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Videos

Love inspires Team Minot author

SENIOR AIRMAN APRYL HALL | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- It's a moment she thinks about to this very day. A small, insignificant act of love that inspired her to chase her dreams for the last 15 years. A tiny girl, a blank booklet and an encouraging smile sent her on the path to success. It is where her story begins.

Marissa Howard, 5th Bomb Wing chief of media relations, remembers the day her little sister gave her the notebook she won at school like it was yesterday. A moment she admits made her realize she had the backing to do anything she wanted in life.

"She said 'This is for you when you write your first book some day,'" Howard recalls with a smile on her face. "My family has always known I love writing and has always supported me."

Growing up in Colorado Springs, Colorado, Howard always knew she wanted to be a writer. Early on in life, she had always been inspired by words, and her imagination often ran wild. She submerged herself in creative writing at a young age and through high school, but it wasn't until college when she realized she had all the tools to become a successful writer.

"I love everything about creative writing, especially the way it can impact

people," Howard said. "To be able to create an entire world and put that on paper and share it with others, there's just something special about it."

It was just over a year ago when Howard thought of an idea for a book. It was a special story, one she felt connected to, and knew she wanted to share it with the world.

"I got the idea for the book from real life," Howard said. "In the world today, there's a lot of areas where love is lost. It's interesting to me to see that and to see how the definition of love has changed over time or just disappeared altogether."

With her writing, Howard strives to show readers what life can be like with or without love.

"I want to bring readers back to the simplicities of love, remind them just how special every part of love is," Howard said. "Love has been dumbed down in a way, people don't really see the depth of things like holding hands, throwing a child up in the air or receiving a smile from someone as much as we used to. If I can show readers what love is and bring a little back today, that would be my goal."

Love is plentiful in Howard's life. From her little sister's support at a young age to her parents'

encouragement to her husband Austin's overtime work helping her achieve her dreams, Howard never took their love for granted, she said.

"The support from my family and friends has been incredible," Howard said. "I grew up with so much love in my life. I have been blessed with amazing people who have always told me to follow my dreams, which is a huge part to them becoming reality."

In between jobs and determined to be a writer, Howard took just two months to put her story on paper, averaging 15 pages per day. She submitted the finished product to hundreds of agencies in hopes of getting published, but rejection letters flooded her inbox. Then one day, after months of discouragement and frustration, Howard received a call from an unknown number.

"I answered the call and the woman explained she was from a publishing company and then she said, 'I read your book. It was amazing, and we want to publish it,' and my heart dropped in my chest," Howard said. "I had been waiting for that day for months. It was so surreal. My dreams were coming true."

Over the next few months, Howard and her husband spent the majority of their free time planning for the release of the book. From choosing cover art to



creating tags for search engines, the fast-paced process took over until finally, Howard held her published book for the first time.

"It was a really special moment," Howard said. "Seeing all my work, my dreams and wishes come together in something I can

hold in the palm of my hand was just incredible. There's no feeling I could put into words."

With the public release date fast approaching, Howard is excited to share what she says is a unique twist on a love story; one that hasn't been done before.

"My dedication page says, 'For those who choose to fight for love instead of simply fighting,' and I feel like that describes this book in every aspect," Howard said. "I'm just happy for my work to be out there."

Honestly, if one person reads it and says, 'Hey, this made me think about love differently or this impacted me in this way,' that would be worth it to me."

Whether Howard's book sells 10 or 10,000 copies, she is happy with the opportunities she's had over the last year, and she knows the people who love her have had everything to do with it. Since the day her younger sister handed her the empty notebook, to the day her husband watched with pride as she held her published book in her hands for the first time, her life has been anything but "Loveless."

Marissa Howard, 5th Bomb Wing chief of media relations, poses for her author biography picture in Glenburn, N.D., Aug. 5, 2016. Howard took just over two months to write her novel, which releases publicly in February 2017.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN APRYL HALL



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5 CES Smart Team: fixing issues before they arise

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

MINOT AIR FORCE BASE, N.D. -- In an effort to reduce work orders and conduct preventative maintenance, a new 5th Civil Engineer Squadron "Smart Team" has been created at Minot Air Force Base.

The CE Smart Team aims to tackle electrical, plumbing, structural, heating, ventilation, air conditioning and refrigeration concerns before they arise.

In November of last year, during a transition to a new work order system, Lt. Col. Bill Frost, 5th CES commander, recognized many old work orders had not been finished.

"He took the initiative to create the smart team to finally get work orders completed," said Airman 1st Class Nicholas Kent, 5th CES electrical systems

journeyman.

Since the end of last year, the smart team has been working to finish every work order -- starting in the PRIDE building.

"We are assigned one building at a time," said Airman Basic Brock Shriver, 5th CES structural journeyman. "Other Airmen in CE are pulled aside to complete bigger projects, so our primary job right now is to complete these work orders and scan the building to prevent any future issues."

The CE Smart Team is comprised of several Airmen from different sections within the squadron.

Kent and Shriver work alongside Senior Airman Woodrow Young, 5th CES structural journeyman, Senior Airman Anthony Ward, water fuel systems journeyman and their team lead, Tech. Sgt. Brandon Lane, 5th CES

metal shop NCO-in-charge.

"We are a multi-craft team," said Shriver. "We learn other skills that help us become well-rounded Airmen."

Thus far, the team has fixed 250 ceiling tiles, replaced three bathroom sinks, 138 light bulbs and completed 15 heating, ventilation and air conditioning preventative maintenance items.

"Improving these small tasks seems tedious, but it will greatly improve the quality of life on base," said Ward.

From faucets and outlet covers, to drywall and a diaper changing station, the five-man CE Smart Team has worked to improve quality of life on base one work order at a time.

To place a work order on your building call the 5th CES customer service at 701-723-7307.

AFGSC augmentees aid Team Minot

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

MINOT AIR FORCE BASE, N.D. --

Seven Air Force Global Strike Command augmentees traveled to Minot Air Force Base to help remove snow from Jan. 13 to Feb. 10.

The winter brought more than 40 inches of snow to Minot AFB in less than 30 days, which led to the Airmen volunteering to help with snow removal efforts here.

The augmentees included six Airmen from Ellsworth AFB and one Airman from Malmstrom AFB.

"We don't get as much snow at Malmstrom as these guys do here, so it was cool to come here and help them out," said Senior Airman David Cline, pavement and equipment operator with the 341st Civil Engineer Squadron at Malmstrom AFB, Montana.

Cline also noted how over the course of the month here, the augmentees worked 1,200

incident-free operating hours with 5,250 round trips to snow dumps.

"We were steadily working, but when we looked at our impact over the entire month, it was significant," Cline said.

Senior Airman Jose Perez, electrical power production journeyman with the 28th CES at Ellsworth AFB, South Dakota, also talked about how their work here has been very productive.

"We've been working six days a week moving snow around with dump trucks and equipment just to complete the mission," Perez said.

He also mentioned that while he was away from his family, there was something special about getting the opportunity to come to a different base for a month.

"The unique

thing about being here is I get to be out of my comfort zone," Perez said. "I like to take the opportunity to do things a lot of people normally wouldn't do, and I'm just glad to be part of an impact at another base."

Perez also talked about how his time here had a great impact on him.

"My experience here has been fun, productive and satisfying," Perez said.

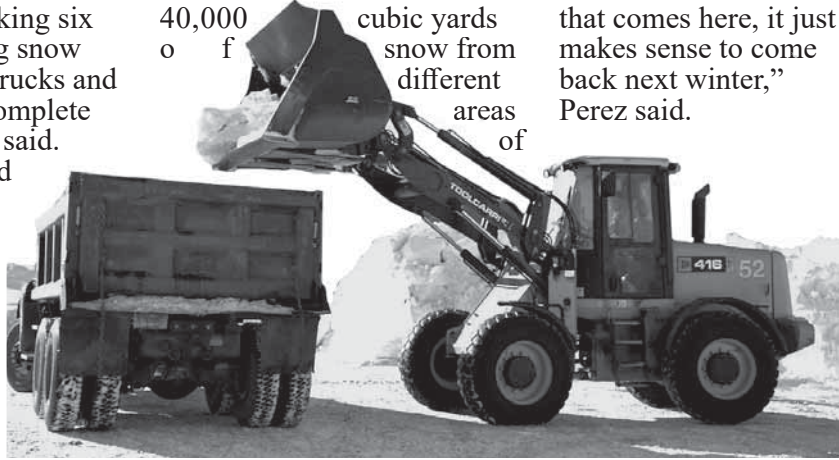
"We've moved more than 40,000 cubic yards of snow from different areas of

the base so it's nice to know I helped another base's mission."

Cline and Perez noted their favorite part about being here was the comradery between Airmen from different bases.

They also said if given the opportunity, they would come back to help out the base again next year.

"With all the snow that comes here, it just makes sense to come back next winter," Perez said.



COURTESY PHOTO

Minot tests Minuteman III missile with launch from Vandenberg

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La -- A team of Air Force Global Strike Command Airmen from the 91st Missile Wing at Minot Air Force Base, North Dakota, launched an unarmed Minuteman III intercontinental ballistic missile equipped with test reentry vehicles Feb. 8 at 11:39 p.m. Pacific Standard Time from Vandenberg Air Force Base, California.

The ICBM's reentry vehicles, which contained telemetry packages used for operational testing, traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. Test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"The men and women from the 91st Missile Wing Task Force, the Airmen from my squadron, and our host unit here at Vandenberg worked tirelessly to pull this launch off—it was awesome to see everyone's hard work pay off!" said Col. Craig Ramsey, 576th Flight Test Squadron commander. "These Airmen make me proud every day, and efforts like these make nuclear deterrence effective."

Minot AFB is one of three missile bases with crew members standing alert 24 hours a day, year-round, overseeing the nation's ICBM alert forces.

"I am exceedingly proud of the maintainers and operators

from the 91st Missile Wing, including those that supported this mission from the onset. This Task Force worked flawlessly alongside the absolute professionals from the 576 FLTS to make this mission a success," Maj. Neil Copenhaver, GT21 Task Force commander, said. "Promoting the deterrence, assurance and strike capability of the Minuteman III, along with the insight it provides to force readiness, could not be done without the dedication, professionalism and teamwork of the men and women throughout the 91st Missile Wing."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

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FACEBOOK

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HEALTHY

TRINITY HEALTH
Community Education

An Educational Event for the Community



Jerilyn Alexander, RN
Trinity Health
STEMI Coordinator

Your Heart is on the Line

Monday, February 20, 7 pm
Trinity Health Community Conference Room

Town & Country Center - Door 5

Do you know the signs and symptoms of a heart attack? Do you know the importance of calling 9-1-1 and getting early treatment for a heart attack? Join Jerilyn Alexander, RN, Trinity Health STEMI Coordinator, as she discusses the risk factors and prevention of a heart attack and gives an overview of Trinity's AMI program.

Reservations are not required but requested; call 857-5099. Refreshments will be provided.



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



Healthy Bodies Happy Hearts

NICOLE REYES | SENIOR NURSING STUDENT MINOT STATE UNIVERSITY

In today's busy world there are endless distractions, countless fast food vendors around every corner, and little time left in our schedules for anything more. We are always running, taking care of responsibilities and families, but we often forget to take care of ourselves. February is nationally recognized as heart health month. So, let's take this opportunity to slow down and find a way to make our own heart health a priority. As a veteran, a mother of three small children, and a full time nursing student, I understand that this is no easy task!

According to The Heart Foundation (2017), heart disease is the number one cause of death for men and women in the United States, taking one million lives annually. Cardiovascular disease claims more lives than all types of cancer combined. The good news though, is that this is a preventable disease! By making small changes we can have a big impact on our health. Currently, Minot Public schools are helping to encourage physical activity in children by having them participate in Jump Rope for Heart. This program is through the American Heart Association and helps children learn about their heart and how to keep it healthy. Starting early is the best way to prevent heart problems. As your kids learn about ways to eat healthy and stay active, I challenge you to dive in with them. To begin, start making changes as a family such as finding healthy recipes and cooking

together. Take walks, ride bikes in the summer or go sledding in winter. Most importantly, just find ways to get moving, which can be a challenge during winter months in North Dakota, so be creative!

The first step to health is making a commitment to change, and a good place to start is with your family healthcare provider. They can do a basic screening and check your current health as well as make recommendations and referrals to local resources. It is always a good idea to do this before starting any kind of diet or exercise program. The American Heart Association website (www.heart.org) contains information on heart disease, nutrition, weight management, and physical activity. It also identifies many resources specifically aimed at keeping our children healthy such as how to make a healthy home, activities for kids, and facts on childhood obesity.

Most of us spend more time at work than at home, so this is another good place to make changes. Start a lunchtime exercise group or initiate a friendly weight loss competition which would be a good way to motivate your coworkers toward success. Supervisors can find helpful information on ways to do this through the American Heart Association or local resources such as the Health and Wellness center. Another important factor in heart health is stress, with work being a common contributor. When people feel stressed they tend to engage in

behaviors that increase risk for heart disease such as overeating, smoking, drinking alcohol, and being inactive. This can lead to increased blood pressure and high cholesterol that can damage and clog arteries. Common symptoms of stress can show up in the form of headaches, backaches, stomach pain, and feelings of tiredness, leading to irritability and forgetfulness. When the body feels stressed it releases a hormone called adrenaline which causes the heart rate, blood pressure, and breathing to increase. This chronic state of stress can wreak havoc and cause problems in your body over a period of time. However, don't let this "stress you out!" This too can be managed. Many of the same steps mentioned above will also have the effect of reducing stress, so you are already on your way! First, identify the ways in which you personally respond to stress, such as smoking or eating. Next, talk to your healthcare provider about options for quitting tobacco or for a referral to a dietician. Local resources include ND Quits (<https://ndquits.health.nd.gov>) and the Health and Wellness Center on base. Finally, find an alternative way to deal with your stress such as taking a walk and try to maintain a positive attitude. Take it one day at a time (www.heart.org, 2014)!

Small changes make a big impact. You can do it! Make a commitment to yourself and your family and let 2017 be the year you put your heart health first!

Providing a helping hand: Suicide TALK for Youth

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

MINOT AIR FORCE BASE, N.D. -- Suicide TALK for Youth is a program that gives young teens at Minot Air Force Base a way to reach out to others when struggling with suicidal thoughts.

Maj. Lance Giannone, 5th Bomb Wing wing chaplain, said the purpose of the class is to help mitigate suicides for youth and emphasize the importance of kids talking about their feelings if they are struggling with suicidal concerns.

"The program helps our youth understand that it's not dangerous or taboo to talk about suicide while giving them a venue to discuss their own personal struggles or opinions with a parent and a peer group in a safe environment," said Capt. Jason Raines, 5th Bomb Wing chaplain.

Giannone also mentioned how Suicide TALK for Youth offers open discussions about suicide awareness while

providing resources for those who want someone to talk to.

"We give youth the opportunity to discuss their feelings about suicide," Giannone said. "It helps us bring awareness to them along with ways to intervene and help them understand that suicide is preventable."

Led by chaplains, the program also includes involvement from other organizations like the Key Spouses program, the Memorial Middle School faculty, the Youth Center and the Airman and Family Readiness Center.

Giannone said a parent is required to go with the youth who attends the program, which helps provide a safe place for the youth and hopefully an opportunity for them to discuss this sensitive topic in a somewhat relaxed atmosphere.

"We let them know that help is out there and there are a lot of different people the youth can reach out to," Giannone added. "It can be a parent, it

can be a best friend."

Raines mentioned that the program not only helps inform youth, but their parents as well.

"We educate parents about the looming effects of suicide on their teens, we educate teens on how to deal and cope with feelings of suicide and how to talk about it and we equip them with resources to say, 'If I am in a dark place, who can I go to?'" Raines said.

Giannone also noted how the first meeting was a success.

"Feedback from parents of the youth has been overwhelmingly positive," Giannone said. "The biggest takeaway from the Suicide TALK for Youth meeting in December was that we had two youth come forward and discuss concerns."

The meetings are approximately an hour long and take place at the Northern Lights Chapel. The ages of the attending youth is up to the discretion of their parents.

For more information or to contact a chaplain, call 723-2456.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Regardless of the issue and how they feel, it's important for people to voice their opinion by contacting their legislators."

— N.D Game and Fish Department Game and Fish Department Deputy Director Scott Peterson.

The 2017 North Dakota legislative session seems to be plugging along with its usual share of outdoor related bills.

Many of the bills come on the behalf of a particular constituent with concerns. Take, for example, Senate Bill 2282, likely introduced at the urging of a hunter — or hunters — dealing with the dilemma of aging eyesight: It allows hunters 65 years of age and older to use scopes on a muzzleloader.

Or House Bill 1377, which follows the "gun 'em down" mentality prevalent in today's video and computer gaming mindset: That would allow someone to chase 'em, run 'em down, and mutilate 'em — coyotes, that is — with snowmobiles.

After all, coyotes are the scourge of the planet, right?

Only someone lacking in total moral compass would suggest that would be the right thing to do.

Other legislation seems a bit more grounded, like SB 2259, allowing N.D. Game and Fish Department license sales vendors to recoup costs they incur when offering online license sales at their business.

And then there is a bill that seems to make its way into the legislature almost, if not every, session — a trespass bill changing North Dakota's longstanding tradition that land is open to hunting unless posted closed.

North Dakota is likely the only state in the nation allowing the public the opportunity to access its wildlife for hunting on private land.

We're not South Dakota, Minnesota, Montana, Wyoming, or any other state — many requiring written permission.

We protect the right for the public who qualify to obtain a legal hunting license by embracing it in the North Dakota Constitution.

That's how strongly we feel about the right to le-

gally hunt in the State of North Dakota.

Yet, we're also a strong private property rights state.

It's a solid argument landowners should have the right to restrict access onto their private land.

But if North Dakota is such a strong private property rights state, why can't a southwestern North Dakota cattle rancher protect his land with a permanent grassland easement for future generations of cattle ranchers — including his own family?

He or she can sell land to a developer for a mall or housing development but not protect it in grass for future ranching opportunities.

Nor can a private landowner sell their land to conservation entities without official blessings of the county commission, a bureaucratic board dubbed the "Natural Areas Acquisition Advisory Council", and the Governor of the State of North Dakota.

It's OK to sell it to turn it to concrete but not sell it for future public wildlife enjoyment without hurdling over the moon.

If property owners want to ascertain their rights, which people have every right to do, shouldn't that include the right to protect the land itself?

It's key for these issues be discussed from both sides, which opens doors of understanding and resolution of issues.

There are other noteworthy bills, as well. It's up to North Dakotans to pay attention regardless of whether it's hunting, natural resources, education, social services, or whatever is dear to an individual.

The nice thing is that it's easy to do: Go to the legislative website, (legis.nd.gov), and track any piece of legislation desired — committee hearings, votes, and even listen live to Senate and House floor discussions.

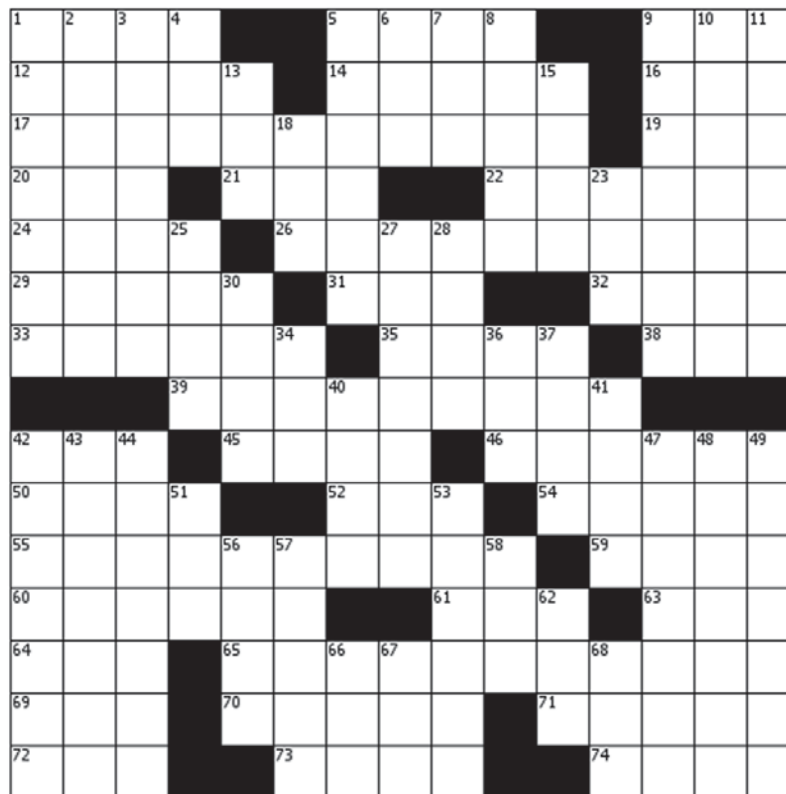
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CROSSWORD PUZZLE

Across

- 1. Classroom fixture
- 5. DOD recruiting program
- 9. "So there!"
- 12. Eye-related
- 14. Geometry calculations
- 16. Matter of self-interest?
- 17. Delaying strategy
- 19. Inflamed
- 20. One supporting a habit?
- 21. Company that bought Time Warner
- 22. Goes ballistic
- 24. They have palmate antlers
- 26. Leather cleaner
- 29. Assaults olfactorily
- 31. Name-dropper's word?
- 32. Lincoln, for one
- 33. It may whiz past one's knees
- 35. Malacca, for one
- 38. Vietnamese holiday
- 39. Archivist's material
- 42. Lively dance
- 45. Sought damages from
- 46. Begs
- 50. Guthrie Center founder
- 52. Moliere's "L'ecole ___ femmes"
- 54. Noted virologist and polio fighter Albert
- 55. Gracious winners, e.g.
- 59. "Friends" star Kudrow
- 60. Open, in a way
- 61. Tire support
- 63. One way to make a bough break
- 64. They may be ripped or crunched
- 65. Virginia shipbuilding center
- 69. "The Facts of Life" actress Charlotte
- 70. Challenged
- 71. Assistant who handles letters



- 72. Many SAT takers
 - 73. Use an IBM Selectric, e.g.
 - 74. Vanquish
- Down**
- 1. Depressants
 - 2. Shoulder adornment
 - 3. Film that rates no stars
 - 4. Word with shaving or mess
 - 5. Sweater style
 - 6. End of some e-mail addresses
 - 7. Japanese ceremonial drink
 - 8. Bedouin transporter

- 18. Discouraging words
- 23. The heart of Jerusalem?
- 25. Read quickly
- 27. One gaining intelligence, maybe
- 28. Unhearing
- 30. Winter transports
- 34. Old gold coin
- 36. Small pinch
- 37. Certain wings
- 40. Overhaul
- 41. Epicurean pleasure
- 42. Beasts revered by the Maya
- 43. Cage component
- 44. Waxy finishes
- 47. Site of the Eisenhower Library
- 48. Renounces
- 49. Speaks sharply to
- 51. Horace work, e.g.
- 53. Walked
- 56. Hourglass filler
- 57. Fabric fold
- 58. Business letter addressee, perhaps
- 62. Osbourne popularizer
- 66. Like some humor
- 67. Zing
- 68. Collar

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

| | | | | | | | | | | | | | | | |
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| O | P | A | L | | A | L | T | A | R | | A | C | R | E | |
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| T | R | O | D | | T | A | N | G | S | | S | O | S | A | |
| S | I | N | G | L | E | F | I | L | E | | | | S | P | Y |
| | S | E | E | I | N | | | E | N | S | U | E | | | |
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| W | E | B | S | | A | U | T | O | | S | C | A | R | E | |
| A | X | L | E | | S | O | B | | | A | L | L | S | | |
| S | P | O | R | T | | T | O | E | S | | P | L | O | T | |
| H | O | O | V | E | R | | D | Y | E | S | | | | | |
| | | D | E | N | I | M | | | | C | H | I | R | P | |
| A | C | T | | | G | O | L | D | R | E | C | O | R | D | |
| R | O | Y | S | | G | L | A | R | E | | O | B | O | E | |
| T | A | P | E | | E | A | T | A | T | | N | O | N | E | |
| S | T | E | W | | D | R | E | G | S | | S | T | E | P | |

- 9. Lend a hand
- 10. Stir up
- 11. Unstable region
- 13. KGB counterpart
- 15. Waterless

FRIDAY, FEBRUARY 17 • 1800
PATRIOTS DAY • (R)

“ The story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible. ”

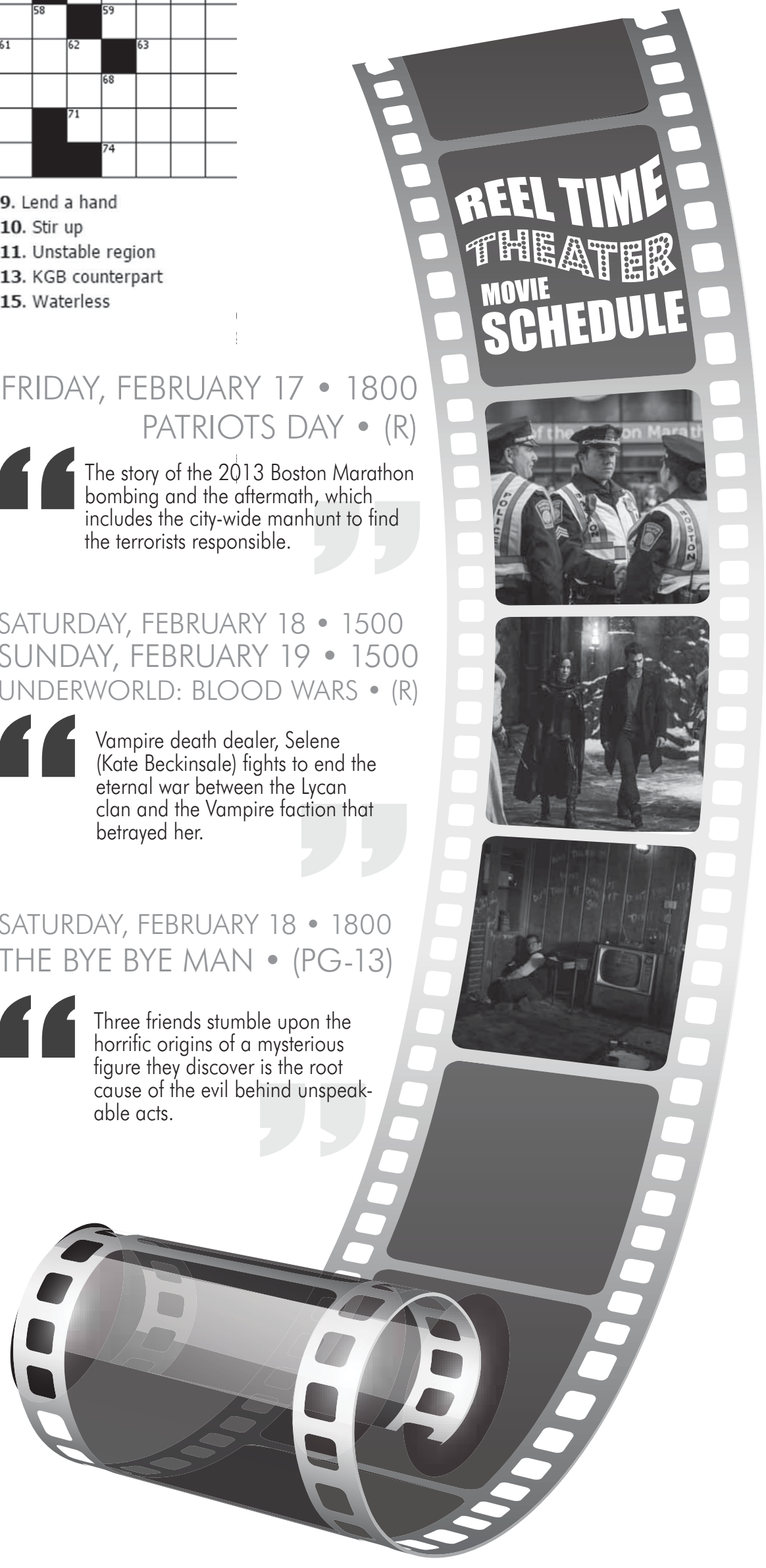
SATURDAY, FEBRUARY 18 • 1500
SUNDAY, FEBRUARY 19 • 1500
UNDERWORLD: BLOOD WARS • (R)

“ Vampire death dealer, Selene (Kate Beckinsale) fights to end the eternal war between the Lycan clan and the Vampire faction that betrayed her. ”

SATURDAY, FEBRUARY 18 • 1800
THE BYE BYE MAN • (PG-13)

“ Three friends stumble upon the horrific origins of a mysterious figure they discover is the root cause of the evil behind unspeakable acts. ”

REEL TIME THEATER MOVIE SCHEDULE





Funfetti Whoopie Pies



INGREDIENTS:

1 White Cake Mix
 1/2 C butter (softened)
 1 egg
 1/2 container of sprinkles
 Frosting (store bought or homemade) with food coloring to color

INSTRUCTIONS:

Preheat your oven to 350 degrees. Combine the cake mix, butter, and egg and mix till smooth. Now pour in a bunch of sprinkles. I used about 1/3-1/2 of my little bottle of them. But really, just do what works for you. You'll want quite a few to make it fun. Mix those in and then make cookie dough balls that are about 1 inch big. Press them down slightly to begin the flattening process for them. Bake for about 8-10 minutes. Allow them to cool. Grab your frosting (you can make your own or get store bought) and add some bright colors! Then put it in a plastic bag, snip off the corner and pipe it on your cookies. Give them each a nice big pile of frosting. Then throw another cookie on top and gently press down. And you've got a perfect, fun cookie! Enjoy!

Cheesecake Cookies

INGREDIENTS:

| | |
|--------------------------------------|---------------------|
| 8 oz cream cheese (room temperature) | 2 1/2 cups flour |
| 1/2 cup butter (room temperature) | 2 tsp baking powder |
| 1 1/4 cup granulated sugar | 1/2 tsp salt |
| 2 eggs | Powdered Sugar |
| 2 tsp vanilla extract | |

INSTRUCTIONS:

Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper or silicone mats. Beat cream cheese and butter together until fluffy and smooth; 1-2 minutes. Add sugar to the butter mixture and beat until fully incorporated and fluffy; 1-2 minutes. Beat in the eggs and vanilla; 1 minute. In a separate, medium-sized bowl, whisk together the flour, baking powder and salt. Gradually add the dry ingredients to the butter mixture and stir just until incorporated. Do not over-mix. Drop by rounded tablespoons onto the prepared baking sheets. Bake at 350 degrees for 10-11 minutes. Cookies should be light in color, not browned, and just starting to brown on the bottom. *Length of baking time may vary from oven to oven. Cool cookies on the baking rack for a few minutes before transferring to a wire rack to cool completely. If desired, sprinkle with powdered sugar or dip in chocolate once cooled.

Art Donation Highlights a Teaching Legacy

MINOT STATE UNIVERSITY

A major artwork donation to the Minot State University Permanent Art Collection by noted Chicago printmaker David Driesbach will go on display at the Northwest Art Center's Hartnett Hall Gallery and in the MSU Student Center in the Flat Tail Gallery March 2 through 30, 2017. A stylistically related exhibit of prints by Iowa artist John Kaericher will run concurrently in the Gordon B. Olson Library Gallery.

Visitors are invited to a public reception at the three galleries from 6:30 to 8:30 p.m. March 9, with an interpretive lecture, "Lasting Influence: The Art of David Driesbach and John Kaericher," scheduled at 7:00 p.m. in Aleshire Theater, Hartnett Hall.

MSU Assistant Professor of Art Ryan Stander, who initiated conversations in 2014 with Driesbach that led to the donation to MSU of over 60 original etchings and lithographs, will lead the lecture with assistance from Assistant Professor of Teacher Education Dr. Dan Conn, Assistant Professor of Art Micah Bloom, and Bachelor of Fine Art students Hannah Streccius, Katie Abrahamson, and Cera Pignet.

"Driesbach's gift to the collection gives us a retrospective of his career," said Northwest Art Center Director Avis Veikley. "It will be accessible to students

as a 'study collection' so they can see how his style evolved over the years, and learn about his special printing techniques."

But there is more to the story.

Both featured artists, Driesbach and

"Exhibiting the work of Driesbach and Kaericher side by side helps us identify the influences of their common teacher, and also highlights the independent direction each took as their careers developed," said Veikley, "and then we see the lineage continuing here at MSU in Ryan's work and teaching. It's a great lesson for our students."

Driesbach, now in his nineties, lives in Chicago and continues to make art. Kaericher retired from a teaching career at Northwestern College in Orange City, Iowa, where he resides. The Kaericher exhibit is on loan from the artist.

The Driesbach donation was framed for public display with funding from an endowment in memory of the late Janet Wentz, longtime state legislator from Minot. Annual

awards from the endowment are rotated within the music, art and theater programs at MSU.

After its run in the MSU galleries, "Spectacles, Top Hats and Ties: David Driesbach Prints" will tour to member galleries of North Dakota and Montana art gallery associations, with bookings into 2019.

The exhibition, reception, and lecture are free and open to the public.

The Hartnett Hall Gallery and Library Gallery are located on the Minot State University Campus along 11th Avenue Northwest. Hartnett Hall Gallery hours are Monday through Friday, 8:00 a.m. to 4:30 p.m. and by special appointment. The Library Gallery is open during regular library hours. The Flat Tail Gallery is located in the west stairwell between the second and third floors of the MSU Administration Building and Student Center.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.



Self-portraits by artists David Driesbach and John Kaericher illustrate common influences in their early styles. "The Princess Walks in Her Sleep" shows Driesbach's innovations in color printing. Artwork by the two printmakers will be featured in the Northwest Art Center and Flat Tail galleries at Minot State University March 2-30, and at a public lecture and reception March 9.

Kaericher, were students of Argentinian born artist Mauricio Lasansky at the University of Iowa — Driesbach in the 1950s, and Kaericher in the 1960s. The younger Kaericher also later studied under Driesbach. And Kaericher would eventually become the teacher of MSU's Ryan Stander.

Stander said the underlying message in the two exhibits is that teachers can have a profound influence on their students. "It's about the mentoring," said Stander, "the power between the educator and student."

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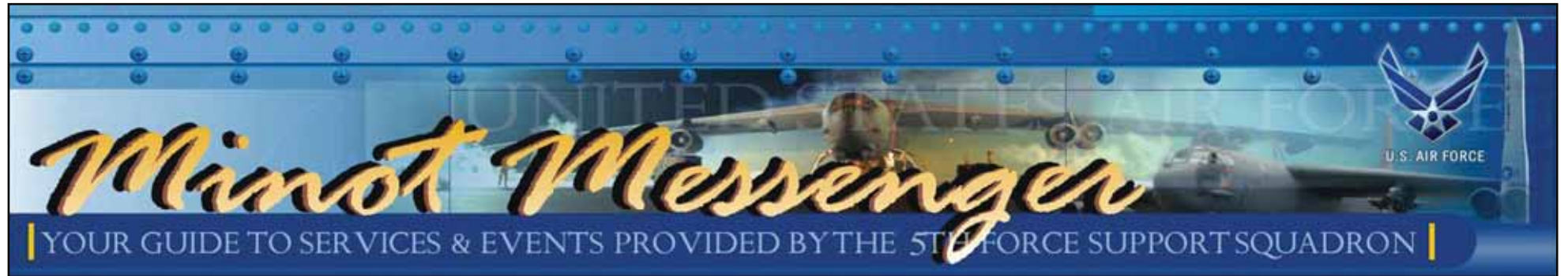
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Club Scholarship Can Help With Money For College

NEED MONEY FOR COLLEGE?
Enter to win a scholarship from Air Force Clubs!

CREATE
An essay or video

ENTER TO WIN
BIGGER scholarships up for grabs in 2017!

| | |
|-------------------|---------|
| 1 st | \$7,000 |
| 2 nd | \$5,000 |
| 3 rd | \$3,000 |
| 4 th | \$2,000 |
| Honorable Mention | \$1,000 |

SUBMIT ENTRY
MARCH 1 to MAY 12 2017

Visit MyAirForceLife.com/Clubs for 2017 Air Force Club Scholarship eligibility, essay/video topic, instructions and rules. Good luck!

Air Force (AF) Clubs know it takes more than ambition, good grades, and great numbers on the SAT to get into college these days. That's why for the past nineteen years, they have assisted club members and their families through its annual scholarship program.

According to Mr. Jeff Polangin, Food & Beverage Operations Director, the scholarship program is a great benefit for Air Force Club members.

"The Air Force Club Scholarship Program has provided college tuition assistance to 446 Air Force Club members and/or their eligible family members," said Mr. Polangin.

"This is an exclusive club member program," he said, "only club members or eligible family member ID

Arts & Crafts Center Offering Wine & Paint Class On Feb. 24

WINE & PAINT CLASS AT THE ARTS & CRAFTS CENTER

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

FRIDAY FEBRUARY 24 6:00-8:00PM

ADULTS 21 & UP ONLY
COST: \$26/PERSON
SIGN-UP AT THE ARTS & CRAFTS CENTER FEBRUARY 14-23

723-3640

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, February 24 from 6-8 p.m. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided. Pre-registration is required at the Arts & Crafts Center now through February 23.

There is limited seating available so be sure to register early. Class is open to adults 21 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For more details, call 723-3640.

card holders (spouse, child or other eligible family member) working towards their first Associate or Bachelor's degree can apply."

In 2016 a video essay option was introduced with very good participation, so this option will again be offered this year. However, this year essays will be grouped into "Traditional" and "Non-Traditional" categories. Traditional Essay category is defined as any essay (in either written or video format) submitted by an eligible 2017 high school graduating senior. Non-Traditional Essay category is defined as any essay (in either format) submitted by all other eligible club members.

Beginning March 1st, the entrant application located at www.myairforcelife.com is where entrants can complete the application process and upload the required documents. Prior to announcing winners, membership/eligibility status will be verified using Club Works --your account must be active and in good standing.

This year, the Air Force Club Scholarship Program will award ten scholarships totaling \$36K. Five in both the "Traditional" and "Non-Traditional" entrant category with scholarship award breakdown as follows: First Place - \$7,000, Second Place - \$5,000, Third Place - \$3,000, Fourth Place - \$2,000, and Honorable Mention - \$1,000.

For this year's essay we'd like to hear about a time when you were tested to live up to the Air Force core values. Tell us about a specific moment when embodying these ideas was difficult, how you succeeded or failed, what you learned from the experience and how that impacts the way you live your life today. The submission deadline is May 12, 2017. Club Scholarship winners will be announced on June 2, 2017. Eligibility rules, program timeline, and entry form will be available at www.myairforcelife.com/clubs.

Auto Hobby Hosting Ladies Night On February 27

LADIES NIGHT
DEPENDENTS MAY ALSO ATTEND

MONDAY FEBRUARY 27 5-7PM
4TH MONDAY OF EACH MONTH

Learn the basics on how to maintain your vehicle and tires. This class will be taught by a certified mechanic. 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 February 24.
Call Auto Hobby at 723-2127

Auto Hobby is hosting a Ladies Night on Monday, February 27 from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle and tires. The class is taught by a certified mechanic.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Dependents may also attend. Registration deadline is February 24. Please wear clothes you don't mind getting dirty and close-toed shoes. To register or for more information, call Auto Hobby at 723-2127.

Enjoy Ice Fishing Trip To Lake Metigoshe On March 11

OUTDOOR RECREATION ICE FISHING TRIP TO METIGOSHE

MARCH 11, 8AM

Register by March 3
Depart ODR: 8am

Join Outdoor Recreation on a guided ice fishing trip to Lake Metigoshe. We will meet at Outdoor Recreation at 8:00am to head up to Metigoshe for the day. Must be 10 years old to go.

Cost: \$15.00

723-3648

Test your angling skills during the guided Ice Fishing Trip to Lake Metigoshe hosted by Outdoor Recreation on Saturday, March 11. We will meet at Outdoor Recreation at 8 a.m. to head up to Metigoshe for the day. Must be at least 10 years of age or older to participate.

Cost is \$15 per person. Registration deadline is Friday, March 3. For additional details, call Outdoor Recreation at 723-3648.

FREE Admission For Club Members To UFC Fight Night

UFC 209

MARCH 4
PRE-LIMS START AT 7PM
MAIN EVENTS START AT 9PM

MEMBERS: FREE
NON-MEMBERS: \$7

LIMITED BAR MENU AVAILABLE IN LOUNGE

PITCHER SPECIALS: \$6
ADULTS ONLY
NO CHILDREN

727-ROCK

Club members receive FREE admission to the UFC 209 pay-per-view event at Rockers Bar & Grill on Saturday, March 4. Non-members price is only \$7.

The action features the UFC Welterweight Championship rematch between current champion Tyron Woodley and five-time kickboxing world champion Stephen Thompson.

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.

CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 17th WILL BE FOR \$2,000.

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. 17 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



ANNUAL AWARDS BANQUET KID'S NIGHT OUT
 AGES 5-18 SNACKS GAMES BOUNCY CASTLE
FEB 24th **6:00 PM**
 FREE for Deployed Families
 \$20/Child Members & Non-Members
 723-2838
 REGISTRATION ENDS 24TH

Family Fun Night

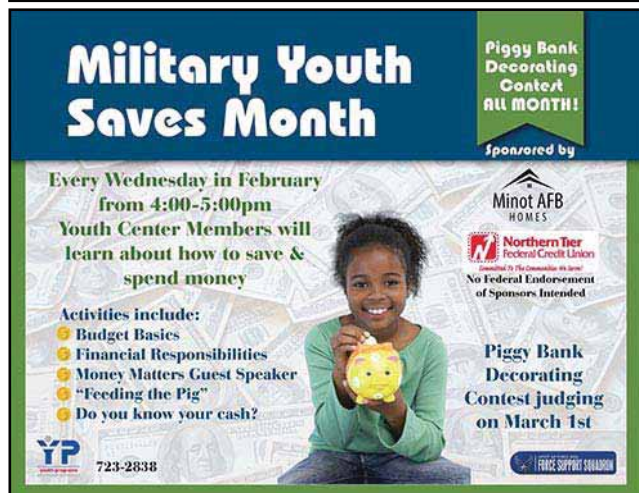
Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, call Rough Riders Pizza at 727-4377.

For more 5th Force Support Squadron events and daily updates, visit www.facebook.com/5thforcesupport

Mar 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 Pre-Orientation at the Family Child Care office on Monday, March 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 details, call the Family Child Care office at 723-6662.

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



Military Youth Saves Month
 Piggy Bank Decorating Contest ALL MONTH!
 Sponsored by Minot AFB HOMES
 Northern Tier Federal Credit Union
 No Federal Endorsement of Sponsors Intended
 Every Wednesday in February from 4:00-5:00pm Youth Center Members will learn about how to save & spend money
 Activities include:
 • Budget Basics
 • Financial Responsibilities
 • Money Matters Guest Speaker
 • "Feeding the Pig"
 • Do you know your cash?
 Piggy Bank Decorating Contest judging on March 1st
 723-2838

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 17 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Feb. 17 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 18 Texas Hold'em Game Night

Do you know when to hold'em and when to fold'em? Rockers Bar & Grill invites you to their Texas Hold'em Game Night on Saturday, February 18. Sign-in by 7:30 p.m. with play beginning at 8 p.m. in Rocker's Clubhouse. Buy-in is \$20 for club members and \$25 for non-members. Show off your poker skills and see how you stack up against the competition. Snacks and drink specials will be available. For more information, call Rockers Bar & Grill at 727-ROCK.

Feb 23 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 23 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 LESs and have knowledge of their bills. Call 723-3950 to register or for details.

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 now through February 17. For more details, call 723-3640.

Feb 18 President's Day Special

Rough Rider Lanes is offering a President's Day bowling special on Saturday, February 18 from 4-9 p.m. Strike up some fun and bowl for \$2.75 per game and shoe rental of only \$1. Plus, it's a Red Pin day, get a strike when the head pin is a red pin and receive a free game coupon (one free game coupon per person per game). For additional information, please call Rough Rider Lanes at 727-4715.

Feb 24 Mardi Gras Minot Style

Celebrate Mardi Gras Minot style at Rockers Bar & Grill on Friday, February 24 from 4:30-7 p.m. You can enjoy a delicious Cajun buffet in the lounge, listen to Cajun music, and maybe get some beads thrown your way. Cost is free for club members and \$7 for non-members. Karaoke will begin at 8 p.m. For additional information, call Rockers Bar & Grill at 727-ROCK.



SSgt Orion Rosado, 5 OSS, relaxes in the Southern Motion recliner he won during the Super Sunday Party at Rockers Bar & Grill on February 5. Over \$2,000 in prizes were given away during the event which was the finale to the annual Football Frenzy promotion. Super Sunday was sponsored by I. Keating Furniture, Verendrye Electric Cooperative, and First Command Financial Services. *No Federal Endorsement of Sponsors Intended.*



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Adam Wilson Jr.
 turns 2 on February 18!
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 E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.



CCT rust riders prevent equipment damage

Gerald Ferdon, 91st Missile Maintenance Squadron corrosion control specialist, paints a panel mod stand at Minot Air Force Base, N.D., Feb. 2, 2017. Members of the 91st Missile Maintenance Squadron corrosion control team minimize the effects of corrosion on equipment used at the 91st missile sites.

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



Warbirds soar above the clouds

MINOT AIR FORCE BASE, N.D. -- A B-52H Stratofortress soars above the clouds of North Dakota airspace, Jan. 31, 2017. During the mission, the crew ran simulated close air support scenarios, preparing them to support Operation Inherent Resolve with B-52 firepower.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN J.T. ARMSTRONG

HEART HEALTH FAIR
 Feb. 25 • 11 am-2 pm
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Warbirds participate in Green Flag East 17-03

SENIOR AIRMAN J.T. ARMSTRONG | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Airmen from across the 23rd Bomb Squadron, 5th Aircraft Maintenance Squadron and 5th Operations Support Squadron participated in exercise Green Flag East 17-03, which took place Jan. 13-27, 2017.

Green Flag East is a joint simulated combat operation held between Barksdale Air Force Base and Fort Polk, La., to employ close air support and home communication between air and ground forces. More than 1,000 Airmen and 30,000 U.S. Army Soldiers participated in preparation to support U.S. Central Command's Operation Inherent Resolve.

"Our role is to execute strikes against pre-planned targets and provide close air support, armed over watch, convoy escort and psychological operations

in support of U.S. forces," said Capt. Eric Nelson, 23rd BS b-flight commander. "This exercise allowed us to integrate in real-time with joint assets on the ground in a contested, degraded and operationally-limited environment."

The 23rd BS flew three B-52H Stratofortresses per day, cycling between 11 five-member crews. They employed simulated GPS-guided munitions, laser-guided munitions and leaflet bombs on target sets representing ones that they will see downrange.

According to Lt. Col. Michael Maginness, 23rd BS commander, Green Flag East was the validation exercise for the squadron prior to taking over day-to-day operations in U.S. CENTCOM.

"We used this exercise for a cradle-to-grave rehearsal," said Maginness. "We tested our ability to fly continuous

area of responsibility coverage over 12 hours with three separate jets."

In addition to the 23rd BS, approximately 350 personnel from the 23rd Aircraft Maintenance Unit participated in the exercise. Their role was to sustain and provide combat-capable aircraft to the bomb squadron. Maintainers trained using the same six aircraft that will be employed downrange – launching, recovering and fixing aircraft after flight, in an extremely shortened time-frame.

"Short of deploying to an area of responsibility, this is the most realistic combat experience the 23rd AMU will get," said Senior Master Sgt. Andrew Poole, 5th AMXS lead production superintendent. "They gained valuable quick-turnaround experience in a simulated combat environment."

The 5th Bomb Wing demonstrated their ability to

'Own It' and project B-52 firepower on demand in preparation to support U.S. CENTCOM.

"The lessons learned

from Green Flag gave us the opportunity to refine training and be ready to strike any target set, anytime, anywhere," said Maginness.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN J.T. ARMSTRONG

The sun rises behind a B-52H Stratofortress at Minot Air Force Base, N.D., Jan. 26, 2017. Airmen from the 5th Aircraft Maintenance Squadron work around the clock in all weather conditions to provide B-52 firepower on demand.



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Josh Benjamin, owner Prairie Carpet Services

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Winterfest 2017

The Minot Park District and the Sunrise Rotary Club were excited to celebrate their 2nd Annual Winterfest on Sunday, February 12. The activities for the day included Ice carving by Trevor Pearson, Snowman Building, Tractor Rides, Snow Painting, a Coloring Contest, Sledding, Bonfire with Hot Cocoa, Luminary Walk, Roosevelt Park Zoo Animal Encounter, Scavenger Hunt, Otis & James Photo Booth, Ice Fishing Station, Meet and Greet with the Minot Minotauros and Magic City Discovery Center. A full day of fun was had by all who participated. Hope to see you all in 2018 for the third annual Winterfest.

NORTHERN SENTRY PHOTOS | BETH DUCHSHERER

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 of 2013
 and
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CHURCH DIRECTORY

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

St. Peter The Aleut Eastern Orthodox Church

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

Harvest Reformed Church

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Sunday Service 10:30 a.m. 838-0605
www.harvestreformedchurch.org

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 402 South Street • 701-362-7971
Sundays:
 Morning Worship..... 10:00 a.m.
 Sunday School 11:15 a.m.
Wednesdays:
 Glenburn Youth Group - interdenominational
 Meets September thru May - for students in grades 7-12
 6:00 meal followed by singing, games, and lessons.
 Pastor David W. Wisthoff • 701-240-1491

Bible Fellowship Church

 Worship Service 10:45am Sunday
 Sunday School/Bible Study 9:45am
GRIEF SHARE
Preview Session March 12 at 6:30pm
838-0916 • 1720 4th Ave NW
minotbiblefellowship.org

Faith United Methodist Church

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

Minot Baptist Church

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

Cornerstone Presbyterian Church
1000 NE 3rd Street 852-0315
Sunday Schedule
 Contemporary Worship 9:30am
 Child/Youth Sunday School.. 11:00am
 Adult Sunday School.... 8:30 & 11:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
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Congregational United Church of Christ
430 N. Broadway • 839-1064
 Sunday School 11 a.m.
 Sunday Worship 11 a.m.
 Tuesday Lunch
 Bible Study 11 a.m. - 1 p.m.
 Wed. Youth Classes 6:30 - 8:30 p.m.

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

First Presbyterian Church

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

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

St. John the Apostle Catholic Church

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

First Lutheran Church - ELCA

 120 - 5th Ave. NW
 852-4853
 Saturday Worship 5:30 pm
 Sunday Worship 8:30 am
 Sunday Education 9:45 am
 Sunday Worship 11:00 am
 Wednesday Supper 5:30 pm
 Wednesday Education 6:00 pm
 Services are now available online at firstlutheran.tv
 Radio Broadcast KRRZ 1390 AM 8:30 AM
 Pastor Ken Nelson & Pastor Brandy Gerjets

Our Redeemer's Church

A Church of the Lutheran Brethren
Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
 Interpreter services for the deaf .. 10:45 a.m.
 Radio Broadcast KHRT 1320 AM 11 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

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

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Children's Church 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Calvary Alliance Church

 715 20th Avenue NW
 Minot, ND 58703
www.calvaryofminot.com
701-852-0670
 Sunday School 9:00 am
 Sunday Worship Service 10:00 am
 Wednesday Prayer 6:30 pm
 Wednesday Youth Group (grade 7-12) 6:30 pm

West Minot Church of God

Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30 p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352
westminot.com
facebook.com/westminot

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 Sunday School 9 a.m.
 Worship Service 10:30 a.m.
 Wednesday Supper 6:15 p.m.
 Adult/Youth Bible Study
 Kids Club 7 p.m.
Pastor Shane McLoughlin
530 22nd Ave NW • 852-6492
bethel@minot.com

BREAD OF LIFE ELCA LUTHERAN CHURCH

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

Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694
Sundays:
 Sunday School 9:15 a.m.
 Worship 10:30 a.m.
Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
 Family Supper 5:45 p.m.
 Classes for all ages 6:30 p.m.
 Adult Choir (as scheduled). 8:00 p.m.
Brian T. Skar, Pastor
www.ibcminot.org

Cross Roads Baptist


 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: crbc@srt.com
415 28th Ave SE (Behind Menards) 838-1873

First Assembly of God
1805 2nd St. SE 838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Evening Worship 6:30 p.m.
 Wednesday Family Night 7 p.m.

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 Sunday Worship 10:30 am
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www.gracefellowshipatburlington.com

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Anna B. Henderson
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Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
 Sunday School 9:45 a.m.
 Adult/Children Worship.. 11 a.m.
 Family Hour 6:30 p.m.
 Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

ZION Lutheran ELCA

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

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 Worship 10:45 a.m.
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 Fellowship 11:00 a.m.
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12w

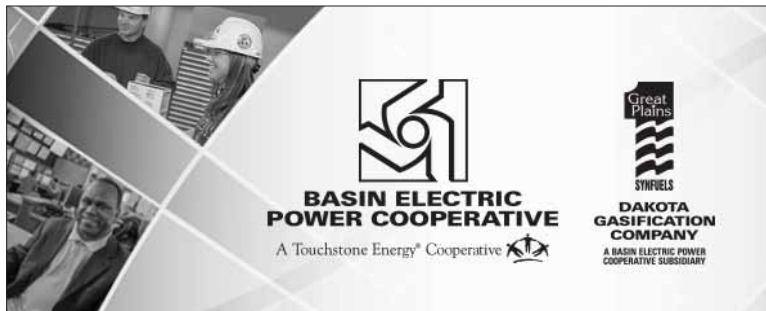
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- Student Intern - Civil Engineering (Summer & Fall 2017) - Bismarck, ND
- Student Intern - Construction Management (Summer 2017) - Bismarck, ND
- Student Intern - Electrical Engineering (Summer & Fall 2017) - Bismarck, ND
- Student Intern - Mechanical Engineering (Summer & Fall 2017) - Bismarck, ND
- Student Intern - Financial Services, Commodity Risk (Summer 2017) - Bismarck, ND
- Student Intern - Mechanical (Summer 2017) - Stanton, ND
- Student Intern - Instrument & Control (Summer 2017) - Stanton, ND
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| 4 | 1 | 6 | 3 | 9 | 2 | 5 | 7 | 8 |
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| 7 | 9 | 5 | 6 | 2 | 8 | 3 | 4 | 1 |

Answers to puzzle from page 6

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|  <p>\$235,000</p> <p>IN BURLINGTON – Harvest Heights development offers this 3 bedroom, 2 bath home with great views. 1281 sq ft on main plus a full unfinished basement. Oak kitchen cabinets and breakfast bar. Master suite has walk-in closet and private bath. Double garage.</p> <p>MLS #170297</p> | <p>NEW</p> <p>MinotAreaOpenHouses.com Courtesy of Minot Multiple Listing Service</p>  <p>\$420,000</p> <p>MOTIVATED SELLER – 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. Reduced price.</p> <p>MLS #161523</p> | <p>HOUSE FOR SALE</p> <p>BEAUTIFUL HUNTERS RIDGE CONDO, open concept, move in ready, very large master suite, hardwood floors throughout, Large balcony, 2 large bedrooms lower level, 3 bath, over 3,000 sq. ft. Beautiful view of city FSBO. Open house every Sunday 1-4 PM. 1303 15th St. SW Minot. 833-5406 for questions.</p> |
|  <p>Tim Knutson 833-8951 tim@minothomes.com</p> | <p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p> |  <p>Ali Ryan 720-9004 amryan66@yahoo.com</p> |

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- Minot International Airport | 25 Airport Rd
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- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
- Country Inn & Suites | 1900 22nd Ave SW
- Scissors Edge | 1609 S Broadway St
- Watne | 408 N Broadway
- 1st Minot Management | 217 Main St S
- Magic City Hoagies | 1515 24th Ave SW

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|  <p>Refinished to perfection! This four bedroom 3 bath home in SE location features a lower level kitchen 2 egress bedrooms, 1 non-egress bedroom, & spacious family room. New maintenance free deck has access from the open dining room area. Call Aisha Vadell at 240-3780. #160865</p> <p>\$19,900</p> |  <p>This New-Build Single Family home in Burlington's newest residential development, Harvest Heights is the 1,235 sq. ft. 'Jenny Manor Plan' which has 3 Bedrooms, 2 Bathrooms, and an attached double 24x24 garage. Call Amber Alexander at 500-0810. #161904</p> <p>\$309,900</p> |  <p>Secluded home, nestled among trees and valley, lies a beautiful 2 story home that has 4 bedrooms, 1 ½ bathrooms, and a 2 car garage. Home sits on over a ¼ acre lot, plenty of parking. Has nice size deck that overlooks the city and a stone fire pit. Call Clyde Thorne at 240-8594. #161310</p> <p>\$129,800</p> |
|  <p>Well kept 2 bedroom mobile home in a small quiet mobile park in SW Minot. Mobile home has vinyl siding, an attached entry shed & nice deck! Also has a newer furnace and separate shed. Washer & dryer stay. Park has lower lot rents than most others in town. Call Tamie Dunn at 720-1723. #162128</p> |  <p>Beautiful custom built newer construction in historic Eastwood Park. Don't miss out on this amazing 2 story home with tons of space with the nice open floor plan. Vaulted ceilings with recessed lighting. Call Lori Henderson at 721-0158. #162438</p> |  <p>Tour this 3 bedroom, single bath Sparkler! Beautiful hardwood flooring. Updated bath. Super clean home. New furnace & A/C. Large fenced yard with garden area. Single garage. Across the street from Sunnyside School. Did not flood. Call Lorell Seibold at 721-4996. #161646</p> |



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