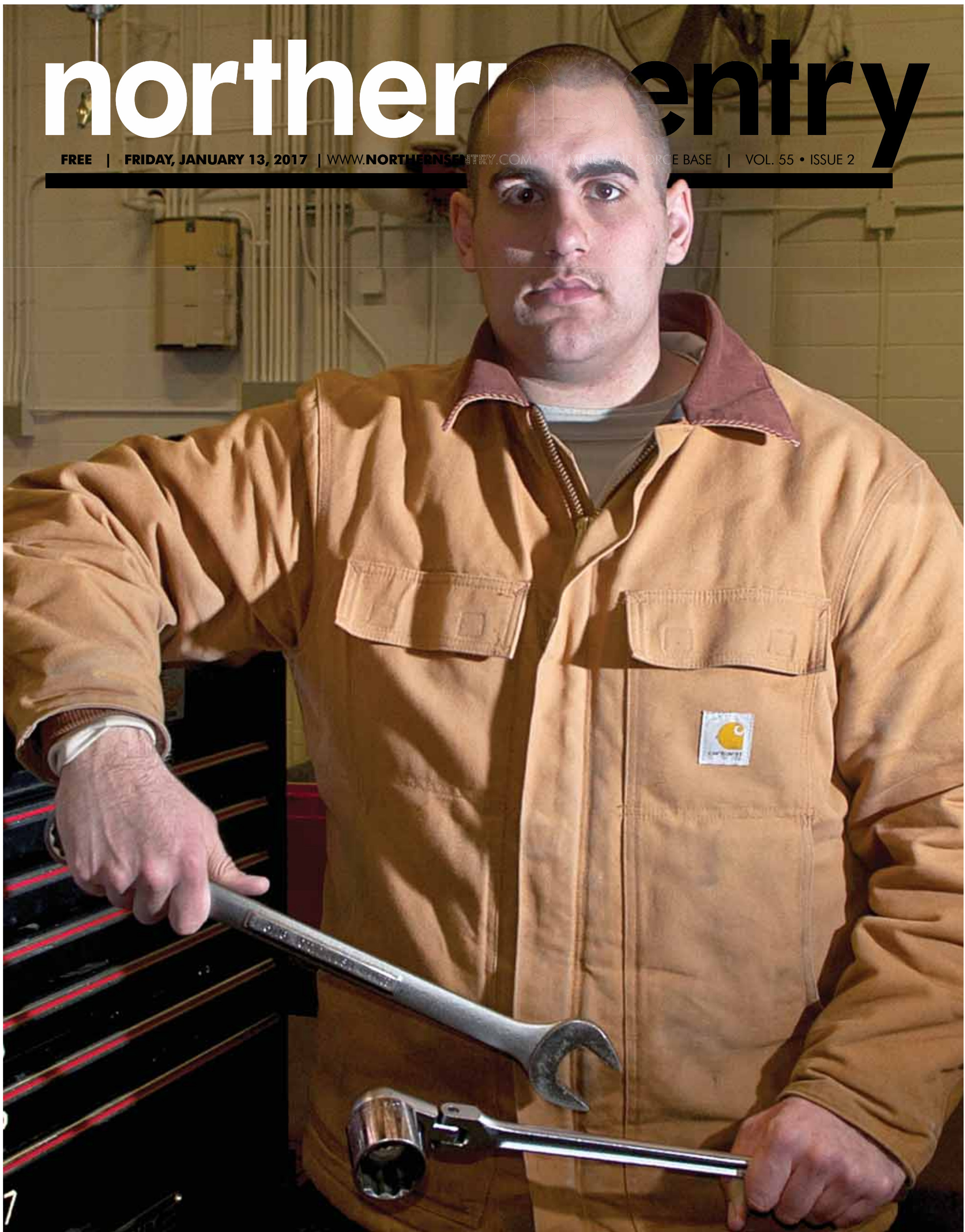


northern entry

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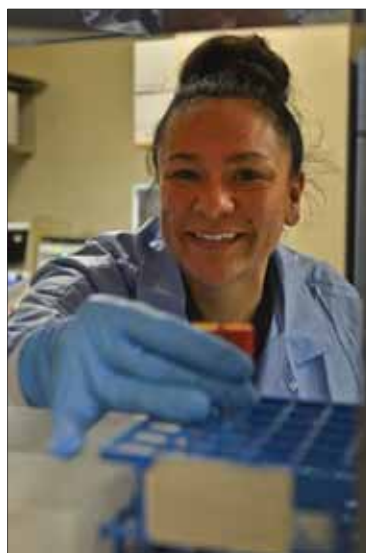
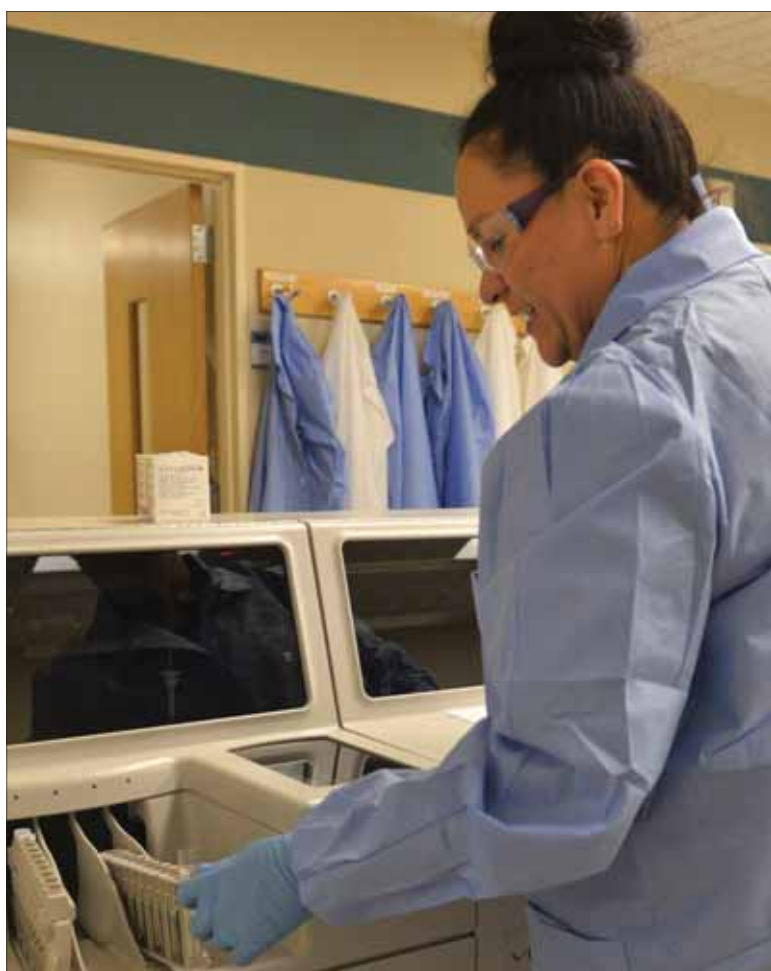
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Phlebotomy: obtaining blood samples

MINOT AIR FORCE BASE, N.D. -- Fifth Medical Support Squadron medical laboratory technicians conduct hematology, phlebotomy, chemistry, urinalysis and microbiology tests at Minot Air Force Base, North Dakota. Laboratory technicians gather samples from patients to send to providers for diagnosing purposes. Some samples are sent to Wilford Hall Ambulatory Surgical Center in San Antonio, Texas, while others are sent to Wright-Patterson AFB, Ohio.

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

READ ALL ABOUT IT!

If you have any problems concerning the delivery of the Northern Sentry in base housing, please call Michelle Bock at 838-5937.



PRESS RELEASE: Temporary Lodging Facility Grand Opening

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The lodging facility on base is hosting a grand opening and open house 2:30 p.m. Tuesday, Jan 10, to commemorate the completion of the new Minot Air Force Base

Temporary Lodging Facility. All military members and their families are invited to tour the new rooms and enjoy cake and punch. The Temporary Lodging Facility construction began in April 2015. This ceremony will

mark the end of the construction of the new 30-unit Temporary Lodging Facility. Each new family unit has two bedrooms, a living room, bathroom, a full kitchen and laundry facilities. Air Force Lodging allows up to 40 percent

of the temporary lodging units to be designated pet-friendly. The \$18.9 million facility was constructed to serve families moving to and from Minot AFB.



Base Tax Center to open

AIRMAN 1ST CLASS ALYSSA M. AKERS | PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The Minot Air Force Base Tax Center is scheduled to open Jan. 23 for free advice, assistance, preparation and electronic filing of federal and state income tax returns through

the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program. Since there aren't many volunteers, priority for tax assistance will be given to active duty military, said Clinton Baxter, the 5th Bomb Wing Legal Office

contact tax representative. Military dependents, retirees and Department of Defense civilians may also receive assistance on a space-available basis. Location: The Tax Center is located in the Pride building (475 Summit Drive) through the west entrance on the second floor. Tax Center hours of operation: The Tax Center will be open for appointment only Monday to Friday from 8:30 a.m. to 3 p.m. and on Saturday from 8 a.m. to 11 a.m. until April 21, 2017. To receive tax preparation/e-filing assistance, you must bring:

Photo IDs – Proof of identification (taxpayer/spouse)
Social security cards (or ITIN card, if applicable) (taxpayer/spouse/dependents)
Birth dates (taxpayer/spouse/dependents)
Prior year tax return (they no longer have copies of prior returns for previous clients)
Wage/income statements (i.e. W-2s, W-2G, 1099-B, 1099-

R, 1099-G, 1099-Misc.)
Interest and dividend statements (1099-INT, 1099-DIV)
Affordable Care Act healthcare documents (IRS Form 1095-A, 1095-B or 1095-C)

Dependent care information (daycare provider name, address, tax ID # and amount paid)
Education credit information (1098-T and receipts for out-of-pocket expenses)
Proof of bank routing and account number (for direct debits or direct withdrawals)

Any other forms applicable to your return (i.e. "1098-E Student Loan Interest Paid", 5498 IRA contributions, 1098 Mortgage Interest Paid, real estate taxes)
To ask questions or schedule an appointment, call the 5th BW Legal Office at 723-3026.

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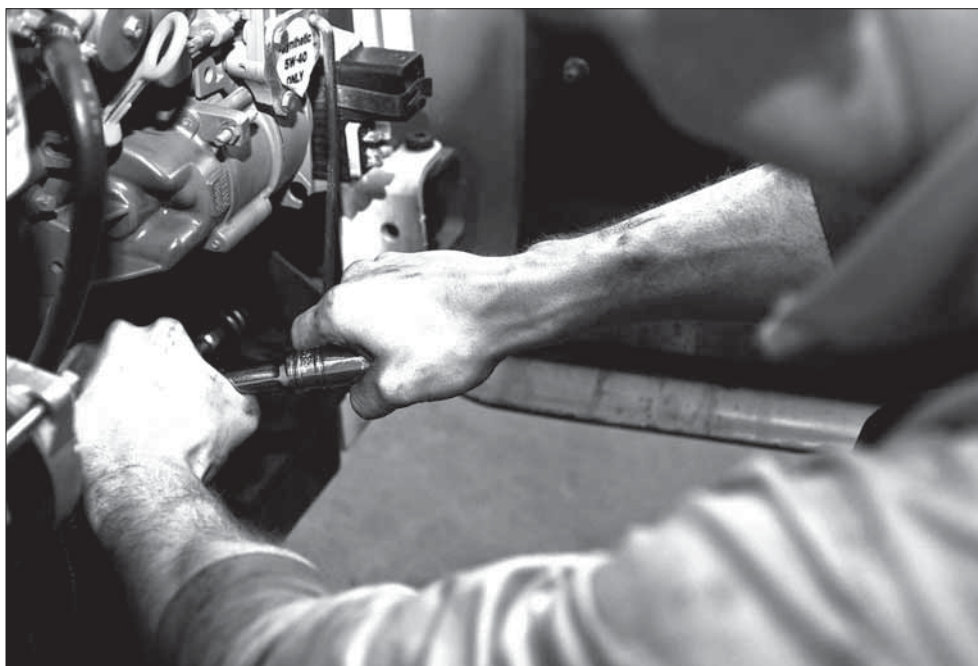


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MAINTAINING BASE VEHICLES

Airmen with the 5th Logistics Readiness Squadron special purpose shop perform maintenance on various government vehicles at Minot Air Force Base, N.D., Dec. 14, 2016. From maintaining snow blowers and cranes, to tow trucks and forklifts, these Airmen ensure every government vehicle on the base stays in working condition.

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



Try These Tips to Stay Healthy and Save Money in 2017

NORTH DAKOTA STATE UNIVERSITY EXTENSION COLUMN

As we start a new year, many of us set goals. We might want to strengthen our muscles and heart with a more healthful diet and more physical activity. We might want to lose some weight. Maybe we want to save more money for the long term.

Save Money on Food

- Shop with a grocery list and stick with your list. Keep a running list on your refrigerator, phone or place that is handy for you.
- Use money-saving strategies at the grocery store. Sometimes coupons are available as peel-off stickers on the packages, on receipts or in bins at the store entry. However, buy foods that you and your family will eat.
- Look for coupons in sales ads at the grocery store, in newspaper inserts or online. Be sure to check if your grocery store accepts all forms of coupons to avoid disappointment at the cash register.
- Watch your mailbox for coupon packets.
- Swap coupons with a friend.
- Combine coupons with sale items when possible to maximize your savings.
- Keep your coupons organized in a way that works for you. Some people use a three-ring binder, an accordion-

style organizer or a recipe box.

Plan Your Meals a Week (or More) at a Time

Eating at home more often can save money and provide more healthful options for you and your family.

Plan your menus so you are ready to assemble meals.

- Map out your meals at least a week at a time. Write them on a calendar, note pad or whatever way works for you.
 - Use the sales fliers to help you plan your meals based on seasonal produce and sales on protein foods.
 - Balance your plate with a variety of foods.
 - Fill half of your plate with colorful fruits and vegetables.
 - Fill one-fourth of your plate with protein-rich foods (meat, fish, poultry, cooked beans or lentils, etc.).
 - Fill one-fourth of your plate with grains (especially whole grains).
 - Add a serving of dairy or other calcium-rich food to complete your meal.
 - Visit www.ag.ndsu.edu/food and click on “meal preparation” for more meal-planning tips and hundreds of recipes.
- Work Physical Activity into Your Day
- Physical activity helps keep your heart, muscles and brain healthy. Aim to fit in at least 30 minutes of moderate physical activity on most days of

the week with these tips:

- Make appointments to exercise on your calendar.
 - Do at least 10 minutes of activity at a time, such as walking during a break at work.
 - Mix up your physical activity. Explore the options in your community for physical activity. Maybe you have a walking club, exercise classes or dance classes available. Have fun exercising!
 - Make TV time active time.
 - Walk in place.
 - Do strengthening exercises.
 - Get an exercise DVD to follow.
- The NDSU Extension Service is launching a new program in January 2017 called “The Family Table” with challenges (and prizes!), Facebook messages, an e-newsletter and website. Visit www.ag.ndsu.edu/familytable to sign up. Why promote family mealtimes? Eating together as a family at least three times per week is linked with a more nutritious diet, healthy weight, better school performance, less risky behavior (alcohol, drug use) among teens, better family communication and many other benefits. Please join us and challenge your family in 2017 to spend more time eating together.
- Here’s to a Happy and Healthy New Year!

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“That’s the last thing these critters need right now.”

– N.D. Game and Fish Department Wildlife Division Chief Jeb Williams discussing the importance of winter outdoor recreationists to avoid further stressing wildlife while snowmobiling, etc.

North Dakotans are getting a harsh reminder that winter isn’t always easy on the Northern Great Plains.

But for as much as it may be bothersome for us humans, it’s compounded for wildlife calling this place home.

Simply put, the state’s critters are in a day-to-day struggle for survival.

Sadly, many have already lost.

The N.D. Game and Fish Department was hearing anecdotal reports of dead wildlife in December, Wildlife Division Chief Jeb Williams lamented. “There is concern,” he added. “For the losses to be seen this early is tough.”

White-tailed deer, pronghorn, pheasants, and other wildlife are struggling.

Even bucks are susceptible in these difficult winter conditions, Williams described, coming out of the rut in poor body condition. In fact, at times bucks could be even more susceptible to winter mortality.

While the unseasonably mild November helped wildlife conserve body reserves and fat, the fact that winter hit hard throughout many parts of North Dakota shortly after Thanksgiving means those animals have already expended a massive amount of energy to survive even into January. “In central North Dakota things are obviously pretty severe right now,” Williams added.

It’s true that some wildlife species have the ability to lower their body metabolism to conserve energy and fat body. However, when it’s as cold as it’s been coupled with as much snow as what blankets the landscape, the bottom line is the extended extreme cold temperatures have taken a toll.

It’s human nature for some people to want to help wildlife under these stressful conditions but it’s critical any

short-term measures, such as providing alternative food sources, to be done properly, Williams stressed.

When done incorrectly, well-intended people can do more harm, resulting in more wildlife deaths than had they did nothing.

If someone is going to place alternative foods for whitetails or pheasants, for example, limit the quantity of corn for deer because too much corn intake can be deadly to deer. Their digestive systems don’t adjust easily and they can die with stomachs full of food, essentially overdosing. Any corn should be supplemented with roughage.

Always place supplemental feed in close proximity to good wildlife cover so wildlife expends as little energy – especially trying to maneuver through heavy snow – as possible. Proper placement also reduces risk of predation.

However, while providing alternative food adjacent to quality winter cover can help localized wildlife populations, the reality is that the winter of 2016-2017 is another harsh – extremely harsh – reminder that in North Dakota it takes year-around habitat for wildlife survival.

When it comes to winter habitat, that means enough trees of mixed heights and varieties to provide protection from snow and wind, thermal cover, and food. In other words, a mix of berry-producing shrubs, evergreens such as spruce trees or native Rocky Mountain junipers, and taller trees to block snow and wind.

It’s also imperative to leave wildlife alone under these stressful environmental conditions, Williams added. If snowmobiling or snowshoeing in an area, be sure to back out with as little of disturbance as possible if it appears wildlife is trying to survive in the area.



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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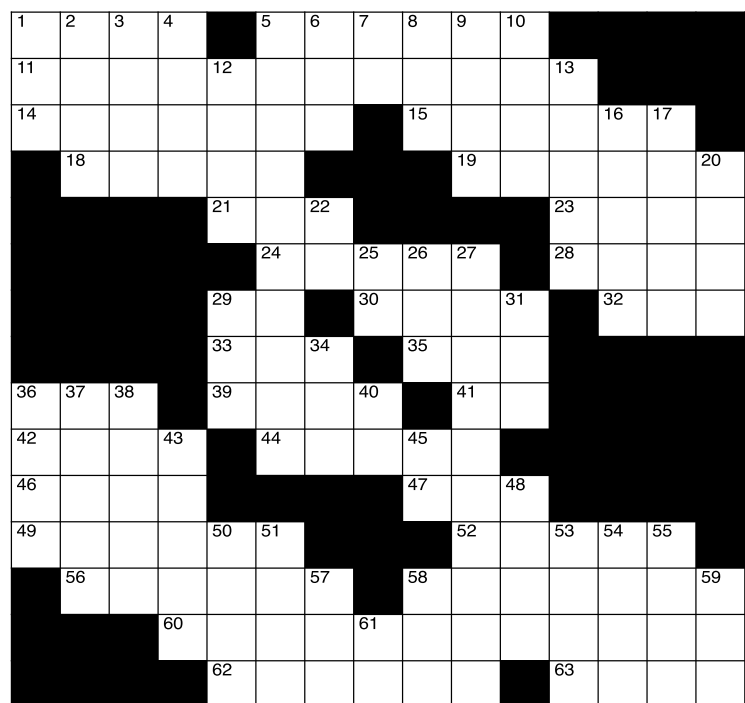
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NORTHERN SENTRY

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CROSSWORD PUZZLE



CLUES ACROSS

- 1. Baseball team
- 5. Hymns
- 11. Actor Jared
- 12. Fragrance
- 16. ___ Von Bismarck, Iron Chancellor
- 17. Nordic God
- 18. Weighed down
- 19. Coppola's mob epic
- 24. Nanogram
- 25. Famed street artist
- 26. Identifier
- 27. 23rd letter of the Greek alphabet
- 28. In addition
- 29. Micturated
- 30. Shock
- 31. Accept
- 33. Allotment
- 34. Eras
- 38. Emerges
- 39. Cape Verde capital
- 40. ___, United Arab Emirates capital
- 43. Small amount
- 44. Back of the foot
- 45. Prakrit language
- 49. Home of "60 Minutes"
- 50. Condemn
- 51. Ailed
- 53. Elevated railroad
- 54. Rebelliousness
- 56. Ancient Greek city
- 58. Clothing company (abbr.)
- 59. Member of the cabbage family
- 60. Softens or smooths
- 63. Mass of coagulated liquid
- 64. Problems
- 65. Irish Republic

CLUES DOWN

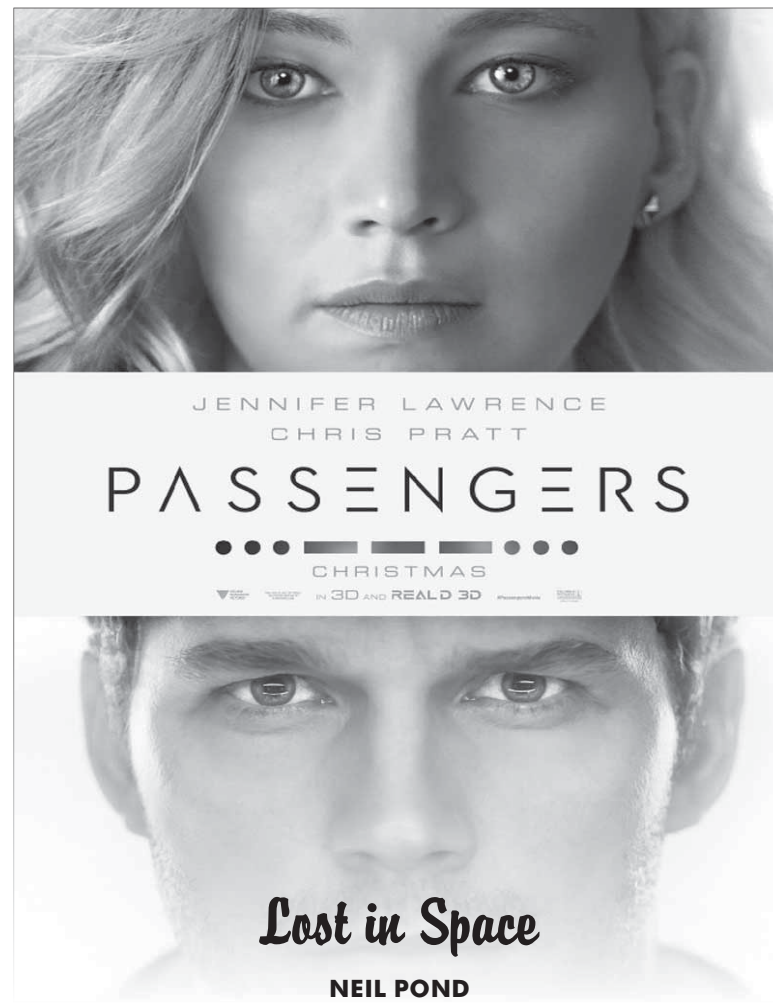
- 1. Dress
- 2. Deadly
- 3. Says aloud
- 4. PT Anderson film "___ Nights"
- 5. Teacher (abbr.)
- 6. Anesthetized
- 7. Anno Domini (in the year of Our Lord)
- 8. ___ and behold
- 9. French young women (abbr.)
- 10. Scorch
- 13. Notre Dame
- 14. Express disapproval
- 15. Cars need these
- 20. Not off
- 21. Unit of mass
- 22. You
- 23. Concealed
- 27. Parent-teacher organizations
- 29. Approximately 3.14159
- 30. Chinese conception of poetry
- 31. Satisfaction
- 32. College degree
- 33. Formerly Ceylon: ___ Lanka
- 34. Effeminate
- 35. Something to solve
- 36. Horses like these
- 37. Intelligence organization
- 38. Blood type
- 40. Exhibition
- 41. Poisonous plant
- 42. Aluminum
- 44. Possesses
- 45. Penetrate with a sharp instrument
- 46. Ring-shaped objects
- 47. Speaks at church
- 48. Form in the mind
- 50. Selectors
- 51. Probability of default
- 52. 2001 Spielberg film
- 54. Where to get a sandwich
- 55. Newts
- 57. Modus operandi
- 61. Exists
- 62. Politico-economic union

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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



A gigantic rocket ship on a 120-year journey to a faraway space colony has a glitch mid-route, mistakenly waking up one—and only one—of its 5,000 passengers from suspended-animation hibernation early.

Ninety years early. And once your personalized alarm clock goes off on this intergalactic cruise, there's no way hit the snooze and go back to deep sleep—you're up. That's what happens, alas, to Jim Preston (Chris Pratt), who awakes to find himself all alone on a big, spinning luxury cruise liner of a spaceship auto-piloted to a lush new world, set to arrive...well, a couple of decades now after he's dead.

Jim at first explores the ship and avails himself of all its amenities (holographic dance-offs, no lines in the food court, great robotic restaurant service). He finds a "companion" in the lounge's android bartender, Arthur (Michael Sheen from TV's *Masters of Sex*). But he's smitten when he catches a glimpse of one of the other hibernating passengers, a writer named Aurora Lane (Jennifer Lawrence).

Weighing the moral and ethical considerations against his own crushing loneliness, Jim eventually makes the decision to rouse Aurora from her hibernation—without telling her he did so. What she doesn't know can't hurt her, right? Right???

The starship in *Passengers* runs on a whirring nuclear reactor. But the movie itself is powered by two of Hollywood's hottest, most likeable, bankable stars, and the film's storyline bends around them and the heat they generate. There's a genuinely

creepy, unnerving nugget of a tale—of obsession, desperation and survival—in *Passengers* about what might happen under the futuristic circumstances it depicts, but it mostly gets lost in the sweet, sci-fi mush—and rush—of its intergalactic romance.

Things get better for Jim, then worse—much worse. He grows a beard. He shaves off his beard. Aurora and Jim walk among the stars—a big-ticket "shore excursion"—and make out in spacesuits. Aurora laughs. Aurora cries. Aurora rages. Aurora attacks Jim. Aurora swims—a lot. She gets trapped in a big, floating water "bubble" when the ship's artificial gravity goes out.

Norwegian director Morten Tyldum, nominated for an Oscar for *The Imitation Game*, creates a space-station world, and an atmosphere, that feels like a cross-pollination of a *Carnival Cruise*, *2001: A Space Odyssey*, *Robinson Crusoe* and *The Twilight Zone*. He pays attention to small details and never lets his "big" space movie get overrun and overblown with special effects.

Another big-name star, also awoken early by a system malfunction, makes a late appearance, mainly to sound the alarm that things have really taken a turn for the worse. Can Jim and Aurora right the ship—and realign their own stars?

"Lay some bartender wisdom on me," Jim implores Arthur at one point. "I feel like I'm lost in space here." After riding along in *Passengers'* interstellar love boat for two rocky hours, you may agree that some course correction might have indeed been helpful—especially when this rocket lands on one of the cheesiest spaceball wrap-up endings of anything this year.

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Creamy Tuscan Garlic Chicken



INGREDIENTS:

1 1/2 pounds boneless skinless chicken breasts, thinly sliced
2 Tablespoons olive oil
1 cup heavy cream
1/2 cup chicken broth
1 teaspoon garlic powder
1 teaspoon italian seasoning
1/2 cup parmesan cheese
1 cup spinach, chopped
1/2 cup sun dried tomatoes

INSTRUCTIONS:

In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

Honey Mustard Chicken, Avocado and Bacon Salad



INGREDIENTS:

FOR THE DRESSING:
1/3 cup honey
3 tablespoons whole grain mustard
2 tablespoons smooth and mild Dijon mustard
2 tablespoons olive oil
1 teaspoon minced garlic
Salt to season
4 skinless and boneless chicken thighs or chicken breasts

FOR THE SALAD:
1/4 cup diced bacon, trimmed of rind and fat
4 cups Romaine lettuce leaves, washed
1 cup sliced grape or cherry tomatoes
1 large avocado, pitted and sliced
1/4 cup corn kernels
1/4 of a red onion, sliced

INSTRUCTIONS:

Whisk marinade / dressing ingredients together to combine. Pour half the marinade into a shallow dish to marinate the chicken fillets for two hours if time allows. Refrigerate the reserved untouched marinade to use as a dressing. Heat a nonstick pan (or grill pan or skillet) over medium heat with about a teaspoon of oil and sear / grill chicken fillets on each side until golden, crispy and cooked through. (Grill in batches to prevent excess water being released.) Once chicken is cooked, set aside and allow to rest. Wipe pan over with paper towel; drizzle with another teaspoon of oil and fry the bacon until crispy. Slice chicken into strips and prepare salad with leaves, tomatoes, avocado slices, corn, onion strips and chicken. Whisk 2 tablespoons of water into the remaining untouched marinade / dressing and drizzle over the salad. Sprinkle the bacon over the top and season with a little extra salt and cracked pepper (optional).

Find Your Fun in North Dakota this January

NORTH DAKOTA LEGENDARY

There's no question it's cold outside in North Dakota in January. It is also an undeniably beautiful and fun time of year to visit this northern state. Cool temperatures keep the snow on trails for a peaceful snowshoe or cross-country ski. Area ice arenas fill with family and friends enjoying northern sports like hockey and curling. The music and arts scene is vibrant with a range of concerts and shows throughout the month. To find more information about events in North Dakota in January, or for a complete list of activities, go to NDtourism.com; 800-435-5663 or 701-328-2525.

First Day Hike
Fort Abraham Lincoln State Park, Mandan
Fort Stevenson State Park, Garrison
Cross Ranch State Park, Center
Turtle River State Park, Arvilla

Lewis and Clark Interpretive Center/Fort Mandan, Washburn
January 1
Give 2017 a healthy and happy kick-start with First Day Hikes at five North Dakota state parks. Gather with fellow outdoor enthusiasts to snowshoe or cross-country ski, partake in a bird count or even join in a living history hike. Recharge with snacks and refreshments in a few of the visitor centers afterwards. Learn more at <http://www.parkrec.nd.gov/>; 701-337-5576.

University of North Dakota Men's Hockey
Grand Forks, Ralph Engelstad Arena

Cheer on the eight-time NCAA Division I champion as it welcomes rivals to one of the top venues in the country, "The Ralph!" www.theralph.com; 701-777-4167

January 13, 14: University of North Dakota vs. Miami University

January 20, 21: University of North Dakota vs. Minnesota Duluth

Bismarck Bobcats and Fargo Force Junior Hockey

Bismarck and Fargo
The Bismarck Bobcats compete in the North American Hockey League while the Force is a member of the United States Hockey League. Visit the VFW Sports Center in Bismarck or Scheels Arena in Fargo for an evening of impressive competition of speed and agility – played out on a giant sheet of ice!

January 6, 7: Fargo Force vs. Sioux City

January 7: Bismarck Bobcats vs. MN Wilderness

January 12, 13: Bismarck Bobcats vs. Minot Minotauros

January 20, 21: Fargo Force vs. Lincoln

January 20, 21: Bismarck Bobcats vs. Brookings Blizzard

January 24: Fargo Force vs. Des Moines

January 28: Bismarck Bobcats vs. Aberdeen Wings USA Curling Junior National Championships

Fargo

January 14-22
If you are curious to learn more about the curious sport of curling, here is your chance. The USA Curling Junior National Championships are in Fargo this January, and the skill level promises to be high. The nation's best curlers under the age of 21 are competing for a chance to represent the United States at the World Championships in Sweden. Visit www.teamusa.org/usa-curling/events/championships-microsite/inside-the-championships-national-championship-events/2017-junior-national-championships for more information; 701-232-0341.

Eric Church
Grand Forks

January 15
Country-music sensation Eric Church brings his Holdin' My Own Tour to Ralph Engelstad Arena in Grand Forks. The star and his band will perform two full music sets with an intermission between. Learn more at <http://www.theralph.com/>; 701-777-4167.

An Evening on Broadway: Princesses and Pirates

Bismarck

January 20-21
Enjoy a night out with the Bismarck Mandan Civic Choir as it performs "An Evening on Broadway" with an emphasis on Pirates and Princesses. The performance will be held at Bismarck State College's Sidney J. Lee Auditorium. For more information and tickets, visit <http://bismanchorus.com>.

Winter Wheels Car Show
Jamestown

January 21
The Jamestown Classic Car Club welcomes all car enthusiasts to the Winter Wheels Car Show at the Jamestown Civic Center. Come see what the hubbub is all about. Learn more at <http://discoverjamestownnd.com/>; 701-252-8088.

Mardi Gras
Dickinson

January 27-29
Mardi Gras in North Dakota? Absolutely, and you're invited! Dickinson's Trinity High School has been celebrating Mardi Gras for more than 45 years with food, entertainment and an auction. www.dickinsoncatholicschools.com/mardigras.cfm; 701-483-6092

North of Normal Frostival
Fargo
January 27-28
Frostival's webpage

says it best: It is "an event celebrating the cool of winter in one of the coolest places around." Join the fun as Fargo's Frostival serves up a wintry weekend of cold-weather games, art, treats and activities to get even the most stubborn of hibernators out and about. Check out <http://frostival.com/>.

RRV Boat and Marine Show

Fargo

January 27-29
Lakes and rivers are mostly frozen, but North Dakota's largest boat show takes place in January. Why? Because it's never too early for boat and marine enthusiasts to start looking at the newest and most exciting watercraft for the coming year. Learn more at www.fargoboatshow.com; 701-241-9100

Devils Lake Volunteer Ice Fishing Tournament

Devils Lake

January 28
Dig out your warmest duds, bundle up well and then set your hook at the largest and longest-running ice fishing tournament in North Dakota. Over 4,000 anglers will compete for a wide range of prizes and take part in the fun to support the Devils Lake Volunteer Fire Department. 701-662-8022

These are just a few North Dakota activities and events taking place in January. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663. Follow North Dakota Tourism on Facebook at www.facebook.com/TravelND or on Twitter at www.twitter.com/NorthDakota and get tips on what to see and do all year long.

VINTAGE
city

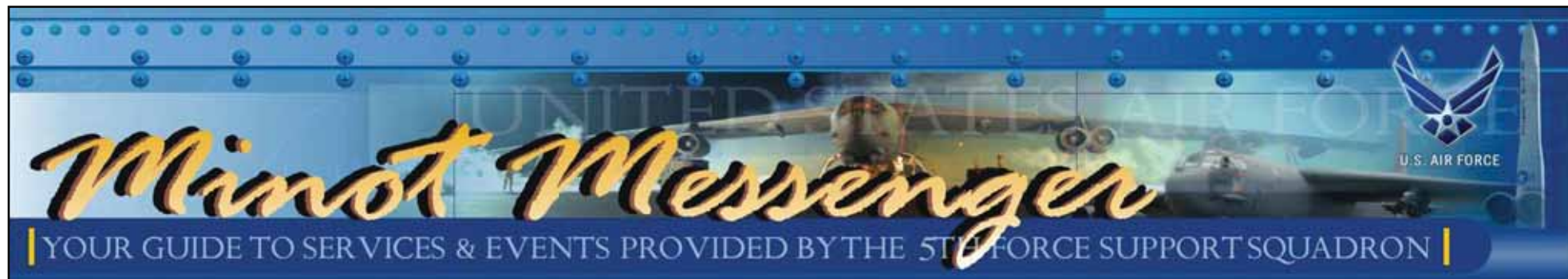
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Enjoy Bottineau Winter Park Trip For Only \$10 Per Person

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

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 rental from Outdoor Recreation. Registration deadline is Tuesday, January 17. Trip will depart from Outdoor Rec at 8:30 a.m. For more details or to make your reservations, call 723-3648.

Register Now For Wine & Paint Class At Arts & Crafts Center

Sit, sip, and create! 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. Cost is \$26 per person for a two-hour exciting painting experience. The class includes all supplies to create your masterpiece. Step-by-step instruction will be provided.

Sign-up at the Arts & Crafts Center now through January 19. Class is open to adults 21 years of age and up only; limited seating. Wine is not included in cost; you must provide your own if desired. For details, call the Arts & Crafts Center at 723-3640.

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

Auto Hobby Hosting Ladies Night On January 30th

Auto Hobby is hosting a Ladies Night on Monday, January 30 from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. Dependents may also attend. The class is taught by a certified mechanic and includes a variety of vehicle maintenance tips and information.

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 January 27. 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.

Celebrate with us!

75th Anniversary

January 19th

<p>Dakota Inn 10:30AM-1:30PM Special Lunch Menu -A La Carte- Grilled Steak Soup DuJour Shrimp Scampi Skewers Twice Baked Potato Rice Pilaf Roasted Vegetables Sautéed Zucchini Dinner Rolls Cake</p>	<p>Rockers Bar & Grill 5PM-7PM \$7.50 Steak Night -Menu- Grilled Steak Baked Potato Mixed Vegetables Garlic Toast Slice of Cake</p>	<p>Rough Rider Lanes 5PM-9PM 75 Cent Night -Shoes- 75 Cents -Each Game- 75 Cents</p>	<p>B-Fifty Brew 8AM-10AM 75 Cent Pastries Rough Riders Pizza 11AM-1PM \$7.50 Panino Meal Panino & Side + Drink</p>	<p>Jimmy Doolittle Center 11AM-1PM Free Slice of Cake Stop by and enjoy a slice of cake on us! No purchase necessary!</p>
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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

SPONSORED BY

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.

CLUB MEMBER DRAWING ON FRIDAY, JANUARY 13th WILL BE FOR \$1,750.

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 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 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.

Youth Basketball & Cheerleading Registration
The Youth Center is holding Youth Basketball and Cheerleading registration for Youth Center members 3-15 years of age from now through January 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 additional information, please contact the David C. Jones Youth Center at 723-2838.

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 20 Board Game Night
The Jimmy Doolittle Center is hosting a special Board Game Night on Friday, January 20 from 5 p.m. to close. Bring your friends and your favorite board game or play one of ours. Enjoy a yummy array of appetizers. Cost is free for club members and \$7 for non-members. Plus try the Doolittle Center "Deal or No Deal" special. If you can eat either a 16 ounce burger on a bun, 6 ounces of fries, and an 8 ounce beverage OR 15 chicken wings, 6 ounces of fries, and an 8 ounce beverage in a 10 minute time period it's FREE. Otherwise the special costs you \$12. For more details, call the Jimmy Doolittle Center at 723-3731.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 13 Friday Night Karaoke
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Jan. 13 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 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 26 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 26 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 28 Country Night
Come out and boot scoot across the dance floor with your favorite dance partner during Country Night at Rockers Bar & Grill on Saturday, January 28 starting at 8 p.m. Enjoy a night of great country music and fun. This event is FREE for everyone! For additional information, please contact Rockers Bar & Grill at 727-ROCK.

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

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

GET CERTIFIED at the Lifeguard Certification Course 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 FORCE SUPPORT SQUADRON

Arts & Crafts Center Offering Beginning Photography Class

Beginning Photography Class January 28 9 AM - 1 PM
Learn camera basics, as well as tips and tricks, in a hands on setting at the Arts & Crafts Center. Students must bring a camera with adjustable settings. Ages 16 years and older.
\$45/person Register Jan. 10-20 723-3640 FORCE SUPPORT SQUADRON

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 now through January 20 at the Arts & Crafts Center. For additional information, call the Arts & Crafts Center at 723-3640.

From swimmer, runner to missileer

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

MINOT AIR FORCE BASE, N.D. --

Throughout her life, U.S. Air Force 2nd Lt. Kimberly Davis, 742nd Missile Squadron missile combat crew member, used swimming and running as a way to stay physically fit.

Davis has competed in several events, from swimming in the 2012 U.S. Olympic team trials in Omaha, Nebraska, to running in the 2016 Air Force Marathon in Dayton, Ohio.

"This was my first year running in the Air Force Marathon," Davis said. "I've never done anything like it before and thought it would be neat to see thousands of people from all over the country who I didn't know, yet still had a connection with through the Air Force."

Raised in Brentwood, Tennessee, Davis swam competitively since she was 12 years old and ran since her freshman year of college.

While in college, Davis participated in a 50-mile race, which she jokingly called one of the worst decisions ever made.

"It took me 13 1/2 hours to finish and I will never do that again," Davis said. "It was definitely a memorable experience." "We ran and walked 50 miles throughout the course of one day which was very difficult."

Davis not only considers exercise a great way to stay fit, but also considers it a

good stress reliever.

"Whenever I'm worried, mad or upset I'll go to the gym and let it all out," Davis said. "I love exercising, it clears my mind and I can have fun while being able to relax."

While Davis loves running and swimming, she admitted both come with a fair share of challenges.

"One of my biggest running challenges is time," Davis said. "Sometimes it's difficult to find enough hours in the day for the long runs when training for a marathon."

Davis also mentioned the ups and downs of swimming.

"Swimming is a blessing and a curse," Davis said. "I'm alone with my thoughts, it's peaceful, but it also forces me to think about things, so I use this to clear up my mind."

Davis, initially not excited to come to a missile base, changed her opinion in the short nine months after arriving.

"I love it here and I was really surprised because the base exceeded all my expectations," Davis said. "Coming here was truly a blessing in disguise, I feel fortunate to be doing something so important and valuable."

Whenever she isn't working at a missile field, Davis is training for a half Ironman triathlon in April 2017, which she claims to be both excited and nervous to experience.



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

Second Lt. Kimberly Davis, 742nd Missile Squadron missile combat crew member, holds her 2016 Air Force Marathon medal at Minot Air Force Base, N.D., Dec. 15, 2016. Davis has competed in events like swimming in the 2012 U.S. Olympic team trials in Omaha, Nebraska, and running in the 2016 Air Force Marathon in Dayton, Ohio.

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HELL, I EVEN LET YOU KEEP BETTY WHITE!

TODAY

• Youth Dance Classes, Every Fri, Various Times, Youth Center
 • Warbird Tactical Fitness, 0600, Fitness Center
 • TAP GPS Workshop, 0800-1600, AF&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 and 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

• Youth Dance Classes, Various Times, Youth Center
 • 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

SUNDAY

• NFL Sunday Playoffs, 1130-1830, Rockers Bar & Grill
 • Zumba, 1400, Fitness Center
 • Yoga Strength, 1500, Fitness Center

MONDAY

• Martin Luther King Jr Day, Federal Holiday, Visit www.5thforcesupport.com for facility hours

TUESDAY

• Last day to register for Bottineau Winter Park Trip at Outdoor Recreation
 • Youth Center Dance Classes, Every Tues, Various Times, Youth Center
 • Warbird Tactical Fitness, 0600, Fitness Center
 • Pre-Separation Counseling, 0800-1130, A&FRC
 • VA Career Technical Training, 0800-1600, A&FRC, Held at the Education Center
 • HIIT & Tone, 0945, Fitness Center
 • Game Day, Every Tues, 1000-1930, Library
 • Yoga Flow, 1130, Fitness Center
 • Federal Resume Workshop, 1300-1430, A&FRC
 • Running Clinic, 1430, Fitness Center
 • Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
 • Turbo Strength, 1730, Fitness Center
 • Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
 • Zumba, 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
 • VA Career Technical Training, 0800-1600, A&FRC, Held at the Education Center
 • Bundles for Babies, 0900-1030, A&FRC
 • 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
 • Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
 • K9 Reading Friends, 1600, Base Library
 • 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

• Last day to register for the Wine & Paint Class at Arts & Crafts
 • Youth Dance Classes, Every Thurs, Various Times, Youth Center
 • Warbird Tactical Fitness, 0600, Fitness Center
 • Yoga, 0630, Fitness Center
 • 75 Cent Pastries, 0800-1000, B-Fifty Brew
 • Interview Skills Workshop, 0900-1000, A&FRC
 • Creative Kids Class, 1030-1100, Arts & Crafts
 • 8th Air Force 75th Anniversary Special Lunch Menu, 1030-1330, Dakota Inn Dining Facility
 • \$7.50 Panino Meal, 1100-1300, Rough Riders Pizza
 • Hard Core Strength Muscle Pump, 1130, Fitness Center
 • Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
 • \$7.50 Steak Night, 1700-1900, Rockers Bar & Grill
 • 75 Cent Night, 1700-2100, Rough Rider Lanes
 • Urban Boot Camp, 1730, Fitness Center
 • Star Wars Game Night, 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. 20

• Last day to register for the Beginning Photography Class at Arts & Crafts
 • Youth Dance Classes, Every Fri, Various Times, Youth Center
 • Warbird Tactical Fitness, 0600, Fitness Center
 • Fit Family Boot Camp, 0930, Fitness Center
 • Fit to Fight, 1100, Fitness Center
 • Friday Fun Members Buffet, 1630, Rockers Bar & Grill
 • Torch Club, 1700-1800, Youth Center
 • Board Game Night, 1700-close, Jimmy Doolittle Center
 • Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill & Jimmy Doolittle Center
 • Wine & Paint Class, 1800-2000, Arts & Crafts
 • 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

UPOMING EVENTS - JAN. 21

• Youth Dance Classes, Various Times, Youth Center
 • Urban Boot Camp, 0800, Fitness Center
 • Hard Core Strength Muscle Pump, 0900, Fitness Center
 • Warbird Tactical Fitness On Ramp, 1000, Fitness Center
 • Jiu Jitsu Training, 1100, Fitness 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 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!!!!



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 Friday: 8:30am - 7pm • Saturday: 9am- 4pm**

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.

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.

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Minot State visited by Minot Air Force Base 5th Bomb Wing officials

Minot Air Force Base 5th Bomb Wing Commander, Col. Matthew Brooks and Command Chief Master Sergeant Paul Elliott visited Minot State University today (Jan. 9) to learn more about the university's Veterans Center and the services available to current and past service members, their spouses and dependents. They witnessed the various opportunities that exist for students as well as Minot Air Force Base personal. Pictured, left to right, are MSU Veterans Center Director Andy Heitkamp, Command Chief Master Sergeant Paul Elliott, MSU President Steven Shirley and Minot Air Force Base 5th Bomb Wing Commander, Col. Matthew Brooks.

CHURCH DIRECTORY

<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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.</p>	<p>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. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>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</p>	<p>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.</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. 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>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321 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 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p>	<p>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. <i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>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</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. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</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. Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>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 <i>Everyone Welcome</i></p>	<p>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</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. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>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.</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319 Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday 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>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</p>	<p>ADVERTISE YOUR Church Advertise FOR ONLY \$7 PER WEEK Revisions MADE UPON NOTICE FROM THE CHURCH Deadline TUESDAYS BY NOON WEEK OF PUBLICATION VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p>	
<p> 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. www.trinitychurchminot.org</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! 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. Pastor Ray Baker www.vincentumc.com</p>	<p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p>		

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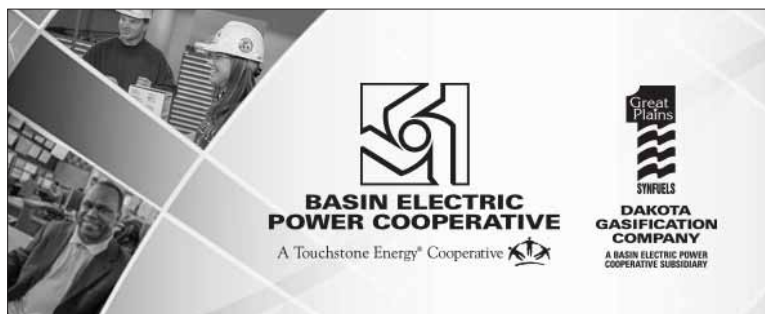
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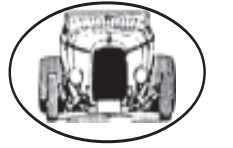
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1	2	7	8	5	3	9	4	6
8	4	9	6	1	2	5	7	3
6	3	5	7	4	9	2	1	8
5	7	3	4	2	6	8	9	1
4	9	1	3	7	8	6	2	5
2	8	6	1	9	5	7	3	4
3	5	2	9	8	1	4	6	7
9	1	4	5	6	7	3	8	2
7	6	8	2	3	4	1	5	9

Answers to puzzle from page 6

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 <p>\$389,900</p> <p>ONE LEVEL LIVING – Spacious 4 bedroom, 3 bath townhouse near the new Minot Country Club. Covered rear patio, fence and triple garage that is insulated, heated and has floor drains.</p> <p>MLS #161484</p>	 <p>\$139,900</p> <p>IN KENMARE – Charming 3 bedroom, 2 bath, 2 story home. Inviting sun porch, living and dining room have hardwood floors and original built-ins. Deck off dining room with great view. Nicely updated kitchen. Upstairs has 3 roomy bedrooms and a full newly renovated bath. Detached garage.</p> <p>MLS #170046</p>	 <p>\$46,990</p> <p>WELL CARED FOR – 3 bedroom, 2 bath, 1280 sq ft mobile home. Large kitchen with lots of counters, cabinets, island and dining area. Master bedroom with double closet and bath. Nice sized deck on front plus a smaller deck on back. Detached garage.</p> <p>MLS #162430</p>
 <p>Lisa Jameson 500-0499 lisa@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES</p> <p>APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Matt Watne 720-5700 mwatne@minot.com</p>

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- 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
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- 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
- Country Inn & Suites | 1900 22nd Ave SW
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<p>\$259,900</p>  <p>Nice 4 bdrm Split foyer home located in a quiet SW neighborhood! This well taken care of home has 3 bdrms on the main floor with a full bath, plus a ¾ bath off the master bdrm. Call Amber Alexander at 500-0810. #170038</p> <p>\$194,000</p>  <p>Comfy & convenient duplex. Extra large fenced in yard with private wood fence. Upper level has 3 bedrooms & updated flooring. Lower level has many updates, 3 bedrooms, 1 bath. Call Dawn VerBruggen at 720-2034. #162089</p> <p>\$189,000</p>  <p>This Brick Duplex is located in NW Minot one block from the University. It is a great investment opportunity or a chance to live in one unit and rent out the other to help w/mortgage. Call Tamie Dunn at 720-1723. #161752</p>	<p>\$104,900</p>  <p>Great starter home with 2 bedrooms & one bath in quiet NW neighborhood close to school, park, play ground & Dairy Queen. Owner is a licensed real estate agent. Call Brad Livesay at 720-7769. #161809</p> <p>\$339,800</p>  <p>'Majestic Woodside Addition'. 5 bedroom, 3 bath split level home designed & built with exceptional quality! Custom oak millwork, double bay windows, 9' ceilings & triple heated garage with drain. Call Lorell Seibold at 720-4996. #162254</p> <p>\$109,900 - Burlington</p>  <p>Nicely remodeled townhome with large garage on large corner lot. Home consists of 2 large upstairs bedrooms & large bathroom. Lower level has hardwood flooring throughout. Call Jerry Thomas at 833-7578. #161851</p>	<p>\$169,500</p>  <p>Don't miss out on this newer modular home that sits on a good size lot. There are 3 bedrooms and 2 baths with an open floor plan with main floor laundry. The home is close to a park. Call Clyde Thorne at 240-8594. #151547</p> <p>\$219,900</p>  <p>Very nice home with 3 bedrooms on the upper level and 1 full bathroom. Main floor has large open kitchen with lots of cabinets and counter space, large living room with wood fireplace. Call Lori Henderson at 721-0158. #162149</p> <p>\$283,900 - Surrey</p>  <p>Are you ready to move into a quiet town of Surrey, just minutes away from Minot AFB and Minot shopping? Beautiful one level home with 3 spacious bedrooms and 2 bathrooms. Call Clyde Thorne at 240-8594. #161653</p>
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