individuals are needed as volunteer coaches; apply at the Youth Center. For more information, please call the Youth Center at 723-2838.

Jan 14 Star Wars Spectacular

Children of all ages are sure to enjoy the fifth annual Star Wars Spectacular at the Base Library on January 14 at 1 p.m. Come to the library for a Star Wars celebration featuring stories, crafts, a Jedi training course, and more. May the force be with you! For additional details, call the library at 723-3344.

Jan 18 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on January 18 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your new baby and about many of the support programs that are available. Meet other expectant parents and receive a free gift for your new baby courtesy of the Air Force Aid Society. To register or for additional information, call the Airman and Family Readiness Center at 723-3950.

Jan 19 Star Wars Game Night

Star Wars fans are invited to the Star Wars Game Night at the library on Thursday, January 19 at 6 p.m. Test your Star Wars knowledge and board game skills with a variety of Star Wars themed games including team trivia, Defeat the Empire, and more. Call 723-3344 for more information.

Jan 13 Doo It Your Way Burger Night

The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, January 13 from 5-7 p.m. Choose from ground beef, ground turkey, or portobello mushroom. Select the type and amount of meat, cheese, and seasonings you want. Cost is 50 cents per ounce of meat/cheese; portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call the Doolittle Center at 723-3731.

Jan 14 Martin Luther King Day Special

Rough Rider Lanes is offering a Martin Luther King Day bowling special on Saturday, January 14 from 4-9 p.m. Strike up some fun and bowl for \$2.75 per game and shoe rental of only \$1. Plus, it's a Red Pin day, get a strike when the head pin is a red pin and receive a free game coupon (one free game coupon per person per game). For additional information, please call Rough Rider Lanes at 727-4715.

Jan 19 Creative Kids Class

Spend the morning with your preschooler having fun making winter snow flakes during the Creative Kids class at the Arts & Crafts Center on Thursday, January 19 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Please contact the Arts & Crafts Center at 723-3640 for more information.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 6 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Jan. 6 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.

Jan 9 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 January 9 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LESs and have knowledge of their bills. Class size is limited; call the Airman & Family Readiness Center at 723-3950 to register or for more information.

Jan 14 New Year Kick Off To Fitness

The Fitness Center invites you to their New Year Kick Off To Fitness event on Saturday, January 14 from 10 a.m. to noon. Enjoy a 2 hour extravaganza of group fitness classes featuring various instructors and class formats. The event is open to all active duty and dependents 16 years of age and older. Call 723-2145 for more information.

Jan 28 Beginning Photography Class

Learn camera basics, as well as tips and tricks, in a hands on setting during the Beginning Photography Class at the Arts & Class Center on January 28 from 9 a.m. - 1 p.m. Participants should bring a camera with adjustable settings. The class is open to individuals 16 years or age or older. Cost of the class is \$45 per person. Register from January 10-20 at the Arts & Crafts Center. For additional information, call the Arts & Crafts Center at 723-3640.

Meet the **ICE QUEEN** at Lil' Riders Playland! **Tuesday JAN. 24th 5:00-7:00pm** Come out for Family Fun Night! Enjoy fun activities and music!

727-4377 FORCE SUPPORT SQUADRON

Arts & Crafts Center Offering Wine & Paint Class On Jan. 20

WINE & PAINT CLASS AT THE ARTS & CRAFTS CENTER **FRIDAY JANUARY 20 6:00-8:00PM** 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.

SIGN-UP AT THE ARTS & CRAFTS CENTER JANUARY 10-19 **ADULTS 21 & UP ONLY** **COST: \$26/PERSON** **723-3640**

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, January 20 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 January 10-19. 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.

AIRMEN HAWAIIAN NIGHT **January 27, 6-9pm** **McAdoo Fitness Indoor Pool** Hula your way to the Indoor Pool for a tropical time with your wingmen! FREE Pizza and drinks will be provided! **Must be 18 or older to attend.** **723-3648**

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New Year, new you: Take control of your own health

J.D. LEVITE | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- A new year can mean new opportunities, new discoveries and maybe a few new goals. While the New Year's Resolution is a common tradition, many of them get abandoned long before the new year is gone again. Setting goals for a healthier you is something everyone can do, if you do it right.

"Probably the most important thing is setting goals you can achieve," said Col. Thomas Moore, chief of Health Promotion. "Losing five pounds? It's a start. You can do that and build on it. Even small changes in weight can have an impact on improving health."

Setting small, manageable goals, gives you a chance to analyze how you got there.

Moore said, "Once you hit that goal, it might be good to take a step back and say, 'What did I do right?' Was it because I was eating healthier stuff like fruits and vegetables? Move on that. Build on your successes."

The Air Force Medical Service is setup to

provide many resources for helping people achieve their goals during the new year.

"The Health Promotion office can help with tobacco cessation. Many, not all, have a dietician who can either offer weight loss classes or possibly one-on-one counselling. If you don't want to go the health promotion route, next time you're seeing your doctor, talk about your goals with them," said Moore.

This new year will also be a great chance to change how Airmen approach their own healthcare, too, as the AFMS tries to get people more engaged during their medical visits.

"I would recommend Airmen and their families resolve to be more active partners in their care," said Col. John Oh, chief of Preventive Medicine. "We know care is safer when we have an effective partnership between the healthcare team and the patients. That's the kind of the cultural change we're trying to promote. The more patients understand about their conditions, their medications, their options - the more empowered they feel."

Oh and his team created the online Patient and Family Engagement Toolkit just for that reason, to provide specific ways to get patients and their families more involved in their own care. He said their goal is to make care safer and more effective.

"Healthcare is changing," Oh said. "The amount of information freely available to patients and family members is a paradigm shift. We want patients to feel more comfortable asking questions and getting

involved in their care to the extent they are comfortable."

Moore said the new year is as good a time as any to achieve some new healthier goals.

"Have a conversation with yourself about what you want to focus on. Maybe it's important to focus on one small area, like losing weight or giving up smoking," Moore said. "These things can have a negative impact on Airmen performance, whether direct job performance or the ability to bounce back from a setback.

The fitter you are, the fewer of those unhealthy behaviors you engage in, the better you'll respond."

One tool to use to set those goals is Comprehensive Airman Fitness, which is one of many ways Airmen can achieve balance in several aspects of their life. Each of the four areas - Mental, Physical, Social, and Spiritual - need attention throughout the year if you truly want to grow. Start now with a simple New Year's Resolution and continue to try new things as 2017 unfolds.

AF program assists special needs family members

RICHARD SALOMON | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Being the parent of an 11-year-old boy with high-functioning autism is often a challenging and difficult journey that requires patience and sacrifice said Master Sgt. Virmania Accoo. "One of the biggest struggles we face as a family is helping my son adjust to a new PCS location and to find the right school that has the special education services our son needs," said Accoo, the Equal Opportunity office superintendent at Nellis Air Force Base, Nevada.

Fortunately, thousands of active-duty members like Accoo, and her husband, Master Sgt. Anthony Accoo, have found support through the Air Force Exceptional Family Member Program which allows Airmen to proceed to assignment locations where suitable medical, educational and other resources are available to treat special needs family members.

"Since we are enrolled in EFMP, it gives us peace of mind knowing that we will not PCS to a location that does not have the required services for our son," Accoo said. "Shortly after our arrival at Nellis, it was comforting for my husband and me to get

a phone call from our EFMP representative asking us if we needed anything. We also enjoy taking part in numerous events where various EFMP families can get together for support and networking."

EFMP has three components:

The assignment component ensures adequate special needs care is available at the Airman's projected location. It reassigns Airmen and their families if a new diagnosis cannot be provided through the military treatment facility, the supporting TRICARE network or a combination thereof.

The medical component oversees medical clearances and enrolls the service member in EFMP. Special needs coordinators at base medical treatment facilities screen family members, so service members can obtain the necessary assignment limitation code, "Q," which identifies them as having a family member with special needs.

The family support component provides referral information, support services, respite care and relocation services, as well as contacts with government resources and civilian agencies. The family support function also assists with school-related issues, finance questions, crisis situations, and provides outreach and

educational briefings to installation leadership and the community.

"All three components work together to streamline the process and support the needs of Airmen and their families," said Sandra Nichols, a EFMP's community readiness analyst at the Air Force Personnel Center. "All Airman and Family Readiness Centers have a staff member assigned to work with Airmen and their special needs family members. They provide needs assessments and assistance in a multitude of areas."

Enrollment in EFMP is mandatory for all active-duty Airmen with a family member with special needs. More than 28,000 active-duty Airmen with one or more exceptional family members are enrolled in the program.

EFMP is limited to the Airman's spouse, child or other person actually residing in the Airman's household who is dependent on the Airman for financial support and who meets Defense Department enrollment criteria and is a military health care beneficiary.

"After the initial diagnosis, it can be a sad and confusing time for some families," Accoo said, "but they do not have to shoulder the burden alone."


AFPC will host two EFMP webcasts on Jan. 12 for spouses and families.

Happy New Year!


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Expeditionary aircrew spends Christmas at 30,000 feet

SENIOR AIRMAN TYLER WOODWARD | 380TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA (AFNS) --

A fog peeled back slowly from the flight line. Four aircrew members emerged from a transit van sharing witty banter and a few cheerful words as they moved their flight equipment towards a nearby KC-10 Extender.

Holiday songs emitted from a speaker while the aircrew members and two crew chiefs prepared for preflight inspections. A lieutenant cracked open a plastic container of care-package-cookies and passed them around.

The unity and brotherhood of a small aircrew creates a family atmosphere during the holidays for Staff Sgt. Aaron, a KC-10 flight engineer.

"It's just the four of us; day in and day out, at all hours, they're by your side. We laugh together, cry together, get mad at each other and at the end of every day we come together to find a way to make the mission work," Aaron said.

When the KC-10 reached its position near Mosul, Iraq Senior Airman Grant, a KC-10 boom operator, was signaled to ready the boom-pod for refueling.

Breaking through a sea of white clouds, two F-16 Fighting Falcons emerged loaded with precision guided munitions. The Fighting Falcons were one of three coalition aircraft refueled during the sortie; the refueling crew offloaded 108,000 pounds of fuel in total.

"Flying on Christmas day was good for us because every aircraft we offload fuel to is in some form supporting

the guys on the ground – who are also missing their families," said Lt. Col. Danny, a KC-10 pilot. "The fight against terrorism is 24/7 and we have to maintain decisive airpower over the area of responsibility at all times, even on Christmas."

While the KC-10 crew was flying near Mosul, families all over the world gathered for holiday festivities. Food is one of the most cherished holiday traditions. However, at 30,000 feet, Christmas dinner had limitations.

Two small metal ovens behind the cockpit served as the in-flight kitchen. Grant twisted the black knobs to 400 degrees and set the timers. Shortly after, the front of the aircraft blossomed with a scent of chocolate chip cookies and pizza.

"It's funny, you know, we got pizza as opposed to being at home with friends and family at a big dinner. But, we make it fun," Grant said. "It's kind of cool to see everyone bring the holiday spirit up in the air. We see Santa hats up here and everybody is having fun all the while still executing and doing what we need to do."

As the sun set on the world a warm glow softly covered the powdery clouds. The white Christmas sky turned orange, then purple and then black. Panels of lights, knobs and gauges draped the cockpit like a finely lit tree.

The crew landed safely at their forward operating location, successfully completing another sortie in support of Combined Joint Task Force-Operation Inherent Resolve.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN TYLER WOODWARD

First Lt. Andrew, a 380th Air Expeditionary Wing KC-10 Extender pilot, communicates with maintainers during a preflight inspection before flying a sortie in support of Combined Joint Task Force-Operation Inherent Resolve at an undisclosed location in Southwest Asia, Dec. 25, 2016. Since October 2016, 380th AEW KC-10s have completed more than 1,500 sorties against the Islamic State in Iraq and the Levant operations.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN TYLER WOODWARD

First Lt. Andrew, a 380th Air Expeditionary Wing KC-10 Extender pilot, eats reheated pizza during a sortie in support of Combined Joint Task Force-Operation Inherent Resolve over Iraq, Dec. 25, 2016. Crew members used two small ovens to prepare their holiday meal.



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TODAY

- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- First Friday Luau, Buffet served 1600-1800, Luau 1600-2100, Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club, 1700-1800, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill & Jimmy Doolittle Center
- Keystone Club, 1830-1930, Youth Center
- 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-Midnight, Bowling Center

SATURDAY

- Indoor Sprint Triathlon, 0700, Fitness Center
- Warbird Tactical Fitness On Ramp, 1000, Fitness Center
- Jiu Jitsu Training, 1100, Fitness Center
- Give Parents A Break, 1300-1700, Child Development Center/School Age Program
- Get Up. Get Out. Get Fit Bowling, 1600-1900, Bowling Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Bowling Center

SUNDAY

- NFL Sunday Playoffs, 1130-1830, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

MONDAY

- Youth Center Tumbling Classes, Every Mon, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Cycle/Core, 0700, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600 A&FRC
- H2O Fitness, 1630, Fitness Center
- Step Jam, 1730, Fitness Center
- FCC Pre-Orientation, 1800-2000, FCC Office – Inside Rough Riders Pizza
- Key Spouse Monthly Meeting, 1800-2000, A&FRC, Held at the Jimmy Doolittle Center
- Power Yoga, 1830, Fitness Center
- Cycle Strength/Tone, 1930, Fitness Center

TUESDAY

- Registration opens for Wine & Paint Class at Arts & Crafts
- Registration opens for Beginning Photography Class at Arts & Crafts
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Key Spouse Initial Training, 0800-1400, A&FRC
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Pre-Separation Counseling, 0800-1130, A&FRC
- HIIT & Tone, 0945, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga Flow, 1130, Fitness Center
- Running Clinic, 1430, Fitness Center
- TLF Grand Opening and Open House, 1530, Sakakawea Inn Bldg 188
- 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

- Youth Karate & Tumbling Classes, Every Wed, Various Times, Youth Center
- Warbird Tactical Fitness On Ramp, 0600, Fitness Center
- Fit to Fight, 0700, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC,

Held at the Professional Development Center

- Right Start, 0800-1200, A&FRC, Held at the Jimmy Doolittle Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Fit to Fight Cycle/Core, 1100, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- H2O Fitness, 1630, Indoor Pool
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Squadron Extramural League, 1800, Bowling Center
- Yoga, 1830, Fitness Center

THURSDAY

- Youth Dance Classes, Every Thurs, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Yoga, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Cardio Blast, 0930, Fitness Center
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Hard Core Strength Muscle Pump, 1830, Fitness Center
- Fun 9 Pin No Tap Mixed League, 1830, Bowling Center
- Mixed Couples League, 1830, Bowling Center
- Cycle/Core, 1930, Fitness Center

UPCOMING EVENTS - JAN. 13

- Youth Dance Classes, Every Fri, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- "Doo it Your Way" Gourmet Burger Night, 1700-1900, Jimmy Doolittle Center
- Torch Club, 1700-1800, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill & Jimmy Doolittle Center
- Keystone Club, 1830-1930, Youth Center
- 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-Midnight, Bowling Center

UPCOMING EVENTS - JAN. 14

- New Year Fitness Sampler Extravaganza, 1000-1200, Fitness Center
- Warbird Tactical Fitness On Ramp, 1000, Fitness Center
- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100, Fitness Center
- Star Wars Spectacular, 1300, Base Library
- Martin Luther King Special, 1600-2100, Bowling Center
- Get Up. Get Out. Get Fit Bowling, 1600-1900, Bowling Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Bowling Center

ONGOING EVENTS

- Lil' Riders Cleaning Closing, Starting in January, Lil' Riders (located inside Rough Riders Pizza) will close daily at 2PM for 30 min to clean and sanitize the playground equipment.
- Rough Riders Monthly Pizza Special.

January Special – Macaroni & Cheese Pizza.

Delicious pizza crust smothered in cheese with cheesy noodles topped with shredded cheddar and mozzarella cheese – baked to perfection. Bacon topping optional. 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. Chocolate Covered Strawberries January Special – A creamy drink with strawberry puree, combined with java chips topped with whipped cream and chocolate drizzle sauce. Hold the espresso! Grande \$5.00 Venti \$5.50

- Auto Hobby Monthly Special. January 3rd-17th – Scan Tool Hook-up – When a check engine light comes on, bring your vehicle in to find the problem. Reg Price \$25 Sale Price \$15. January 18th-31st – Purchase the oil and filter from Auto Hobby and get the flat stall FREE for 1 hour. Flat stall – Reg Price \$3/hr SAVE \$3

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.

PARK UNIVERSITY SPRING 2016 REGISTRATION IS NOW OPEN!!

Don't let the Holidays get your side tracked!! Park University's Spring 1 (Jan 16-Mar 12, 2017) 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. Stop in and see us!!!!

CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term for face-to-face at Minot AFB, starts January 13 to February 25, 2017 (only meeting two weekends) Classes will meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts January 9 to March 3, 2017. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Education Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu.

MINOT 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 Spring 2017 term (9 Jan-12 March). To sign up for Undergraduate and Graduate courses, please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 or email your request to minot@erau.edu. If you have any questions, please call 701-727-9007.

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. NORTHERN STATE 1/07/2017 4:00 PM

MSU Dome. Minot State women's and men's basketball face Northern State in a key North Division game at the MSU Dome.

FREE PUBLIC ICE SKATING 1/07/2017 1:00 PM

Public skating is FREE at the All Season's Arena! Skate rental available for \$2.00 per rental.

FREE PUBLIC ICE SKATING 1/08/2017 1:00 PM

Public skating is FREE at the All Season's Arena! Skate rental available for \$2.00 per rental.

MINOT STATE WRESTLING VS. UNIVERSITY OF MARY 1/08/2017 3:00 PM

MSU Dome. Minot State wrestling finally gets a home dual! The Beavers take on rival University of Mary in a matinee at the Dome.

MAKER MONDAY 01-09-2017 10:30 AM - 01-09-2017 11:00 AM

Minot Public Library. Maker Mondays, a story/activity program for independent children ages 3-6, will be held on Mondays at 10:30 AM in the Imagination Station of the Minot Public Library. The programs for the spring are as follows:

- Jan 9- Polar Bears;
- Jan 16- Snowflakes;
- Jan 23- Snowmen;
- Jan 30- Winter Birds;
- Feb 6- Igloos;
- Feb 13- Valentines;
- Feb 20- Teeth;
- Feb 27- Dr. Seuss;
- Mar 6- Unicorns;
- Mar 13- St. Patrick's Day;
- Mar 20- Welcome Spring;
- Mar 27- Cloudy Day;
- Apr 3- Chicks;
- Apr 10 - Easter Craft;
- Apr 17- Rockets;
- Apr 24- Kites; May
- 1- Mother's Day;
- May 8- Flowers

AFTER SCHOOL KIDS (ASK) PROGRAM 1/09/2017 3:30 PM

Minot Public Library. After School Kids Programs are scheduled for Mondays at 3:45 pm in the Imagination Station of the Minot Public Library. The activity-based programs are geared for school age children (K-5). The programs for the spring session are as follows: Jan 9- Build a Snowflake; Jan 23- Tech Toys; Jan 30- Super Bowl; Feb 6- Yarn Weaving; Feb 13-Valentine Science; Feb 27- Dr. Seuss Activities; Mar 6- Circuits & Electricity; Mar 13- St. Patrick's Day Snacks; Mar 20- Cookie Challenge; Mar 27- Fun with Jell-O!; Apr 3- Kid Made Wind chimes; Apr 10- Easter Eggs

SIDE BY SIDE STORIES 01-10-2017 10:00 AM - 01-10-2017 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. For more information, please contact the Children's Library at 838-0606.

LEGO CLUB 1/10/2017 7:00 PM

Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM in the Imagination Station of the Minot Public Library. Children ages 4 to Grade 5 and parents interested in building are encouraged to attend. At each meeting children will have the opportunity to create different structures and vehicles with LEGOs. Each month their structures are on display in the Children's Library. Contact the library for more information.

WHIMSICAL WEDNESDAY 1/11/2017 10:30 AM

Minot Public Library. A story time featuring our puppet, Flash, will be held on Wednesdays at 10:30 am for independent children ages 3-6.

STORYTIME 01-11-2017 10:30 AM - 01-11-2017 12:00 PM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednes-

days. 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!

MOMMY MEET-UP 01-12-2017 10:00 AM - 01-12-2017 11:30 AM

Minot Public Library. Our new Mommy Meet-Up is a time for moms to get together without worrying about what the kids will do. The Minot Public Library will have blocks, ball pits, play dough, and other fun stuff set up for the kiddos! For more information, please contact the Children's Library at 838-0606.

DOMESTIC VIOLENCE CRISIS CENTER'S 3RD ANNUAL CAUSE TO ROCK 1/13/2017 6:00 PM

The Grand Hotel. 3rd Annual Cause to Rock to Benefit the Domestic Violence Crisis Center at the Grand Hotel. A night of Music, Food and Fun. Doors open at 6 pm with food and silent auction. Even5 with be performing from 8 to midnight. Live Auction with Great prizes. Tickets can be purchased at the Domestic Violence Crisis Center 40.00 each or 2 for 70.00. Purchase tickets here. Give us a call at 701-852-2258.

ACE AVIATION CAMP FOR 3RD & 4TH GRADERS 1/14/2017 9:00 AM

Dakota Territory Air Museum. ACE is an exciting aviation camp experience guided by aviation and education mentors. The ACE program introduces 3rd and 4th graders to general aviation concepts involving fun, hands-on learning activities within the unique surroundings of the Dakota Territory Air Museum. Kids will also enjoy up-close and personal tours of historical military and general aviation aircraft by famous aviators, Orville and Wilbur Wright, and Amelia Earhart and a museum scavenger hunt that is sure to educate and inspire! Camp is FREE! Camp dates are January 14, January 28, and February 11th. Join us!

TEENS ROCK SATURDAYS 1/14/2017 1:00 PM

Minot Public Library. We offer free Manga Club for teens here at MPL. Join us for the appreciation of all things Manga: writing, drawing, critiquing, cosplaying and gaming! Manga Club will be held from 1-2 pm just before video gaming from 2-4 on the Second Saturday of the month and is called: Teens Rock Saturdays.

FREE PUBLIC ICE SKATING 1/14/2017 1:00 PM

Public skating is FREE at the All Season's Arena! Skate rental available for \$2.00 per rental.

FREE PUBLIC ICE SKATING 1/15/2017 1:00 PM

Public skating is FREE at the All Season's Arena! Skate rental available for \$2.00 per rental.

FINDING DORY MOVIE MATINEE 1/16/2017 2:00 PM

Minot Public Library. Open to adults and children of all ages- under 5 MUST be with an adult.

STAR TREK BEYOND- TEEN MOVIE 1/16/2017 2:00 PM

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

SIDE BY SIDE STORIES 01-17-2017 10:00 AM - 01-17-2017 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. For more information, please contact the Children's Library at 838-0606.

TECH TALKS: THE TECHNOLOGY OF HEALTH 1/17/2017 6:00 PM

Minot Public Library-North Community Room. Just in time to help us fulfill our New Year's Resolutions, Minot Public Library's Technology Coordinator Joshua Pikka will be hosting a short presentation on the basics of using recent technological advances to make us healthier. The presentation will cover the use of popular gadgets and applications that can be used to monitor our exercise routines and dietary intake. So if you are looking

for a fun way to keep your New Year's Resolution to live a healthier 2017, come to the Minot Public Library's North Community Room at 6:00 PM. The event will also be streamed on MPL's Facebook page.

TECH TALK: TECH FOR HEALTHY LIVING 1/17/2017 6:00 PM

Minot Public Library. Join MPL's Technology Coordinator... Events will be held in the North Community Room of the Library beginning at 6:00 pm. These programs are open to everyone and registration is not required. Healthy snacks will be provided.

RAPTORS: IDENTIFYING BIRDS OF PREY 1/17/2017 7:00 PM

Roosevelt Park Zoo Auditorium. Learn to identify birds of prey with the Roosevelt Park Zoo and Souris Valley Birding Club.

STORYTIME 01-18-2017 10:30 AM - 01-18-2017 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!

MOMMY MEET-UP 01-19-2017 10:00 AM - 01-19-2017 11:30 AM

Minot Public Library. Our new Mommy Meet-Up is a time for moms to get together without worrying about what the kids will do. The Minot Public Library will have blocks, ball pits, play dough, and other fun stuff set up for the kiddos! For more information, please contact the Children's Library at 838-0606.

AFTER SCHOOL GAMING 1/19/2017 3:30 PM

Minot Public Library. MPL offers a wide gaming array at our gaming events! We have several different tablets, a WiiU, 2 Xbox360 and a PlayStation 4! Bring your buddies, because we always have an amazing time. No registration is required.

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. BEMIDJI STATE 1/20/2017 6:00 PM

MSU Dome. It's the battle of the Beavers! Minot State plays host to Bemidji State in a NSIC North Division clash at the MSU Dome.

MINI GOLF IN THE LIBRARY 1/20/2017 7:00 PM

Minot Public Library. Join us for an after hours event where we play mini golf through the library! We'll beat the winter blues and have you feeling up to par in no time! Arrive promptly at 7pm at the front doors as they will be locked shortly thereafter!

COLOR ME HAPPY ADULT COLORING CLUB 1/21/2017 1:00 PM

The Minot Public Library is excited to offer 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.

FREE PUBLIC ICE SKATING 1/21/2017 1:00 PM

All Seasons Arena- North Dakota State Fair Event Center. Public skating is FREE at the All Season's Arena! Skate rental available for \$2.00 per rental.

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. MINNESOTA CROOKSTON 1/21/2017 4:00 PM

MSU Dome. Minot State men's and women's basketball finish off a big weekend of Northern Sun North Division play with a pair of games against Minnesota Crookston at the Dome.



JSTARS Recap program takes next step with RFP release

PATTY WELSH | 66TH AIR BASE GROUP PUBLIC AFFAIRS

HANSCOM AIR FORCE BASE, Mass. (AFNS) --

The Air Force is well on its way to replacing a critical airborne battle management command and control weapon system with the Dec. 28, 2016, release of the development request for proposal, or RFP, for the Joint Surveillance Target Attack Radar System, or JSTARS Recapitalization program.

The JSTARS is a key warfighting asset that provides airborne battle management command and control of joint and coalition forces, as well as intelligence, surveillance and reconnaissance information about ground movements to detect and track enemy forces. JSTARS first flew in support of Operation Desert Storm in 1991, and has been a high-demand airborne command and control asset ever since its

initial entry into the U.S. military arsenal.

The release of the RFP follows receipt of an Acquisition Decision Memorandum, or ADM, signed by the Undersecretary of Defense for Acquisition, Technology and Logistics on Sept. 7, 2016.

"I can't say enough about the outstanding effort by the entire Recap team in reaching this important phase in the program," said Col. Dave Learned, the JSTARS Recap program manager. "With the release of the RFP, we are keeping the Recap program on track for successful delivery of a critical warfighting capability."

The RFP includes all aspects of the system, including the airframe, radar, communication systems and battle management command and control suite. The RFP will result in the delivery

of three engineering and manufacturing development, or EMD, JSTARS Recap weapon systems for testing. There are also contract options for low-rate initial production for two more weapon systems and full-rate production of lots #1-3 for four additional weapon systems each, for a total of 17 aircraft.

In addition, options are included for ground support systems, such as training systems, mission planning and processing systems, system integration labs, support equipment and spares.

The Recap program recently completed an 11-month pre-EMD effort with Northrop Grumman Corp., Boeing Co. and Lockheed Martin. According to program officials, these activities helped assess the maturity

of subsystem technology, reduced weapon system integration risk and provided information for the RFP.

Ongoing program work includes radar risk reduction efforts with contractors Northrop Grumman Corp. Mission Systems and Raytheon Space and Airborne Systems are pursuing nonrecurring hardware and software engineering activities to ensure radars are scaled to meet JSTARS Recap specific requirements.

"We've completed successful pre-EMD efforts with industry and continue to make progress on our radar risk reduction activities," said Learned. "Thanks to the amazing work by our team, the program is well-positioned for a successful EMD phase. But what's really

exciting is how that paves the way for us being able to equip operators with a weapon system that will be more efficient and reliable than the current system."

This proposal solicitation will be a full and open competition with an anticipated contract award in fiscal year 2018, to have assets available for initial operational capability by the fourth quarter of fiscal year 2024.

"Through significant effort by the Recap team, and valuable feedback from industry, as well as Air Force and OSD leadership, we now have our final Development RFP out for industry competition," said Sueann Lachance, JSTARS Recap Development RFP Program Management lead. "We're excited to see official proposals."



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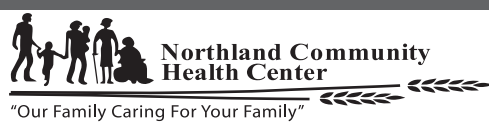
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Please call for more information or to schedule an appointment. 852-4600. Northland Community Health Center is located in the Arrowhead Mall in Minot.



Cooking Class Sauces/Dressings/Marinades

Tuesday,
January 10, 2017
2-3 pm
\$10



Trinity Health Community Conference Room
Town & Country Center

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



RSVP by January 9.
Space is limited!
Please reserve your
spot today! Call 857-5268

An E-8C Joint Surveillance Target Attack Radar System from the 7th Expeditionary Airborne Command and Control Squadron lands at Al Udeid Air Base, Qatar after a mission on Sept. 12, 2016. A program office at Hanscom Air Force Base, Mass., is working JSTARS Recapitalization, and on Dec. 28, 2016, released the development request for proposal to move the program forward.


U.S. AIR FORCE FILE PHOTO

**NORTHERN
SENTRY**

839.0946

CHURCH DIRECTORY

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 5:30 pm
 Sunday 8:30 & 11:00 am
Fr. Fred Harvey, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
 Sunday Liturgy 10 a.m.
 Saturday Vespers.... 6 p.m.
 The Very Reverend Father Anastassy

Harvest Reformed Church

 We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.
 Now meeting at 1505 N Broadway, Grand International, Norse Room
Sunday Service 10:30 a.m. 838-0605
www.harvestreformedchurch.org

GLENBURN FIRST BAPTIST CHURCH

 402 South Street • 701-362-7971
Sundays:
 Morning Worship..... 10:00 a.m.
 Sunday School 11:15 a.m.
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

Bible Fellowship Church

 Worship Service 10:45am Sunday
 Sunday School/Bible Study 9:45am
GRIEF SHARE
Classes Starting November 4th, 7:00pm
838-0916 • 1720 4th Ave NW
minotbiblefellowship.org

Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Tom Sumers
701-838-1540
 Sunday School (All Ages): 10 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church

 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church
1000 NE 3rd Street 852-0315
Sunday Schedule
 Contemporary Worship 9:30am
 Child/Youth Sunday School.. 11:00am
 Adult Sunday School.... 8:30 & 11:00am
 Traditional Worship..... 11:00am
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

Congregational United Church of Christ
430 N. Broadway • 839-1064
 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.


St. Mark's Lutheran Church

Missouri Synod
 Sunday Worship 8:30 & 11:00 a.m.
 Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.
2209 4th Avenue NW Minot, ND 839-4663
Carlyle Roth, Pastor
www.stmarksminot.com
 Call or check out our website for more information.

First Presbyterian Church

430 N Broadway
 (Congregational Church of Christ Building)
701-460-6321
 Worship..... 9:00 a.m.
www.fpcminot.org
Visitors Welcome

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 7 p.m.
 Wednesday - Friday 9 a.m.
 Saturday 5 p.m.
 Sunday 8 & 10:30 a.m.
Fr. Dave Zimmer, Pastor
 Parish website: www.stjohnminot.com

First Lutheran Church - ELCA

 120 - 5th Ave. NW
852-4853
 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
 Services are now available online at firstlutheran.tv
 Radio Broadcast KRRZ 1390 AM 8:30 AM
 Pastor Ken Nelson & Pastor Brandy Gerjets

Our Redeemer's Church

A Church of the Lutheran Brethren
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.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

Bethany Lutheran
215 3rd Ave. SE, Minot, ND
Phone: 838-5196 • Fax: 852-8494
 A Member of the ELCA
 Sunday Worship 8:15 am & 10:45 am
 Sunday Fellowship..... 9:15 am
 Sunday School..... 9:30 am
 Wednesday Worship 6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 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.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Calvary Alliance Church

 715 20th Avenue NW
 Minot, ND 58703
www.calvaryofminot.com
701-852-0670
 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

West Minot Church of God

 "A Family Worship Center"
1105 16th St. NW • 839-1407
 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.
ABC Child Care & Pre-School Center
852-6352

Bethel Free Lutheran AFLC

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 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.
Pastor Shane McLoughlin
530 22nd Ave NW • 852-6492
bethel@minot.com

BREAD OF LIFE ELCA LUTHERAN CHURCH

Pastor Taryn Montgomery
 Saturday Worship 5:00 pm
 Sunday Worship. 8:30 am & 11:00 am
 Sunday Education..... 9:45 am
 Wednesday Education..... 6:00 pm
Breadoflifeminot.com
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Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694
Sundays:
 Sunday School 9:15 a.m.
 Worship 10:30 a.m.
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.
Brian T. Skar, Pastor
www.ibcminot.org

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.
www.minotcrbc.org
email: crbc@srt.com
415 28th Ave SE (Behind Menards) 838-1873

First Assembly of God
1805 2nd St. SE 838-1111
 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.


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Home: 701-838-5759
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 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.

ZION Lutheran ELCA

1800 Hiawatha St. 852-1872
 Saturday Worship 5 p.m.
 Sunday Worship ... 8:30 a.m. & 11 a.m.
John Streccius, Pastor
Nathan Mugaas, Pastor

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 Worship 10:45 a.m.
www.trinitychurchminot.org

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 Saturday Informal Worship .. 5:00 p.m.
 Sunday School 9:00 a.m.
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 Fellowship..... 11:00 a.m.
Pastor Ray Baker
www.vincentumc.com

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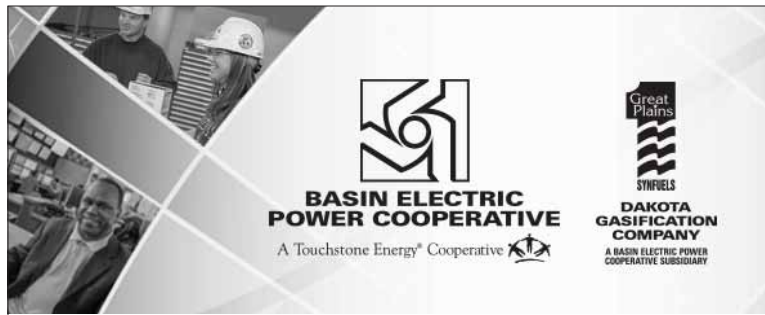
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1	2	7	9	3	5	4	8	6
5	8	9	6	1	4	2	3	7
6	4	3	7	2	8	5	1	9
8	9	1	2	4	6	7	5	3
2	5	6	3	7	1	8	9	4
7	3	4	5	8	9	6	2	1
4	1	2	8	6	3	9	7	5
9	6	8	1	5	7	3	4	2
3	7	5	4	9	2	1	6	8

Answers to puzzle from page 8

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 <p>\$259,900</p> <p>RANCH STYLE – 4 bedroom, 2 ½ bath home. Vaulted ceiling, gas fireplace in living room, kitchen has breakfast bar, walk-in pantry and quartz counters. Lower level family room. Double garage.</p> <p>MLS #162026</p>	 <p>\$144,500</p> <p>PAY NO RENT – 3 bedroom double wide with oversized 2 stall garage, wrap around deck and nice sized lot. Chain link fence, 2 exterior shed and concrete patio. Newer insulated skirting, appliances, cabinets and flooring.</p> <p>MLS #161878</p>	 <p>\$119,000</p> <p>COZY – 2 bedroom, 1 ½ bath townhome. Dining area off kitchen, bedrooms and full bath on the upper level. Lower level family room. Newer roof, most windows area updated and attached garage.</p> <p>MLS #161854</p>
 <p>Jenny Janz 472-2851 jenny@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Janet Schelling 240-7537 janet@minothomes.com</p>

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northern sentry

Paper Locations

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- Northern Sentry Office | 315 South Main Street, Ste 202
- Simonsons Station Store | 1312 S. Broadway
- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
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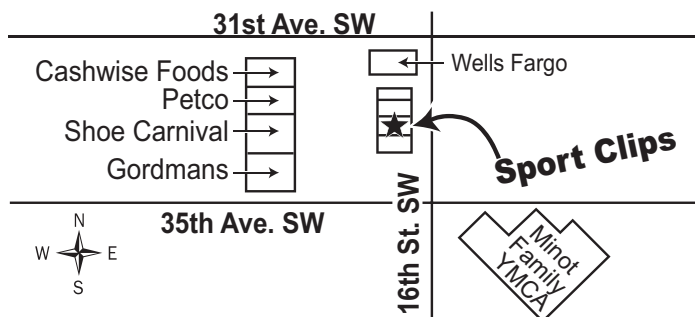


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