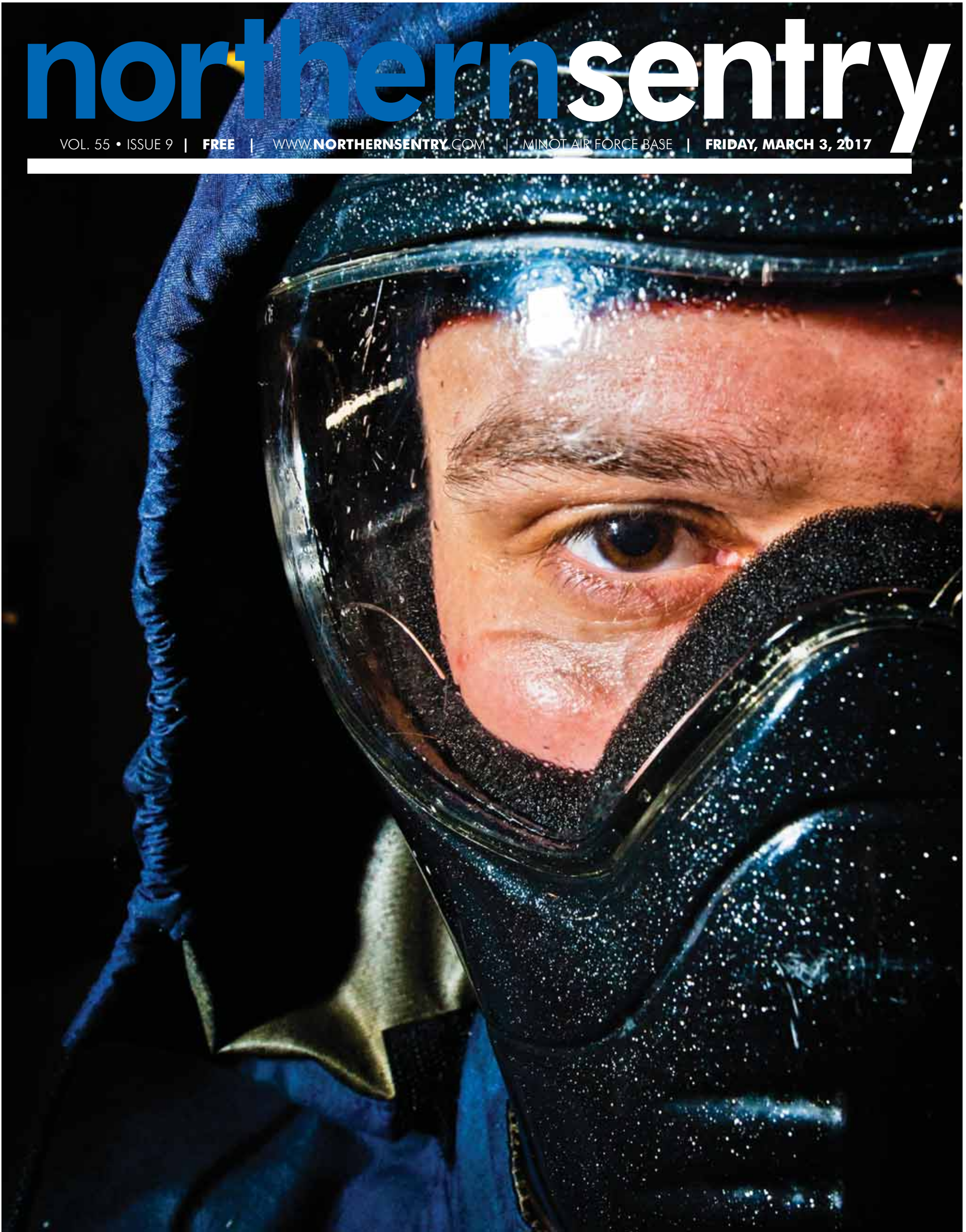


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Videos

Seeking higher education part one

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

MINOT AIR FORCE BASE, N.D. -- Education is often a door left unopened by many who have been provided the chance.

Some with this opportunity may make a decision on their education based on their location or a recent fad, but that may not be the best for them.

The Education Center on Minot Air Force Base, N.D., is here to help inform base personnel about the different opportunities they have to seek a higher education and assist them in choosing the best opportunity.

"Our primary purpose, provided to both our active duty and dependents, is to make sure they get the most bang for their buck," said Ron Filkins, 5th Force Support Squadron base training and education section chief. "If they're thinking about taking classes or they want to get into a specific degree program, we try to give them the guidance to

make sure they're picking what's right for them. There are a lot of options out there for people and our main thing is to let them know what they are."

At the Education Center, there are four colleges on location: Central Michigan University, Embry-Riddle Aeronautical University, Minot State University and Park University.

CMU primarily offers base classes for graduate degrees, PU and ERAU primarily offer base classes for undergraduate degrees, and MSU primarily offers base and on-campus classes for bachelor's degrees, said Filkins. CMU also offers undergraduate courses online and PU and ERAU offer graduate courses online.

There are also other courses not taught by the colleges at the Education Center, such as an Accessing Higher Education Course, Winter Driving Safety Class, Tuition Assistance Briefings, Resiliency Training among others.

For some classes, if less than five people sign up, an education specialist can go through the class in a one-on-one session.

When there are enough people from one location on base interested

in a class taught by one of these schools or by the Education Center, the class can

be taught on location to save time, Filkins said. Everybody would still get credit for the course.

Every year, the Education Center hosts an Education Fair. This year's is scheduled to occur July 19.

"We go in and look at the top 20 schools people at Minot (AFB) are taking classes through," said Filkins. "We extend an invitation to them. Reps come in from the schools and set up an information station."

Schools will also call to ask if a rep can come

to the base to talk with current students of their school, said Filkins. Emails would go out to the students and Filkins would coordinate a time and location for these meetings.

The Education Center also holds testing for all Air Force tests. Every test is scheduled Tuesday, Wednesday or Thursday at either 8 a.m. or 1 p.m.

Although there are selected test days and times, there are a few exceptions, Filkins said. Most tests in the Air Force have due dates or need to

be set for a specific day and time. Due to this, they have computer labs open Monday to Friday during business hours.

For more information on the Education Center, check out the related link above titled 'Education Center' or call the front desk at 723-2772.

Next time: how to pay for college.

The Education Center on Minot Air Force Base, N.D., helps inform base personnel about the different opportunities they have to seek a higher education.

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USSTRATCOM Commander Announces 2016 Omaha Trophy Winners

USSTRATCOM PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. -- In recognition of outstanding support to U.S. Strategic Command's (USSTRATCOM) strategic deterrence, space and cyberspace missions, U.S. Air Force Gen. John E. Hyten, commander of USSTRATCOM, announced the winners of the 2016 Omaha Trophies at the command's headquarters Feb. 16, 2017.

"These awards are a direct reflection of the hard work and tireless effort demonstrated by the men and women, in and out of uniform, who support the command," Hyten said. "USSTRATCOM is a powerful, dominant warfighting command whose ultimate strength is its people, joint and allied warfighters – officers, enlisted and civilians."

Hyten added that the winning organizations "distinguished themselves as the top performers in a field of extraordinary competition."

He also lauded the efforts and achievements of the other nominated units for

their dedication to providing a safe, secure, effective and ready deterrent force.

"Every one of these nominees is a winner and an outstanding representative of their task force, joint task force, or functional component," Hyten said. "This command's leadership staff and I are extremely proud of each and every one of them for their contributions towards preserving peace."

The Omaha Trophy, dating back to the U.S. Air Force's Strategic Air Command, was originally created by the Strategic Command Consultation (SCC) Committee – an advisory group comprised of business leaders in the Omaha area – in 1971. At the time, a single trophy was presented annually as a token of appreciation to the command's best wing.

Since then, the tradition has evolved to unit-level awards that recognize USSTRATCOM's premier intercontinental ballistic missile (ICBM) wing, ballistic missile submarine, strategic bomber wing and

global operations (space/cyberspace) unit. Last year, a new category was added to include the combatant command's top strategic aircraft wing.

Those receiving awards represent organizations throughout USSTRATCOM that are critical to fulfilling the combatant command's vision of fighting and delivering integrated multi-domain combat effects across the globe, wherever and whenever needed.

"On behalf of the great people of Omaha and the surrounding area, we are proud to recognize the 2016 Omaha Trophy winners," said Ken Stinson, chairman of the SCC. "Congratulations and thank you for your hard work and the many sacrifices you and your families make in service to this great nation."

The 2016 Omaha Trophy recipient organizations are listed by category below:

- ICBM: 90th Missile Wing, F.E. Warren Air

Force Base, Wyoming

- Ballistic Missile Submarine: USS Alaska (SSBN 732), Naval Submarine Base Kings Bay, Georgia

- Strategic Bomber: 5th Bomb Wing, Minot Air Force Base, North Dakota

- Strategic Aircraft: 92nd Air Refueling Wing, Fairchild Air Force Base, Washington

- Global Operations: 21st Space Wing, Peterson Air Force Base, Colorado

One of nine DoD unified combatant commands, USSTRATCOM has global strategic missions assigned through the Unified Command Plan that include strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; and analysis and targeting.



U.S. AIR FORCE PHOTO | SAMUEL KING JR.

A line of 96th Security Forces Squadron Airmen walk by security vehicles during a boat-dedication ceremony Feb. 24 at Eglin Air Force Base, Fla. The boat was dedicated to Senior Airman Nathan Sartain, a security forces Airman from Pensacola, died in an aircraft crash while deployed in 2015. The newest patrol boat in the Eglin fleet bears his name to honor his service and sacrifice.

Fallen Defender honored with boat dedication

CHERYL SAWYERS | TEAM EGLIN PUBLIC AFFAIRS

EGLIN AIR FORCE BASE, Fla. (AFNS) --

The 96th Security Forces Squadron christened a new

patrol vessel in honor of Senior Airman Nathan Sartain, a fallen defender at Eglin Air Force Base, Florida, February 24, 2017.

Sartain, a Pensacola native, was a member of the 66th Security Forces Squadron, from Hanscom AFB, Massachusetts, and died October 2, 2015, when a C-130J Hercules crashed shortly after takeoff from Jalalabad Airfield in Afghanistan.

The new patrol vessel, Sartain-20 was christened by his mother, Janice Sartain, while his father unveiled the name on the side of it.

"I am so honored to have been a part of this ceremony and that Nathan's Air Force family thought to honor him in this way," she said.

Also in attendance was Sartain's friend, Staff Sgt. Travis Jones, a 96th SFS member, whom was stationed with Sartain before his death. "I am privileged to be

a part of this ceremony and to be stationed at a base that found a way to honor a fellow defender," Jones said. "From here on out, when I hear the call sign Sartain-20, it will always remind me of Nathan."

The new marine vessel will provide waterborne deterrence, detection and response to any threat against the base. Its area of responsibility will be the 153 miles of shoreline that make up Eglin Main, Camp Pinchot, Weekly Bayou and Ben's Lake Marina.

It joins another security forces vessel, the Nathan-25, also named after a fallen defender, Senior Airman Jason Nathan, who died in Iraq in 2007.

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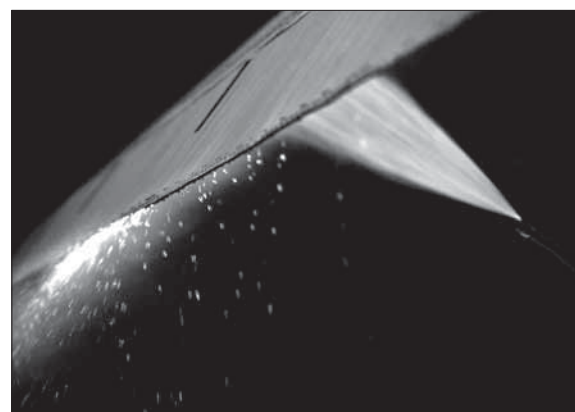
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WASHING THE WARBIIRD

Airmen from the 5th Aircraft Maintenance Squadron wash a B-52H Stratofortress at Minot Air Force Base, N.D., Feb. 14, 2017. It takes the nine-Airman team two days and approximately 10 gallons of soap to wash each jet when it comes in for its routine wash every 120 days.

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





North Dakota's Kindergarten Vaccination Rates Increase

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – Data from the 2016-2017 school immunization assessment indicate that North Dakota's kindergarten immunization rates have increased from last year. The school immunization assessment is conducted annually by the North Dakota Department of Health (NDDoH). Results from this year's assessment show kindergarten vaccine rates have increased from about 91 percent last year to about 94 percent this year in North Dakota.

Measles, mumps, and rubella (MMR), diphtheria, tetanus, and pertussis (DTaP) and chickenpox (varicella) vaccination coverage is important for kindergarteners. "Low vaccination rates leave North Dakota schools vulnerable to outbreaks caused by vaccine-preventable diseases, such as measles, mumps, or pertussis," said Lexie Barber, an epidemiologist with the NDDoH.

Because of low immunization rates in

previous years, the NDDoH partnered with North Dakota State University's Center for Immunization Research and Education to communicate with key stakeholders across the state to better understand the attitudes, opinions, practices, and policies surrounding school immunization requirements, and exemptions to those requirements, in North Dakota.

Thanks to hard work from North Dakota schools, health care providers, local public health units, NDSU, the NDDoH, and the North Dakota Department of Public Instruction, school immunization rates have improved dramatically in North Dakota. "This is great news for the state of North Dakota, but there is still room for improvement. It is necessary to reach immunization coverage of 95 percent or higher to maintain adequate immunity to prevent disease and ensure schools are a safe and healthy environment for students," said Barber.

Before entering school in North Dakota, children must have five doses of DTaP, four doses of IPV (polio), three doses of HBV (hepatitis B), two doses of MMR, and two doses of varicella vaccine.

There also are vaccines that are required for adolescents when entering seventh grade. Seventh-grade requirements include an immunization against tetanus, diphtheria, and pertussis (Tdap), and meningococcal disease (MCV4).

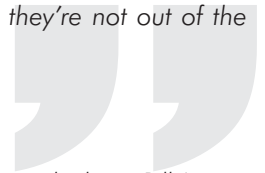
Children can be vaccinated at local public health units or private health care providers. Parents of children who will be attending kindergarten or seventh grade this upcoming fall are encouraged not to wait until the last minute to get their child vaccinated; make an appointment now. For more information on school immunization requirements, contact Lexie Barber, North Dakota Department of Health, at 701.328.2335, or visit our website at www.ndhealth.gov/immunize.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Once the snow is gone, they're not out of the woods yet."



– N.D. Game and Fish Department big game biologist Bill Jensen discussing the 2017 winter and its wildlife impact.

My how things can change: With December's weather looking about as bleak as bleak can get and January only somewhat better, a February snow melt meant all is good for North Dakota's wildlife, after all.

Well, kind of, sort of, but not really. It's still a little too early to be giddy about spring and how wildlife fared over the winter.

As December rolled in January, N.D. Game and Fish Dept. big game biologist Bill Jensen admitted that the state's deer population was off to rough start to winter. The saving grace was November was extraordinarily mild.

Couple that with the February reprieve and things are a tad more optimistic than they were even a month ago.

But, no, don't get too giddy that all will be well with wildlife.

March still looms and, quite honestly, March is as critical – if not more so – for wildlife than whatever December and January may dish out on any particular year.

Because March is when North Dakota typically receives its greatest snowfall amounts – not there ever is anything typical or normal about North Dakota weather.

Generally, though, not only is it the month for the most snow, it tends to be wet, heavy snow with more moisture content compared to dry December and January snows.

March is also the time when white-tailed and mule deer does are in their third trimester for carrying fawns.

And the third trimester of March, April, and May is when 75 percent of a fawn's fetal growth occurs.

If stressed, especially during those last three months, fawns potentially have lower survival rates, Jensen explained.

Not only is March weather critical, but extra movement can cause stress on does – and that includes if they're pushed from winter

cover even in nice weather. It's hard on all deer when pushed away from winter cover, Jensen added, especially if pushed off established trails where it's easier walking with less expenditure of energy.

Here's the bottom line: Jensen is optimistic that despite the bitter December weather, the January and February break was enough so overall mortality might not be as bad as it could have been.

The key is what March offers up in terms of weather. "The winter we do have left is crucial," Jensen stressed.

Jensen knows of situations in past years where deer managed to survive brutal winter weather only to succumb as grass greened in the spring.

Sadly, in some cases humans could unintentionally compound the stress on deer and other wildlife – even after the weather reprieve – by partaking too soon in the seemingly harmless and enjoyable activity of antler shed hunting.

Undoubtedly, it's a great pastime and wonderful excuse for some outside exercise.

Normally, it's an activity one should embrace with wholehearted glee.

But the truth is that for this winter at least, those sheds can wait a few weeks. "It's not like they're going to rot," Jensen said. True, a rodent may munch on an antler tip but generally a shed dropped this winter will be in just fine of a condition in April or May as it will be in early March.

Get out and embrace shed hunting – just be patient. Give the deer a few weeks for them to conserve what energy reserves they may have left.

It could mean the difference between a healthy or dead fawn and a dead adult deer tipped over as grass greens.

An antler really isn't worth it.

Be patient, good things come to those who wait.



Kenneth Osiezagha, MD

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- Board-Certified by ABPN
- Doctor of Medicine and Psychiatry/Behavioral Sciences residency, Meharry Medical College, Nashville, TN, where he served as Chief Resident in his final year
- Bachelor of Medicine/Bachelor of Surgery degrees, University of Port Harcourt College of Health Sciences, Rivers State, Nigeria
- Born and raised in Nigeria
- Enjoys travel, scrabble, chess and lawn tennis

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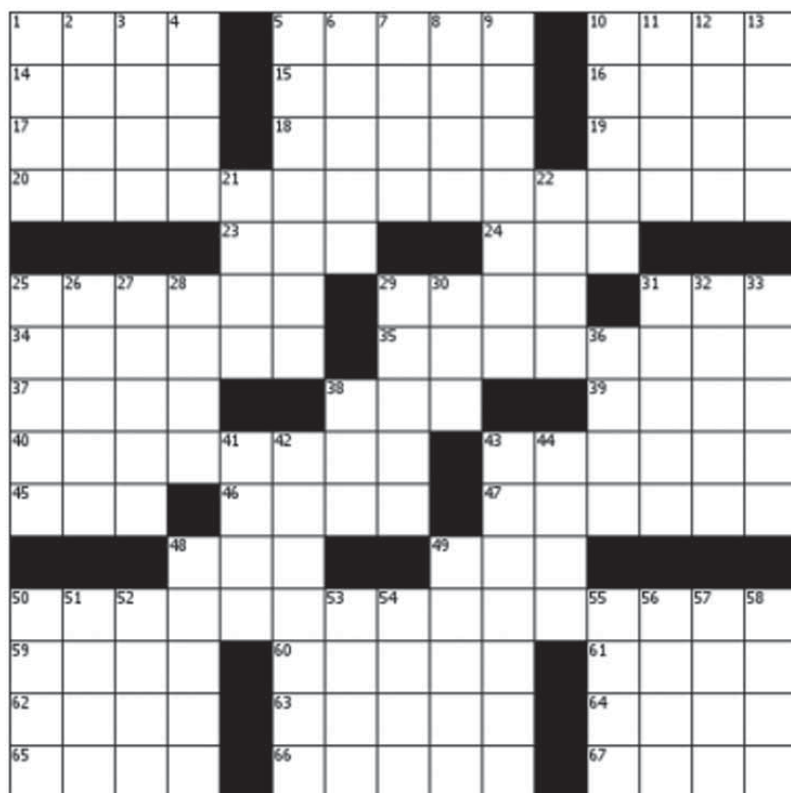
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CROSSWORD PUZZLE

Across

- 1. Word after who, what or where
- 5. Sour, as milk
- 10. Endow
- 14. Intend to say
- 15. Keep one's ___ the ground
- 16. "Young Frankenstein" role
- 17. Gospel's gift givers
- 18. Yokum lad
- 19. Fastening material
- 20. Start of a quip
- 23. Home base?
- 24. Lunar New Year
- 25. "Billy Ball" founder
- 29. Musical performances
- 31. One-fifth of MMV
- 34. Some hellos and goodbyes
- 35. Part 2 of the quip
- 37. A Coolidge
- 38. Org. featured in "The Silence of the Lambs"
- 39. Jazzy first name
- 40. Part 3 of the quip
- 43. Envelope stuff
- 45. "___ the ramparts . . ."
- 46. Type of poll
- 47. Syrup used after some poisonings
- 48. ___ de Triomphe
- 49. Sound at a fish fry
- 50. End of the quip
- 59. Alert
- 60. Foil alternative
- 61. Poet laureate Nicholas
- 62. Mish-mash
- 63. Ford fiasco
- 64. Surrounded by water
- 65. Walkman creator
- 66. Maudlin
- 67. Salon service



Down

- 1. 1816 Austen novel
- 2. Table or drawbridge section
- 3. "The Forsyte ___"
- 4. Geraint's lady
- 5. Years, to many athletes
- 6. Blue Ribbon beer
- 7. Words with "yes" that form a question
- 8. List unit
- 9. Country singer Lynn
- 10. Duke it out
- 11. It's wrinkled and edible

- 12. English 101 topic
- 13. Sediment
- 21. Pelvic bones
- 22. Word with road or acid
- 25. Author Puzo

- 26. Skirt type
- 27. Helicopter part
- 28. Word used in comparisons
- 29. Ready to swing or hack
- 30. X, in ancient Greece
- 31. Infant's ailment
- 32. "The Gift of the Magi" heroine
- 33. "Shaft" singer Hayes
- 36. It's passed down
- 38. Pt. of TGIF
- 41. Finnish architect Saarinen
- 42. What some notes from home are
- 43. Like Silas Marner
- 44. Lhasa ___
- 48. Needle
- 49. Symbols of submissiveness
- 50. Terrible age?
- 51. Light ring
- 52. ___ go brag
- 53. Accompaniment to a drumroll
- 54. Recipe amt.
- 55. Sting
- 56. Stockings
- 57. Still-life vessel
- 58. Paper purchase

SUDOKU Solution to puzzle on page 14

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| 5 | | | | 4 | | 1 | | |
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Solution to last week's Crossword puzzle.

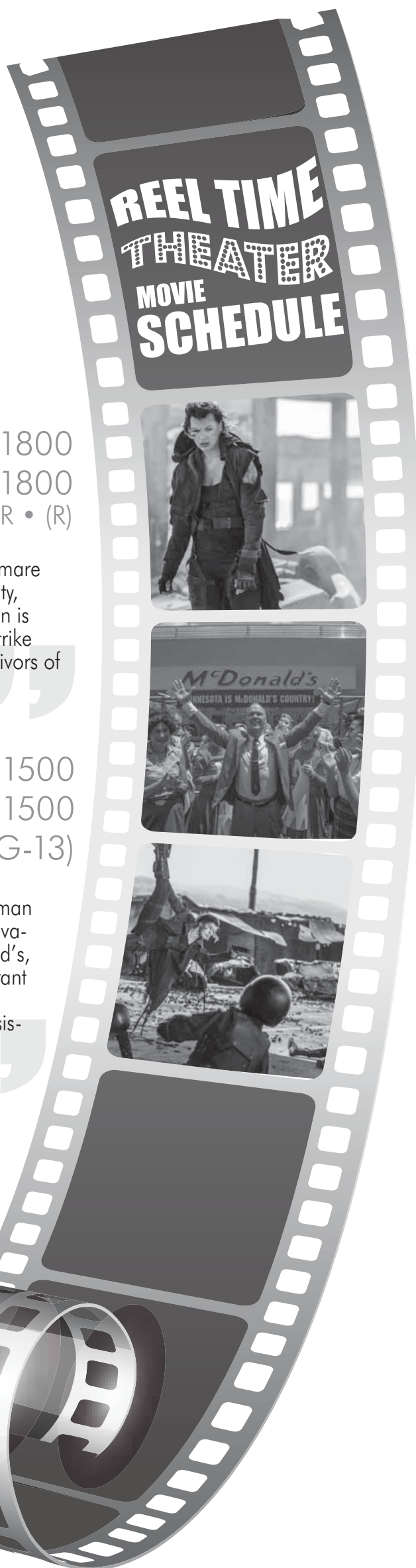
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Strawberry Sweet Rolls



INGREDIENTS:

FOR THE DOUGH:

1 cup scalded whole milk
1/2 cup unsalted butter
1/3 cup granulated sugar
2 1/2 teaspoons dry active yeast
2 large eggs
4+ cups all purpose flour
2 teaspoons salt

FOR THE FILLING AND GLAZE:

15 ounce can premium strawberry pie filling
1/4 cup cream cheese, softened
1 tablespoon butter
3/4 cup powdered sugar
1 teaspoon vanilla extract
Zest of one lemon

INSTRUCTIONS:

Set the butter, eggs and cream cheese out to warm to room temperature. Place the milk in a small sauce pan. Bring to a boil. The moment it reaches a boil, remove from heat. (This process is called scalding, and it ensures the milk doesn't effect the yeast's ability to rise. Don't skip!) Pour the hot milk into the bowl of an electric mixer and add 1/2 cup butter, to bring the temperature down. Stir and allow the butter to melt completely. Then stir in the sugar. Touch the milk mixture to test the temperature. It should be close to luke warm. If it is not, add 1/2 cup flour and test again. Once it is just above room temperature, stir in the yeast and let it foam for approximately 10 minutes. (Hot liquid can kill yeast.) Place the bread hook on the mixer and turn on low. Add the eggs, salt, and remaining flour up to 4 cups. Allow the mixer to "knead" the dough until it pulls away from the sides. Run the mixer for approximately 10 minutes to allow the dough to stretch and develop the gluten. If the dough seems too sticky after the first 2-3 minutes add an additional 1/4 cup flour. After 10 minutes, turn the mixer off. Cover the top with plastic, and allow the dough to rise until double in size, approximately 60-90 minutes in a warm kitchen. Dump the inflated dough out on a well-floured work surface. Fold into thirds and press flat. Then turn and fold into thirds again and press into a rectangle. Roll the rectangle out into a large 12 X 20 inch sheet. Using a large flat spreader, spread the strawberry pie filling (or fresh strawberries) over the sheet into a thin layer. Leave 1 1/2 inches bare on one long edge. Be careful not to gouge holes in the dough. Starting at the covered long edge, roll the dough sheet tightly toward the uncovered edge to form a long tight log. Place a piece of parchment paper in a 9 X 13 inch baking dish. Then cut the log into 12 equal rolls, and place them in the baking dish to rise. This is a messy process. If strawberries fall out, just tuck them back in the rolls once cut. Preheat the oven to 350 degrees F. Allow the rolls to rise for at least 30 minutes while the oven heats. Then bake for 20-25 minutes, until the edges are barely golden and the centers of each roll are puffed up. For the Lemon Cream Cheese Glaze: While the rolls are in the oven, beat the cream cheese, butter, powdered sugar, vanilla and lemon zest together until completely smooth. The moment the rolls come out of the oven, gently spread the glaze over the tops and allow it to seep down into the cracks. Serve warm or at room temperature.

Spin United Fundraiser

UNITED WAY

Minot, ND - The YMCA is teaming up with the Souris Valley United Way to host the 4th Annual Spin United event on March, 25th at 9am. Check-in begins at 8:30am. Proceeds from the event will support Backpack Buddies.

Each team consists of 6 members and one spin bike. Each team member will ride for 20 minutes while winning prizes for best

team name, best team costumes and name drawings throughout the event. No experience necessary - just spin!

For a chance at extra prizes, participants will create online fundraising pages to share on social media to raise funds for Backpack Buddies. Every \$50 raised enters the team member in a drawing for a \$100, \$75, and \$50 dollar gift

card.

Registration is located on Souris Valley United Way's website www.svunitedway.com and don't forget to check out their Facebook Page.

For more information on how you can participate, donate prizes, be an event sponsor or donate to Backpack Buddies, email svuwcampaign@srt.com or call 701-839-2994.

How music and singing benefits children

METRO CREATIVE

Music is everywhere: on the radio, in movies and television shows and as a backdrop when shopping or celebrating milestones.

Music is an integral part of cultures all over the world. Music can express emotions not easily conveyed otherwise. It also provides a sense of community and belonging and can help unite the divided.

Playing musical instruments or singing has a number of benefits. From the earliest days after their birth, children can be calmed by music. Music helps people work out their feelings and can be uplifting and comforting when people need a boost. While many people are familiar with the mood-enhancing benefits of music, they may not know that music also has developmental benefits.

According to

Don Campbell, internationally known educator and author of "The Mozart Effect for Children," music enhances intelligence, coordination, emotional expression, creativity, and socialization skills. Studies have suggested that music and movement affect all areas of development. Music can bolster listening skills, improve motor skills, assist with problem solving, and promote spatial-temporal reasoning. Many others say that music can calm and focus the mind, which is why it so often employed by therapists.

In the book, "The Importance of Music," author Ellen Judson cites a 10-year study that tracked more than 25,000 middle and high school students. The study showed that students in music classes receive higher scores on standardized

tests than students with little to no musical involvement.

In addition, singing and engaging in musical appreciation sharpens one's ability to communicate. Learning a piece of information attached to a tune will more readily embed that information in the brain. For example, many children learn the alphabet via song. Pairing lessons with song can help anyone retain information more easily.

Music also is fun, so much so that kids may not realize they're actually learning while singing. Matthew Freeman, development manager of "Sing up," a national singing project to help enhance music in children's education, states that children don't think of singing as work and may be more willing to participate. Song can be used to reinforce all different subjects, from language arts to mathematics.

Children or adults who are apprehensive about meeting new people can use music as a means to open the door to new friendships. Joining a choral group will immediately introduce people to others who enjoy music as well. Group singing is less intimidating than singing alone, so it takes some of the pressure off of a person and can staunch performance anxiety.

Music is beneficial throughout one's life and can be an enjoyable way to make learning more fun.

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SEATTLE GLASS ARTIST COMES TO MINOT

Since the late 1980's Michael Dupille has worked extensively with glass, having developed and refined a technique for 'painting with glass' that uses crushed glass (frit) in combination kiln fired methods. Teaching around the world, Michael is now coming to Minot to teach two classes at Margie's Studio in downtown Minot.

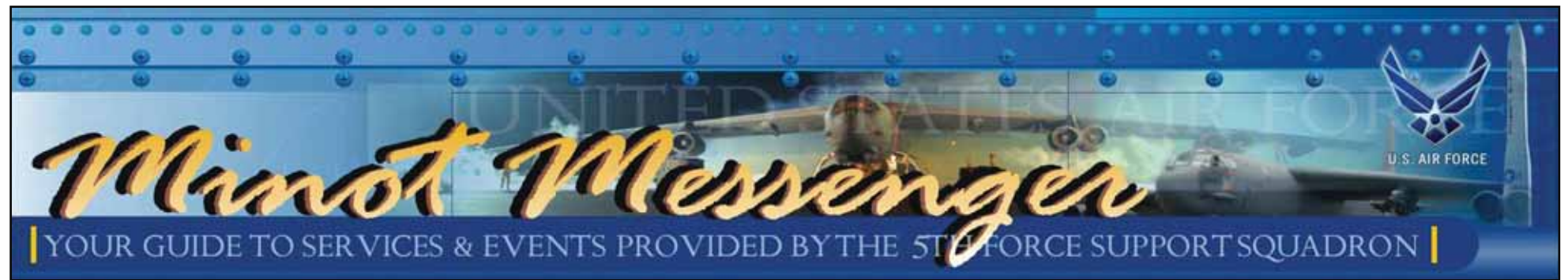
"Michael was one of the first instructors I was able to take classes with in 2003" says Margie Bolton, owner of Margie's Studio. "He is an excellent teacher, and his techniques are taught in a way that anyone can leave with a new ability in fused glass."

Classes with Michael are driven in a way that any level glass enthusiasts can attend. He will be teaching two classes, *Fritography with a Twist*, on April 21 & 22; and *Watercolor Effect*, on April 23 & 24. People should call Margie's Art Glass Studio at 701-837-8555 to reserve a spot.

The fees to attend these classes are \$375 each with all materials supplied.

MARGIE'S ART GLASS STUDIO
Classes • Supplies • Repairs

837-8555 • 109 S. Main St. Minot • margiesartglass.com



Swim Lessons Registration Scheduled For March 10 At ODR

SWIM LESSONS
 AT THE INDOOR POOL
 IN THE MCADOO FITNESS CENTER

Classes are for Children
 ages 3-5 years old.

- **Sign-up March 10:**
 From 10-5pm
 at Outdoor Recreation
- **Classes Held:**
 March 14, 16, 21, & 23
 at 9am and 10am

Cost: \$45/class
 Class size is limited.

723-3648

Registration for Swim Lessons will be held on Friday, March 10 from 10 a.m. to 5 p.m. at Outdoor Recreation. The classes are for children ages 3-5 years old.

Classes will be held at the Indoor Pool located in the McAdoo Fitness Center on Tuesdays and Thursdays at 9 a.m. or 10 a.m. Class dates are March 14, 16, 21, and 23.

Cost for the March swim lessons are \$45/class. Class size is limited. For questions or additional information, please contact Outdoor Recreation at 723-3648.

Arts & Crafts Center Hosting Wine & Paint Class On Mar. 10

Wine and Paint Class

Sit, Sip and Create!
 Follow step by step instructions in this two hour session for only \$26/person.

Wine is not included, you must provide your own if desired.

Limited Seating. Adults 21 & up ONLY.

MARCH 10
 6:00 - 8:00 p.m.

SIGN-UP AT THE ARTS & CRAFTS CENTER
 MARCH 1-9

For more details contact Arts & Crafts **723-3640**

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, March 10 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 from now to March 9.

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.

FREE Admission For Club Members To UFC Fight Night

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. Other events include a interim UFC Lightweight Championship bout between Khabib Nurmagomedov and Tony Ferguson, Lando Vannata challenging David Teymur, and more.

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.

UFC Fight Frenzy At Rockers Bar & Grill

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

MEMBERS: FREE
 NON-MEMBERS: \$7

LIMITED BARMENU AVAILABLE IN LOUNGE

PITCHER SPECIALS: \$6
 ADULTS ONLY
 NO CHILDREN

727-ROCK

Register Now For Indoor Sprint Duathlon At Fitness Center

MCADOO FITNESS SPRINT DUATHLON

MARCH 10
 1200

Sign up at the Customer Service Desk
 FEB. 28-MAR. 9

FREE EVENT
 OPEN TO ALL DoD ID HOLDERS
 16 & OLDER

INDOOR
 RUN 1 MILE
 BIKE 5 MILES
 RUN 1 MILE

723-2145

The Fitness Center is hosting a Indoor Sprint Duathlon on Saturday, March 10 at 12 p.m. Run 1 mile on the upstairs track, bike 5 miles on a spin bike, and then run an additional 1 mile on the upstairs track.

This FREE event is open to all DoD I.D. card holders 16 years of age and older. Visit the front desk of the Fitness Center from now through March 9 to register. For more information, contact the McAdoo Sports & Fitness Center at 723-2145.

FIRST FRIDAY
 DEPLOYMENT SEND-OFF

March 3rd
 4-9 pm

FREE!

At
 the Jimmy Doolittle Center

BUFFET
 Served from 4-6pm

Bangers & Mashed Potatoes
 Corned Beef & Cabbage
 And More!

Family Friendly 723-3731



Rockers' Family Dinner Night
Tuesday, March 21 - 5-8 p.m.

Enjoy a delicious family meal and see Dizzy the Clown

Menu: Fried Chicken, Mashed Potatoes, Gravy, Veggies, and a Roll

Cost: Club Members (ages 6+) \$5, Non-Members (ages 6+) \$7
 Children Age 5 and under \$3

CLUB MEMBER DRAWING ON FRIDAY, MARCH 3rd 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, Mar. 3 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Baseball & T-Ball REGISTRATION
MARCH 1-31
 SEASON 23 STARTS IN MAY
 SMART START (AGES 3-4) : 930
 AGES 5-15 : 940
 723-2838

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

Mar 11 Dr Seuss Day
 The Base Library invites you to their annual celebration of Dr. Seuss' birthday on March 11 at 1 p.m. Enjoy stories, crafts, and games all related to the world famous works of this most influential of children's authors. Children of all ages are invited to attend. Call 723-3344 for additional details.

Kick Butts Tobacco Free Week
 Youth Center members ages 5-18 years old are invited to participate in the Kick Butts Tobacco Free Week at the Youth Center from March 13-17 at 4 p.m. Youth will learn why tobacco is bad and pledge to be drug free. Week-long activities include Tobacco Jeopardy, Advocate Against Youth Targeting, Tobacco Dirty Laundry, and more. For additional information, call the Youth Center at 723-2838.

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.

Mar 6 Federal Résumé Workshop
 Get a jump start on your Federal Job search with this interactive workshop. The Airman & Family Readiness Center is hosting the Federal Résumé Workshop on Monday, March 6 from 10-11:30 a.m. The workshop will help you create an account in the USAJOBS website, search for jobs, create a résumé and more! Open to all AD, retirees, AAFES/NAF, DoD civilians, and eligible family members. Seating is limited - call the Airman & Family Readiness Center at 723-3950 to sign up today.

Mar 15 Bundles For Babies
 Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on March 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 March 14. For additional information, call the Airman and Family Readiness Center at 723-3950.

Mar 16 Creative Kids Class
 Spend the morning with your preschooler having fun decorating a T-shirt that you get to take home during the Creative Kids class at the Arts & Crafts Center on Thursday, March 16 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Please contact the Arts & Crafts Center at 723-3640 for more information.

FAMILY GAME NIGHT
 AT ROUGH RIDERS PIZZA
 BROUGHT TO YOU BY COMMUNITY PROGRAMMING & PARTNERSHIP OFFICE
 OPEN TO ALL MILITARY ID CARD HOLDERS

MARCH 18 4-9 PM
REGISTRATION MARCH 1-16
 COME OUT FOR SOME COMPETITIVE FAMILY FUN!
 SNAG A CONTROLLER AND FIND OUT WHO WILL BE THE CHAMPION AT BLACK OPS, ZH17 AND BATTLEFRONT OR SEE WHO HAS THE BEST MOVES PLAYING JUST DANCE!
 NOT INTO VIDEO GAMES? GRAB A BOARD GAME OR TWO! THERE WILL BE A VARIETY AVAILABLE!
 SINGLE RATE PRICE:
 E4 AND BELOW: \$2/PERSON
 E5 TO E7: \$4/PERSON
 E8 AND ABOVE: \$6/PERSON
 FAMILY RATE PRICE:
 FAMILY UP TO 4: \$10
 EACH ADDITIONAL PERSON: \$1/PERSON
 727-6669

NEED MONEY FOR COLLEGE?
 Enter to win a scholarship from Air Force Clubs!
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 ENTER TO WIN: BIGGER scholarships up for grabs in 2017!
 1st: \$7,000
 2nd: \$5,000
 3rd: \$3,000
 4th: \$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!

YOUNG AIRMEN EVENTS & PROGRAMS

Mar 3 Friday Night Karaoke
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Mar. 3 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers 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.

Mar 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 March 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 LESS and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for details.

Mar 17 St. Patrick's Day Celebration
 Join the fun at Rockers Bar & Grill on Friday, March 17 from 4:30-8 p.m. during their St. Patrick's Day Celebration. Enjoy traditional Irish cuisine including corned beef & cabbage, bangers & mash, Dublin coddle, and Irish cream cake. Then wash it down with a tall green beer or Irish coffee. Cost is FREE for club members and \$7 for non-members. For more information, call Rockers Bar & Grill at 727-ROCK.

Mar 18 Green Dance Fitness Party
 The Fitness Center invites you to their Green Dance Fitness Party event on Saturday, March 18 from 10 a.m. to noon. Enjoy a FREE 2 hour extravaganza of group fitness classes featuring various instructors and class formats. The event is open to all active duty and dependents 16 years of age and older. Call the Fitness Center at 723-2145 for more information.

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 FULL • HALF • 10K • 5K
MAJCOM CHALLENGE
September 16, 2017
 Represent your Command!
 Full or Half Marathon
 Apply by May 1, 2017
 For more information go to usafmarathon.com/majcom-challenge
 Presenting Sponsors: NORTHROP GRUMMAN, USAA, BOEING



U.S. AIR FORCE PHOTO | 1ST LT. VERONICA PEREZ

The 20th Air Force Olympic Sword team pose for a group photo at Hill Air Force Base, Utah., Feb. 17, 2017. The team of missile combat operators, missile maintainers and Technical Order Management Agency office members spent three weeks improving the two main technical orders used by missileers who operate the Minuteman III weapon system.

Olympic Sword: 20th Air Force conducts first joint technical order rewrite

1ST LT. VERONICA PEREZ | 20TH AIR FORCE PUBLIC AFFAIRS

Charged with employing the world's finest nuclear deterrent force in defense of U.S. interests, 20th Air Force remains focused on sustaining and enhancing the integrated nuclear operations capability of the Minuteman III weapon system.

Drawing on examples of past Guardian Sword events, the first combined technical order rewrite in 20th Air Force history is convening at Hill Air Force Base, Utah, to vastly improve the two main TOs used by missileers who operate the weapon system.

The colossal three-week project, known as Olympic Sword, is a 20th AF endeavor that brings junior and senior missile combat operators and missile maintainers together from the command's three missile wings. Additionally, Air Force Nuclear Weapons Center engineers, contractors, members from the Technical

Order Management Agency office and the 532d Training Squadron from Vandenberg AFB, California, are on the team to efficiently update the 21M-LGM30G-1-24 and 21M-LGM30F-1-23, or dash 24 and dash 23.

The dash 23 deals with the NC2 communication equipment inside the launch control center, while the dash 24 involves the weapon system itself, to include the LCC console and other components.

During their short time together, they've been able to streamline processes, reorganize checklists, create procedures, cut out redundancies and significantly enhance the usability of each 800-plus page TO.

"At times there is a tendency to make change for change sake, but I can honestly say the changes we've made will make a

better product for the end user," said Capt. Shane Powell, 20th AF ICBM Emergency War Orders plans and programs chief. "This is a stepping block where we can build continuity, so future rewrites become more efficient to the point where we have not just a quality product, but an excellent product that is going to help everyone do their job better."

Missileers agree the cross-talk with skilled maintenance Airmen was an invaluable part of the process and are excited for the changes to impact current and future missileers.

"Having the maintainers help us streamline procedures and align maintainer and operator language has been extremely helpful," said Capt. Benjamin May, 341st Operations Support Squadron ICBM commander evaluator. "They are extremely knowledgeable and helped

paint a picture for why we should make certain changes or why they do things a certain way."

Throughout the project, participants also considered the training impact and ramifications the large-scale rewrite would have at the missile wings and the training schoolhouse at Vandenberg AFB.

Once the new TOs are published, the 532nd TS will review and update every single product used to train incoming missileers to integrate the new information in their course material, said Capt. Ryan Hepler, 532nd TS curriculum development chief.

While the new TOs won't be published until later this year, their impact will be felt

at the wings as the missileers and maintainers in attendance plan to share what they've learned with their units.

"This experience has helped me see the bigger picture of our mission, while learning the operator's perspective," said Senior Airman Sterling Perry, 341st Missile Maintenance Squadron missile communications team chief. "I now understand why we get some of the questions we do, and I can now take that information back to my fellow maintainers. Once these TOs are published, both missileers and maintainers will be able to do our jobs more efficiently."


Continued on page 16



To give our students flexibility in seeking their CCAF or bachelor's degree, we offer 8- and 16-week classes. Our MSU advisor is conveniently located on base to assist you with your college plans. Spring semester's Term 2 classes start March 6.

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6 p.m. Displays
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Holiday Inn Riverside, Coliseum room
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Reservations are not required, but recommended.
Please call 857-5268.



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TODAY

- Last day to register for the Dog Sledding Trip at Outdoor Rec
- Last day to register for the Lake Metigoshe Ice Fishing Trip at Outdoor Rec
- Youth Dance Classes, Every Fri, Various Times, Youth Center
- VA Benefits Briefing, 0800-1430, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- St. Paddy's First Friday, 1600-1900, Buffet 1600-1800, Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club, 1700-1800, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- First Friday Kid's Night Out, 1800-2200, Youth Center
- Keystone Club, 1830-1930, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-Midnight, Bowling Center

SATURDAY

- Youth Dance Classes, Various Times, Youth Center
- Youth Leagues, 1000, Bowling Center
- Jiu Jitsu Training, 1100, Fitness Center
- Base Skate, Every Sat, 1600-1800, Youth Center
- UFC Fight Night: UFC #209 – Woodley vs Thompson 2, Prelims 1900, Rockers Bar & Grill
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Bowling Center

SUNDAY

- Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

MONDAY

- Youth Tumbling Classes have been cancelled until May, Contact YC for details
- Fit Family Boot Camp, 0930, Fitness Center
- Federal Resume Workshop, 1000-1130, A&FRC
- Fit to Fight, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- H2O Fitness, 1645, Indoor Pool
- FCC Pre-Orientation, 1800-2000, FCC Office-Inside Rough Riders
- Key Spouse Monthly Meeting, 1800-1900, A&FRC, Held at the Jimmy Doolittle Center

- Yoga, 1830, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Pre-Separation Counseling, 0800-1130, A&FRC
- Game Day, Every Tues, 1000-1930, Library
- 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 Classes, Every Wed, Various Times, Youth Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Story Time, Every Wed, 1030, Base Library
- Fit to Fight Cycle/Core, 1100, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Boss and Buddy Draft Special, 1630, Rockers Bar & Grill
- H2O Fitness, 1645, Indoor Pool
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Squadron Extramural League, 1800, Bowling Center
- Yoga, 1830, Fitness Center

THURSDAY

- Last day to register for the Indoor Sprint Duathlon at the Fitness Center
- Last day to register for the Wine & Paint Class at Arts & Crafts
- Youth Dance Classes, Every Thurs, Various Times, Youth Center
- Interview Skills Workshop, 0900-1000, A&FRC
- 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
- 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 - MARCH 10

- Dog Sledding Trip, Outdoor Rec
- Youth Dance Classes, Every Fri, Various Times, Youth Center
- Fit Family Boot Camp, 0930, Fitness Center
- Swim Lesson Registration, 1000-1700, Outdoor Rec
- Indoor Sprint Duathlon, 1200, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club, 1700-1800, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Keystone Club, 1830-1930, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-Midnight, Bowling Center

UPCOMING EVENTS - MARCH 11

- Youth Dance Classes, Various Times, Youth Center
- Metigoshe Ice Fishing Trip, 0800, Outdoor Rec
- Youth Leagues, 1000, Bowling Center
- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100, Fitness Center
- Dr Seuss Day, 1300, Base Library
- Give Parents A Break, 1300-1700, School Age Program/Child Development Center
- Base Skate, Every Sat, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Bowling Center

ONGOING EVENTS

• 2017 Club Member Scholarship Contest, Need money for college? Enter to win a scholarship from the Air Force Clubs. Create an essay or video and submit it starting March 1st. Visit MyAirForceLife.com/Clubs for eligibility, essay/video topics, instructions, & rules.

PAINT YOUR WORLD PURPLE ON 6-9-17!

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- Air Force Marathon MAJCOM Challenge, Represent your command! Run in a Full or Half Marathon on September 16th, 2017. Go to usafmarathon.com/majcom-challenge to apply.
- Rough Riders Monthly Pizza Special. March Special – Chicken Parmesan Pizza. A delicious breaded cubed chicken on top of our famous marinara, seasoned with oregano, tomatoes, Parmesan, mozzarella, and garlic. Baked to perfection and topped with fresh basil straight out of the oven. 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. Lucky Coffee Vanilla Frappuccino March Special - A delicious Frappuccino coffee flavored with vanilla topped with an espresso infused whipped cream. Don't forget our green clover sprinkles for good luck! Tall \$4.50 Grande \$5.00 Venti \$5.50
- Auto Hobby Monthly Special. March Oil Change Special - The entire month of March, when you purchase oil and a filter from Auto Hobby you will get the flat stall FREE for 1 HOUR! Save \$3.50

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.

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/>

PARK UNIVERSITY SPRING 2016 REGISTRATION IS NOW OPEN!! Don't let the Holidays get your side tracked!! Park University's Spring 1 (Jan 16-Mar 12, 2017) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. Stop in and see us!!!!

CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term for face-

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

MINOT OFFICER SPOUSES CLUB Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at www.minotosc.org Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY AT MINOT AFB is now registering for the Spring 2017 term (20 Mar-21 May). 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.

EMMA! MUSICAL 3/03/2017 9:30 PM Central Campus School / 215 1st St SE Minot, North Dakota. Central Campus Playmakers Present: "Emma!" A Musical In Two Acts Mar. 2, 3, & 4 @ 7:30pm Central High School Auditorium Admission: \$8 - Adults \$6 - Students *MPS Staff Free With I.D. -Tickets are not purchased in advance. Payments are made via the counter outside the stage doors during performance nights. -Please arrive at 7:00 pm to pay and enter the theater before we begin the show.

BABY PLAY 03-03-2017 10:00 AM - 03-03-2017 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 ASSOCIATION OF BUILDERS HOME & GARDEN SHOW 3/03/2017 12:00 PM - 3/04/2017 5:00 PM NDSF Center - Magic Place Room. Mark your calendars for March 3rd and 4th, 2017 so you don't miss a

second of the 2017 Home and Garden Show! The doors will be open on Friday, March 3rd from 12 PM to 7 PM and Saturday, March 4th from 10 AM to 5 PM. Come out and shop from over 100 booths of home builders, contractors, real estate companies, decor, garden, flowers and much much more all under one roof! Tickets: Tickets are available at the door the day of the event only! \$4.00 for adults, 12 and under are free! SHOW HIGHLIGHTS: 100+ Home and Garden Exhibits Parade of Homes Passes—NEW ADDITION! The Youngster Yard—NEW ADDITION! Pub in the Park Presented by Lowe's Garden Center—NEW ADDITION! Ready Builders Lego Competition ford Kids—NEW ADDITION! Belt Sander Races —NEW ADDITION! Preview Night—NEW ADDITION! Adult Classes Presented by the Market on 4th—NEW ADDITION! 2017 Show Dates: March 3rd - 12 PM to 7 PM March 4th - 10 AM to 5 PM Parade of Home Passes - Want to learn more about the 2017 Parade of Homes? The Home and Garden Show is the perfect place to get the first details of next year's Parade and be the first to pre-buy tickets! The Youngster Yard - Do you want to keep shopping but the kids are ready to go home? Let them play at the Youngster Yard! The Pub in the Park - The Pub in the Park presented by Lowe's Garden Center will welcome you into the Home and Garden Show. It's an indoor park that will feature landscaping, plants, flowers and even grass INSIDE the Magic Place room! Visit the Pub to rest your feet after a long day of planning your future! Lego Home Building Competition - Do you have a junior builder in your house? The Minot Association of Builders is hosting it's first annual Lego home building competition at the Home and Garden Show on March 4th, 2017. Children ages 5-12 will compete in building houses out of Legos. Belt Sander Races - Is your belt sander bad to the bone? We won't believe it unless we see it! Dress your sander up or bring it as is to compete against others! The fastest one wins! Adult Classes - Have trouble getting into those sold out Market on 4th classes? You're in luck! The Market on 4th is coming to us! Join us Friday, March 3rd and Saturday, March 4th for two classes a day!

MINOT FLEA MARKET 3/04/2017 8:00 AM North Dakota State Fair Event Center. The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items, while others sell their homemade crafts, products, and foods. There is something for everyone at the Minot Flea Market! Admission is ONLY \$1.00 (ages 10 and under FREE) To inquire about vendor booth space please contact Fabian Zeltinger at (701)340-7930.

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OWN IT AWARD

Col. Matthew Brooks, 5th Bomb Wing commander, presents an award to 5th Operations Group members at Minot Air Force Base, N.D., Feb. 24, 2017. The Chill33 in-flight emergency response team was awarded for their rapid actions in saving an \$84 million national asset when an engine departed a B-52H Stratofortress in January.

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

CHURCH DIRECTORY

| | | | | |
|--|--|---|--|---|
| <p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p> | <p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p> | <p> Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p> | <p>GLENBURN FIRST BAPTIST CHURCH</p> <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor 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>Preview Session March 12 at 6:30pm 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.</p> <p>Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p> | <p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com</p> <p> Call or check out our website for more information.</p> |
| <p>First Presbyterian Church</p> <p> 430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org</p> <p><i>Visitors Welcome</i></p> | <p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p> | <p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p> | <p>First Lutheran Church - ELCA</p> <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm</p> <p> Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p> | <p> Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p> |
| <p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School.....9:30 am Wednesday Worship.....6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p> | <p>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service....9:50 a.m. Children's Church.....9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p> | <p> Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p> | <p> West Minot Church of God <i>Family Worship Center</i></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 & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center.....852-6352</p> <p>westminot.com facebook.com/westminot</p> | <p> Bethel Free Lutheran AFLC</p> <p><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></p> | <p> Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p> | <p> Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p> | <p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship..... 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p> | <p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p> |
| <p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p> <p> 8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p> | <p> Gospel Tabernacle Community Church</p> <p>9999 27th St NE <i>4 miles south of MAFB</i> 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 Carol Wendel, Pastor</p> | <p>ADVERTISE YOUR Church</p> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div data-bbox="1522 2389 1858 2834" style="border: 2px solid black; padding: 5px;"> <p>CONTACT TONYA</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div> | |
| <p> Trinity Church</p> <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p> | <p>Vincent United Methodist Church</p> <p> 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p> | | | |

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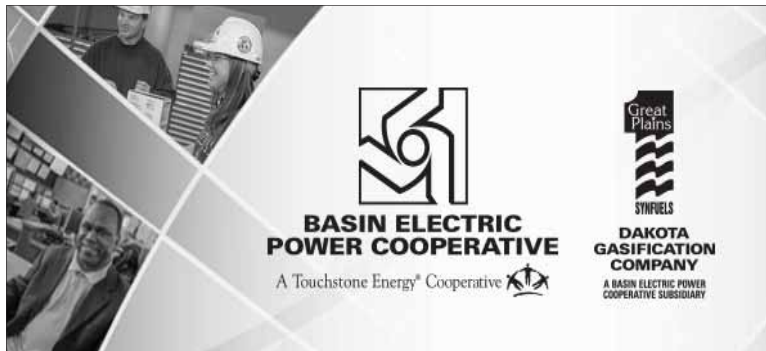
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ANSWERS

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

Answers to puzzle from page 6

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MLS #170413



\$246,000

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MLS #170400



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NICE TOWNHOUSE - 3 bedroom, 2 bath with open floor plan. Vaulted ceilings and refinished hardwood floors in living room. Large kitchen, deck off dining area. Daylight lower level has 1 large bedroom and family room. Double garage.

MLS #162458



\$42,500

WELL CARED FOR - 3 bedroom, 2 bath mobile home with 1280 sq ft of living space. Open kitchen, dining and living room. Large master bedroom with private bath. Large deck and 2 storage sheds.

MLS #170373

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MLS #170059

Carrie Montoya
240-0709
carriecornhusker@aol.com

Colleen Johnson
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northern sentry
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 - Simonsons Station Store | 1312 S. Broadway
 - M&H Gas Station | 25 Burdick Expressway E
 - Minot International Airport | 25 Airport Rd
 - Grand Hotel | 1505 N Broadway
 - The Vegas Motel | 2315 N Broadway
 - Holiday Inn Riverside | 2200 Burdick Expressway East
 - Vintage City | 2001 8th Ave SE, Ste C
 - Holiday Stationstores | 3301 S Broadway
 - YMCA | 3515 16th St SW
 - Minot Travel Plaza Enerbase | 4750 Hwy 83 North
 - Rebel 1 Stop | 2625 N Broadway
 - Main Marketplace | 1930 S Broadway St
 - North Hill Marketplace | 2215 16th St NW
 - Arrowhead Marketplace | 1600 2nd Ave SW
 - Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
 - Holiday Gas Station | 3301 S Broadway
 - Sonic Drive-In | 1601 35th Ave SW
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 - Baymont Inn & Suites | 1609 35th Ave SW
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Lots of room to grow in this 5 bedroom 3 bath home on 2 acres on the north edge of town with over 1,500 sq ft finished on both levels & an attached 2 stall garage. This home has an open concept with vaulted ceilings with a large kitchen. Call Brad Livesay at 720-7769. #170384

\$219,900

\$160,000 - Berthold

Completely remodeled farmhouse situated on 6 acres. Three bedroom, two bath, open concept with the previous single stall garage framed in and sided for a family room. Call Cindy Strandberg at 833-1956. #170383

\$349,900 - Burlington

\$549,900

Unique home in desirable SW Knolls on a private lot at the end of a cul-de-sac with fantastic views of Minot. This home has over 4,500 Sq Ft with 4 bedrooms, 3.5 baths that have all been recently remodeled from the 2 story atrium with a live tree to the kitchen. Call Brad Livesay at 720-7769 #170379

\$260,000 - Surrey

Well kept 4 bedroom ranch with 2 bathrooms and attached garage with 3 season room with newer hot tub in NW Minot. Main level consists of large living room open to dining room & nice sized kitchen with newer countertops, 3 bedrooms and a full bathroom. Call Jerry Thomas at 833 7578. #170366

\$189,000

New construction home built upon 2 acres, view over the valley. Three bedrooms with a master suite of bathroom and walk in closet. Triple garage, full, unfinished basement. Open concept, kitchen island, and much more. Call Clyde Thorne at 240-8594 #161970

\$139,900 - Donnybrook

An 8 acre homestead just east of Surrey. This 1376 sq home has 2 bedrooms on the main floor and potential to have 2 more in the basement. Good size main floor, pantry just off the kitchen, nice size mud room from the garage to the kitchen. Call Clyde Thorne at 240-8594 . #162021

\$300,000 - Surrey

Rustic Beauty with Sophisticated Elegance describes this 3 bedroom, 3 bath, impeccably neat Pet Friendly condo. High definition counters and lustered floors. Enchanting gas fireplace! Luxurious master bath with walk-in closet. Call Lorell Seibold . #161230

Do you want small town affordable living? This place is perfect. 3 bedrooms, 2 bath, newer home on a large lot with a triple garage. Beautiful open floor plan with large kitchen, stone accents, large island with lots of storage. Call Lori Henderson at 721-0158. #161766

Inside this snow wrapped exterior is a Fabulous 5 bdrm, 3 bath home! This split foyer design features an open layout. The kitchen has stainless steel appliances & a center island with dark laminate flooring flowing into dining area. Call Tamie Dunn at 720-1723. #162483

Love for flying kept last KC-135 flight engineer flying for decades

KENJI THULOWEIT | 412TH TEST WING PUBLIC AFFAIRS

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

After a career that has spanned almost four decades, the last Air Force flight engineer for the KC-135 Stratotanker is set to retire at Edwards Air Force Base.

Master Sgt. Robert Self joined the U.S. Marine Corps in November of 1978 and will wrap up his military career next month as a full-time Air Force reservist

with the 370th Flight Test Squadron.

With 34-and-a-half years of military service, 26 on active duty, Self has had a diverse set of assignments. He said the love of flying is what has kept him going, but with advances in technology, the role of flight engineer has been decreasing over several aircraft platforms.

"The flight engineer runs the fuel panel, watches the systems and is a technical advisor to all the pilots," Self said. "Maybe 15 years ago they had a flight engineer on the KC-135 and even a navigator. But over the years the technology has

improved and the systems in the airplane have gone to computers, so they have taken engineers and navigators out."

He first became interested in aviation in the Marines when he was a helicopter crew chief stationed in Hawaii. After a four-year term, he returned to his birthplace of Rhode Island to complete college. But the urge to fly brought him back to the military. He joined the Rhode Island Army National Guard where he served as an aeroscout observer and helicopter mechanic. He would fly in OH-6 Hughes Cayuse Light Observation Helicopters as a "flying sergeant."

"We would fly really low with the doors off. We would pop up, radio coordinates to artillery and pop back down. That's beautiful flying, I loved it," Self said.

But as Self would see – and what would become a common theme in his career – changes in the military every few years would change his role, too. The unit in Rhode Island was deactivated, so Self went back to Hawaii to continue flying in OH-6s.

"But then special operations took them – took all the OH-6s and painted them black, so I'm out of a job," Self said.

The Army also eliminated the flying-sergeant career field to make way for junior

officers to fly in the second seat of OH-6s.

He then became an Air Force Reserve C-5 Galaxy mechanic at Hickam AFB, Hawaii, which had a sister unit at Travis AFB, California, that had C-5 flight engineers. He trained to be a C-5 flight engineer and managed to stay in Hawaii. But after some time, his unit at Travis AFB wanted him to come to California. To remain in Hawaii, he took a part-time air national guard position at a unit that had C-130s at Hickam. He became a trained flight engineer in the C-130 Hercules.

"Then that unit went away and got C-17s, and they don't have flight engineers," Self said. "After that, I started a new life and became a full-time reservist with the Big Crow program at Kirtland Air Force Base, New Mexico, working as a KC-135 flight engineer."

Big Crow is the name of two NKC-135 test-bed aircraft, which are heavily-modified KC-135s used for electronic warfare testing. These planes were also used as a target simulator for testing the Boeing YAL-1 Airborne Laser.

"Every time I switched aircraft I had to go back to school for training. I went to school for the NKC-135. Then they closed down the Big Crow program, and I had to go back to C-130s at

Rhode Island and at Peterson Air Force Base, Colorado," Self said.

Unfortunately for Self, every time he changed units he had to lose a rank in order for his new unit to administratively accept him.

"I've had four stripes taken off. So, after all these units closed down, I would apply to a new unit. They would say, 'Oh we can't take you unless you take a stripe off.' I loved flying that much, that I don't mind taking a stripe off."

While deployed overseas, Self received a message that would ultimately bring him to Edwards AFB in November, 2013. Since he was qualified to be a flight engineer in the C-130 and KC-135, he would have a job working on the Speckled Trout program, which used KC-135s.

"The Air Force called me and said you have all these qualifications, we can use you here," Self said. "When I got here the (Speckled Trout) program closed down and there was no testing for the C-130 anymore, so they made me a KC-135 tanker flight engineer."

Self has reached his high tenure of service, and it's time for him to retire. He had his final flight Jan. 18, 2017, and is taking the rest of his leave before officially retiring in March. Self said he plans on staying in the local area and may continue to work at Edwards AFB as a civilian.

OLYMPIC SWORD from page 10

The next step is for the Systems Program Office to validate and verify the changes to ensure they work operationally by testing them in the Strategic Missile Integration Complex at Hill.

The Numbered Air Force plans to host more Olympic Swords to bring Airmen together to continually improve the TO processes and in turn, ensure safe, secure and effective ICBM operations.

"One of the highlights was seeing the Senior Airmen team chiefs apply all their field experience to help

improve the procedures that will be used by all the missile operators within the Air Force," said Master Sgt. Dan Sutton, 20th AF ICBM Communications manager. "Very few Airmen get to have that opportunity and see that their inputs have such a big impact."

This rewrite reflects the 20th AF's commitment to continuous process improvement, and many more task forces like this one will continue to leverage Airmen's experience and innovation to improve the nuclear enterprise.



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