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Videos

All gave some, some gave all

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Every year, a day is set aside to remember those who have fallen in the line of duty. The 5th Logistics Readiness Squadron vehicle operations flight at Minot Air Force Base wanted to build a memorial to recognize their fellow vehicle operators who were killed in action and honor them every single day.

"With the younger generation that is coming into the military, they need to understand, no matter what AFSC, we have history," said Tech Sgt. Justin Wilkersen, 5th Logistics Readiness Squadron training and validation NCOIC. "We need to instill our legacy into the next generation."

To do so, the 5th LRS built a 4-by-8 shadow box commemorating those who gave the ultimate sacrifice in support of the mission from 2003-2011.

"In that time frame we lost three vehicle operators and four security forces members who were on the convoy

missions," said Wilkersen.

Back in 2003, the Army asked the Air Force to give them vehicle operators to support with convoy operations in Iraq and Afghanistan. Vehicle operators along with security forces members stepped up to the plate to help the Army.

"The biggest thing for us is to pay homage to those that made the ultimate sacrifice," said Wilkersen. "We wanted to honor them by building this shadow box."

The box consists of pictures of all of the individuals that were killed in action. Above their pictures is their name, location and date they were killed. Under their pictures are the medals they were awarded. There are also other items in the box that are significant for vehicle operators and security forces members who did those missions such as a training M4, a training M9 as well as a K-9 training collar.

"We started in October of 2016 and finished January

2017," said Senior Airman Jakeb Newlan, 5th Logistics Readiness Squadron vehicle operator/dispatcher. "We are all really excited. Most of the time when you see a shadow box, it's not that big, it's something small that one person can carry."

With the help of local and national companies, the shadow box was recently completed and ready for display. Fargo glass donated the plexiglass and Vanguard donated the medals that each individual had earned, 24 in total.

"Numerous Airmen from the vehicle operations shop pitched in to help build the box," said Wilkersen. "It really has been a team effort, with Senior Airman Newlan and Staff Sgt. Richard Gajewski as the leads. They have been the two to take the project to a whole new level."

The shadow box will be displayed in the main entrance of the vehicle ops building. Along with the shadow box, there will be

a set of boots with a rifle and helmet, known as the battlefield cross.

"We don't want these guys to be forgotten about," said Wilkersen. "They made the ultimate sacrifice, the

least we could do is get their names out there and keep it going, continue their legacy. The biggest end game is to make sure they are always honored and never forgotten."



U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH

Every year, a day is set aside to remember those who have fallen in the line of duty. The 5th Logistics Readiness Squadron vehicle operations flight at Minot Air Force Base wanted to build a memorial to recognize their fellow vehicle operators who were killed in action and honor them every single day.

5 FSS takes care of Team Minot

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

MINOT AIR FORCE BASE, N.D. --

Servicing thousands of Airmen, families, civilians and contractors, the 5th Force Support Squadron plays an integral role in ensuring personnel at Minot Air Force Base are always taken care of.

The squadron has five flights, which manage various base programs like the dining facility, manpower and organization office, Outdoor Recreation, lodging facility, library, education and training office, Airman Leadership School and the Child Development Center.

"We have multiple services to support our Airmen and make sure they not only have their needs met, but are exceptionally taken care of as well," said Maj. Carsten Stahr, 5th Force Support Squadron operations officer. "That's what sets the Air Force apart from other services and that's what we strive to set ourselves apart from the rest of the Air Force with the exceptional care we take for our Airmen."

The squadron also has organizations like the Airman and Family Readiness Center that provides various benefits, education and job opportunities for both

Airmen and their families.

Senior Master Sgt. Don Slayton, 5th Force Support Squadron superintendent, mentioned the unique things about 5 FSS compared to other units.

"One of the special things about 5 FSS is how big our footprint is," Slayton said. "We don't just affect the base; we affect several states around us as well due to our Honor Guard reaching out to other states like Minnesota, South Dakota and Montana."

Slayton also noted how the 5 FSS has a strong bond between its military and

Continued on page 3

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Operation Supplement Safety keeps Airmen healthy

AIRMAN 1ST CLASS ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Military readiness has been defined by the ability of a military unit to accomplish its assigned mission.

The Air Force Surgeon General Public Affairs office states Airmen should eat healthy and exercise regularly to maintain peak performance, although many Airmen resort to dietary supplements.

Operation Supplement Safety is a joint educational campaign between the Human Performance Resource Center and the Department of Defense that educates the warfighter and healthcare provider on responsible dietary supplement use.

While some supplements such as multivitamins are generally safe, other supplements can pose a hazard to health and jeopardize careers from ingredients that cause a positive urine drug screen.

"One third of Airmen

report using legal body building supplements and one in six report weight loss supplements in the past year," said Col. (Dr.) John Oh, the chief of health promotion for the Air Force Medical Support Agency. "Body building and weight loss supplements, as well as sexual enhancement and diabetes supplements, are high-risk categories that should raise red flags."

Ephedra is a cautionary tale of a problematic dietary supplement. Heavily marketed as a supplement to help improve athletic performance and promote weight loss, serious health events, including deaths first reported in the military, led the Food and Drug Administration to ban ephedra in 2004.

The OPSS website contains videos, fact sheets, FAQs and briefings to help Airmen make informed, responsible decisions on supplement use, as well as an "Ask the Expert" feature in which Airmen can directly pose a question to a

supplement expert.

"The OPSS website is a must read source for Airmen, commanders, first shirts, superintendents and their healthcare providers," Oh said. "People think if a dietary supplement is sold on base, it must be safe, but that's not necessarily true."

Unlike prescription meds, the FDA does not approve dietary supplements for safety and effectiveness prior to marketing.

"For prescription drugs, the manufacturer must show that the drug works and is safe before putting it on market," Oh said.

"But most supplements are marketed first, and the burden is on the FDA to prove they are unsafe."


Since supplements may contain certain prescription and illegal drugs, Airmen may put their careers at risk with a positive drug screen. Service members who choose to use supplements are encouraged to stick with brands that have undergone third party certification by independent companies

such as USP, Informed Choice, NSF International and ConsumerLab.com. Third party certification does not guarantee that the supplement is safe or effective, but does validate manufacturing practices, purity, and/or quality for accurate labels.

Airmen are encouraged to be strong Wingmen for each other and help spread the word on supplement safety.

"The aim of Operation Supplement Safety is to not stamp out supplement use," Oh said. "We want Airmen who use supplements to be informed consumers and choose wisely."

For more information on supplements, visit www.hprc-online.org/opss.



OPERATION SUPPLEMENT SAFETY (OPSS) is a joint initiative between the Human Performance Resource Center and the DoD to educate service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely.

COURTESY PHOTO

Operation Supplement Safety is a joint initiative between the Human Performance Resource Center and the Department of Defense to educate service members and retirees, their family members, leaders, healthcare providers and DoD civilians about dietary supplements and how to choose supplements wisely.

5 FSS TAKES CARE from page 2

civilian counterparts.

The partnership that we have between our military and civilian personnel is also unique because we rely on our civilians to help us run the 5 FSS," Slayton said.

While offering services to both 5th Bomb Wing and 91st Missile Wing Airmen, the 5 FSS provides everything from Airmen and family support to youth and retiree support.

"We have Airmen from all walks of life and at the end of the day, we are here for them," said 1st Lt. Joseph Smiley, 5th FSS sustainment services flight commander.

Stahr also noted how a key characteristic of the 5 FSS mission is that it's about

servicing and taking care of others.

"We're not here to just meet the standards and simply ensure Airmen are able to survive, but we want to have them thrive and give them every opportunity to excel and enjoy life at Minot and all across the Air Force," Stahr said.

The 5 FSS is one of the squadrons that has impacted Team Minot in various ways.

For more information, please contact the 5 FSS at www.5thforcesupport.com or check out their Facebook page.

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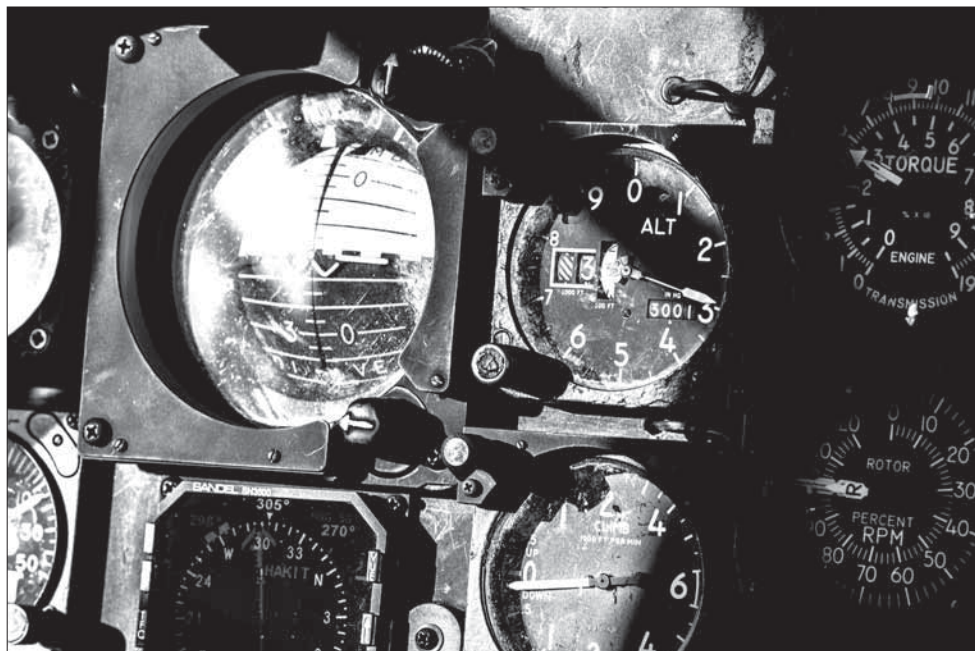
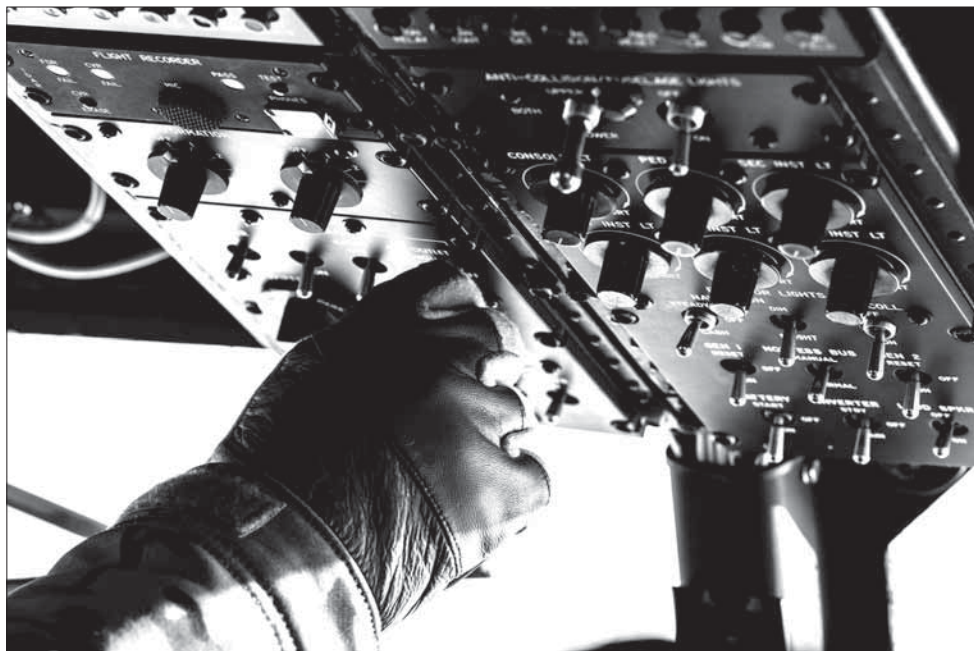
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54TH HS SAFEGUARDS THE MISSILE COMPLEX

Two UH-1N Iroquois from the 54th Helicopter Squadron fly over Minot Air Force Base's missile complex, N.D., Jan. 25, 2017. The purpose of the flight was to perform training maneuvers and complete a security sweep of 91st Missile Wing launch facilities. The 54th HS's fleet is critical in providing support to 91st MW Airmen and assets in the missile complex.

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





Wander North Dakota's Winter Wonderland

NORTH DAKOTA LEGENDARY

For a short month, February in North Dakota is chock full of fun things to do. Across this northern state, people are celebrating winter's chill, whether they are outside or in. So, go ahead and join in that game of pond hockey, cross-country ski beautiful and snow-covered state parks, visit an exhibit or learn a new craft. Whatever you are into, there is no shortage of activities this February in North Dakota. For details on these or other events, go to NDtourism.com or call 800-435-5663 or 701-328-2525.

Sport and Rec Show
Jamestown
February 3–5
Discover new ways to prepare for the coming spring and summer at the Jamestown Sport and Rec Show. It's an event for the entire family and offers everyone opportunities to learn more about their favorite outdoor activities, from fishing to camping. Visit <http://jamestowncalendar.com/>; 701-252-4835.

Cabin Fever Days
Jamestown
February 3-12
Gear up to get outside and enjoy this month's brisk weather and all the activities that come with it. Jamestown's Parks and Rec Department is hosting Cabin Fever Days again to inspire North Dakotans to embrace and celebrate the cold. Citywide activities include cross-country skiing, sleigh rides, a basketball tournament and more. www.jamestownparksandrec.com/events/?ID=35; 701-252-3982.

Junk Jam Trade and Vendor Show
Bismarck
February 4
Join the jam for junk - and other unique treasures - at Bismarck's Event Center this February. A plethora of booths will showcase upcycled décor and furnishings, artwork, fashion accessories, candles and much more. Visit <http://www.ndtourism.com/events/junk-jam-trade-and-vendor-show>.

Squirt International Hockey Tournaments
Fargo
February 9–26

For three weekends this February in Fargo, watch future hockey stars challenge each other on the

ice. Teams from around the United States match up and the fun begins. Learn more at <http://www.fargohockey.org/page/show/2828085-squirt-international>.

Ski and Glow – Riverwood Cross Country Skiing
Bismarck
February 10

Gather friends and family and tour Riverwood Golf Course on cross country skis – at night. Bismarck Parks and Rec will light the path with glow sticks and serve free hot apple cider and cookies. Skis are available for rent at the clubhouse. For more information, visit <http://www.bisparks.org/ski-and-glow-riverwood-cross-country-skiing-2/>.

Feast of Nations
Grand Forks
February 11

Taste flavors from around the world right in Grand Forks, North Dakota. The Feast of Nations is in its 55th year and the event has grown to be one of the largest multicultural events in the region. Enjoy delicious food and a range of cultural displays. www.feastofnations.und.edu; 701-777-6393

Heritage Outbound
Fort Clark, Stanton
February 11

If you want to learn what life was like for early settlers and Native Americans on the Northern Plains, here's your chance. Snowshoe through Fort Clark historical site and make your way to Knife River Indian Villages National Historic Site for food, stories and more. www.history.nd.gov/events/heritageoutbound.html; 701-328-2666

Tony DeSare: Night Life
Grand Forks
February 11–12

Looking for a night out on the town? Look no further than the 1919 Lounge at the Empire Theater Company where Tony DeSare will present a post-modern version of 1950s New York City nightclub shows replete with the melodies of Cole Porter and Duke Ellington. The highly-acclaimed pianist and vocalist will also feature the works of Bob Dylan, Paul Simon and Willie Nelson, as well as his own compositions. Visit <http://www.empireartscenter.com/>; 701-746-5500.

Winterfest
Minot
February 12

The Minot Park District and the Sunrise Rotary Club are bringing Winterfest back for a second year. It's a day of fun for all ages and includes ice carving, snowman building, tractor rides, snow painting and much (much) more. Link to <http://minotparks.com/news/winterfest-2017/> for more information.

ShiverFest
Devils Lake

February 17–19

Returning for its 17th year, Shiverfest is a sure bet for a weekend of fun – albeit chilly – entertainment for the entire family. Dress for the weather and enjoy a Mites hockey tournament, a youth ice fishing tournament, kite flying, a golf course on ice, ice rallycross event, motorcycle show, sleigh rides, a pond hockey tournament and more. Visit www.devilslakend.com; 701-662-4903.

Cardboard Sled Races
Bismarck
February 18

Record snowfalls in Bismarck this year and Bismarck Parks and Recreation Department is encouraging locals to appreciate the snow with a cardboard sled race. So, dig out your tape and find some cardboard to compete in the time-honored winter game of sledding! <https://www.evensi.us/cardboard-sled-races-tom-o-leary-golf-course/197509646>.

Dance+
Bismarck
February 24–25

For an evening of exhilarating classical and contemporary dance, don't miss Northern Plains Dance production of Dance+. This mixed repertoire program explores the physical and mental aspects of ballet and incorporates the craft and choreography of local dancers, artists and musicians. Visit <http://www.northernplainsdance.org/npdperformance.aspx?id=3> for more information; 701-530-0986.

Unglued Craft Fest
Fargo
February 24–25

For a fun-filled day of arts, crafts and all things handmade, head over to the Plains Art Museum for the Unglued Craft Fest. More than 70 carefully curated vendor booths will showcase handmade goods, art and crafts. Check out the free workshops for both kids and adults and enjoy live music and free gallery admission. Learn more about the fun at <http://www.ungluedmarket.com/fest/>.

Red River Valley Home and Garden Show
Fargo
February 24–26

Visit the Fargodome to peruse more than 300 vendors to learn about the latest trends and selections of home and garden goods. After all, there's always a home project waiting to be done and it's never too early to contemplate yard and garden goals. Visit <http://www.hbafm.com/events/home-garden> for more information.

For more events and information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"All legally taken game from the State of North Dakota can be entered into the North Dakota Big Game Records Book as long as the trophy meets the minimum score for the applicable category."

– "How To Enter a Trophy" from North Dakota Big Game Records Book previously published by Lyle Hanson.

Jamestown's Lyle Hanson - educator, legislator, basketball official, and dedicated hunter - has another credit to his long list of accomplishments: Founder and compiler of the North Dakota Big Game Records Book.

After more than two decades and six editions of the book, published every four years, Hanson passed the torch with the words, "Pat, I want you to take over the book."

The phone call came as a surprise. Lyle cherished the opportunity to compile the information, meeting and visiting with hunters and their families and friends as they talked about the hunt that would yield such a treasured animal.

And to be asked - actually, to be told - you were the one to assume that role takes one aback.

But Lyle wanted to retire and enjoy more time at his Spiritwood Lake cabin, fishing, and hunting.

So the book is now in my creative care. It's an honor and privilege to carry on a tradition two extremely talented individuals launched almost 25 years ago.

Lyle had a partner in the background urging him on when he established the North Dakota Big Game Records Book - the late Jim McKenzie.

Jim, long time N.D. Game and Fish Department big game biologist, was instrumental in North Dakota's big game management for decades:

Bighorn sheep.

He was deeply involved in bringing the grand species back onto the North Dakota Badlands landscape.

He was instrumental in managing every big game species in North Dakota.

Jim's office was an eclectic collection of all things relating to big game animals, everything from books, boxes, and various animal parts, thankfully mostly antlers and jaws.

And Lyle, well, Lyle hunted

many North American big game species. He hunted ducks, geese, and upland game.

As a legislator, he generally had the sportsman and sportswoman's back.

And he has the backs of North Dakota's wildlife.

He cares deeply about wildlife and their habitat they call home.

Other states have books similar to the "North Dakota Big Game Records Book".

Jim felt North Dakota's big game animals deserved recognition.

Lyle agreed.

They also agreed that qualifying minimums for white-tailed deer typical and non-typical, mule deer typical and non-typical antlers, moose, elk, and pronghorn needed to be somewhere between standard minimums established by the Boone and Crockett Club for firearms and Pope and Young's archery qualifiers.

And so it came to be.

The North Dakota Big Game Records Book, first edition, was published in 1993, a mix of short histories of the state's big game species, listings of qualifying animals - including actual measurements - beautiful pen-and-ink big game illustrations, understanding of "fair chase", and copies of Boone and Crockett scoring forms for each species, as well.

Lyle tweaked the book over the years but the constant was including new qualifiers in every updated edition.

And so it will continue. The North Dakota Big Game Records Book seventh edition will be published in the spring of 2017. It will have some tweaks compared to previous editions, but then again, Lyle often tweaked each edition, as well.

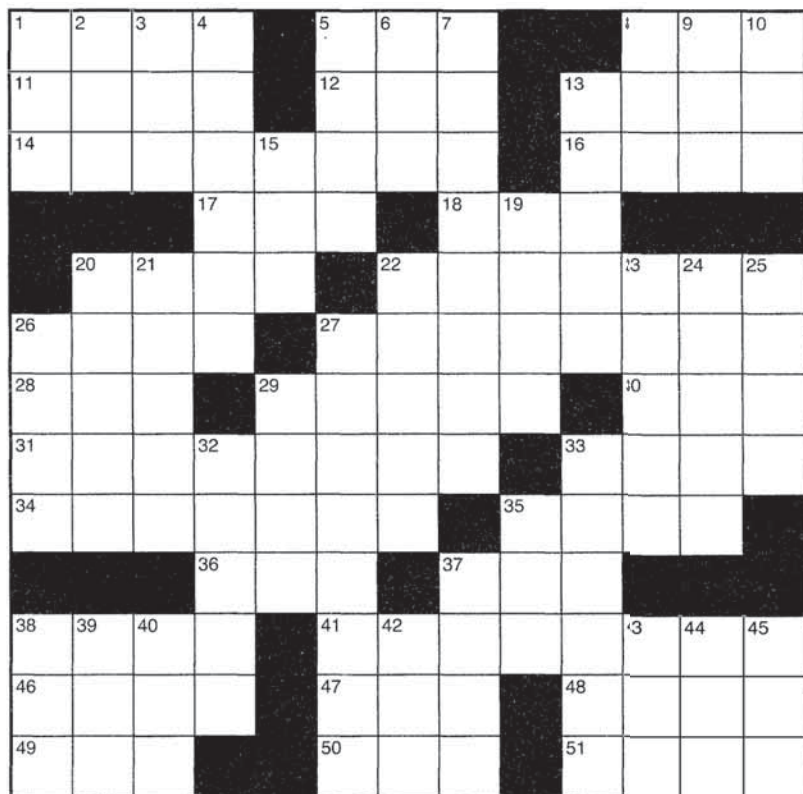
More than anything, though, it will continue a tradition two dedicated hunters, passionate about big game, hunting, and wildlife began nearly 25 years ago.

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CROSSWORD PUZZLE



Across

1. "Sweeney ____"
 5. Out of tune
 8. Sheep's sound
 11. Once again
 12. ____ Tse-tung
 13. Waterless
 14. Common Tex-Mex ingredient
 16. Lightning poles
 17. Craving
 18. Pair
 20. Lincoln's coin
 22. Horrible
 26. Singer Jerry
 27. Valentine phrase (3 wds.)
 28. Taxing agency (abbr.)
 29. Etiquette's Post
 30. Fa follower
 31. "Shane" star (2 wds.)
 33. Brood
 34. Philadelphia university
 35. Transgressions
 36. Modern (prefix)
 37. Enjoyment
 38. "Heaven, ____"

heaven..." (2 wds.)

41. Look through trash cans
 46. Sailor's employer
 47. Poet's "always"
 48. Stink
 49. Pig's pad
 50. Sleep stage (abbr.)
 51. Store event

Down

1. ____ Mahal
 2. Stop ____ dime (2 wds.)
 3. Dover's state (abbr.)
 4. Actor Johnson (a.k.a. "The Rock")
 5. Prophetic sign
 6. Air circulator
 7. Climber's niche
 8. Sis's counterpart
 9. Partner of abet
 10. Product placements
 13. Ascended
 15. Animal friend
 19. Hair description
 20. "Cheers" waitress
 21. Martinelli and Maxwell
 22. Slide along
 23. Boxer Mike ____
 24. Nooses
 25. Christmas
 26. Glass bottle
 27. Beatles song (3 wds.)
 29. Parisian pronoun
 32. Female goat
 33. Gold seekers
 35. Excursion or Escalade
 37. Silo's setting
 38. Those holding office
 39. Pad
 40. Princeton wall covering
 42. Passing grade
 43. Teachers' gp.
 44. Solidify
 45. Get by

SUDOKU

Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

1	M	A	W		4	L	E	A	C	H		9	T	A	P	E	S	
14	O	N	O		15	A	L	G	A	E		16	E	L	U	D	E	
17	N	O	R		18	B	L	O	W	F	O	R	B	L	O	W		
20	A	D	D	L	E				22	S	T	Y	E					
23	D	E	F	I	L	E	S		26	S	E	T	O	F	F			
			30	O	B	E	Y	E	D		32	Z	E	R	O	E	S	
34	O	A	R		36	R	E	W	E	D		38	C	O	T	E		
39	P	O	W	S		40	D	E	F	O	G		43	S	T	E	T	
44	T	R	O	T		45	R	A	J	A	H		47	F	D	A		
48	S	T	R	I	P	S		51	T	O	L	E	D	O				
			53	A	D	R	O	I	T		55	S	A	L	E	R	N	O
						58	P	L	O	T		60	I	N	F	E	R	
61	S	T	E	P	F	O	R	S	T	E	P		67	O	R	G		
68	A	W	F	U	L		69	S	A	U	N	A		70	O	V	A	
71	G	O	T	B	Y		72	O	R	B	E	D		73	T	E	N	

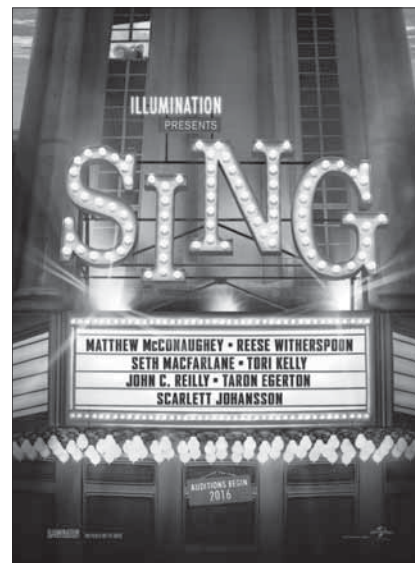
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Time to Warm Up! Soup It Up for the Taube Museum of Art!

TAUBE MUSEUM OF ART

What better way to spend a chilly Saturday than with friends, surrounded by art, and enjoying mouth-watering soups! The Taube Museum of Art in Minot will be hosting their 10th annual Soup It Up! fundraiser on

Saturday, February 18, 2017 at the Grand Hotel Convention Center, 1505 N. Broadway. Soup will be served from 11:00 am - 1:30 pm. Doors open at 10:30 am for shopping with the artisans and crafters who will be selling their wares, from 10:30 am - 2 pm. (No ticket is needed to shop your favorite artists!)

As in previous years, for the price of a soup ticket, the first 175 attendees will take home a hand crafted ceramic soup bowl created by the MSU Ceramics Department. Soup will be served by: Olive Garden, Teri Tingley, Panera Bread,

Magic City Hoagies, Primo's Restaurant, Kroll's Diner, and Laura Mihalick. A special thank you for contributing their time and soup for this heartwarming event! Bread will be provided by Magic City Hoagies and Museum Members and the variety of desserts will be provided by Museum Board Members.

Live music will be performed from 11:00 am to 1:00 pm by Leonard Haabak. A Silent Auction with a variety of gift baskets, pottery, and additional art items will also be offered, with a portion of the proceeds benefiting the MSU Ceramics Department Scholarship Fund. MSU Ceramics Department faculty and students will also have handcrafted pottery available for purchase.

Soup It Up! tickets are \$17 for nonmembers, \$14 for members & MSU Students, children 8 years & younger ½ price (which does not

include ceramic bowl). Tickets are available at the Taube Museum of Art and online at www.taubemuseum.org. Not a member? Join by February 18 and receive a \$9 ticket! You may preselect your bowl at the Taube Museum of Art after February 10th and get first pick from the selection of handcrafted ceramic bowls!

Proceeds support the Taube Museum of Art, a non-profit art organization, with proceeds to benefit ongoing programming. With the

continued support of the Minot community we are able to fulfill our mission of enriching lives through the visual arts.

Museum and Gift Shop hours are 10:30am - 5:30pm Tuesday - Friday and 11:00am - 4:00pm Saturday. Please call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.



Roasted Red Pepper, Mozzarella and Basil Stuffed Chicken



INGREDIENTS:

4 boneless skinless chicken breasts
8 ounces fresh mozzarella, sliced into 8 slices
1 12 oz jar of roasted red peppers sliced into 1 inch pieces (about two whole red peppers if you roast your own)
1 bunch of basil, whole leaves
1/4 cup fresh grated parmesan
1 tablespoon Italian seasoning
Salt and pepper for seasoning

INSTRUCTIONS:

Preheat oven to 400 degrees. Grease a 9x12 casserole dish. Butterfly chicken breasts by slicing into the long side of the breast, stopping just about 1/4 of an inch from the opposite side. Lay chicken breast in casserole dish opened up. Sprinkle the exposed insides of the chicken breast with 1/2 of the Italian seasoning and salt and pepper. Stack the roasted red pepper, basil, and 1 slice of the mozzarella on the bottom side of the chicken. Fold the top flap of the chicken over, tucking in the mozzarella, basil and roasted red pepper as necessary. Sprinkle with the remaining Italian seasoning. Bake chicken for 30-40 minutes (until chicken is no longer pink). Pull chicken out of oven and turn the oven to a high broil. Top chicken with remaining mozzarella slices and sprinkle with Parmesan cheese. Broil until cheese is browned and bubbly, about 5 minutes.



Brownie Batter Coffee Ice Cream

INGREDIENTS:

2 cups heavy whipping cream
3 Tablespoons instant coffee granules
1 - 8 ounce package cream cheese

1 - 14 ounce can sweetened condensed milk
1 cup mini chocolate chips
1 1/4 cup dry brownie mix
2 Tablespoons oil
4 Tablespoons water

INSTRUCTIONS:

Sprinkle the instant coffee over the whipping cream. Stir gently until dissolved. Beat on high until stiff peaks form. Beat the cream cheese until creamy. Slowly beat in the sweetened condensed milk. Fold the whipping cream into the cream cheese mixture. Stir in the chocolate chips gently. Stir together the brownie mix, oil, and water. Spoon 1/3 of the ice cream mixture into a bowl. Swirl in 1/3 of brownie mixture. Repeat 2 more times. Freeze for 6 hours. Makes about 8 cups ice cream. Keep frozen. Notes *Freeze your metal bowl and mixer attachment for at least 30 minutes before whipping the cream.

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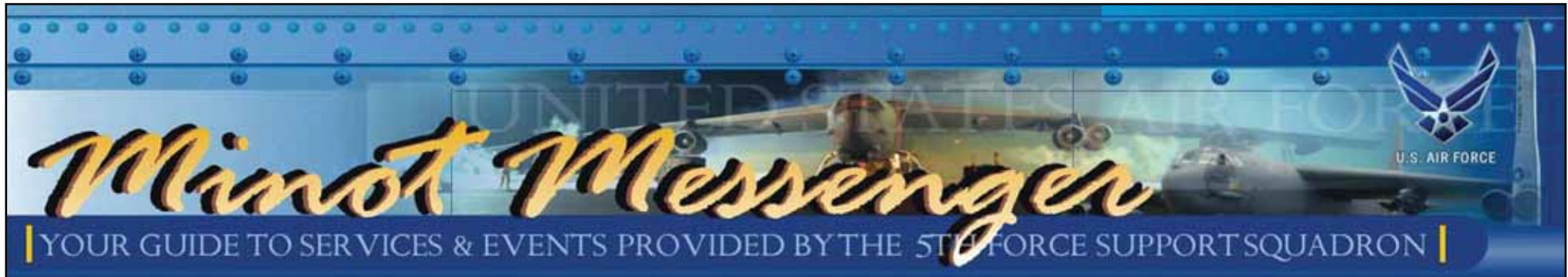
Monday, February 6th at 7pm

Trinity Homes, Roughrider Room
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Celebrate Valentine's Day With Numerous 5 FSS Events

You'll find a variety of Valentine's Day events at 5th Force Support Squadron facilities this year. From delicious dining options to fun events for both young and those not quite so young, there is something for everyone to enjoy.

SWEETHEART DANCE

February 11 - Youth Center

Youth Center members 9 years of age and older are invited to the Sweetheart Dance on Saturday, February 11 from 5-8 p.m. at the Youth Center. Dress in your best! Door prizes and a photo booth will be available. Cost is \$5 or 2 canned goods. Registration opens on February 1. For more details, call the Youth Center at 723-2838.

FIT FUN WITH A LOVED ONE

February 11 - Fitness Center

Share fitness fun with friends and loved ones on Saturday, February 11 from 10 a.m. to noon at the Fitness Center. This FREE 2 hour organized fitness class is open to all DoD I.D. card holders 18 years of age and older. Call the Fitness Center at 723-2145 for more information.

SWEETHEART'S BOWLING

February 11 - Rough Rider Lanes

Rough Rider Lanes is offering a Sweetheart's Bowl-



ing special on Saturday, February 11 from 4-9 p.m. You and your sweetheart can bowl 4 games each for only \$15 per couple with free shoe rental. For more information, call Rough Rider Lanes at 727-4715.

VALENTINE'S TOUCH OF CLASS DINNER

February 14 - Jimmy Doolittle Center

If you're searching for an elegant evening complete with a gourmet meal, then don't miss the special Valentine's Day "Touch of Class" at the Jimmy Doolittle Center on February 14. This is an dining experience you and your loved one are sure to enjoy.

You'll savor the delicious menu which includes
(Continued On Next Page)

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

**FIRST FRIDAY
SOUP-ER BOWL
PARTY
FEBRUARY 3RD**

Come out and enjoy First Friday with your crew! Join the fun with corn hole, darts, and crud as well as Super Bowl themed activities! Delicious food served from 4-6pm will include a soup bar with chili, chicken tortilla, vegetable beef and assorted breads! Family Friendly activities available. Hosted by 91 SFG.

4-9 pm, Food from 4-6 pm
Club Members: FREE, Non-Members: \$7

723-3731

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.

**MINOT AIR FORCE BASE
FORCE SUPPORT SQUADRON
727-ROCK**

**Rockers
BAR & GRILL**

**SATURDAY
FEBRUARY 4
7 PM-1AM**

DUELING PIANOS

Come out and enjoy a grand show with dueling pianos!

**TICKETS ON SALE
@ ROCKERS**

ADULTS ONLY

**Advance Tickets Purchased by Feb. 3:
\$10 for Members, \$13 for Non-Members
Day of the Show: \$15 Members and Non.
Price includes an Hors D'oeuvre Buffet**

**DOORS OPEN AT 7 PM
SHOW STARTS AT 8 PM**

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

**SUPER SUNDAY
SUNDAY
FEB 5
3:00PM**

YOU CAN WIN

Weekend Getaways to Winemore, Fargo, and Grand Forks, Casino Nights, Minot Staycation, Adult Recliner, Barbecue Grill, And much more!

FREE FOOD WHILE IT LASTS - CHILI DOGS - SUBS - MEATBALLS - BBQ WEENIES - CHIPS - VEGGIE TRAY
WING SPECIAL IN HOUSE OR CARRY-OUT - BUCKET OF 50 WINGS \$45 - BUCKET OF 100 WINGS \$90
50 PITCHER DRAFT BEERS - BOTTLE BEER SPECIALS
WATCH THE GAME ON 3-100" SCREEN PROJECTORS, 1 - 80", 2 - 45" & 9-55" TELEVISIONS!
PRIZE DRAWING TO BE HELD AT THE END OF HALF TIME

**MEMBERS FREE
NON-MEMBERS \$7**

**BUFFET OPENS
4:30PM**

727-ROCK

The New England Patriots and Atlanta Falcons will battle for the Super Bowl 51 championship. 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.

CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 3rd WILL BE FOR \$1,900.

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, Feb. 3 at the Jimmy Doolittle Center and Rockers Bar & Grill. Drawing time varies each week between 5:30-6:30 p.m.




Valentine's Day

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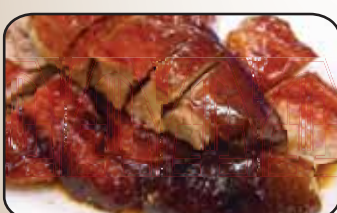
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Crab Legs



Roast Beef



Roast Duck

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FAMILY and YOUTH EVENTS & PROGRAMS

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.

Feb 10 **Family Fiesta Bingo Night**

Enjoy a taco bar and play bingo during the Family Fiesta Bingo Night at the Jimmy Doolittle Center on Friday, February 10 from 5-7 p.m. Bingo games will be on the half hour. Cost is \$3 for club members and \$7 for non-members. For more information, contact the Jimmy Doolittle Center at 723-3731.

Feb 11 **Mad Science Party**

The Base Library invites children of all ages to their Mad Science Party on Saturday, February 11 beginning at 1 p.m. Participants will enjoy some science fun including silly stories, crazy crafts, and mad science experiments. For more information on this FREE event, please contact the Base Library at 723-3344.



Feb 15 **Bundles For Babies**

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on February 15 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 growing family 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. Please register by noon on February 14. For additional information, call the Airman and Family Readiness Center at 723-3950.

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 3 **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.

Feb 6 **Off-Base Budget Class**

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on February 6 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESSs and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for details.

Feb 17 **ITT Open House**

The Information, Tickets & Travel office invites you to their Open House on Friday, February 17 from 11 a.m. to 2 p.m. Join us as we celebrate our one year anniversary at Minot AFB. You can meet with local and regional business owners. Plus check out everything we offer, visit with our great staff, and book your next trip. For more information, call the ITT office at 727-6669.

Feb 25 **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 February 25 from 1-5 p.m. Participants should bring a camera with adjustable settings. The class is open to individuals 16 years or age or older. Cost of the class is \$45 per person. Register from February 7-17 at the Arts & Crafts Center. For more details, call the Arts & Crafts Center at 723-3640.



Lt Col Jeffrey Bosque, 5 FSS commander, and Mike Guthrie, Rough Rider Lanes manager, congratulate CMSgt Michael Evans Jr., 5 AXMS, for bowling a perfect 300 game on January 13. Rough Rider Lanes offers \$300 to anyone who bowls a 300 game during open bowling or league play (see front counter for rules).



VALENTINE'S EVENTS

from previous page

a tantalizing Surf and Turf platter for two featuring Chateau Briand and broiled lobster tail. A complete beverage service, to include wine, is available. Dates who attend the Valentine's Touch of Class receive a free rose.

This is an all-ranks dinner served from 6-9 p.m.; cost is \$35 per person for club members and \$40 per person for non-members. Reservations must be made by February 13 by calling the Doolittle Center at 723-3731. Limited seating available.

SWEETHEART'S PRIME RIB DINNER

February 14 - Rockers Bar & Grill

Make this Valentine's Day unforgettable for your sweetheart with a scrumptious dining experience at Rockers Bar & Grill on Tuesday, February 14 from 5-9 p.m. Rockers Bar & Grill is offering a delicious Prime Rib Dinner special featuring mouth-watering, slow roasted prime rib, garlic baby bakers, steamed vegetables and garlic medallions. The meal includes a complimentary glass of wine or a slice of cheesecake. This delectable Valentine's Day dining choice is sure to be a hit with you and your loved one. Cost for the Prime Rib Dinner special is \$13.95/person for club members and \$15.95/person for non-members. For additional information, contact Rockers Bar & Grill at 727-ROCK.

3RD ANNUAL MINOT AFB WINTER GAMES

FEBRUARY 17

1000 - 1500

McAdoo Fitness Center

REGISTRATION: FEBRUARY 3-15

CONTACT YOUR SPORTS REP TO REGISTER

Winter Games is a day of sporting events for morale, esprit de corps and to fight the Winter blues! Squadrons compete to win medals, The Winter Cup, and points towards the 2017 Commander's Cup.

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723-2145

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TODAY

- Registration opens for the Minot AFB Winter Games at the Fitness Center
- Last day to purchase advanced tickets for the Dueling Pianos Show at Rockers Bar & Grill
- Youth Dance Classes, Every Fri, Various Times, Youth Center
- Pre-Separation Counseling, 0800-1130, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- First Friday Soup-er Bowl, 1600-1800 Buffet Served, 1600-2100, Jimmy Doolittle Center
- Swim Lessons, 1600-1800, Indoor Pool
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- 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
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-Midnight, Bowling Center

SATURDAY

- Youth Dance Classes, Various Times, Youth Center
- Lifeguard Certification Course, 0900, Indoor Pool
- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Cycle Stretch, 1000, Fitness Center
- EFMP Camp: Kids Painting Class, 1100-1230, A&FRC
- Youth Leagues, 1000, Bowling Center
- Jiu Jitsu Training, 1100, Fitness Center
- Base Skate, Every Sat, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Dueling Piano Show, Doors open 1900, Show starts 2000, Rockers Bar & Grill
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Bowling Center

SUNDAY

- Super Sunday, 1500, 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
- Off-Base Budget, 1430-1600, A&FRC
- H2O Fitness, 1645, Indoor Pool
- FCC Pre-Orientation, 1800-2000, FCC Office
- Key Spouse Monthly Meeting, 1800-1900,

A&FRC, Held at the Jimmy Doolittle Center

- Yoga, 1830, Fitness Center
- Cycle Strength/Tone, 1930, Fitness Center

TUESDAY

- Last day to register for the Ice Fishing Class at Outdoor Rec
- Registration opens for Beginning Photography Class at Arts & Crafts
- 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
- Build Wealth with TSP, 1100-1200, A&FRC
- Yoga, 1130, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- 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
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- Military Youth Saves Month, Every Wed, 1600-1700, Youth Center
- 4-H Club, 1600-1700, Youth Center
- H2O Fitness, 1645, 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
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Cardio Blast, 0930, Fitness Center
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Hard Core Strength Muscle Pump, 1830, Fitness Center
- Fun 9 Pin No Tap Mixed League, 1830, Bowling Center
- Mixed Couples League, 1830, Bowling Center
- Cycle/Core, 1930, Fitness Center

UPCOMING EVENTS - FEB. 10

- Last day to register for the Terry Peak Trip 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
- Swim Lessons, 1600-1800, Indoor Pool
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Family Fiesta Bingo 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
- Give Parents A Break, 1800-2200, Child Development Center/School Age Program
- Keystone Club, 1830-1930, Youth Center
- Youth Cooking Classes, 1830, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-Midnight, Bowling Center

UPOMING EVENTS - FEB. 11

- Youth Dance Classes, Various Times, Youth Center
- Fit Fun with a Loved One, 1000-1200, Fitness Center
- Youth Leagues, 1000, Bowling Center
- Ice Fishing Class, 1100, Outdoor Rec
- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100, Fitness Center
- Mad Science Party, 1300, Base Library
- Couples Scotch Doubles 9 Pin No Tap Tournament, 1500-1800, Bowling Center
- Sweethearts Night, 1600-2100, Bowling Center
- Base Skate, Every Sat, 1600-1800, Youth Center
- Youth Center Sweetheart Dance, 1700-2000, Youth Center
- Fight Night UFC #208: Holm vs de Randamie, 1900, Main Event 2100, Rockers Bar & Grill
- Saturday "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 February Special – Lovey Dovey Pizza Cheesy stuffed crust smothered in Alfredo sauce, topped with artichoke hearts, fresh spinach, chopped onions, sliced black olives and covered in Mozzarella cheese. 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. Caramel Macchiato w/ Love February Special – A twist on the popular Caramel Macchiato, raspberry syrup with shots of espresso topped with caramel drizzle. Ask your barista for it "upside down" Served hot or iced. Grande \$5.00 Venti \$5.50
- Auto Hobby Monthly Special. February Tire Balance Special – If you bring your tires into Auto Hobby and mount them on the wheel, the Auto Hobby staff will balance them and waive the stall fee. 4 Tire Mount & Balance \$10/tire

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!!!!



Grocery Store Tour

Heart Health

Join a Registered Dietitian for a small group grocery store tour!

The Original Marketplace Foods

1930 South Broadway, Minot

February 7 • 6-7 p.m.

Meet at the entrance near the deli.



RSVP by February 6.
Space is limited!
Please reserve your spot today!
Call 857-5268

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.

VALENTINE'S FOR VETERANS

at Artspace Suite 1 Gallery Thursday, February 2nd from 3PM - 6PM, Friday, February 3rd from 3PM - 6PM and Saturday, February 4th from noon - 6PM. We will supply you with all the tools you need to make a Valentine for a very special veteran. The ND Veterans Home in Lisbon, ND and the Veteran's Hospital in Fargo will be receiving the cards made.

14TH ANNUAL HAVE A HEART FOOD DRIVE 2/01/2017 6:00 AM - 2/28/2017 11:00 PM

Minot drop site locations. Throughout the month of February, donate your non-perishable food and hygiene/cleaning items at any of the drop site locations; Bethany Lutheran Church, Cornerstone Presbyterian Church, Gate City Bank-Dakota Square, North Central Human Service Center, Christ Lutheran Church, First Lutheran Church, KMOT TV, Church of the Little Flower, Gate City Bank-Broadway, MAHC Office, Odney Advertising (on Main). Donations will be distributed to local pantries to assist in restocking severely depleted shelves to help those in need within our community.

BABY PLAY 02-03-2017 10:00 AM - 02-03-2017 11:00 AM

Minot Public Library. Baby Play is a story time and sensory play activity for children ages 12 months to 3 years of age and their caregivers. There will be stories with an opportunity for children to play after the story time.

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. SOUTHWEST MINNESOTA STATE 2/03/2017 6:00 PM

MSU Dome. Minot State moves out of North Division play at the Dome to take on South Division rival Southwest Minnesota State.

STORY TIME AND CRAFT WITH BECCA 02-04-2017 10:30 AM - 02-04-2017 11:30 AM

Main Street Books 8 Main Street South. Come and enjoy Themed Stories and Crafts at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching craft! Don't miss the fun! Children of all ages welcome!

FREE PUBLIC ICE SKATING 2/04/2017 1:00 PM

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

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. UNIVERSITY OF SIOUX FALLS 2/04/2017 4:00 PM

MSU Dome. Minot State women's and men's basketball play their final games against NSIC South Division teams as the Beavers take on Sioux Falls.

COMMUNITY ROCKS! 2/04/2017 6:00 PM

The Grand Hotel. Community Rocks 2017 Community Rocks is a Minot-based non-profit dedicated to planning and delivering performance art events to improve community wellbeing. CR2017 is scheduled for Saturday, February 4th at the Grand Hotel, and will feature a 30-piece string orchestra with horns, electric bass, and drums playing 15 classic rock tunes, from the 60s to the present. Tickets (\$45 general/\$60 reserved) are limited to 500, and last year's sold-out event ended with a standing ovation demanding an encore. This year's beneficiary will be the Roosevelt Park Zoo. Children's Zoo Project As the 2017 beneficiary of Community Rocks! Roosevelt Park Zoo would use the funds to enhance the Children's Zoo. This project will allow us to add interactive features to the children's zoo barn including bridges, steps, and walkways for the enrichment and use of dwarf goats. Children will gain a unique visitor experience by watching the goats play, climb and use the bridges to move from pen to pen. We also intend, with the help of volunteers, to provide supervised, "hands on" interaction with the goats for an engaging opportunity for youth to feed and touch the goats.

FREE PUBLIC ICE SKATING 2/05/2017 1:00 PM

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

MAKER MONDAY 02-06-2017 10:30 AM - 02-06-2017 11:00 AM

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

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

Kwanza Devlin, MD

FAMILY MEDICINE

Trinity Health is pleased to announce that Kwanza Devlin, MD, recipient of the North Dakota Family Physician of the Year Award in 2013, has joined our medical staff in the specialty of Family Medicine. Dr. Devlin is dedicated to providing comprehensive, patient-centered care for patients in all stages of life, including acute illness, chronic disease management, prenatal care and deliveries, in-office procedures, pediatric and adolescent care and preventive medicine.

Education/Practice History:

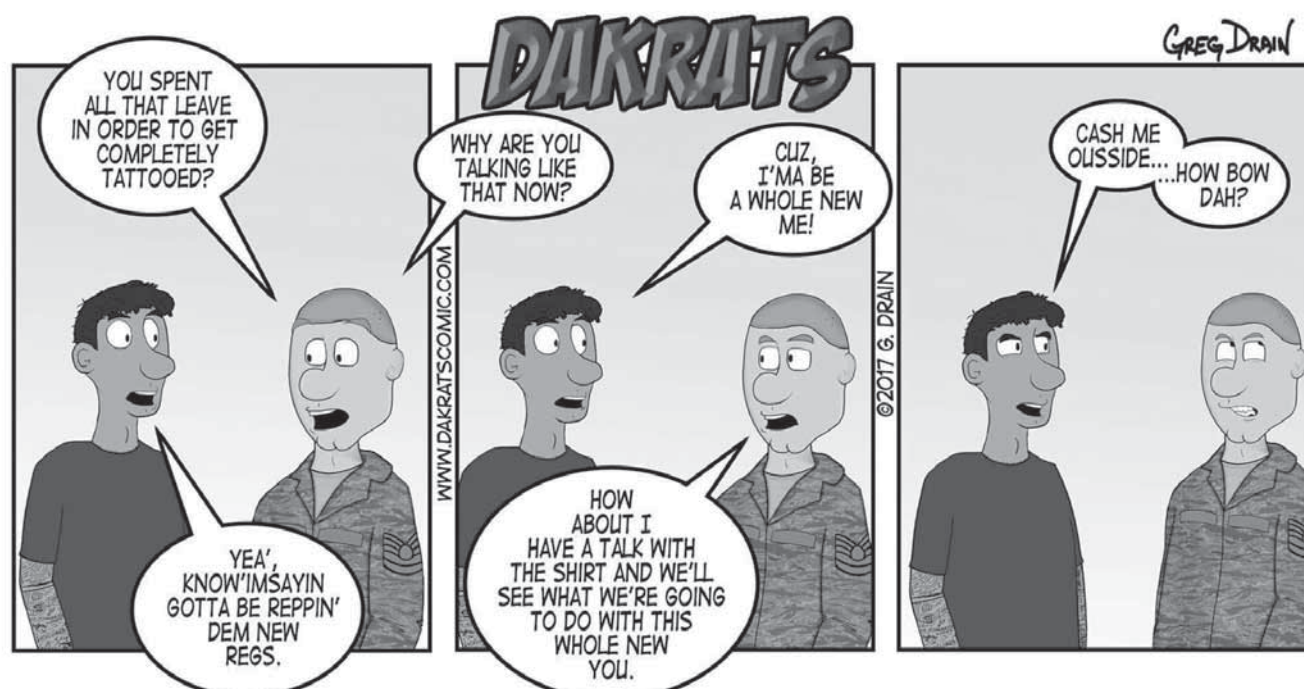
- Doctor of Medicine, University of Nebraska College of Medicine, Omaha.
- Family Medicine residency, Saint Joseph Regional Medical Center, South Bend, IN.
- Practiced in West Valley, UT, before joining the UND Center for Family Medicine – Minot in 2011.
- Served as Associate Professor, UND School of Medicine and Health Sciences and Associate Director of the Family Medicine Residency Program at UND's Center for Family Medicine – Minot.
- Member, American Congress of Obstetrics and Gynecology, Society for Teachers of Family Medicine, ND Medical Association and the American Academy of Family Physicians.



Appointments and Consultations:
Call 701-857-5464 or 1-800-862-0005

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

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



BSC Appreciation Week

LT. COL. DAVID A. EISENACH | JBSA-LACKLACK

The Air Force recognizes the achievements of the men and women who comprise the Biomedical Sciences Corps (BSC) by designating 22 – 27 January, 2017, as BSC Appreciation Week. The BSC's roots date back to 1917, when the Sanitary Corps was established to combat infectious diseases. The Army Medical Administrative Corps followed three years later.

In 1949, the Air Force Medical Service was officially established. The Air Force Medical Service continued to expand over the next two decades and in 1965, the Biomedical Sciences Corps was born. Over the past 50 years, the BSC continued to expand its range of personnel to include a wide variety of medically-trained professionals.

To date, the BSC's mission is to enhance Air Force combat capability and effectiveness by providing world-class customer service and scientific expertise, resulting in peak force performance, productivity and quality healthcare to our beneficiary population. Comprised of 15 primary specialty codes, the BSC is the most diverse corps in the Air Force Medical Service. Capitalizing on their breadth of expertise, the BSC motto is: United in the Mission.

With 2,400 officers supported by 5,800 enlisted members in parallel career

fields, BSC members can be found at 81 locations around the world and also in multiple settings.

The BSC encompasses physical therapy, optometry, podiatry, physician assistants, audiology, speech pathology, clinical psychology, clinical social work, occupational therapy, aerospace and operational physiology, dietetics, bioenvironmental engineers, public health, medical entomology, pharmacy, biomedical laboratory, healthcare facilities architects/engineers and health and medical physics.

In addition to specialty roles within our medical treatment facilities, BSC officers are embedded within operational units, serve at every level of medical command, and lead on staffs of the MAJCOMs, Forward Operating Agencies and Headquarters Air Force.

Additionally, the Biomedical Sciences Corps is heavily invested in research and a host of other vital roles to meet the demands of the Air Force mission.

Please join the Air Force in celebrating the Biomedical Sciences Corps and recognizing the contributions of these outstanding men and women who dedicate their lives to improving health, maximizing performance and providing trusted medical care to support our most vital resource, our Airmen.

Air-launched cruise missile passes tests

LEAH BRYANT | AIR FORCE NUCLEAR WEAPONS CENTER PUBLIC AFFAIRS

KIRTLAND AIR FORCE BASE, N.M., --

Air Force B-52H Stratofortress aircrews recently tested three unarmed AGM-86B air-launched cruise missiles, demonstrating the bomber force's ability to configure, load, fly and deliver the nation's only nuclear cruise missile.

The B-52H aircrews departed Minot Air Force Base, North Dakota, for the Utah Test and Training Range, about 80 miles west of Salt Lake City, Utah, and launched the unarmed ALCMs during three separate sorties.

The ALCM is a key air component of the nuclear triad, providing the nation a strategic capability to assure our allies and deter potential adversaries. It provides a clear, visible and tailorable deterrent effect, and denies geographic sanctuaries to potential adversaries.

The AGM-86B is designed to deliver a nuclear payload on target, destroying it on impact. As a standoff weapon, the ALCM can be launched from outside the combat area, allowing aircrews to strike distant targets with a high degree of accuracy without exposing themselves to potentially deadly enemy fire. A B-52H can carry six ALCMs on each of the two externally-mounted pylons and eight internally on a rotary launcher, giving the B-52H a maximum

capacity of 20 missiles.

The ALCM sustainment program is managed by the Air Force Nuclear Weapons Center and the tests were conducted under Air Force Global Strike Command's Nuclear Weapon System Evaluation Program, part of the Air Force's ongoing effort to test weapons systems in training missions and prepare aircrews for future mission requirements. The integrated test team also included personnel, assets and aircraft from AFGSC's 5th Bomb Wing at Minot AFB, its 2nd Bomb Wing at Barksdale AFB, Louisiana, and Air Combat Command's 53rd Wing at Eglin AFB, Florida.

The ALCM was initially designed with a 10-year life span but has been in use for about 35 years, largely due to successful sustainment programs. While the current ALCM remains a safe, secure, effective and viable nuclear capability, it faces increasing sustainment and operational challenges against emerging threats as it continues to age. The Long Range Stand Off weapon is being developed to replace the ALCM, which the Air Force expects to start fielding by 2030.

"The LRSO will be a critical element of the United States' nuclear deterrence strategy, but we must continue to support the ALCM program until it is fielded and these recent

tests are clear indicators of the ALCM's effectiveness and reliability," said Maj. Gen. Scott Jansson, AFNWC commander and Air Force program executive officer for Strategic Systems.

The LRSO weapon system will be a cost-effective force multiplier for B-52, B-2 and B-21 aircraft to credibly deter adversaries and assure U.S. allies of our deterrent capabilities. Currently in source selection, up to two LRSO contracts are expected to be awarded in the fourth quarter of fiscal 2017.

About 200 personnel in AFNWC's Air-Delivered Capabilities Directorate deliver, sustain and support air-delivered nuclear weapon systems. The directorate is located at Kirtland AFB and oversees locations at Tinker AFB, Oklahoma; Eglin AFB, Florida; Joint Base San Antonio, Texas; Ramstein AB, Germany; Robins AFB, Georgia; and Wright-Patterson AFB, Ohio. The ALCM sustainment program is managed at the Tinker AFB location.

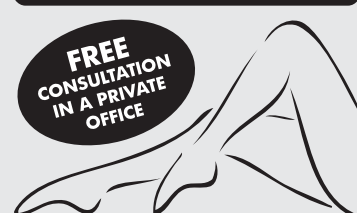
The AFNWC is responsible for synchronizing all aspects of nuclear materiel management on behalf of Air Force Materiel Command in direct support of AFGSC. Headquartered at Kirtland AFB, the center has about 1,000 personnel assigned at 17 locations worldwide.



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Laura Larson, M.S., LPCC

is now seeing clients for mental health needs at Northland Community Health Center in Minot.

Over 20 Years Experience

Services Include:
Individual & Family therapy to children, adolescents, & adults

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"

Team Minot to undergo CCRI

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Minot AFB will undergo a Command Cyber Readiness Inspection Mar. 20-24, which is a thorough evaluation by the Defense Information Systems Agency of all network systems supported by the 5th Communications Squadron.

This inspection provides an assessment of network security compliance with Department of Defense policies and configuration requirements.

It will be conducted at multiple locations throughout the base and DISA's end goal is to evaluate the security posture of our network systems. The base will be inspected

on network vulnerabilities, physical security, user education, culture, and compliance with security orders and directives.

To that end, the men and women of the 5 CS are reminding everyone that they need help each day to continue to implement the practices learned in the annual DoD Cyber Awareness Challenge training.

Those practices include:

- Be aware of suspicious email and web traffic
- Never leave Common Access Cards unattended
- Only allow properly cleared personnel into controlled areas if they have their line-badge properly displayed—no "piggybacking"

• Power on computers every day and secure computers at least every Wednesday and Thursday to ensure they receive all upgrades and patches needed to mitigate cyber vulnerabilities

"Our cyber defense capabilities are among the top in the Air Force and I am confident this

DoD level inspection will validate the operational capabilities of the men and women of the 5th Communications Squadron," said Lt. Col. Bob Mammenga, 5th Communications Squadron commander. "Overall, the 5 CS is committed to achieving a successful rating during the upcoming CCRI. "

CHURCH DIRECTORY

<p>Little Flower Catholic Church</p> <p>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 David W. Wisthoff • 701-240-1491</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 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 <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:</p> <p>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> <i>Parish website: www.stjohnminot.com</i></p>	<p> First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship..... 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm</p> <p> Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p> 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 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 <i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p> 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></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></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><i>Advertise</i> FOR ONLY \$7 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> 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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6	1	2	7	9	8	3	5	4
9	4	3	5	2	1	7	6	8
7	8	5	4	3	6	9	1	2
4	3	1	2	7	9	6	8	5
8	5	7	1	6	4	2	9	3
2	6	9	8	5	3	4	7	1
3	7	4	9	8	5	1	2	6
5	2	6	3	1	7	8	4	9
1	9	8	6	4	2	5	3	7

Answers to puzzle from page 7

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GREAT STARTER – 3 bedroom home on fenced corner lot. Large living room, dining area off galley kitchen. 2 main level bedrooms and a 3rd in the upper level. Enclosed front porch, garage in back with alley access. Owner/Licensed Salesperson.

MLS #170054



Ric Montoya
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IN MOHALL – Well maintained 2 bedroom home. Hardwood floors on main level, deck off dining. Lower level has non-egress room that could be a bedroom, exercise room or office. Nice yard with mature trees and a storage shed.

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\$165,000

\$194,900 - Burlington



Nice 4 bedroom, split foyer home with open floor plan on the main level along with 2 bedrooms, full bath and living room. The kitchen has been nicely updated and includes a large pantry. Call Tamie Dunn at 720-1723. #170162

\$244,900

\$42,000



Two bedroom Mobile home located on a large double lot. It has an attached breezeway that offers extra space and a nice sized double garage attached to it as well. This large lot gives you plenty of space. Call Tamie Dunn at 720-1723. #170155

\$284,900



Beautiful 1300sf condominium, with 2 bedrooms / 2 bathrooms / 1 car garage. No basement, everything on one level (no steps), with main floor laundry. Open concept with living room, dining room, and kitchen. Call Clyde Thorne at 240-8594. #170147

\$359,900



Lovely 1,760 sq. ft. home on a corner lot in northwest Minot with unmatched curb appeal and a variety of mature trees! The spacious split-foyer layout flows nicely on both floors. Call Amber Alexander at 500-0810. #162289

\$155,000



Beautiful one level condo located in southwest Minot, just south of the Dakota Square Mall. This 1768sf home has a nicely laid out, open concept home, with a master bedroom suite & 2nd bedroom. Call Clyde Thorne at 240-8594. #161789

\$385,400



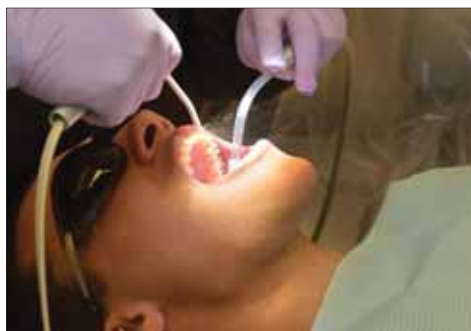
Looking for a rural property? Then this is the one! very nice newer 5 bedroom, 2.75 bath with 36x32 triple garage on 4.62 acres just 5 minutes from Minot. 1620 sqft on each level with 3 bedrooms on the main floor. Call Lori Henderson at 721-0158. #160928



Easier main floor living in this 2 bedroom condo on North Hill. Newer furnace allows for dual heat & air conditioning. Pets are contained out of back door onto the wood deck and into the fenced yard. Call Aisha Vadell at 240-3780. #161896



Look before you Build! Tour this extremely well built 5 bed, 3 bath, split level. Prestigious oak trims & hickory flooring accent the vibrant color tones. Granite & stainless enhance this dream kitchen! Call Lorell Seibold at 721-4996. #161072



5 MDG: Dental

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

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