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

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Videos

Braving the North Dakota winter

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

MINOT AIR FORCE BASE, N.D. -- Winter can be a great time to enjoy the outdoors by going skiing and snowboarding, ice fishing or even building a snowman. If you plan on going outside for even a short period of time, it's important to remember that if not properly prepared, North Dakota's cold temperatures and wind chills can be dangerous.

According to Rod Krause, 5th Bomb Wing occupational safety manager, knowing how to dress and keep dry are the first steps to being prepared.

"Dress in layers, choosing fabrics such as cotton and wool that will insulate, but allow sweat to evaporate," said Krause. "It's especially important to cover your head, because that's where you can lose over half of your body heat."

Dressing properly is just part of the battle against the cold. Knowing the signs of cold stress, which can be seen in the form of hypothermia or frostbite, is vital to staying safe in the cold.

Hypothermia occurs when the body temperature falls below 95 F and heat is being lost faster than it can be produced.

According to the American Red Cross, symptoms of hypothermia include:

- Shivering

- Numbness
- Weakness
- Impaired judgement or confusion
- Slurred speech
- Loss of Consciousness

If someone is experiencing hypothermia, call 911. The individual should be moved to a warm location and replace any wet clothes with warm ones.

Frostbite is commonly known as the freezing of specific body parts. It is most likely to first affect areas like fingers, toes, earlobes and the nose.

The Red Cross states that frostbite symptoms include:

- Tingling or numbness in the affected area
- Skin that appears waxy or cold to the touch
- Skin turning white, greyish-yellow or blue
- Pain or blisters in the affected area

To treat frostbite, you should seek medical care immediately. Move to a warm place and never rub the affected area. Soak the frostbitten area in warm water until the skin feels warm. Loosely wrap the skin in dry bandages, being careful not to break any blisters. Lastly, do not let the skin refreeze.

Cold temperatures can be damaging to the body or even fatal. It is important to remember to dress properly and take frequent breaks to warm up while enjoying the outdoors this time of year.



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

Airman 1st Class J.T. Armstrong, 5th Bomb Wing photojournalist, shovels snow at Minot Air Force Base, N.D., Jan. 12, 2017. When going outside for even a short period of time, it's important to remember that if not properly prepared, North Dakota's cold temperatures and wind chills can be dangerous.

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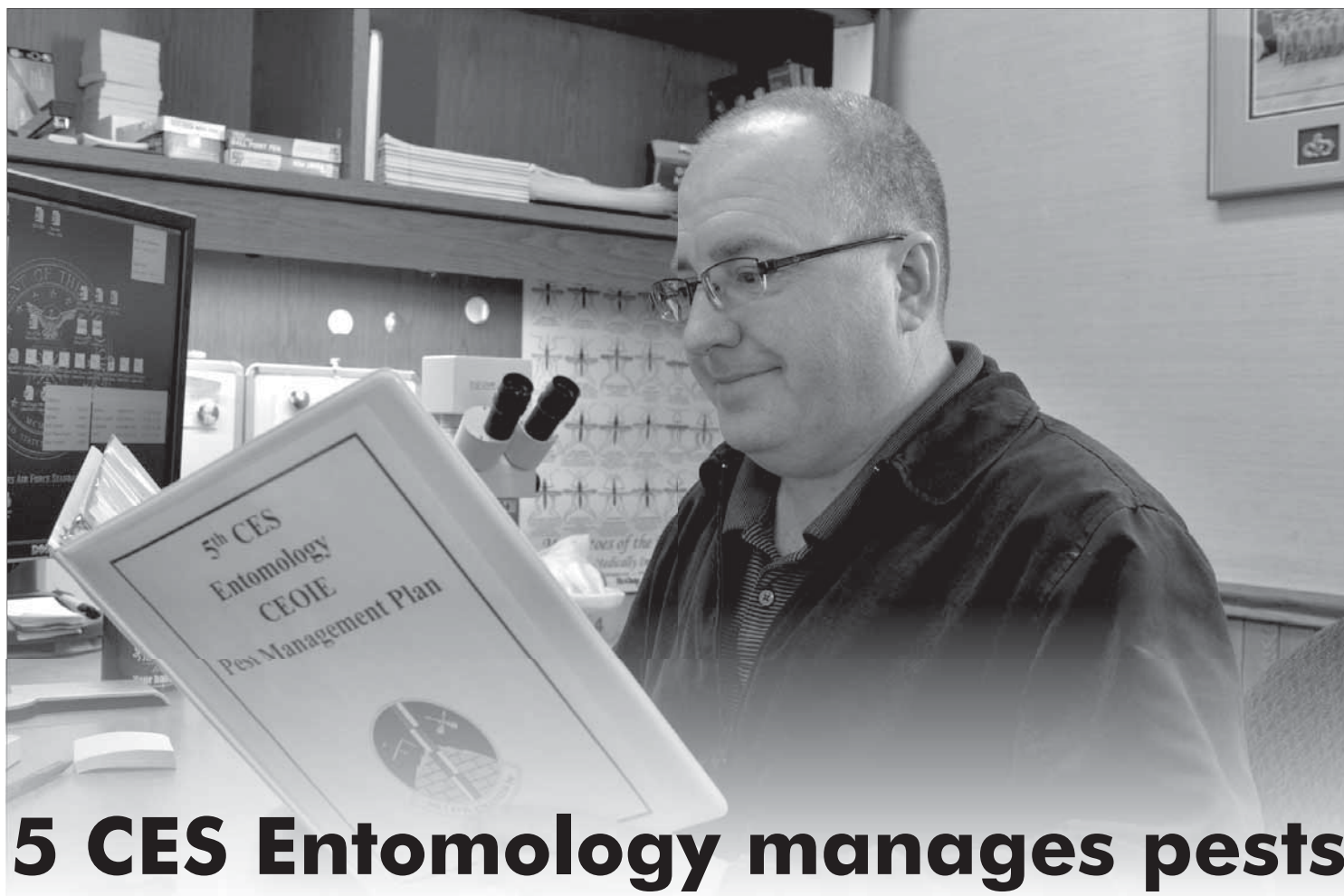
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5 CES Entomology manages pests

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

MINOT AIR FORCE BASE, N.D. -- When the temperatures drop, unwanted pests on Minot Air Force Base go looking for shelter from the weather, which makes pest management just as important during winter months as it is during the summer.

The Minot AFB entomology shop is responsible for preventative pest management year-round for both the 5th Bomb Wing and 91st Missile Wing.

"We are responsible for all pest control including management at missile alert facilities," said Lester Nicholas, 5th Civil Engineer Squadron pest management foreman.

Throughout the year, the pest management shop conducts monthly food facility inspections at various locations on base

to look for rodents or signs of them.

"If we don't manage it the problem will rise," said Master Sgt. Seung Paeng, 5th Civil Engineer Squadron pest management NCO in charge. "Pests carry disease factors, and we don't want them to spread and people to get sick. It can affect food, health and quality of life."

Due to the frigid temperatures, pest management personnel sometimes receive calls for other animals on base, such as stray cats.

"Stray cats will come into base buildings looking for food, shelter and warmth," said Nicholas. "Once trapped, we take them to the veterinarian on base who will scan their microchip. If we don't successfully figure out who the owners are, we take them to the local

shelter."

There are countless buildings here in need of pest management. While Balfour Beatty communities manages the housing areas, base buildings and missile alert facilities are under pest management's responsibility.

With a large missile field spanning over 8,500 square miles in seven different counties, MAF facility managers help the pest management team gather materials to attempt to fix the problem first.

"Facility Managers will come to our self-help store to gather sticky or snap traps if they are able to control the nuisance," said Nicholas. "If the problem arises and the FMs can't control the situation, they will send in a request form and we'll make our way to the MAF and place poison throughout the site."

Poison is used, not only at MAFs but also on base, as a last resort by the pest management shop. If poison is ingested, the rodent will continue to move about the facility and possibly die in ceilings or walls potentially creating an odor.

Winter allows pest management personnel sufficient time to plan for the summer months that follow. Since pest management controls the fly, mice, ground squirrel, mosquitos and weed population, planning ahead and gathering materials beforehand is important.

"Weeds are a large concern throughout the summer especially out in the field," said Nicholas. "If weeds grow to a certain height, they can mess with the alert sensors."

One of the most well-known pests on base is the ground squirrel, or dakrat.

"Over the past two years we have removed over 6,000 rats and there are probably thousands more," said Nicholas.

Winter preparation includes surveying land throughout base for holes and signs of dakrats hibernation, said Paeng.

Tips to keep your home or work center pest free are: keep doors closed, your area clean and food in a sealed container.

"A mouse can squeeze the bone structure of his head through a quarter of an inch sized hole," said Nicholas, "It is important to ensure any holes are recognized and repaired."

Whether in positive or negative temperatures, the 5th CES pest management shop tries to ensure the best quality of life on base by removing any unwanted or harmful pests, insects, plants or animals.

Lester Nicholas, 5th Civil Engineer Squadron pest management foreman, looks over a pest management plan at Minot Air Force Base, N.D., Jan. 10, 2017. The Minot AFB entomology shop is responsible for preventative pest management year-round for both the 5th Bomb Wing and 91st Missile Wing.

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

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DE-ICING THE WARBIRDS

Airman 1st Class Samantha Coleman, 5th Aircraft Maintenance electronic countermeasures specialist, de-ices a B-52H Stratofortress at Minot Air Force Base, N.D., Jan. 11, 2017. A mixture of heated fluid and hot water is sprayed on the bombers prior to launching in cold weather conditions. 5th AMXS Airmen work in all weather conditions to provide B-52 global strike capabilities.

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



North Dakota Tourism Research Study Shows Visitors Spend \$3.1 Billion

North Dakota's visitor activity contributes \$327 million in state and local tax revenues

NORTH DAKOTA LEGENDARY

BISMARCK, N.D. – North Dakota Tourism today released new research showing 21.9 million people visited the state in 2015, spending \$3.1 billion. The study, commissioned by North Dakota Tourism and conducted by Tourism Economics, indicates tourism is outpacing many state industries and positively impacts every county statewide.

"Tourism and the travel economy are well-positioned for growth and can help us diversify our economy, attract a skilled workforce and sustain and grow vibrant communities throughout North Dakota," Gov. Doug Burgum said. "Visitors also appreciate walkable downtowns that honor our past and celebrate our uniqueness. These three pillars that we have outlined for economic success tie directly to our state's tourism infrastructure and marketability."

The study showed tourism in North Dakota equals approximately 4 percent of the gross domestic product and

contributes 5.8 percent to the state's tax base. In 2015, visitor activity directly contributed \$327 million in state and local tax revenues with visitor spending concentrated in amenities: 29.8 percent spent on food and beverages, 21.6 percent on retail and 12.7 percent on recreation.

"Tourism has been a consistent catalyst of state economic growth, outpacing the rest of the North Dakota economy over the past 15 years in terms of both employment and personal income," said Adam Sacks, Tourism Economics. "We've found that fostering the visitor economy is inextricably linked with broader economic development. Beyond spending money, visitors support air service, which is vital to current and potential investors. And visitors also help sustain the amenities, culture and other attractions that benefit North Dakota's quality of life – again making the state more attractive to investors."

"We work to keep a pulse on all areas of the tourism industry," North

Dakota Department of Commerce Tourism Division Director Sara Otte Coleman said. "We thoroughly monitor visitor activity, marketing strategies, trends and traffic patterns. Our research consistently shows that tourism is an integral part of North Dakota's economy."

More than 42,000 jobs were sustained by the visitor economy in North Dakota, representing 7.5 percent of all employment in the state.

"Our research-driven strategy is the core of our success and drives our efforts in marketing North Dakota," Coleman said. "North Dakota's tourism industry generates revenue for our businesses, communities and government."

Tourism Economics is headquartered in Philadelphia and has worked with more than 200 destinations to quantify the economic value of tourism, forecast demand, guide strategy and evaluate policy. Current clients include Visit California, Wisconsin Tourism and South Dakota Tourism.



PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Lake Metigoshe State Park has more geocaches than any other state park and some are retrievable in the winter. So why not geocache?"

– Amy Schimetz, Lake Metigoshe State Park Outdoor Learning Center coordinator describing how the idea of winter geocaching evolved as a part of the February WOW Weekend.

As year-around North Dakotans, we can grumble about winter – especially this year – or we can embrace it.

The inaugural WOW Weekend organizers not only encourage women to embrace winter, they take it leaps and bounds ahead by teaching them to embrace it with gusto – all in the company of like-minded others.

WOW – Wild Outdoor Women – is the creation of Amy Schimetz, dedicated volunteers, and the good folks at Lake Metigoshe State Park. The weekend workshop is designed for women older than 16 years of age who want to learn – or improve – their knowledge of winter activities and, yes, even Dutch oven cooking.

Seriously, Schimetz said, one can cook Dutch oven style even when temperatures dip below 32 degrees. Add more coals, she laughed and approach it as "more of an event than supper. "It's entertainment," she described.

The workshop is slated for Feb. 25 and 26 at the state park north of Bottineau. Downhill skiing takes place at nearby Bottineau Winter Park with the facility graciously providing discounted rates for participants.

Participants can register for any number of the sessions – one session, one full day or both days, for example, Schimetz explained.

Class size is limited to 10 or 12 for a personal, hands-on experience and based in part on available equipment depending on the activity.

Women can bring their own equipment, such as cross-country or downhill skis and snowshoes if available, but otherwise all equipment is provided.

Sessions include basic and advanced cross-country skiing, downhill skiing, snowshoeing, darkhouse spearfishing, Dutch oven cooking and care, winter survival, and winter geocaching,

which is essentially a treasure hunt for anyone with a phone app or GPS unit.

In addition, "Not just for survival" is a hands-on opportunity to learn some of the umpteen reasons to have paracord in one's possession. It can be used to secure objects in place, build shelters, replace broken shoelaces, serve as a primitive weapon if in a survival situation, a belt, as well as numerous other "must have" uses.

"Progressive outdoor cooking" takes Dutch oven cooking to a fun, new level. Perhaps the best part of this class is workshop participants get to eat and enjoy their creations made with novelty outdoor cooking methods such as pie irons, backpack baking, foil, and box oven cooking.

Yes, you read that correctly, it's creative cooking at a new level of adventure and everyone shares in the Saturday supper.

The workshop is an opportunity for participants to experience Lake Metigoshe State Park in the winter, learn – or enhance – their skills, and enjoy it in the company of other women in a comfortable, relaxed learning environment.

Those skills can, in turn, be applied across North Dakota by cross-country skiing in areas around one's home, for example.

The workshop is designed to encourage mothers and daughters, sisters, and maybe even grandmothers and granddaughters to attend as a family and for women to make new friends.

Detailed information and registration is available on the N.D. Parks and Recreation Department website, (www.parkrec.nd.gov), clicking on the link below the "Wild Outdoor Women Weekend: cross-country skier photo.

20

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CROSSWORD PUZZLE

ACROSS

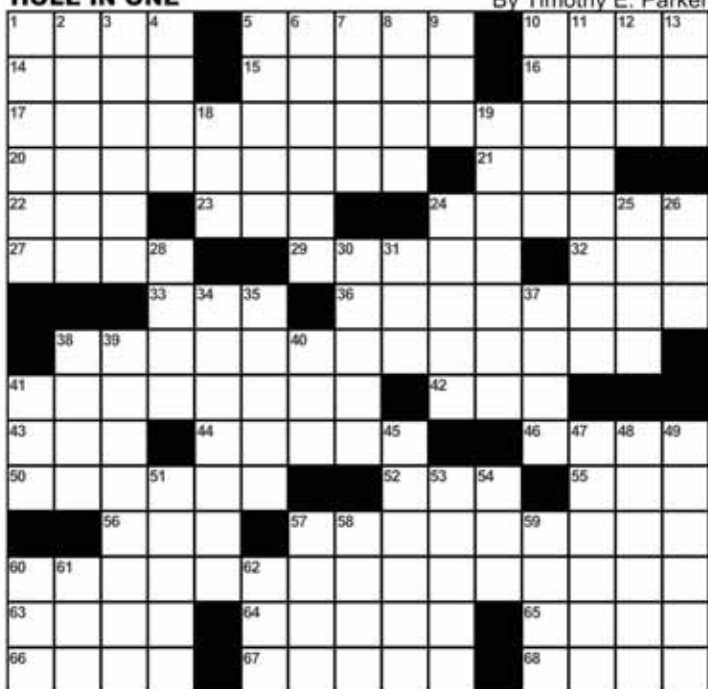
- 1) Shower alternative
- 5) Identify a caller
- 10) "Clueless" catchphrase
- 14) Largest continent
- 15) Refute with evidence
- 16) Nevada gambling mecca
- 17) Kit and caboodle
- 20) Keyboard neighbors
- 21) Jersey reply
- 22) Dada artist Jean
- 23) Had a conference
- 24) Main arteries
- 27) Fledgling's place
- 29) Make legislation
- 32) ___ Maria (coffee liqueur)
- 33) Volcanic emission
- 36) To the full extent
- 38) They may let out some steam
- 41) Became overcast
- 42) Color that makes one stop
- 43) Yodeler's perch
- 44) Slightest amount
- 46) Big event for baby
- 50) Way to be jealous or interested
- 52) Org. for attorneys
- 55) Dir. opposite WSW
- 56) ___ step further
- 57) It's blank for a bluff
- 60) Reason to watch what one eats
- 63) Hodgepodge
- 64) Not yet used, as a match
- 65) "I'd be happy to!"
- 66) Beam with pride
- 67) Lima and green
- 68) Drove 90 instead of 55

DOWN

- 1) The Caped Crusader
- 2) On terra firma
- 3) Traffic jams
- 4) Hems' partners
- 5) Overused theme
- 6) Make a meaningful connection
- 7) Slumbering
- 8) Utter a few choice words
- 9) Ordinal suffix
- 10) Shady retreat
- 11) Abalone eater
- 12) Hotel relative
- 13) Poor visibility cause
- 18) Skirt bottom
- 19) Expressive
- 24) Person in a cast
- 25) Is sick
- 26) Make a statement
- 28) Fish holder
- 30) Requirements
- 31) Nelson Mandela's org.
- 34) Thin varnish
- 35) Treat for a bear
- 37) Wines for beef
- 38) Masculine one
- 39) Pianist's challenge
- 40) Place for sheep
- 41) North or South state abbr.
- 45) Provide lodging for
- 47) Rip to shreds
- 48) Concert hall cry
- 49) Deprived of coats?
- 51) Opposite of "in every way"
- 53) Surpasses
- 54) Museum display
- 57) Type of cornbread
- 58) Highly spiced stew
- 59) Come clean (with "up")
- 60) Take the lion's share
- 61) Beastie Boys album "___ Communication"
- 62) Wheel center

HOLE IN ONE

By Timothy E. Parker

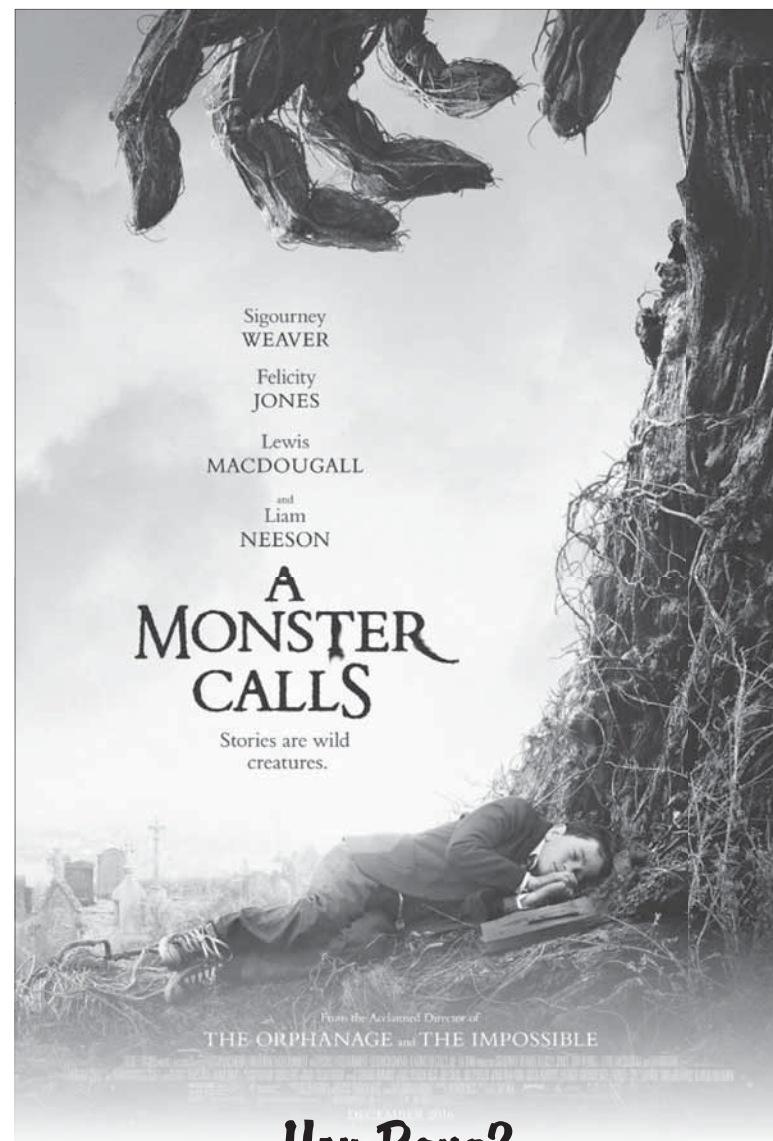


SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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



You Rang?
A Monster Calls scares away terrors of childhood

NEIL POND

J.A. Bayona knows that childhood can be a scary, perilous time.

The Spanish director's first major movie, *The Orphanage* (2007), was a poignant, unnerving haunted-house horror tale about ghosts of the deep past. His second, *The Impossible* (2012), swept a couple (Naomi Watts and Ewan McGregor) and their three children away in the great Indian Ocean tsunami of 2004.

Now *A Monster Calls* finds a 12-year-old boy, Conor (Lucas MacDougall), visited in the night by a giant "tree monster" who tells him a series of stories to help him cope with the inevitable consequences of his mother's incurable cancer and the bullying of his schoolmates.

Is the monster (voiced by Liam Neeson) a fantasy creature from Conor's dreams, a figment of his fertile imagination, or one of his pencil drawings come magically to life?

Like the ancient, towering tree that "becomes" the monster every night, just past midnight at exactly 12:07 a.m., there's a lot going on both above the surface and beneath it in this beautiful-looking film of great depth, heart and soul. It's a coming-of-age tale of a boy and his mom (Felicity Jones, who's terrific), and how he gets tangled up by his grandmother (Sigourney Weaver) and his estranged father (Toby Kebbell), who's now remarried and living stateside. Not to mention those

bullies, who tease and threaten him, push him around, ambush him in the schoolyard and debase his artwork.

Conor is haunted by a recurring nightmare about being on the maw of a dark, seemingly bottomless pit, where he's holding on for dear life to the hand of his mother, who's fallen over the edge. Curled up one evening on the couch with her, watching King Kong on late-night TV, it's no wonder Conor can relate to the great beast, dogged by biplanes peppering him with gunfire until he can no longer hold on to the top of the Empire State Building. The mighty Kong loses his grip and falls to his death.

Conor's eyes fill with tears and he asks his mom why Kong had to die. Why did people hate him? Why did they kill him? "People don't like what they don't understand," she tells him.

Young people will certainly be able to relate to Conor and his plight, an adolescent symphony of anger, resentment and righteous rage that will ring true in a variety of circumstances. Grownups will appreciate the movie's craftwork and gorgeous artistry, especially when the monster tells Conor his stories; each one is a mini-parable with a lesson, illustrated and animated differently.

Monsters come in all shapes and sizes. If they more of them were as cool as a storytelling tree that sounded like Liam Neeson, maybe the world might not seem like such a scary place.

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Slow Cooker Hawaiian Chicken



INGREDIENTS:

- 3 lbs. boneless, skinless chicken breasts
- 1 c. chopped onion
- 2 Tbsp. butter
- ¼ c. flour
- 2 c. pineapple juice
- 1 c. brown sugar
- ¾ c. ketchup
- 1 Tbsp. soy sauce
- 4 garlic cloves, minced
- 1 ½ tsp. worcestershire sauce
- 1 tsp. salt
- ½ tsp. pepper
- ½ tsp. onion powder
- ½ tsp. ginger

INSTRUCTIONS:

Combine pineapple juice, brown sugar, ketchup, soy sauce, garlic, worcestershire sauce, and spices in a large measuring cup or mixing bowl. Mix until all ingredients are incorporated, then set aside. Heat 2 Tbsp. butter in a large skillet over medium-high heat. Add chopped onion and saute until onion begins to brown. Stir in ¼ c. flour. Pour pineapple juice mixture into skillet and cook, stirring, over medium-high heat 5 minutes. Sauce will begin to thicken. Place chicken in slow cooker and cover with sauce. Cook on low heat 6-8 hours.

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The Taube Museum of Art is seeking photography submissions for their Biennial Photography Exhibition to be held from February 14 – March 30, 2017 in the Main Gallery. This exhibition is open to all Minot and surrounding photographers, professional and nonprofessional alike. Photographs may be color, black and white, digital and traditionally printed photos. A number of pieces will be selected for honors by Mandi Carroll of Mandi Carroll Photography.

Photographers are not required to be a member of the Museum to submit entries, but must be 18

years of age to submit works. All photographs must be mounted, framed and ready for hanging with wire hangers. Each photographer may be limited to three entries, depending on entries and sizes submitted. All photographs must be taken within the last three years. Subject matter is not limited, but final selection is at the discretion of the museum staff.

Photographs may be hand delivered to the Taube Museum of Art or shipped in a sturdy reusable container with return postage included. All works must be received no later than February 10, 2017. Email or phone confirmation of intent to submit is requested prior

to deadline date. Digital inventory lists are required, submitted to taube2@srt.com. They must include title, size, and style of print, price, and a short bio.

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 more information - 838-4445:

Nancy F. Walter, Executive Director or Doug Pfliger, Gallery Manager



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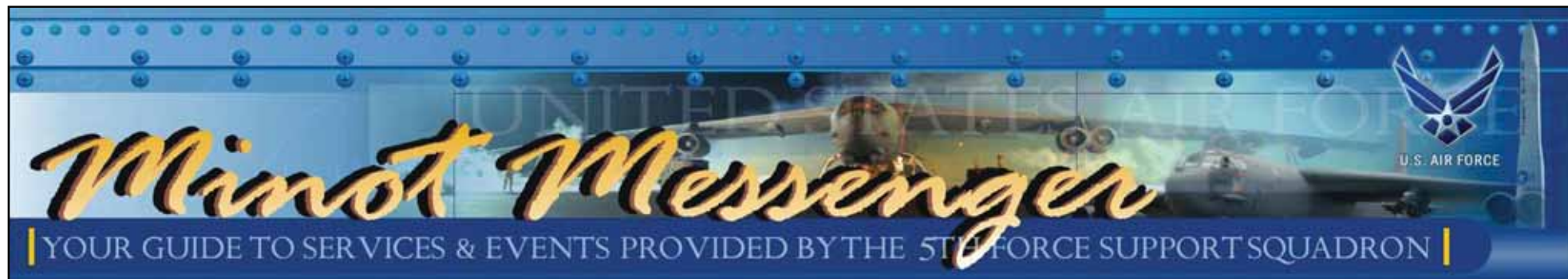
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Over \$2,000 In Prize Giveaways During Super Sunday Party

The NFL Playoffs are down to the final 4 teams all vying for a chance to compete in Super Bowl 51. Rockers Bar & Grill invites you to catch all the action on Sunday, February 5 during their Super Sunday Party. Doors will open at 3 p.m. with kick-off at 5:30 p.m.

The Super Sunday Party features a tailgating buffet beginning at 4:30 p.m. (while it lasts). The buffet will feature plenty of delicious items including chili dogs, subs, meatballs, BBQ weenies, chips,

veggie tray, and more. Admission for the Super Sunday Party is FREE for club members and \$7 for non-members.

Rockers is offering a wing special (in house or carry-out) featuring a bucket of 50 wings for \$45 or a bucket of 100 wings for \$90. Beer and drink specials will also be available.

Besides great food and football action, you'll have an opportunity to register for a chance to win awesome door prizes. Adults (18 years and older) can register at the event for over \$2,000 in prize giveaways. Prizes include a Southern Motion recliner valued at \$700, a Aussie Electric barbecue grill, weekend getaways to Fargo, Grand Forks, and Bismarck, casino packages, a Minot staycation, plus many other great items. Winners must be present to win.

The Super Sunday Party at Rockers Bar & Grill and local prize giveaways are sponsored by I. Keating Furniture, Verendrye Electric Cooperative, and First Command Financial Services. *No Federal Endorsement of Sponsors Intended.*

For additional details, call Rockers Bar & Grill at 727-ROCK.

Hit The Slopes During Deadwood, SD & Terry Peaks Ski Trip

Travel south with Outdoor Recreation to the historic Deadwood, South Dakota and Terry Peaks Ski Resort On February 17-20.

Terry Peak Ski Area is South Dakota's premier destination for a winter vacation, featuring skiing and snowboarding. The family-friendly ski resort is located in the Black Hills of South Dakota, near historic Deadwood. The summit of Terry Peak stands at 7,076 ft tall, with the highest vertical drop between the Rockies and the Alps. You don't want to miss this great opportunity to enjoy a spectacular weekend getaway.

Cost for the Deadwood and Terry Peaks Ski Trip is \$95/person quad occupancy, \$120/person triple occupancy, \$170/person double occupancy, or \$320/person single occupancy. The price includes transportation, three nights lodging, 2 day lift tickets, and rentals. Deadline for reservations

is noon on Friday, February 10. For additional information or to make your reservations for this premier winter vacation destination, call Outdoor Recreation at 723-3648.

Enjoy Soup-er Bowl Party At The Doolittle Center On Feb. 3

The Jimmy Doolittle Center invites you to enjoy a special First Friday Soup-er Bowl Party on Friday, February 3 from 4-9 p.m. Join the fun with corn hole, darts, and crud as well as activities themed around the football finale.

A delicious menu featuring a soup bar with chili, chicken tortilla, vegetable beef, and assorted breads will be served from 4-6 p.m. Cost is FREE for Club Members and \$7 for non-members.

A variety of family friendly activities will be available for everyone to enjoy. For additional information, please contact the Jimmy Doolittle Center at 723-3731.

2016 DoD MWR Customer Satisfaction Survey Seeks Feedback From Customers

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 20th WILL BE FOR \$1,800.

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. 20 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

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!

Like Us on Facebook
MAFB Rough Riders & The 5th Force
727-4377
5th FORCE SUPPORT SQUADRON

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. For additional information, please contact the David C. Jones Youth Center at 723-2838.

Jan 27 Family Pizza Night & Karaoke

Family Pizza Night returns to the Jimmy Doolittle Center on Friday, January 27 from 5-7 p.m. Build your own personal pizza from a wide array of delicious toppings, sauces, and crust. Cost is \$5 per pizza for club members of all ages and \$7 per pizza for non-members of all ages. For additional information, contact the Jimmy Doolittle Center at 723-3731.

Feb 2 Harry Potter Night

Harry Potter fans are invited to celebrate the Harry Potter series at the library on Thursday, February 2 at 6 p.m. Enjoy trivia, games, and activities during this FREE event. For additional information, call the library at 723-3344.

Feb 6 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 New Provider Pre-Orientation at the Family Child Care office on February 6 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 additional information, please contact the Family Child Care office at 723-6662.

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.

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

Feb 1 Brown Bag Book Talks

The base library invites you to Brown Bag Book Talks on Wednesday, February 1 at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to other doing so. Bring a brown bag lunch if desired. For more details, call 723-3344.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 20 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Jan. 20 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 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.

Feb 11 UFC Fight Night

Club members receive FREE admission to the UFC 208 pay-per-view event at Rockers Bar & Grill on Saturday, February 11. Non-members price is only \$7. The action features the UFC Women's Featherweight Championship bout between former UFC Women's Bantamweight Champion Holly Holm versus Germaine de Randamie. Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. The UFC Fight Night is an adults only event - no children. For more details, call 727-ROCK.

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5th FORCE SUPPORT SQUADRON

Auto Hobby Hosting Ladies Night On Monday, January 30

LADIES NIGHT
DEPENDENTS MAY ALSO ATTEND

MONDAY JANUARY 30 5-7PM

Learn the basics on how to maintain your vehicle. This class will be taught by a certified mechanic. The class will have work stations covering:
• Changing Brakes
• Spark Plugs
• Oil Changes
• Changing Spare Tires

There will be a question and answer session during the class.

\$10 Per Person
Includes complimentary snacks
Wear clothes you don't mind getting dirty and close-toed shoes.

Register by January 27.
Call Auto Hobby at 723-2127

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Don't miss the Ladies Night 5-7 p.m. on Monday, January 30 at Auto Hobby. 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 will have work stations covering the following areas: changing breaks, spark plugs, oil changes, changing spare tires, and other common car maintenance items.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. There will be a door prize given away at 6:30 p.m. Registration deadline is January 27. Please wear clothes you don't mind getting dirty and close-toed shoes. To register, call Auto Hobby at 723-2127.

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
5th FORCE SUPPORT SQUADRON

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OUTDOOR RECREATION
AF SERVICES

Minot AFB opens new TLF

CORLEE ESSELMAN | 5TH FORCE SUPPORT SQUADRON

MINOT AIR FORCE BASE, N.D. -- The Sakakawea Inn announced the grand opening of the new Temporary Lodging Facility for families on Minot Air Force Base, N.D., Jan. 10, 2017. The \$18.9 million facility was constructed with non-appropriated funds earned from the profits of lodging operations across the world.

Cori Esselman, 5th Force Support Squadron Sakakawea Inn manager, said that each time someone pays for an Air Force hotel room, \$9 of the rate is sent to the AF Lodging Fund to pay for renovations and new buildings.

This new facility will replace 44-year-old modular units that had rusted support beams, high maintenance costs and frozen water pipes during extreme cold weather.

The new TLF is the culmination of years of work. In 2009, a former Mission Support Group commander realized that the current 15 TLFs were less than the number needed to serve the 5,500 base population. A project validation assessment was initiated and substantiated the need for a 30-unit TLF.

"They broke ground in the open field behind the current lodging

campus in April 2015," Esselman said. "There were several Minot contractors who were involved in the project. Construction was overseen by the US Army Corps of Engineers Minot Resident Office and was completed December 2016."

Each of the 30 units have two bedrooms, a full kitchen and a washer and dryer to serve Air Force families moving to-and-from Minot AFB.

"These 1,000 square foot units are full service two-bedroom apartments," Esselman said. "They are heated by ground source heat pumps, which contribute significantly to our LEED Silver certification for energy conservation."

The new facility reflects AF Inn's design and décor standards.

"Previously TLF facilities had both one and two bedroom units. Now the standard is all two-bedroom units," Esselman said. "It doesn't matter if you only have one child, you still appreciate the ability to close their bedroom door at bed time."

Air Force families typically own pets-- to accommodate, Air Force Lodging allows up to 40 percent of TLF units to be designated pet-friendly.

"Our pet friendly units are in demand

and stay 90 percent occupied." Esselman said. "The primary difference in a pet-friendly unit is that they have vinyl floors for ease of cleaning and a large pet crate where the pets stay when their family is not at home."

In addition, the new TLF includes two fully compliant ADA units with modified kitchens, bathrooms, and laundry facilities to accommodate family members with mobility issues.

Esselman said that not only guests will benefit from this new facility, the staff will as well.

"The existing TLFs had exterior entrances and were spread out over two different areas of base. For years, our 110-pound housekeepers had to push heavy carts through snow in -25 degree wind chill to provide service to the old units," Esselman said. "They often had carts blow over due to high wind gusts at all times of the year."

"Not having to deal with harsh weather conditions will make their job much safer. Now they don't have to worry about slipping or falling."

Esselman believes the new building will give families a greater sense of security and convenience as they make Minot AFB their home.

"This is such a great quality of life improvement for our base," said Tech. Sgt. Jermain Smith, 5th

Bomb Wing chaplain assistant. "This kind of renovation is the best way to say 'Welcome to Minot!'"



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

A bedroom from one of the new Temporary Lodging Facility units is displayed at Minot Air Force Base, N.D., Jan. 6, 2017. The \$18.9 million facility replaces 44-year-old modular units and includes pet-friendly rooms, and two rooms to accommodate family members who may have mobility issues.



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

A kitchen and living room from one of the new Temporary Lodging Facility units are displayed at Minot Air Force Base, N.D., Jan. 6, 2017. Each of the 30 units have two bedrooms, a full kitchen, and a washer and dryer to serve Air Force families moving to and from Minot AFB.

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TODAY

- Last day to register for the Beginning Photography Class at Arts & Crafts
- Youth Dance Classes, Every Fri, Various Times, Youth 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

SATURDAY

- Youth Dance Classes, Various Times, Youth Center
- Urban Boot Camp, 0800, Fitness Center
- Hard Core Strength Muscle Pump, 0900, 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

SUNDAY

- 52nd Annual Sportsmen's Feed, Jimmy Doolittle Center
- NFL Sunday Playoffs, 1130-1830, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY

- Youth Center Tumbling Classes, Every Mon, Various Times, Youth 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
- Newbery Book Club, 1530, Base Library
- H2O Fitness, 1630, Indoor Pool
- Step Jam, 1730, Fitness Center
- Power Yoga, Fitness Center
- Cycle Strength/Tone, 1930, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- HIIT & Tone, 0945, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga Flow, 1130, Fitness Center
- Goal Setting Workshop, 1300-1430, A&FRC
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Family Fun Night w/ the Ice Queen, 1700-1900, 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
- 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
- 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
- Yoga, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Cardio Blast, 0930, Fitness Center
- Craft Club, 1030, Base Library
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Teen Book 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. 27

- Last day to register for the Lifeguard Certification Course at Outdoor Rec
- Youth Dance Classes, Every Fri, Various Times, Youth 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
- Family Pizza 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
- Airmen Hawaiian Night, 1800-2100, Indoor Pool
- Give Parents A Break, 1800-2200, Child Development Center/School Age Program
- Youth Cooking Classes, 1830, Youth 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
- Smart Girls Lock-In, 2130-0600, Youth Center

UPOMING EVENTS - JAN. 28

- Youth Dance Classes, Various Times, Youth Center
- Urban Boot Camp, 0800, Fitness Center
- Beginning Photography Class, 0900-1300, Arts & Crafts
- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Leagues, 1000, Bowling Center
- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100, Fitness Center
- Get Up. Get Out. Get Fit Bowling, 1600-1900, Bowling Center
- Country Night, 2000, Rockers Bar & Grill
- "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 & 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 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.



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Laura Larson, M.S., LPCC
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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.



Northland Community Health Center
"Our Family Caring For Your Family"

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 (15 Feb-18 Apr) 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. 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

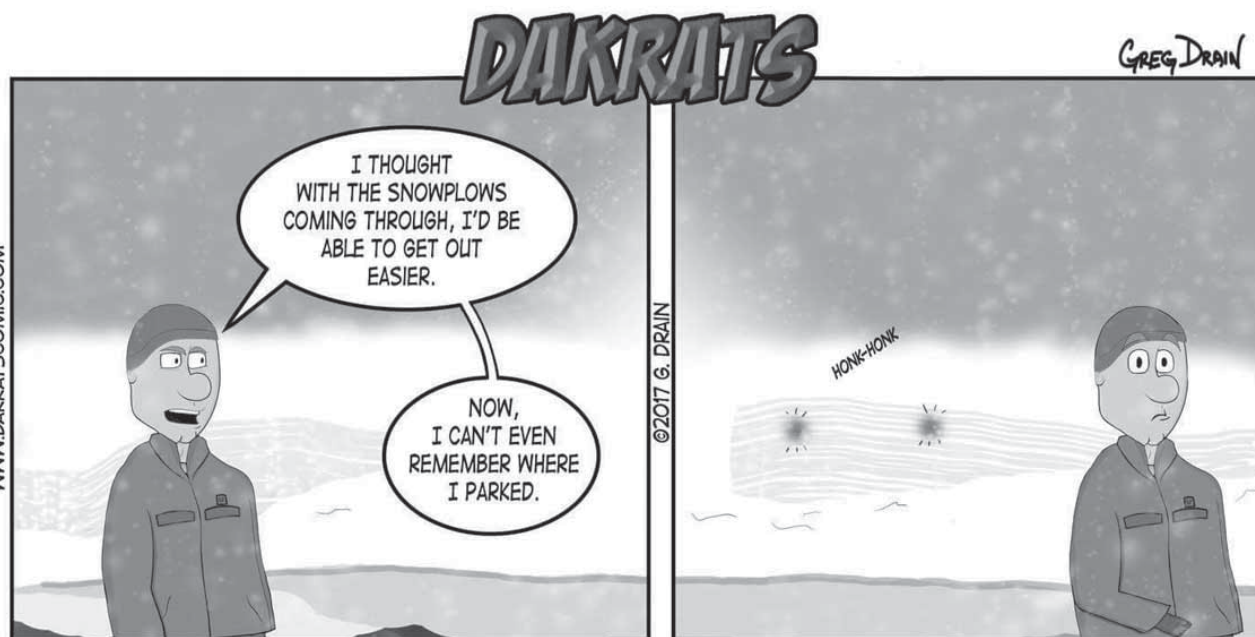
Minot Public Library. Join us for an after hours event where we play mini golf through the library! We'll beat the winter blues and have you feeling up to par in no time! Arrive promptly at 7pm at the front doors as they will be locked shortly thereafter!

SQUARE DANCING LESSONS 1/20/2017 7:30 PM - 1/21/2017 2:00 PM

Moose Lodge, Minot, ND. First of two weekends to learn square dancing. January 20th lessons are from 7:30 pm to 10:00 pm. Saturday, January 21st lessons are from 9:00 am to 2:00 pm. The fee is \$25.00 per person, includes lessons for both days plus lunch on Saturday. The next weekend will be February 17th and 18th with the same schedule. Fee for that weekend to be determined. Both weekends should be attended. For more information call: Jerry Frye at 701-852-1957 or Cyndee Beutler at 701-720-6770.

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.



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>GLENBURN FIRST BAPTIST CHURCH</p>  <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church</p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com</p> <p>Call or check out our website for more information.</p>
<p>First Presbyterian Church</p>  <p>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org</p> <p><i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p>  <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf... 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship..... 9:15 am Sunday School..... 9:30 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God "A Family Worship Center"</p>  <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p>  <p>"Building Followers of Jesus Christ!"</p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>Pastor Taryn Montgomery</p> <p>Saturday Worship 5:00 pm Sunday Worship. 8:30 am & 11:00 am Sunday Education..... 9:45 am Wednesday Education..... 6:00 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p>  <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>Gospel Tabernacle Community Church</p>  <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>ADVERTISE YOUR Church</p> <p>FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT TONYA</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p>	
<p>Trinity Church</p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>			

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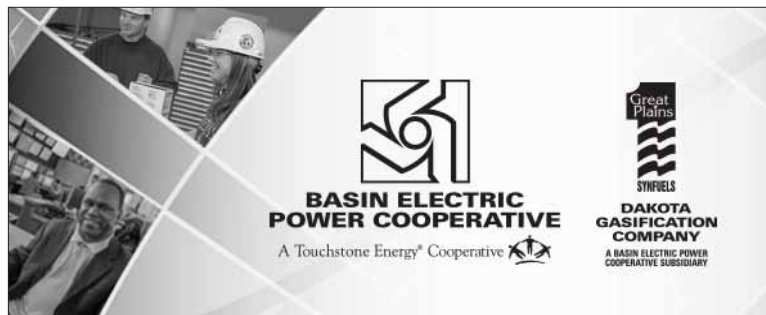
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5	1	6	8	7	2	9	3	4
8	2	4	9	5	3	1	6	7
7	9	3	6	1	4	2	8	5
1	6	2	5	9	8	7	4	3
3	5	7	4	2	6	8	1	9
9	4	8	7	3	1	6	5	2
4	7	5	1	6	9	3	2	8
2	8	1	3	4	7	5	9	6
6	3	9	2	8	5	4	7	1

Answers to puzzle from page 6

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\$273,500

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MLS #170059



\$58,500

JUST LISTED! 3 bedroom, 2 bath, 2013 mobile home with 1120 sq ft of living space. Large kitchen has gas range, refrigerator, dishwasher and microwave. Spacious master bedroom with walk-in closet and private bath. Separate laundry room includes washer/dryer. Wood deck and chain link fence.

MLS #170078



\$449,900

MINOT'S NORTH EDGE – 6 bedroom, 3 ½ bath home on 2 acres. Kitchen has tile backsplash, island and hickory cabinets. Formal dining, deck off large living area. Lower level family room. Triple garage and 40x40 shop.

MLS #161523



\$249,900

NICELY UPDATED – 3 bedroom, 2 bath, 1 ½ story cottage style home. All new kitchen with custom cabinets and dura-ceramic floor. Large living and dining rooms with hardwood floors. Two lots with mature trees and cedar 3 seasons gazebo. Double garage.

MLS #162455

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\$179,900

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Mel Bartsch
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melbartsch@yahoo.com



Melissa Leier
720-9640
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- 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
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- Sonic Drive-In | 1601 35th Ave SW
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- Baymont Inn & Suites | 1609 35th Ave SW
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Welcome, Home! This quaint single family house in NW Minot has a welcoming feel the minute you walk through the door. The open concept living room, kitchen and dining area boast a wonderful flow. Call Amber Alexander at 500-0810. #162161

\$215,000



Nestled in the Cottonwood Addition, a starter home with a 3 bedroom, 2 bathroom, and 2 car garage. This split foyer home has been well kept up. Home has a master bedroom suite with separate tub and shower. Call Clyde Thorne at 240-8594. #161168

\$189,900



Northwest 3 bedroom, 2 bathrooms, and 2 car garage home for sale. Living room has engineered wood flooring and carpets in the bedrooms. Full basement is partially finished. Call Clyde Thorne at 240-8594. #161496

\$39,900



This home is ready for you. Very nice 3 bedroom with open kitchen/dining area. Master bedroom closet has organizers and cabinets. Kitchen has deeper sink, pantry, extra cabinets in laundry area. Call Dawn VerBruggen at 720-2034. #162227

\$79,800



"Triplex" close to Town & Country Mall. This price represents an investment opportunity! Main floor 1 bed with garage. 1 apt above & 1 below ready to rent. Sold "as is". Call Lorell Seibold at 721-4996. #161210

\$397,000



Beautiful large 6 bedroom home on a double lot. 4 bedrooms all nice size on the main level including a large master bedroom with master bathroom with double sinks and 2 closets. Call Lori Henderson at 721-0158. #162226

\$395,000 - Berthold




Priced to Sell! This property in rural Berthold features a 3500 + sq. ft. home on 14.5 acres with an extra-large shop and a mobile home. The main floor of the home has a large open living room w/spiral staircase. Call Tamie Dunn at 720-1723. #162107

\$237,000



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\$219,500



A Gardeners delight in this 3 bedroom, 2 bath ranch with awesome features in a great neighborhood that's NOT in the floodplain. This home has a 4 season bonus room with access to the maintenance free deck that wraps around. Call Cindy Strandberg at 833-1956. #161867



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