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

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5 MDG hosts 4th annual awareness color run

MINOT AIR FORCE BASE, N.D. -- Team Minot Airmen and their families participate in the Minot Meltdown color run at Minot Air Force Base, N.D., April 25, 2017. The run was hosted by several helping agencies in the 5th Medical Group including the Health and Wellness Center, Alcohol and Drug Abuse Prevention, Family Advocacy Program and Sexual Assault Prevention and Response Program. The goal of the run was to raise awareness for alcohol abuse, child abuse and sexual assault. More than 150 runners and volunteers participated in the event.



Team Minot attends AFGSC symposium

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

MINOT AIR FORCE BASE, N.D., --

Forty 5th Bomb Wing and 91st Missile Wing members attended the first ever Women's Leadership Symposium at Barksdale Air Force Base, Louisiana, March 13-15, 2017.

"The primary focus of the summit was diversity, recruitment and retention," said Chief Master Sgt. Liz Cloyd, 5th Bomb Wing command post superintendent. "It was all about where the Air Force started and the diversity females have brought to the Air Force."

The summit began with a panel of women sharing their experiences in several different career fields, specifically nuclear-capable, within the Air Force and Air Force Global Strike Command.

"A panel of women really brought to perspective things they struggled with and were able to overcome," Cloyd said. "We even heard

from civilians and what those women went through to be able to grow in their respective fields."

One part of the summit that stood out to Cloyd was encouraging women to bring their voice to the table.

"Not everyone thinks they have a voice," Cloyd said. "Can you imagine? Someone may be transgender and question their personal value or if the Air Force still wants them. We want everyone to feel valued, and I believe this summit really helped instill that in some women."

Those forty members came back from the symposium focused, and one thing that was made clear was the concerns of Team Minot members wouldn't go unheard, said Cloyd.

The responsibility of solving issues is in the hands of the team members.

"Our focus is a living, breathing thing," Cloyd said. "We are going to identify areas that our perspective communities are going

through and we are going to work on those things, bring them to the table, and see what we can handle ourselves and what we need wing leadership's help with."

One issue resolved quickly by the team has been an ongoing concern for breast-feeding mothers, said Cloyd.

"So many moms have just figured things out, and that's not how it should be," said Cloyd. "We are supposed to have designated lactation rooms, but when that room goes unused for a while, it becomes a storage closet or office. We need to let our nursing mothers know that they still have a place within their work centers and they are valued and taken care of."

Senior Airman Joanna Deal, 5th Munitions Squadron munitions custody account technician, has been working with other females to ensure adequate rooms for breast-feeding mothers.

"We have noticed there is not sufficient rooms available throughout various buildings

on base," said Deal. "We are taking it upon ourselves to ensure women within our squadron and other squadrons on base have comfortable and inviting areas in their work centers to pump."

Cloyd mentioned that the most important take-away from the event was taking care of Airmen and ensuring they feel valued and appreciated within their workplace.

"We are now more focused on helping Airmen with issues they have and bringing them directly to the table to be resolved," Cloyd said. "We, as a team, have a direct line to the commander and intend to stay on top of addressing any issues that are brought up."

COURTESY PHOTO

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Air Force implements changes to joint matters, joint tour credit

KAT BAILEY | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D., --

The Air Force Financial Services Office of the Year was recently awarded to

Minot Air Force Base's 5th Comptroller Squadron for fiscal year 2016.

This isn't the first time this squadron has won. Senior Master Sgt. Shirley Quevedo, 5th CPTS superintendent, added that the financial services office also won at the Air Force level for fiscal year 2013 and four times at the major command level over the last 6 years. The Financial Management Analysis Flight, also known as the Budget Office, won the Financial Management Analysis Flight of the Year for 2012 and 2014 at the MAJCOM level.

To be considered for the award, the office is judged on financial metrics, innovations and individual achievements within the work center.

"We have had the best financial metrics in this command for the last three fiscal years," said Senior Airman Iryna Sorrell, 5th CPTS special actions supervisor. "We always hold ourselves to a higher standard. If Air Force

accuracy metric is 95%, ours is set to 97%, while continuing to strive for 100%."

Both military and civilian employees contributed to the award and have earned multiple quarterly and annual awards.

"We have some members who have been here for years and brand new Airmen right out of technical training," Sorrell said. "Regardless of rank or skill level, everyone in this office contributes, whether it's experience, new ideas or dedication."

Quevedo agreed with Sorrell that everyone in the office plays a part regardless of their experience.

"The squadron has gone through numerous turnovers

Continued on page 5

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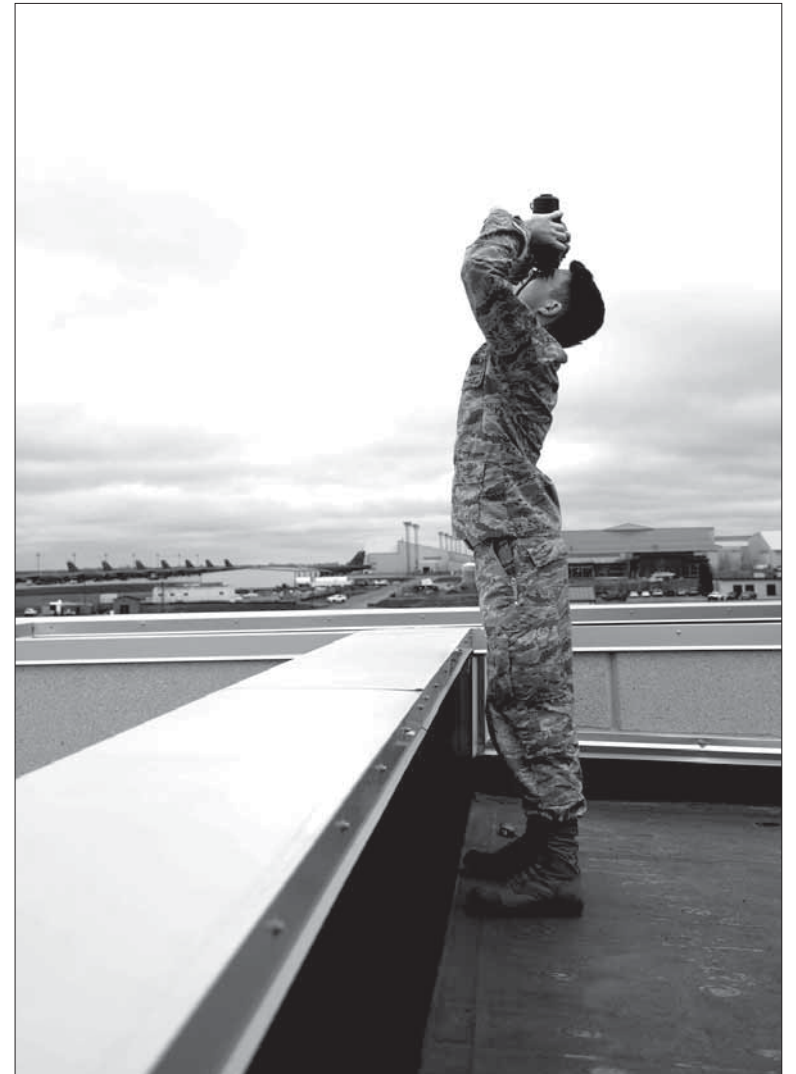
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OSS WEATHER, SURVEYING THE SKIES

Airman Connor McDonald, 5th Operations Support Squadron weather forecaster, monitors the weather conditions via satellite at Minot Air Force Base, N.D., April 18, 2017. The 5th OSS weather forecasters create and tailor data to flying and ground assets.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS DILLON AUDIT



Airman balanced through bodybuilding

SENIOR AIRMAN CHRISTIAN CLAUSEN | 432ND WING/432ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

CREECH AIR FORCE BASE, Nev. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)

As Staff Sgt. Semaj's alarm screeches throughout her bedroom at 2:30 a.m., she wakes for her morning cardio session, checks on her 6-year-old son, Jamel, and then laces up her running shoes.

Semaj, a 432nd Aircraft Maintenance Squadron supply craftsman, does this every morning to keep her body in shape in preparation for her next bodybuilding event where she hopes to earn her professional status.

As the light thud of her feet sounds on the harsh pavement she is focused and determined to get back on stage.

"Bodybuilding was on my bucket list," the South Florida native said. "It's been much more than that because the gym is my happy place and I consider the stage my home."

During the preparation for her first competition in 2015, she found out her godbrother had passed, but she attributes weightlifting to helping her cope.

"When he passed, I found that the gym helped calm me down and helped me find peace knowing he's in a better place," she said. "I also knew he wouldn't want me to stop training."

That year she placed second in the bikini category of the Lackland Bodybuilding Classic.

Since then she has moved up in the category and, recently, competed in her first show as a figure competitor.

"I did pretty well in bikini, but I knew I would never turn pro in that category," she said. "I had to lose so much weight and muscle and it was very discouraging. I made the jump to figure because I want to go professional and step on the Olympia stage."

While the stage is familiar to Semaj, coming from a performing arts school background, she said she still

experiences butterflies.

As she posed in front of the judges at the 2017 National Physique Committee Southern Championships in Orlando, Florida, Semaj said a number of questions raced through her mind. What are the judges thinking?

Am I smiling right? Does the competitor next to me look better?

After whittling the competitors down, the announcer called her number. She had taken second place, which was a significant achievement as it was her first competition in a new class.

"I was in shock," she said. "My heart dropped and I had the biggest smile on my face, knowing all my hard work had paid off."

Competing doesn't just help her cope or inspire her confidence, it has also helped her become a leading role model in her family, despite any doubt she has encountered.

"My mom didn't want me to get into bodybuilding at first," she said. "As a kid growing up, she was my role model, but as I've started my journey she now looks up to me which is a great feeling."

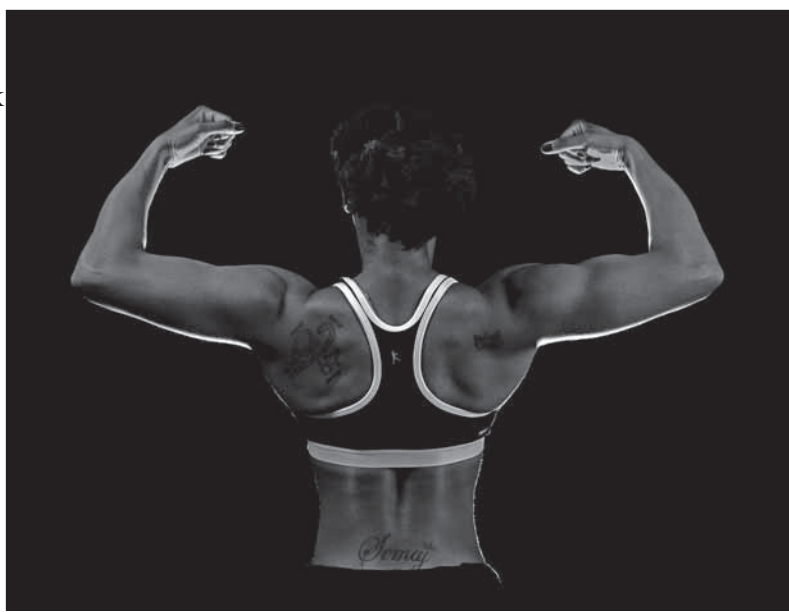
Semaj's mother is proud of her as a nationally qualified amateur bodybuilder in the figure category, an Air Force staff sergeant, part-time student and, all the while, a full-time single mother.

"A lot of people tend to make excuses (for) why they can't do certain things, especially getting fit," she said. "I hear things like 'I don't think I can, the diet is too hard or I'm too busy.' I like to get up on stage and show it can be done no matter what."

Semaj said the excuses most people make only

drive her to chase her dreams even more, but to do so she maintains a strict schedule.

After her



morning cardio she gets Jamel ready for school and drops him off on her way to work

where she manages, orders and tracks parts to keep MQ-1 Predators and MQ-9 Reapers in the air.

Next, she picks her son up from daycare and takes him with her to complete another workout, this time with weights. Then it's back home to do her own homework and help with his school work. Once the hard stuff and dinner are out of the way, they get to enjoy each other's company by practicing Jamel's football skills, reading and showing off their selfie photo talents.

"When I decided to start pursuing bodybuilding my first thoughts were how my little one was going to adapt because he's my life," she said. "We made the transition from fried foods to baked and we live an active lifestyle. When I go to the gym he plays in the child area and he's adjusted well."

Jamel will even join his mother during plyometric exercises and posing at home, giving her a run for

her money on pushups.

Looking back before she joined the military, Semaj didn't expect to accomplish all that she has to date.

"I saw my friends and the paths they were going down and I didn't want that for myself," she said. "I knew I needed to get outside of Florida because with the mindset I had, I was going to either be in jail because of my friends

or I'd still be living with my family."

In 2007 she began talking to an Air Force recruiter between her college courses and working as a childcare provider. Shortly after

she started, in her words, "practically living at the office" and spending most of her days helping the recruiter sign more recruits before, eventually, picking her own Air Force specialty code.

"One day my recruiter's best friend came into the office and was talking about her job in supply," she said. "She just sold it well and that's how I chose my job."

Ten years later, she still doesn't regret her choice. Being in the military has given her opportunities she didn't expect and her appreciation for her job has never faltered.

"The saying goes 'you can't fly without supply'," she said.

Looking forward, Semaj said she will continue to pursue her dreams of competing on the Olympia stage as a professional women's bodybuilder while, also, chasing her education in sports medicine. No matter what, she will continue to inspire others and find a balance for herself as a student, Airman and mother through her love of bodybuilding.

TOP RIGHT PHOTO: Semaj, a 432nd Aircraft Maintenance Squadron supply craftsman, assists her son, Jamel, 6, with situps April 2, 2017, at their home in Las Vegas. MIDDLE PHOTO: Staff Sgt. Semaj, displays her back pose. BOTTOM PHOTO: Semaj, and her son, Jamel, 6, strike a muscle pose. U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CHRISTIAN CLAUSEN

JOINT TOUR CREDIT from page 3

as a result of separations and personnel receiving orders to other bases," Quevedo said. "Their lack of experience didn't hinder them in producing the best financial metrics in the Air Force. We are fortunate that our Airmen, both military and civilian,

have the right attitude, initiative and drive to excel in everything they do."

Although they have collected numerous awards through the years, Sorrell said that winning isn't the goal but more of an extra incentive.

"The goal is to get the job done right and continually improve," Sorrell said.

With consistent training, effective communication and collaboration within the office, the squadron reached their goals and continue to pursue next year's accolade.

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Creative Night Out bring diverse Creative Talents for First Thursday Events

WENDY KIMBLE | ARTSPACE SUITE 1 GALLERY

Creative Night Out brings the diverse talents of the community to downtown Minot, starting May 4th running on the first Thursday of each month through September. Each month will feature three creative types whether its music, poetry, dance, storytelling or visual arts this event has something for everyone.

The events will start at 5:30 where locals will stop in at our creative participating retail "hot spots" where you can enjoy music, snacks, sale specials, and artist demonstrations while picking up the evenings events map. These maps will lead you on your entertainment adventure for the evening. 6:00 will be the starting feature at a local artist studio. You will tour the studio and have the opportunity to listen to their studio talk. Next stop, 7:00 will feature storyteller, poets and more. The finale of the

evening starts at 8:00 where you can kick back, relax, and listen to the featured local musician.

May 4th starts off our Creative Night Out events with our Hot Spot Creative Stops at Art Main, Artspace Suite 1 Gallery, Budget Music & Video, Main Street Books and 62 Doors.

Artspace Suite 1 Gallery will have artist demos by two of their exhibiting members Colleen Folven and Elizabeth Woods. They will be sharing their artistic styles from 5:30 – 8:00.

• May's featured Visual Artist Studio Tour will be with Walter Piehl, who is an Exhibiting Gallery Member at the local Artspace Suite 1 Gallery. Walter is known for his expressionist style working with rodeo and North Dakota themes. His studio talk will start at 6:00.

• The Minot Story Hour will kick off our 7:00 feature with the Taube Museum of

Art hosting this event. MSH is a community storytelling group that share real life stories, in 10 minutes or less, most of these stories are told working within a particular theme. They then offer an open mic atmosphere where patrons have an opportunity to join in and share their own personal stories.

• Our May 4th event ends with our final feature of the night, Rick Watson and the musical talents of "It Was Her Idea" at the local Blue Rider.

Need a snack while on your Creative Night Out stop by local food truck 3 Little Pigs for some kicked up tasty treats!

For more information or to get involved contact us on Facebook at Creative Night Out or email us at creativenightout@yahoo.com.

If you can't make it to the May 4th Creative Night Out. The next one will be June 1st.

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Call to Artists! Small Art Works Exhibition & Auction TAUBE MUSEUM OF ART

The Taube Museum of Art Main Gallery is seeking entries for their tenth annual Small Works Exhibit & Auction. The small works exhibition is scheduled to be on display from June 20 – July 27, 2017. Deadline for entry, is no later than Saturday, June 3, 2017 during normal business hours, 11 am – 4 pm.

Small Works guidelines:
Open to all artists eighteen and older, with no entry fee.
All works must be original by the artist submitting the artwork. Member artists may submit an unlimited number of entries, while nonmembers are limited to three.

Two dimensional works maximum size of 80 square inches including the frame, ie 8"x10".

Three-dimensional works may not exceed 8" x 8" x 8"
Each framed entry must be ready to hang with wire hangers or saw tooth hangers. Plastic frames are not acceptable.

All work must be available for purchase. Not For Sale work will not be accepted.

Acceptable Media:
collage, digital techniques, drawings, fiber arts, glass works, jewelry, metal,

mixed media, paintings, pastels, photography, pottery, prints, sculptures, wood and everything in between!

Shipping and Pickup:

All mailed and/or hand delivered items must be received by Saturday, June 3rd from 11 am to 4 pm. Mailed items sent to Taube Museum of Art, 2 N. Main St., Minot, ND 58703.

A complete prospectus can be downloaded at www.taubemuseum.org.

As in the past, you may bid on pieces directly at the museum or online bidding at the museum website or on Facebook. Art buyers also have the option to purchase a piece at the Buy It Now price and take the piece home right away rather than having to wait until the close of the exhibition.

A portion of the auction proceeds will support the Taube Museum of Art, a non-profit organization, with the rest to the artist. Normal Museum and Gift Shop hours are: Tuesday – Friday: 10:30 am – 5:30 pm and Saturday: 11:00 am – 4:00 pm. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.



Unicorn Macaroons



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Macaron Shells
90 grams egg whites (3 large egg whites), room temperature
55 grams (~ 1/4 cup) superfine sugar (granulated sugar in food processor until fine)
200 grams (~ 1 and 2/3 cup) confectioner's sugar
110 grams (~ 1 cup) almond flour
1/4 teaspoon cream of tartar
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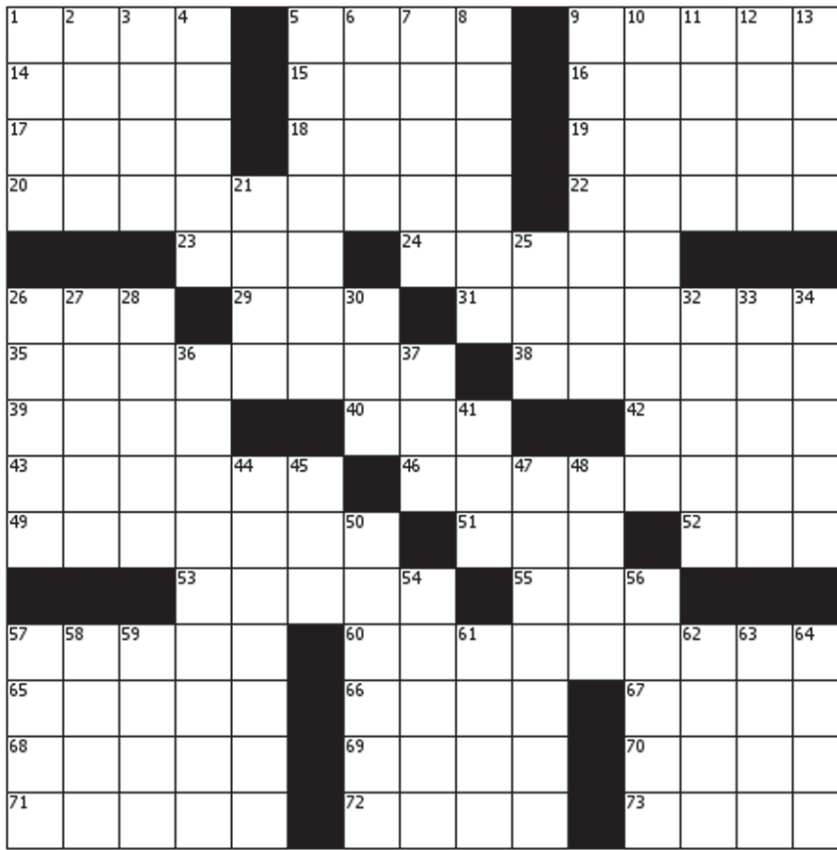
Place room temperature egg whites in mixer bowl. With whisk attachment, whisk at medium speed until foamy, about a minute. Add superfine granulated sugar and cream of tartar. Mix until VERY stiff peaks form. You should be able to reverse the whisk and have the peak stands very tall without falling. Split into two even batches. Add food coloring here if desired. Add a bit more than you think you need, as it will fade slightly when baking. In a different bowl, sift together almond flour and confectioner's sugar. Repeat and sift a total of 4-5 times, removing any large pieces left behind after each sift. Add almond flour mix to stiffened egg whites. Using proper folding technique (see blog post for explanation of this!), fold until you can ribbon an "8" that holds into the batter. This should take about 50 proper strokes. THIS is the most important step in proper macaronage. If you want the swirled look, put each color into its own piping bag. Place the two piping bags together into a new bag. You will then have one bag with the two inserted color mixes. Pipe macaron circles onto paper-lined baking sheets using the macaron template from our MACARONS: 101 Guide and instructions available HERE. To pipe swirls, simply squeeze evenly at a 90 degree angle and twist slightly counter-clockwise. Stay in the same spot, only rotating your hand in the same center point. Sprinkle with sprinkles immediately. Let the shells rest at room temperature for 30 minutes to form hardened tops. Bake at 290 F for about 16 minutes. Be sure your oven temperature is exact. Use a thermometer to verify. Remove and let cool completely before removing from baking sheets. Cotton Candy Glitter Buttercream Filling Add softened butter to mixer. Whip until smooth. Add remaining ingredients and mix until smooth. Add more confectioner's sugar as needed for tight enough texture. Finishing Pipe filling between two shells and enjoy!

Macaroon Beginners Guide

<http://www.southernfatty.com/macarons-101/>

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 - Door hardware
 - Type of run
 - Ustinov role
 - Choir section
 - Company clerk of classic TV
 - Numbskull
 - SE Asia country
 - Bouquet
 - Geometrid caterpillars
 - Ran without moving
 - Decline in value
 - Interrogates relentlessly
 - Where people and rats coexist
 - Blue Hen St.
 - Leaves eaten as cooked greens
 - Constituents
 - Golden's "Memoirs of a ___"
 - Yule trio
 - Cacophony
 - It's prominently displayed on Leno
 - Spanish or western dish
 - Uzbekistan capital
 - Reporter's tote
 - Class-conscious grp.?
 - Wait's partner
 - Fathers, but not dads
 - Public house potable
 - Casino lure
 - Serving blunder
 - Like a divorce, in some places
 - Otherwise
 - Lid irritation
 - Free of mistakes
 - Diamond decision



- Pull down
 - Check casher
 - System of weights
 - Slough
 - Element in some lamps
 - Winglike
 - Jazz composition with a fast rhythm
 - Pogo, for one
 - Gallivant
 - Comparison standard
 - "Teen Age ___" (Rick Nelson)
 - Newborn's need
 - Ex-senior
- Down**
- Prefix for disestablishmentarianism
 - Chopped
 - Language maven Partridge
 - Some emperors

- Walk in the surf
- Play to the camera
- Dud on wheels
- Place associated with the historic date of 1836
- Engender
- Old Ford
- Hearth heap
- Lorelei's river
- "La vita nuova" poet
- Turning point
- Obedience school order
- Raised fiber
- TV installment
- Solid residue of tobacco smoke
- Baronial
- 24 minutes of basketball
- Switch sides
- Type of panel
- Palliates
- Perron part
- Tibetan monk
- Follow protocol
- Scandinavian metropolis
- Beehive State
- Ancient musical instrument
- Word at a bar

SUDOKU Solution to puzzle on page 22

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

Solution to last week's Crossword puzzle.

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



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1800 | 2100
SATURDAY, MAY 6
15 00 | 1800 | 2100
SUNDAY, MAY 7
1500 | 1800
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VOL. 2 • (PG-13)

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Get Ready for Fun in North Dakota's Sun This May

NORTH DAKOTA LEGENDARY

Time to pull out your warm-weather gear as May gets summer started. If you are looking for entertainment, check out a local theater performance or live music. Head to a state park with a kite, bike your way through beautifully remote areas of Theodore Roosevelt National Park or run city streets during Fargo's Marathon. There is adventure for everyone this month so mark your calendar and get out to enjoy May in North Dakota. To learn more information about these events, and for a complete list of things to see and do, go to NDtourism.com or call 800-435-5663 or 701-328-2525

Dakota Stage Ltd.: Romance/Romance Bismarck May 4 – 6, May 11 – 13, May 14

This Tony-nominated musical is sure to amuse audiences with its two romantic stories in one. Two couples, mired in complicated relationships, learn important – albeit funny – lessons about love. For more information, visit www.dakotastageltd.com or call 701-258-4998.

Blue Hawk Stampede Rodeo Dickinson May 5, 6

Racing, roping and riding can only mean one thing. A rodeo. Come out for a day of fun and cheer on Dickinson State's Blue Hawks Women's Rodeo team as they compete on their home turf. <http://www.dsubluehawks.com/sports/wrodeo/index>;

Junk Market Fargo May 6 – 7

Peruse the best of the upper Midwest's 'junk' at Eco Chic's Junk Market in Fargo's Scheels Arena. Enjoy the huge selection of repurposed furniture, antiques, salvaged items, vintage and handmade pieces. Visit <http://iloveecochic.com/junkmarket/> for more information.

com/junkmarket/ for more information.

Northern Plains Ballet: Snow White Bismarck May 12 – 14

Follow Snow White on her perilous flight from her wicked stepmother into the wilderness where she finds a delightfully eclectic group of seven whistling woodsmen, Northern Plains Ballet performs this classic fairytale at the historic Belle Mehus. Come marvel in the magic of this story and the beauty of dance. For tickets and to learn more, visit www.facebook.com/northernplainsdance or call 701-530-0986.

Fargo Marathon Fargo May 15 – 20

The Fargo Marathon turns 13 this year and the 26.2 mile race is just one event that brings runners together. Enjoy a week of fun leading up to the big event, including a cyclothon, a dog run and a kids race. Following the race there is a 27th Mile Downtown Pub Crawl and an outdoor live music concert. Visit www.fargomarathon.com for more information.

Ribs and Bluegrass Festival Medora May 20

Savor the mouth-watering flavors of ribs and joyful sounds of Bluegrass music at Medora's Ribs and Bluegrass Festival. Rain or shine, Medora businesses offer a variety of ribs while bands foot-tapping Bluegrass grooves. www.medorand.com; 701-623-4830

Plainsmen Black Powder Club Rendezvous Kindred May 20 – 21

Dust off your traditional muzzleloader and come out for some friendly, safe and fun competition. The Plainsmen Black Power Club is a reenactment/living history group putting on

their 45th annual Club Shoot and Rendezvous. There are multiple event categories with overall titles for men, women and juniors. Primitive and modern camping are available nearby. <http://plainsmennd.wixsite.com/pbpc>;

44th Annual Art Olson Swap Meet and Car Show West Fargo May 21

Meet with fellow car lovers at the 44th Annual Art Olson Swap Meet and Car Show at West Fargo's Bonanzaville. Crafts and collectibles will be on display and food and drink will be available. Learn more at <http://www.fhcca.com/swap-meet--car-show.html>; 701-238-4992.

Sky Fest over Fort Stevenson Garrison May 27 – 29

Use North Dakota's windy weather as an advantage and color the sky with kites of all shapes, shades and sizes at Fort Stevenson's annual Sky Fest. This kite flying festival appeals to kites of all ages. Attendees can build a kite to fly at the festival or bring their own. See more at <http://www.skyfestnd.com/>.

Badlands Gravel Battle 100+ Medora May 28

For a grueling but majorly rewarding endurance experience, consider the Badlands Gravel Battle. This 120-mile bicycle race takes riders on the gravel and scoria back roads of North Dakota's Badlands. The race route begins and ends in charming Medora and crosses the rugged Little Missouri River. www.experienceland.org; 701-570-9138.

These are just a few of North Dakota's activities and events taking place in May. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

“I think the 65th Legislative Assembly treated them (North Dakota hunters and anglers) fairly well.”

— N.D. Game and Fish Department Deputy Director Scott Peterson summarizing outdoor-related 2017 legislation.

The desks are cleared. The dust has settled. The 2017 North Dakota legislative session is in the books.

Now let's sort through new laws pertaining to the state's sportsmen and sportswomen.

The most contentious legislation was a bill, which failed, closing all private land to hunting without permission. “It was a very emotional issue and it always is when it comes up,” described N.D. Game and Fish Department Deputy Director Scott Peterson.

Here's a look at some of the new laws:

House Bill 1150 allows hunters to pay the license fee for a preference point if they know in advance they do not want or cannot hunt the upcoming season. For example, they want to gain a point while not risking getting a license for species they know they wouldn't be able to hunt in the upcoming year. The proceeds go to the Game and Fish Department's Private Lands Open To Sportsmen (PLOTS) program.

HB 1204 allows young hunters 12 to 16 to get a one-time apprentice license if they haven't already obtained Hunter Education certification. They would need certification to hunt in subsequent years. In addition, Peterson said hunters turning 11 before the end of a calendar year are now eligible for a statewide antlerless whitetail license.

Under HB 1207 anyone abandoning property on Game and Fish Department Wildlife Management Areas will lose it if unclaimed after 90 days. The property then belongs to the North Dakota Wildlife Federation for auction, with proceeds helping fund the Report All Poachers program.

HB 1367 allows personal watercraft (PWC) operators to tow skiers, tubers, etc. without another person acting as an observer if the

PWC has mirrors on both sides.

The legislature gave the Game and Fish Department authority to spend up to \$250,000 to assist youth shooting sports programs. It's not additional funding, Peterson explained. Instead, it allows the agency to spend its own money to help bolster programs such as National Archery in the School or school trapshooting programs.

The Game and Fish Department currently issues more than 35 lottery licenses for species ranging from turkey to elk to deer for special non-profit organizations through previous legislative actions. Organizations such as the Mule Deer Foundation and National Wild Turkey Federation use a percentage of the proceeds to benefit wildlife and habitat conservation while other organizations provide hunting opportunities for wounded veterans.

As interest increases for lottery licenses, HB 1025 streamlines that process, giving Game and Fish Department responsibility for issuing such licenses. It also requires organizations receiving special lottery licenses in the future to dedicate 10 percent of its proceeds to a wildlife and habitat conservation project.

In 2015 the legislature required hunting, fishing, and trapping licenses to be available online only as of 2016. However, retail vendors selling licenses typically lost money with credit card fees and employee time and expense. Senate Bill 2284 allows them to charge a 3 percent fee to help them recoup some of their costs, Peterson explained.

Overall, the legislative session didn't offer many surprises, he concluded.

Perhaps most importantly, it did so with relatively minor impacts to the state's resources and its hunters and anglers.

Priyanka Sharma, MD

FAMILY MEDICINE

Trinity Health is pleased to welcome Priyanka Sharma, MD, to our Family Medicine team. Dr. Sharma is committed to providing comprehensive, patient-centered care to adults and adolescents, and is enthusiastic to bring her expertise to our community. She is passionate about women's health, diagnosing and treating illness, managing chronic conditions such as diabetes and high blood pressure, and educating patients on self-care and lifestyle changes to prevent disease.

Medical Education:

- Medical doctorate, Michael G. DeGroote School of Medicine, McMaster University, Ontario, Canada
- Family Medicine residency, Halton McMaster Family Health Centre
- Served as an active volunteer and mentor for various health charities and initiatives
- Member, Ontario Medical Association, Canadian Medical Association, and College of Family Physicians of Canada
- Hobbies include event planning, decorating cupcakes, and spending time outdoors with her husband, Abhinav Aggarwal, MD, a Family Medicine resident at the UND School of Medicine's Northwest Campus in Minot



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NORTHERN SENTRY

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Active, Reserve EOD teams support NORCAL communities

STAFF SGT. DANIEL PHELPS | 349TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. – Their name brings to mind the stories out of Hollywood blockbusters. Visions of deafening explosions and gun shots spin through the mind as one visualizes a service member crouching over a device, daring the sweat dripping from his forehead not to fall, praying he chooses the right wire to pull.

Though this is not the most accurate scenario of what explosive ordnance disposal technicians do, this is what many picture when they hear the name.

What many are not aware of is how active EOD technicians are when they're at home station, and how often they work with their local community, especially at Travis Air Force Base, California.

The 60th and 349th Civil Engineer Squadron EOD teams cover a 33,000-square-mile response area, said Master Sgt. Kyle Spalding, 349th CES EOD program manager. They work with several counties and National Park Service police.

One of their main partnerships is with Point Reyes National Seashore, a 70,000-acre national park that attracts more than 2 million visitors a year.

"We work with Travis EOD multiple times a year," said David Schifsky, Point Reyes chief park ranger. "They provide a critical service to Point Reyes. We don't have the training or authorization and it is crucial to protect the visiting

public."

An example of the services Travis EOD provides to the surrounding area, is when MK2 Marine Markers, buoyant signal flares, wash up on shore to be discovered by visitors. The flares are either dropped in the ocean by aircraft or surface ships and sometimes show up in public places.

"The things that wash up have to be dealt with in a safe and appropriate manner, and Travis is very responsive and respectful to the marine mammals and everything here," said Schifsky. "There is a lot of history and relationships that have been developed."

When markers are discovered, the public usually notifies park rangers in some form or another and the rangers reach out to Travis EOD.

"We'll go out to the site, do reconnaissance on it, see what kind it is, the condition of it, and if it's safe or not," said Spalding. "If it isn't, then we'll take care of it – either explosively or through some other different procedure. We'll render it safe."

"We get an average of about two calls per month from the local community," said Master Sgt. Mark Walker, 60th CES EOD Operations Section Chief. "Our main calls come from Point Reyes, when markers wash ashore, and The Presidio, a former military base, when items are dug up. After these calls, the second most common is when old

war trophies are discovered, such as WWII grenades.

"Usually (someone) will find some piece of ordnance, and call it in," said Spalding. "The local police will call command post and we will head out. We work hand-in-hand with local police forces on explosive devices."

While local law enforcement departments have bomb squads, Travis responds to these calls because of a military munitions rule.

"The Department of Defense runs all munitions cradle to grave," said Walker. "If a military munition is discovered, it's our responsibility to dispose of it. The local bomb squads are not supposed to destroy them."

Spalding added to Walker's thought, "It's not just a responsibility thing. We have the most experience in these munitions, as well as more in-depth knowledge in ordnance."

Travis EOD teams also work with the surrounding area's law enforcement branches through numerous training opportunities.

"We do a lot of joint training," said Walker. "We'll host different types of training for the FBI and police departments around here for their bomb squads. We just had a vehicle access class in October."

The Travis EOD unit also recently sent some Airmen to Chico, California to host a post-blast course for the FBI, said Spalding.

"Our viewpoint is a little

different than the civilian standpoint, so we add that to their training," said Spalding.

Travis EOD technicians also meet monthly with departments in Sacramento and San Francisco.

"We teach them our tactics and procedures so local forces can learn what we do in case the threats from overseas make it here," said Walker. "This is the most community interaction I've


seen at any base I have been at."

Airmen 1st Class Justin Coleman, Ryan Countryman, Bobby Potts and Staff Sgt Richard Halter, 60th Civil Engineer Squadron explosive ordnance technicians, participate in a training scenario at Travis Air Force Base, Calif., April 17, 2017. EOD technicians conduct training on various threats to ensure they are prepared for deployment.

U.S. AIR FORCE PHOTO | STAFF SGT. DANIEL PHELPS

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Air Force releases annual sexual assault report

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Air Force reports of sexual assault increased slightly in fiscal year 2016, according to the service's annual report on sexual assault released May 1.

The Air Force received 1,355 reports of sexual assault in fiscal 2016, compared to 1,312 in fiscal 2015.

Expressed as a percentage of the total Air Force population, including active duty, Air Force Reserve, Air National Guard, and appropriated fund civilian employees, 0.21% of Airmen reported a sexual assault in fiscal 2016 compared to 0.20% in fiscal 2015 and 0.21% in fiscal 2014, illustrating a flat trend for annual reports over the last three years.

"We must continue to drive a culture of prevention while ensuring victims readily come forward and report sexual assault," said Acting Secretary of the Air Force Lisa Disbrow. "We must also be an Air Force that provides the care and

support victims need while holding offenders accountable."

Prevention of sexual assault is the responsibility of every Airman, said Air Force Chief of Staff Gen. David Goldfein.

"It's about trust," said Goldfein. "The crime of sexual assault shatters trust and has a direct and negative impact on our capabilities as a warfighting force. In my opinion, there is no such thing as a bystander in this fight. We are all in. From the newest Airman to the most senior leader, every one of us has a responsibility to step forward and help stop sexual assault before it happens."

The results of the fiscal 2016 sexual assault report will be compared to data from the Defense Manpower Data Center's 2016 Workplace and Gender Relations Survey, which is conducted every other year for the active duty service branches. The Air Force uses the Workplace and Gender Relations Survey to

measure the prevalence of sexual assault in the force.

The Air Force compares prevalence rates to reporting rates to evaluate Airmen's confidence in coming forward to report sexual assault and receive support. Ideally, the service wants to eliminate the gap between prevalence of the crime and the number of reports received, then see both numbers come down to zero, said Col. Mark Ramsey, the Air Force Sexual Assault Prevention and Response Operations Director.

"Our goal is to eliminate sexual assault from the Air Force, period," said Ramsey. "We have leadership engaged at every echelon. We have provided our Airmen with both an awareness of this scourge in our ranks and the bystander intervention tools to engage. Our best chance of eradicating this crime from our Total Force is through strong leadership, being good wingmen, exercising the tools we've been given, and keeping true to our core values."

9th AF transitions to Air Staff

STAFF SGT. DIANA M. COSSABOOM
9TH AIR FORCE PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. (AFNS) -- The Ninth Air Force headquarters transitioned into a Numbered Air Staff May 1, 2017.

The transition from Staff Directorates into an Air Staff prepares Ninth AF headquarters for the possibility to become a joint task force-capable headquarters, and creates a seamless transition if called on to stand up a JTF, said Col. Rhude Cherry III, the Ninth AF vice commander.

An A-Staff consists of staff positions from A1 to A9, where each section handles different tasks including personnel, intelligence, plans and logistics. The switch to an A-Staff reorganizes personnel to reflect other service's numbered forces to better collaborate in a joint environment.

"The transition allows the Ninth AF headquarters staff to align itself along common joint headquarters staff structures, so the nomenclature will be familiar to all Airmen assigned to Ninth AF," Cherry added. "The joint staff will learn of Ninth AF and its organizational structure such that we will be considered for Global Response Force tasking."

Becoming an A-Staff also supports Ninth AF's new mission: Ninth AF organizes, trains, and equips

its headquarters to be a deployable, operational level JTF, and its subordinate commands to prepare and meet the demands of expeditionary tasks.

"Instead of just focusing on the stateside eight wings that are under Ninth AF, now we are focusing on how we take this organization, this headquarters, and make it a warfighting function," said Col. Bruce Munger, the Ninth AF director of operations.

Ninth AF will be the only Air Staff in the Air Force that is equipped to lead a JTF, said Munger. The transition of Ninth AF into a JTF capable headquarters not only makes it possible for the Air Force to lead a JTF, but it supports the Air Force Chief of Staff Gen. David L. Goldfein's focus area, "strengthening joint leaders and teams."

The Ninth AF staff will begin to train in various courses that will prepare them in case the Air Staff is called to stand up a JTF, including the rear mission support element course Ninth AF recently began offering for those deploying to a JTF headquarters.

With the new capabilities of the Ninth AF Air Staff, the Air Force will take another step toward contributing to the joint fight as expert leaders directing a JTF to fly, fight and win.

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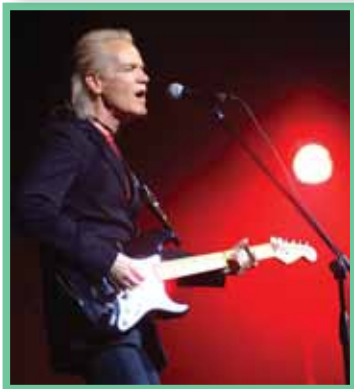
SECTION 2

NORTHERN SENTRY • FRIDAY, MAY 5, 2017 • WWW.NORTHERNSENTRY.COM

MUSIC STARS & Classic Cars in Minot

BETH DUCHSHERER | NORTHERN SENTRY

Minot, ND -- Have you heard of "The Twist", "Earth Angel" or "I'm Henry the Eighth I am"? Then you won't want to miss the Music Stars & Classic Cars on Friday, May 12 and Saturday, May 13 at the Pepsi Arena at the MAYSA. For two days and well over eight hours of musical entertainment, the Oldies will be alive and socks will be hopping in Minot, ND. This inaugural event was created when a couple of investors who have traveled around the country to concerts such as "Rockabilly" and "Lost In The 50s" decided to bring Minot their own concert with an all-star classic lineup. "Separately these performers would cost well over \$50 to \$100 a ticket in other venues." mentioned Phyllis Burckhard, Executive Director of Visit Minot. "Basically the attendee is only paying \$10 for each concert show," Rianne Kuhn, Director of Marketing and Communications, commented. "We have many visitors from states such as Montana, Minnesota, South Dakota, Illinois, Wyoming and many from Manitoba



and Saskatchewan, Canada." Kuhn stated. Concert goers are encouraged to come dressed in their best-themed wear, and prepare to dance all night.

Classic performers with hit songs from the 1950's, 60's and 70's will be backed up by Rocky and The Rollers and DJ Al Brady in Minot for a weekend event like no other. Top performers such as Chubby Checker "The Twist"; Johnny Tillotson "Earth Angel"; and Freddy "Boom Boom" Cannon "Tallahassee Lassie" will be performing on Friday. Saturday's performers feature Brian Hyland "Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini"; Joey



Dee "Peppermint Twist"; and Herman's Hermits starring Peter Noone "Mrs. Brown You've Got A Lovely Daughter". Both days will begin at the Dakota Square Mall's JCPenney parking lot with a classic car and motorcycle show at 1:00 pm that will include hot dogs and Pepsi for sale along with a people's choice voting for "Best Car", "Best Motorcycle" and "Best Dressed". The concerts will begin at 7:00pm with doors opening at 5:30pm. Tickets are \$35 in advance, \$40 at the door or \$65 for both days and are available at Visit Minot office, all Marketplace Foods grocery stores and online at www.visitminot.org or www.minotauroshockey.com/mscc. VIP and VIP Premium tickets are also available and should be reserved by calling (701)857-8225. For more information or questions please contact Visit Minot Office at (701)857-8225.



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North Dakota Department of Health Warns About Risk of Salmonella Infection from Baby Poultry

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) warns of the potential danger to people who come into contact with live poultry, especially chicks, ducklings and other baby birds. Contact with live poultry or their environments can be a source of human bacterial infections. Multistate outbreaks of salmonellosis, an illness caused by Salmonella bacteria, have occurred every year for the past five years.

“During this time of year, baby poultry are often displayed in stores or given as gifts,” said Michelle Feist, epidemiologist with the NDDoH. “People can be exposed to Salmonella by holding, cuddling, or kissing baby birds or by touching areas where the birds live or roam.”

Anyone can get sick from Salmonella. Young children are especially at risk of salmonellosis because their immune systems are still developing and they are more likely to put their fingers, hands or other items into their mouths. In 2016, there were five cases of Salmonella infection in

North Dakota associated with a multistate outbreak of salmonellosis linked to live poultry. Of those five cases, one was under the age of five.

“Even if chicks and ducklings appear healthy, they may have Salmonella in their droppings or on their bodies,” said Feist. “A bird that looks clean can still have germs on its feathers, beak and feet that can make a person sick.”

The risk of acquiring Salmonella infections from baby poultry can be reduced by following these guidelines:

- Always wash your hands thoroughly with soap and water immediately after touching live poultry or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.

- Do not allow children younger than five years of age, older adults or individuals with weakened immune systems to handle or touch live poultry.

- Do not snuggle or kiss the birds, touch your mouth or eat or drink around live poultry.

- Do not allow live poultry inside the house or in areas where food or drinks are prepared, served, or stored.

- Do not give live baby poultry as gifts to young children.

Symptoms of infection with Salmonella can include diarrhea, abdominal cramps and fever, which usually begin within eight to 72 hours after exposure. The illness typically lasts four to seven days, and most healthy people recover without antibiotic treatment. Sometimes the infection can spread to other parts of the body, leading to severe and potentially life-threatening illness. Infants, young children, the elderly, and those who have impaired immune systems are at greater risk for severe Salmonella infections.

For more information, call Michelle Feist, NDDoH Division of Disease Control, at 701.328.2378 or visit www.ndhealth.gov/disease/GI/.

A Cacophony of Creation! Annual Summer Art Camp at the Taube Museum

TAUBE MUSEUM OF ART

Looking for that summer activity to bring out the creativity in your children? The Taube Museum of Art is offering their Annual Summer Art Camp June 26-29, with two sessions to choose from: 9am - 12 pm or 1 pm - 4pm. This camp is open to children ages 5 and up. Artcamp registrations are now being accepted online at www.taubemuseum.org. Your child will learn about contemporary artists and their techniques, and so much more! Local artist, Carol Fielhaber, will have her paintings on exhibit in the Lower Gallery at the Taube Museum of Art during this week. She will be present to give an 'artist talk' to the children on the second day of class! What a treat! This is an art camp for children interested in a hands-on experience with the visual arts. Experienced

art educators will work with your children developing their art skills.

Additional summer art classes will be offered and will be available for online registration by the end of April. Classes will begin the first week of June and run all summer through August, so there is sure to be a class that will tempt your child to be inspired! We are hosting a Summer Art Class Kick-off Event on May 12 from 5:30 - 7:30 pm - A Night at the Museum II - "Masters" at the Museum! You are invited to attend to see what our summer art classes are all about and meet the Taube summer teaching staff. There will be art projects, food, giveaways, story time, and photo ops by Mandi Carroll Photography! All summer class registrations paid that evening will receive a 10% discount! More information will be available soon,

so be sure to check our website and Facebook!

For more information about classes at the Taube Museum of Art: Call: 701-838-4445 Email: taubeducation@srt.com Summer Art Camp Register online at www.taubemuseum.org/summer-art-camp.htm or check our new Facebook page specifically for art classes at the Taube Museum of Art: www.facebook.com/EveryDayIsArtDay/ Museum and gift shop hours are Tuesday - Friday 10:30 am - 5:30 pm and Saturday 11:00 am - 4:00 pm. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

Contact Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.

Plan for Your Future Care

NORTH DAKOTA STATE UNIVERSITY

Life can change suddenly. We never know when we might be injured seriously in a car accident, suffer a stroke or experience some other sudden injury or illness.

These types of situations can leave people unable to speak for themselves, and family members and health-care providers may be uncertain about how to proceed with their care. Loved ones can feel overwhelmed if they don't know what types of treatment options you would consider.

You can make the decisions easier for them through advance care planning. That's the process of deciding your own future health care and communicating these wishes in the form of a written health care directive.

The North Dakota State University Extension Services has resources on its Aging Well website at www.ag.ndsu.edu/aging

to help you with advance care planning.

Now is a good time to get started on your planning because National Healthcare Decisions Day is in April. But this year, it's an entire week - April 16-22.

How do you prepare a directive?

- Think about what would be important to you (based on your personal values and beliefs) if you become very ill or are injured seriously.

- Understand medical treatment options. Talk with your health-care provider if necessary.

- Discuss your thoughts, concerns and choices with those close to you.

- Choose a loved one to speak for you if you no longer can speak for yourself.

- Prepare a written health care directive.

Health-care providers and nurses in clinics, hospitals or skilled nursing facilities can answer many of the questions you may have about advance care planning. Faith community

(parish) nurses, social workers and chaplains also may be available to provide you with assistance.

Most organizations have educational brochures that explain cardiopulmonary resuscitation, artificial hydration and nutrition, and other related issues usually addressed in a health care directive.

To write your directive, a good source is a document prepared jointly by multiple state agencies a few years ago: www.ndmed.org/image/cache/ND_Advance_Health_Care_Planning_Resource_Guide_10-07-Final.pdf Also, if you find yourself in a hospital setting, the form will be made available to you.

The best time to develop a plan is when you are healthy. We plan for most important events in our life, such as the birth of a baby, going on a trip, heading off to college and retirement. So why wouldn't we plan for how we want to live at the end of our life?

MINOT FLEA MARKET
MAY 6 & 7
ANTIQUES, COINS, BOOKS, JEWELRY, TOOLS, BAKED GOODS, & MORE
STATE FAIRGROUNDS - MINOT
SAT 8AM - 4PM - SUN 10AM - 3PM
A PLACE TO SHOP - A PLACE TO SELL
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THE MARKET ON 4TH
SPRING FLEA
MAY 13th
from 9am to 4pm
Old, Vintage, Upcycled, Repurposed and handmade items!
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The Market ON 4TH
WE ARE OPEN THE 2ND AND 4TH WEEKEND OF EACH MONTH
THURS. 4PM - 8PM
FRI. & SAT. 10AM - 4PM

TODAY

- Body Shred, 0645, Fitness Center
- First Friday 5K, 0730, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cinco de Mayo, 1030-1330, Dakota Inn Dining Facility
- Fit To Fight, 1100, Fitness Center
- Climbing 101, 1200, Fitness Center
- Parent Art Activity, 1500-1600, Child Development Center
- Torch Club, 1600-1700, Youth Center
- First Friday Cinco de Mayo, 1600-2100, Buffet served 1600-1800, Jimmy Doolittle Center
- Cinco de Mayo, 1630-1930, Rockers Bar & Grill
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center
- Base Skate, 1800-1900, Youth Center
- Keystone Club, 1830-1930, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-2400, Bowling Center

SATURDAY

- Swim Lessons, 0900, 1000, 1100, Indoor Pool
- Jiu Jitsu Training, 1100, Fitness Center
- Warrior High Intensity Cardio, 1130, Fitness Center
- Bowler of the Year Tournament, 1200, Rough Rider Lanes
- Give Parents A Break, 1300-1700, Child Development Center/School Age Program
- Get up. Get out. Get Fit Together Bowling, 1700-2000, Bowling Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-2400, Bowling Center

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Youth Center Tumbling Classes, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- H2O Fitness, 1645, Indoor Pool (located at Fitness Center)
- Cize, 1730, Fitness Center
- Yoga, 1630, Fitness Center
- Cycle & Strength, 1930, Fitness Center

TUESDAY

- Registration opens for Youth Summer Bash Lock-In at the Youth Center
- Youth Center Dance Classes, Various Times, Youth Center
- Strength 101, 0800, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Game Day, Every Tues, 1000-1930, Library
- Cycle/Yoga, 1130, Fitness Center
- TFL 101, 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

- Last day to purchase Mother/Son S.T.O.M.P tickets at the Jimmy Doolittle Center
- Youth Center Dance Classes, Various Times, Youth Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Warrior High Intensity Cardio, 0800, Fitness Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Story Time, Every Wed, 1030, Base Library
- Cycle & Core, 1100, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1300-1400, 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 (located at Fitness Center)
- Cize, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Yoga, 1830, Fitness Center

THURSDAY

- Last day to register for the Horseback Riding & Rock Climbing Trip at Outdoor Rec
- Last day to register for the Wine & Paint Class at Arts & Crafts
- Youth Center Dance Classes, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Strength 101, 0800, Fitness Center
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- WWE Summer Bowling League, 1830, Bowling Center
- Hard Core Strength/Muscle Pump, 1830, Fitness Center
- Cycle & Core, 1930, Fitness Center

UPCOMING EVENTS - MAY 12

- Last day to register for the Picture Framing Class at Arts & Crafts
- Last day to submit applications for the Air Force Club Scholarship Program
- Last day to register for the Fit Family Cut Throat Food Competition at the ITT Office
- Youth Center Dance Classes, Various Times, Youth Center
- Body Shred, 0645, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Climbing 101, 1200, Fitness Center
- Muffins with Mom, 1230, Child Development Center
- Kids Block Party, 1600-1800, Phil Baker Concert, 1800-1900, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center
- Wine & Paint Class, 1800, Arts & Crafts
- Keystone Club, 1830-1930, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-2400, Bowling Center

UPOMING EVENTS - MAY 13

- Chess Club, 1100, Base Library
- Jiu Jitsu Training, 1100, Fitness Center
- Warrior High Intensity Cardio, 1130, Fitness Center
- Youth Center Spring Dance Recital, Doors Open 1230, Recital at 1300, Hosted by the Youth Center, Held at the Base Theater
- Superhero Saturday, 1300, Base Library
- Mother's Day Bowling Special, 1800-2300, Bowling Center
- Get up. Get out. Get Fit Together Bowling, 1700-2000, Bowling Center
- UFC Fight Night: UFC# 211 Miocic vs Dos Santos, Prelims 1900, Main 2100, Rockers Bar & Grill
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-2400, Bowling Center

ONGOING EVENTS

- Get Up. Get Out. Get Fit Together Bowling EXTENDED, Visit Rough Rider Lanes from 1700-2000, on Saturdays through June and bowl as many games as you want for FREE including shoe rental! But get there early because lanes will fill up fast! Did you know? Bowling 3 games is equal to walking 1 mile!
- 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 now through May 12th.

- Visit MyAirForceLife.com/Clubs for eligibility, essay/video topics, instructions, & rules.
- 2017 Squadron Golf Tournament Booking, Book your squadron's ideal Friday(s) to participate in this seasons Squadron Golf Tournament. First come, first serve for dates. Call 723-3164.
- 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. May Special - Philly Cheesesteak Pizza. Alfredo based pizza topped with steak meat, green peppers, onions, mushrooms, provolone & mozzarella cheese and finished with a touch of garlic salt. 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. Strawberry & Mango Blended Lemonade May Special - Grab yourself or a friend the thirst quenching blended lemonade with strawberry & mango syrup! Tall \$4.50 Grande \$5.00 Venti \$5.50

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 SUMMER 2017 REGISTRATION IS NOW OPEN!!

Park University's Summer term (June 5, 2017- July 30, 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

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY IS NOW REGISTERING FOR THE SUMMER 2017

term (29 May-30 Jul). 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.

CHILDREN'S BOOK WEEK 4/29/2017 - 5/06/2017 10:00 AM - 2:00 PM

Main Street Books; 8 Main Street South. Children's Book Week is here! Join a host of downtown businesses in this Week Long Scavenger Hunt looking for award winning books all over downtown. The fun starts at Main Street Books on Independent Bookstore Day, April 29th. Come in to get your Scavenger Hunt Map and your 1st clue. Follow the clues to the next store and book and receive a stamp to signify you found it! Every store will have a clue to the next book and store. When you finish, you'll receive a page of coupons for downtown businesses and will be able to register to win a basket of award-winning books worth \$75.00. To celebrate the conclusion of Children's Book Week, join us on Saturday, May 6th at 11:00 a.m. for our Curious George Event. Come to meet Curious George, eat goodies, play games and win prizes. There will also be a storytime and craft, so come on down and party with your favorite books and friends in your favorite bookstore ever.

GAME ON! 4/21/2017 4:30 PM

Ward County Public Library. The Ward County Public Library will be offering gaming systems every Friday from 4:30 pm to 6:30 pm and Saturdays from 10 am to 1 pm starting April 21st. The last day will be June 3rd. We will have a Wii and an Xbox 360 with Kinect. Bring your friends because we are sure to have a fun time! For more information, please contact the library at 701-852-5388.

WOMEN OF DISTINCTION BANQUET 2017 5/05/2017 6:00 PM

Grand Hotel. Women of Distinction Banquet is an annual event carried out by YWCA's across the United States that focuses on the community unseen heroes. These are Women who exhibit strong leadership skills, advocate for positive social change, or even demonstrate a commitment to her community and to the mission of the YWCA. This event is an opportunity to recognize and honor women in a variety of areas in our local community who have contributed significantly and serve as a role model to other women. The YWCA Minot presents this award to women whose lives; talents; passions; and resources improved or are improving the communities in which they live. This award honors women who have demonstrated excellence, leadership, and integrity in their fields and in the community.

GAME ON! 4/21/2017 4:30 PM

Ward County Public Library. The Ward County Public Library will be offering gaming systems every Friday from 4:30 pm to 6:30 pm and Saturdays from 10 am to 1 pm starting April 21st. The last day will be June 3rd. We will have a Wii and an Xbox 360 with Kinect. Bring your friends because we are sure to have a fun time! For more information, please contact the library at 701-852-5388.

LOVE YOU, YOU'RE PERFECT, NOW CHANGE 5/05/2017 - 5/06/2017 7:30 PM - 10:30 PM

The Arlene Theatre, 115 1st St SE. I love you, you're perfect, now change by Joe DiPietro with music by Jimmy Roberts. This celebration of the mating game takes on the truths and myths behind that contemporary conundrum know as 'the relationship.' Act I explores the journey from dating and waiting to love and marriage, while Act II reveals the agonies and triumphs of in-laws and newborns, trips in the family car and pick-up techniques of the geriatric set. This hilarious revue pays tribute to those who have loved and lost, to those who have fallen on their face at the portal of romance, to those who have dared to ask, 'Say, what are you doing Saturday night?' May 5th, 6th: Starts at 7:30 pm May 7th: Starts at 2:00 pm Price: All tickets are \$18.00 - Mouse River Players does not charge any additional fees for online purchases.

MINOT FLEA MARKET 5/06/2017 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.

SPRING JUNKLOVER SALE 5/06/2017 9:00 AM

North Dakota State Fair Event Center. Indoor Junk Market located at the North Dakota State Fair Event Center, Minot, North Dakota. This is the largest spring junk event in North Central ND. Many, many junk booths with something for every junker's style! This is the place to be if you love shopping, reminiscing and hunting for that perfect junk find. Concessions will be available.

HEALTHY LIVING FESTIVAL 5/06/2017 10:00 AM

Sleep Inn at Dakota Square. The Minot Healthy Living Festival is dedicated to increasing awareness of the various aspects of health and wellness to lead healthier lives. Participants will learn healthy tips and strategies from area professionals, visit with vendors, and enjoy healthy snacks and lunch at the event.

STORY TIME AND CRAFT WITH BECCA 1/07/2017 10:30 AM

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

CURIOUS GEORGE STORYTIME EVENT 5/06/2017 11:00 AM

Main Street Books; 8 Main Street South. Come celebrate the conclusion of Children's Book Week this Saturday, May 6th at 11:00 a.m. for our Curious George Event. Come to meet Curious George, eat goodies, play games and win prizes. We will be reading a Curious George book or two and after we will have a fun Curious George themed craft! This event is for all ages!

8TH ANNUAL BOWLAPALOOZA 5/06/2017 11:30 AM

North Hill Bowl. Pick your team of 4 and get ready for the 8th Annual Bowlapalooza Saturday, May 6th. The day will consist of 3 games of bowling, 50/50 raffles, free chili, free shoe rentals and a ton of amazing prizes; including best team costumes. Not a bowler, no worries there is no experience needed there will be prizes for the highest and lowest scores each round. A four-person team costs \$120 and are due before April 25th. For more information contact svuwcampaign@srt.com or call 701-839-2994.

SEASON OPENER CAR SHOW 5/06/2017 12:00 PM

Minot Municipal Auditorium. This is a meet/get together to kick off the season. The event is open to any car, truck, motorcycle etc. The location will be in the parking lot of the auditorium which a few of us are paying to use. So with that being said, I ask that everyone is respectful. That means no burnouts, no sweet drifts or showing off that badass launch control you have, there will always be trash cans so use them. See everyone there.

LULA PALOOZA 5/07/2017 10:00 AM

North Dakota State Fair Event Center. Open to all ages. Shop all your favorite LuLaRoe Prints! 20+ Consultants will be bringing their LuLaLoot under ONE roof! You are bound to find your LuLaRoe Unicorns so bring all your family, friends and neighbors to this one of a kind opportunity. For more information please visit www.facebook.com/LuLaPaloozaAcrossNorthDakota/ or call RaeAnn at (701) 308-0962

WEEKLY STORY TIME AND DO-A-DOT ART FOR PRESCHOOLERS 4/10/2017 10:00 AM

1700 21st Ave NW b, Minot, ND 58703. Join Deb every Monday morning with your itty bitty ones for silly stories and a fun Do-A-Dot activity. A fun art medium for children of all ages. Do A Dot Art! markers have a patented large sponge tip dauber engineered to be mess free, never dry out, and make a perfect dot every time. Kids love mixing, blending and layering colors to create their own masterpieces!

LEGO CLUB 5/09/2017 7:00 PM

Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM

in the Imagination Station of the Minot Public Library. Children ages 4 to Grade 5 and parents interested in building are encouraged to attend. At each meeting children will have the opportunity to create different structures and vehicles with LEGOs. Each month their structures are on display in the Children's Library. Contact the library for more information.

STORY TIME 1/04/2017 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

SIGN LANGUAGE BINGO 5/10/2017 6:00 PM

Minot Public Library. Independence, Inc. invites the local community to participate in Sign Language Bingo night at Minot Public Library on May 10, 2017! Bring your friends and family for an opportunity to learn American sign language. The activity will help introduce and reinforce ASL skills for anyone interested in learning! The event is free and open to the public. All signers welcome!

STORY TIME 2/02/2017 10:00 AM

Ward County Public Library. Come enjoy story time and activities at the Ward County Public Library on Thursdays at 10 am. For more information, please contact the library at (701)852-5388.

SUMMER READING VIDEOS 5/11/2017 4:00 PM

Minot Public Library. Join us as we create videos to promote Summer Reading at the library. We will enter these videos in a contest and have a great time learning about video creation. Last year's state winner was from here in Minot so let's give it a try!

THE ULTIMATE GARAGE SALE WEEKEND 5/12/2017 - 5/14/2017 6:00 AM - 7:00 PM

Minot.

MUSIC STARS & CLASSIC CARS 5/12/2017 - 5/13/2017 1:00 PM - 11:00 PM

Pepsi (MAYSA) Arena. Come on lets twist, again! This inaugural event features an all-star lineup including Chubby Checker, Herman's Hermit's starring Peter Noone, Brian Hyland, Johnny Tillotson, Freddy Cannon, and Joey Dee and The Starliners. Rocky and the Rollers will back up the bands and perform both nights. Come dressed in your best-themed wear, and prepare to dance all night. The concert at the Pepsi (MAYSA) Arena will begin at 7 PM with doors opening at 5:30 PM. In conjunction with the concert series, check out a classic car and motorcycle show at the Dakota Square Mall, on May 12 and 13 from 1PM-5PM. Put on your dancing shoes, and join us for a weekend of the classics. Tickets are \$35 in advance, \$40 at the door and \$65 for a 2-night ticket. Friday Night Tickets, Saturday Night Tickets, Two-Night Event Tickets. Tickets are also available at Marketplace Foods and the Visit Minot office. If you are interested in a VIP Table on the floor, please call (701) 857-8225.

GAME ON! 4/21/2017 4:30 PM

Ward County Public Library. The Ward County Public Library will be offering gaming systems every Friday from 4:30 pm to 6:30 pm and Saturdays from 10 am to 1 pm starting April 21st. The last day will be June 3rd. We will have a Wii and an Xbox 360 with Kinect. Bring your friends because we are sure to have a fun time! For more information, please contact the library at 701-852-5388.

RUMMAGE SALE 5/13/2017 8:00 AM

Trinity Homes South Patio. Trinity Homes Relay for Life Team "Wishing On A Cure" is hosting a free will rummage sale where all donations support American Cancer Society. To many items to list. If you have items to donate please drop off at the Front Desk of Trinity Homes. For more information call 857-5800.

Find Enchantment Along The Enchanted Highway In North Dakota

TRAVEL WITH SARAH

The Enchanted Highway is one of those drives that you should add to your bucket list. It's a unique experience, that you will only find in North Dakota. When I mentioned I was making a North Dakota road trip, several people asked me, "Are you driving the Enchanted Highway?" I knew, at that point, that driving this stretch of road was a must.

What I loved most about this drive and my drive across I-94, was the scenery. If you think North Dakota is boring, think again. For some reason, I had envisioned a boring drive across this vast midwestern state. Once I entered Fargo from the East, I was quickly proven wrong.

To begin driving the Enchanted Highway, take Exit number 72 off of I-94. Here is where you will be enchanted before you start traveling the Enchanted Highway. This is just a taste of what is to come. Make the short drive to the metal structure and let your jaw

drop. I don't know about you, but I don't know of many roads in the United States that have massive, beautiful structures like this.

The structures are not close to each other, which makes the drive even sweeter. Between structures there are some stunning views.

Traveling the Enchanted Highway in North Dakota is memorable, as there's so much to see. The wide open space and the quiet of nature, really take you back to a quieter time in our lives. North Dakota offers a time to reflect and slow down the pace of our busy lives.

Deer Crossing was another stunning structure along the Enchanted Highway. I enjoy looking at deer from afar, as I've never been a fan of them on the hood of my car. Unfortunately, living in the midwest, collisions with deer are very common. This is the way I like to see them.

Grasshoppers in the field is another beautiful piece of artwork. I love the vision that artist Gary Greff has, as he is making a difference

when it comes to economic development in the midwest. I'd challenge anyone to do something like this in their communities, as it adds money, culture and fun to communities that are struggling to stay above water.

This is a glimpse of what you will find while driving the Enchanted Highway. I challenge you to drive the Enchanted Highway in North Dakota and tell me about your favorite find along the route.

My top two travel tips for making this drive a pleasurable one. There are no restrooms along a 30 mile stretch, so plan accordingly. Gas stations are not plentiful, so make sure you have topped off your gas tank before you make the exit off of I-94.

I loved this stretch of highway and will drive it again! It was beautiful, relaxing and very peaceful.

To view photos from Sarah's trip down the Enchanted Highway visit her blog at www.travelwithsara.com



Minot State's Flat Tail Press to Celebrate Print

MINOT STATE UNIVERSITY

Minot State University's Flat Tail Press will host a celebration of printmaking Friday and Saturday (May 5-6) in Hartnett 215E. MSU students, faculty and staff and community members will join printmakers from around the world to participate in the worldwide Print Day in May event. The group of artists will make prints with paper sized 11"x15" and use a variety of processes.

This is the third consecutive year that Flat Tail Press and MSU have participated in the Print Day in May event. In 2007, printmakers at Monterey Peninsula College, California, began devoting the first Saturday in May to printing. It grew into a worldwide event, including participants from various countries on five continents.

"This year marks the 10th anniversary of Print Day in May," said Ryan Stander,

art assistant professor and Flat Tail Press co-director. "It gets people working together on projects, learning from each other, and just enjoying each other's company in the studio."

Beginning Friday from 6 to 9 p.m. and running through Saturday 6 from 8 a.m. to 6 p.m., the MSU students, faculty and staff and community members will print using many processes including woodcuts and screen prints, lithographs and alternative photographic processes to make their editions. All are invited to attend this free event and learn about the different printing processes and help the participants with their prints.

Follow Flat Tail Press at <https://www.facebook.com/FlatTailPress> for progress posts throughout the day. For questions, contact Stander at 858-3297 or ryan.stander@minotstateu.edu.

North Dakota Department of Health Reminds Residents to Use Care While Cleaning to Avoid Hantavirus Disease

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) reminds everyone of the importance of protection against hantavirus disease. As spring begins, many people will be cleaning cabins and other buildings that have been closed for the winter. These are places where one is more likely to be exposed to the virus.

Hantavirus pulmonary syndrome (HPS) is a viral infection that causes severe lung disease. Infected rodents spread the virus in their urine, droppings and saliva. The virus is transmitted when an individual breathes in air contaminated by the virus, and on rare occasions, it can be transmitted through an infected rodent bite. The deer mouse is the primary carrier of the virus.

"People are most often exposed to hantavirus when cleaning or occupying previously vacant cabins, sheds or other dwellings and outbuildings that contain rodents, rodent droppings and rodent nests," said Jill Baber, epidemiologist with the NDDoH Division

of Disease Control. "There is no treatment for hantavirus disease, except for supportive care, so it is important to clean up rodent infestations properly to prevent infection."

NDDoH offers the following tips for cleaning a building with signs of rodent infestation to avoid hantavirus infection:

- Ventilate the space by opening the doors and windows for 30 minutes before you start cleaning
- Wear gloves and use disinfectant when cleaning up dead rodents or their urine, droppings and nests
- Saturate the material with disinfectant for five minutes before removal
- Mop floors and clean countertops, cabinets and drawers with disinfectant
- Use a commercial EPA registered disinfectant following the label instructions or a bleach solution made with one part bleach and nine parts water
- Do not stir up dust by sweeping or vacuuming up droppings, urine or nesting materials
- Do not let children play in crawl spaces or vacant buildings where rodents may be present

Symptoms of HPS usually begin two to three weeks after infection. Early symptoms commonly include fever, muscle and body aches, fatigue, headache, dizziness, chills, nausea and vomiting. Within a short period of time symptoms will worsen to include coughing and shortness of breath as lungs fill with fluid. People with HPS are typically hospitalized.

Fifteen cases of HPS have been reported to the NDDoH since 1993, when the virus was first recognized in the United States. Seven of the 15 reported cases were fatal. Nationally, 690 cases have been reported with 36 percent resulting in death through Jan. 6, 2016. More than 96 percent of the reported cases have occurred in states west of the Mississippi River.

For more information, contact Jill Baber, NDDoH, at 701.328.2378.

Please note: A fact sheet containing important precautions to minimize the risk of hantavirus pulmonary syndrome infection is available at www.ndhealth.gov/Disease/Documents/faqs/Hantavirus.pdf.

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
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B&D

Berni's
Hair Designers, Inc.

• Melisa Ellison •
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Located on North Hill
2001 3rd St NW • Minot

HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

Grocery Store Tour

Celiac Disease and Gluten Intolerance

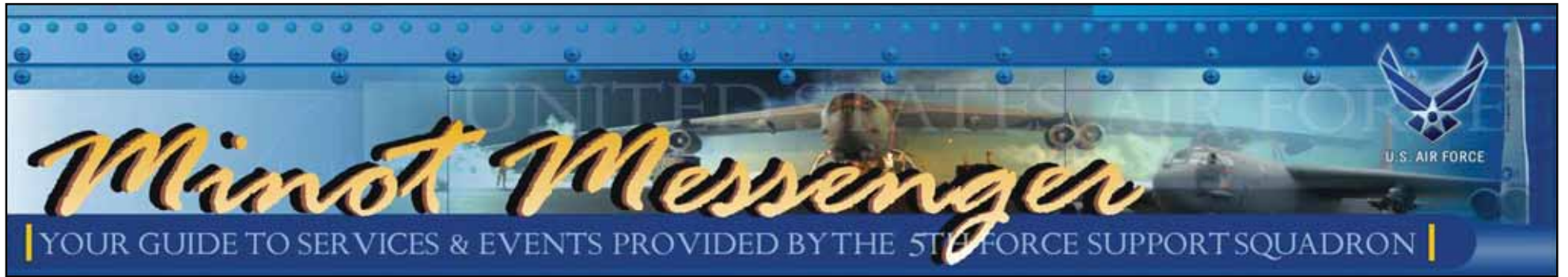
Join a Registered Dietitian for a small group grocery store tour!

The Original Marketplace Foods
1930 South Broadway, Minot
May 9 • 6-7 p.m.

Meet at the entrance near the deli.

RSVP by May 8.
Space is limited!
Please reserve your spot today!
Call 857-5268

TRINITY
HEALTH



FREE Admission For Club Members To UFC Fight Night

UFC Fight Night At Rockers Bar & Grill

UFC 211

STIPE MIIOCIC vs **JUNIOR DOS SANTOS**

JOANNA JEDRZEJCZYK vs **JESSICA ANDRADE**

MAY 13 SATURDAY ON PPV

**PRELIMS START 7PM
MAIN CARD START 9PM**

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

ADULTS ONLY - 18 & UP

ONLY AT

727-ROCK

IF YOU CAN'T JOIN US - GET WINGS TO GO!
SMALL BUCKET (50 WINGS) - \$45
LARGE BUCKET (100 WINGS) - \$85

Club members receive FREE admission to the UFC 211 pay-per-view event at Rockers Bar & Grill on Saturday, May 13. Non-members price is only \$7.

The action features the UFC Heavyweight Championship bout between current champion Stipe MIOCIC and former champion Junior dos Santos. In a co-featured match, the UFC Women's Strawweight Championship will be on the line as current champion Joanna Jedrzejczyk battles Jessica Andrade.

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 information, call Rockers Bar & Grill at 727-ROCK.

Rockers Bar & Grill Invites You To Celebrate Cinco de Mayo

727-ROCK

Cinco de Mayo

**Friday
May 5 - 4:30pm
ADULTS ONLY**

**Club Members: FREE
Non-Members: \$7**

Celebrate Cinco de Mayo Minot style! Enjoy a delicious Mexican buffet and margarita specials in the lounge. Karaoke starts at 8pm!

Rockers Bar & Grill invites you to celebrate Cinco de Mayo Minot style on Friday, May 5 starting at 4:30 p.m. Club members enjoy a free Mexican buffet and margarita specials in the lounge. Buffet cost for non-members is \$7. The buffet includes a wide array of delicious Mexican cuisine including homemade enchiladas, mini tacos, mini burritos, chips & salsa, Mexican rice, and refried beans. Adults only. Karaoke starts at 8 p.m. Make plans now to attend this fun and delicious event. Call Rockers Bar & Grill at 727-ROCK for more information.

Celebrate Mother's Day With A Variety Of 5 FSS Events

You'll find a variety of Mother's Day events at 5th Force Support Squadron facilities this year. Enjoy a delicious Sunday Brunch or fun events for Mom and the entire family.

MOTHER'S DAY BOWLING SPECIAL

May 13 - Rough Rider Lanes

Celebrate Mother's Day a little early by enjoying the Mother's Day bowling special at Rough Rider Lanes on Saturday, May 13 from 6-11 p.m. Mom's can bowl up to 3 games FREE and receive a FREE shoe rental. Family members bowl for \$2.75 per game and \$2 a shoe rental. Call Rough Rider Lanes at 727-4715 for more details.

MOTHER'S DAY GOLF SPECIAL

May 14 - Rough Rider Golf Course

Bring mom to the Rough Rider Golf Course on Sunday, May 14 from 10 a.m. to 3 p.m. for a FREE 15 minute lesson. If accompanied by family members, mom can play 9 holes of golf for FREE and other family members pay regular cost. For additional information, call the Rough Rider Golf Course at 723-3164.

MOTHER'S DAY SUNDAY BRUNCH

May 8th - Jimmy Doolittle Center

The Jimmy Doolittle Center is hosting a special

Mother's Day Brunch

**Sunday, May 14th
10:30am-1:30pm**

Bring Mom to the JDC for brunch and enjoy our vast selection of both breakfast and dinner items. Omelet bar, waffle bar, salad bar, carved prime rib, entrée line and much more! Extra special desserts for Mom. First 100 moms receive a plant. Kids get to visit with Dizzy and Sparklie!

**Club Members: \$15.95
Non-Members: \$18.95
Children 6-12: \$6.95
Children 5 & Under: FREE**

723-3731

Mother's Day Sunday Brunch on May 14 from 10:30 a.m. to 1:30 p.m. Come enjoy the delicious Sunday brunch menu featuring a large selection of both breakfast and lunch items including an omelet bar, waffle bar, salad bar, carved prime rib, entrée line and much more. The first 100 moms will receive a FREE plant to take home. Children can visit with Dizzy the Clown and Sparklie. Cost for the Mother's Day Brunch is \$15.95 for club members and \$18.95 for non-members. Children ages 6-12 are \$6.95 and 5 and under are free. For more details, call the Doolittle Center at 723-3731.

WWE Summer Bowling League Is Coming To Rough Rider Lanes

BOWLING

Guess what's coming to Rough Rider Lanes!
THE WWE LEAGUE!

Bowl 12 weeks at \$15/week & get a **WWE BALL OR PIN OF YOUR CHOICE!**

Not interested in the WWE ball? Select your favorite sports team instead! Just let us know when you pay!

**LEAGUE PLAYS THURSDAYS
11 MAY - 27 JULY
@ 1830**

REGISTER NOW thru MAY 11TH

727-4715

Rough Rider Lanes invites you to register now for the WWE Summer Bowling League. This great 12 week summer league begins May 11 and runs through July 27. The league bowls each Thursday at 6:30 p.m. Cost is \$15 per person per week. Upon completion, each participant will receive a WWE bowling ball or pin of your choice. Not interested in the WWE ball? Select your favorite sports team instead! For more details, call 727-4715.

Annual Spring Showcase For Spouses Coming May 18



The annual Spring Showcase for Spouses event features over 50 different booths displaying a variety of products and services plus lots of prize giveaways.

This year's Spring Showcase for Spouses returns many of the favorite booths from past shows as well as numerous new exhibitors. The annual event provides guests an informative and fun-filled social evening. The Spring Showcase for Spouses will be held at the Jimmy Doolittle Center on

on Thursday, May 18 from 6-8:30 p.m.

This year's extravaganza offers over 50 booths showcasing a wide variety of products and services available on base and from exhibitors throughout Minot and the surrounding area. Among the offerings featured at this year's showcase is home décor, fashion and jewelry items, health, wellness, beauty products and services, Force Support facilities, and much more.

You can stroll through the numerous exhibitors' booths and register for a wide variety of door prizes. Guests are encouraged to visit each booth and register for their prize giveaway. This year's Spring Showcase for Spouses is sponsored in part by USAA. *No Federal Endorsement of Sponsors Intended.*

While exploring the Spring Showcase, guests can enjoy a delicious array of complimentary hors d'oeuvres and desserts. There will be a cash bar available. For additional information, contact the Jimmy Doolittle Center at 723-3731 or call the 5th Force Support Squadron Marketing office at 723-6718.

CLUB MEMBER DRAWING ON FRIDAY, MAY 5th 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, May 5 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

May 13 Superhero Saturday

Celebrate Superhero Saturday at the base library on Saturday, May 13 beginning at 1 p.m. Children of all ages can listen to stories about their favorite superheroes and enjoy a variety of superhero crafts and activities. Costumes welcomed - not required. Kids won't want to miss this FREE event. For more details, call the base library at 723-3344.

May 13 Spring Recital

Youth Programs and Studio 47 Dance are presenting a Spring Recital on Saturday, May 13 at 1 p.m. at the Base Theater. Enjoy all classes performing tap, jazz, acro, and more. Doors open at 12:30 p.m. For more details on this free event, call 723-2838.

18th ANNUAL KIDS BLOCK PARTY
 12TH MAY 4PM
 Sponsored By TRINITY HEALTH
 FOOD GAMES PRIZES
 PLUS Bouncy Castles & much more!
 FREE
 Come out & celebrate the Military Child!
 PLUS ENJOY THE Phil Baker Concert 6:00-7:00pm
 723-2838

Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can now sign-up for **2 FREE games of bowling per day from now - September 4, 2017**. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit the www.kidsbowlfree.com website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$28.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

Youth Outdoor Soccer Registration

The Youth Center is holding Youth Outdoor Soccer registration for Youth Center members 3-12 years of age from May 1-31. Cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth ages 5-12. Youth Center membership and a current immunization record and sports physical must be on file to register. The Youth Outdoor Soccer season begins August 1. For more information, please call the Youth Center at 723-2838.

May 12 Wine & Paint Class

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, May 12 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 May 2-11. There is limited seating available so be sure to register early. Class is open to adults 17 years of age and older only. Wine is not included in cost. You must provide your own wine if desired - must bring I.D. For more details, call 723-3640.

May 20 Picture Framing Class

The Arts & Crafts Center is holding a Picture Framing Class on Saturday, May 20 at 10 a.m. Registration is May 2-12. Cost is \$25 plus materials. Learn the basics of matting and framing. You'll cut your own double mat, assemble your frame, and leave with a completed picture ready for hanging. Bring in your picture to frame by May 12 so the Arts & Crafts Center can assist in mat and frame choices and order materials before the class date. For additional details, call 723-3640.

Register Now For Horseback Riding & Rock Climbing Trip

Outdoor Recreation invites you to enjoy their Horseback Riding and Rock Climbing trip on May 26-29. You'll enjoy a day of horseback riding and a buffalo safari tour at Custer State Park in South Dakota. The next day will include a half-day of rock climbing and then finish the day off with fun in Keystone, SD. The trip includes transportation and three nights lodging.

Cost is \$115/quadruple occupancy, \$160/triple occupancy, \$230/double occupancy, and \$460/single occupancy. Registration deadline is by May 11. Participants must be 10 years of age or older. Anyone 18 years of age or under must be accompanied by a parent or legal guardian. For more details, call Outdoor Recreation at 723-3648.

First Friday Cinco de Mayo
 CLUB MEMBER & SPOUSE: FREE
 ADULT NON-MEMBER: \$7
 CHILDREN 6 & UP: \$3
 5 & UNDER: FREE
 JOIN US MAY 5TH FOR CINCO DE MAYO INSPIRED FOOD & FUN!
 ENJOY A DELICIOUS FAJITA BAR WITH YOUR FAMILY & FRIENDS!
 4:00-9:00PM
 FOOD SERVED 4-6PM
 GROUND ZERO LOUNGE OPENS AT 4PM
 723-3731

YOUNG AIRMEN EVENTS & PROGRAMS

May 5 First Friday 5K Fun Run

The Fitness Center is starting a Summer Series 5K Fun Run. Every First Friday from May through September, you're invited to participate in a 5K Fun Run. The first event is scheduled for Friday, May 5 with the run beginning at 7:30 a.m. at the Fitness Center. The events feature awards for the fastest male and female at each run. T-shirts will be awarded at the last run. For more information on this FREE event, call the Fitness Center at 723-2145.

May 5 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 5 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.

May 15 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting an Off-Base Budget Classes on May 15, 16, 17, & 18 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 additional information.

May 27 Memorial Day Golf Scramble

The Rough Rider Golf Course is hosting the Memorial Day Scramble on May 27 beginning at 9 a.m. This 18 hole, four person scramble is sponsored by Minot Automotive Center. Entry fee is \$30; green fees and cart rental not included. The tournament is limited to the first 20 teams to sign up. Call 723-3164 for more details. *No Federal Endorsement of Sponsor Intended.*

CUT-THROAT FOOD COMPETITION
 JOIN US FOR A SHOWDOWN!
 JIMMY DOOLITTLE CENTER
 4:00PM
 Come out to watch or compete! It will be fun for all!
 Winners at each of the three qualifying events will receive a prize & a chance to compete against a Special Guest team!
November 16th
 Qualifying teams will compete against a Special Guest in the final event of the competition. Each team will prepare a Family Thanksgiving meal.
 *At least one family member must be youth (minimum age 5)

Think you got what it takes? Give 'em a call and register!
 701-727-8669

MAY 25 Memorial Celebration
 Teams of 3: 2 Airmen + an NCO compete to prepare the best Memorial Day meal
 Register Apr 10th-May 12th • Cost: \$50/team

JULY 1 A Healthy Independence
 Teams of 4: 2 NCO + 2 Family members* compete to prepare the best tasting healthy meal
 *This event will be held on the July 4th Celebration
 Register June 1st-23rd • Cost: \$50/team

SEPT 14 Celebrate Air Force Heritage
 Teams of 4: 2 SNCO/CGO + 2 Family members* compete to prepare the best meal celebrating Air Force Heritage
 Register Aug 1st-Sep 8th • Cost: \$50/team

THE THREE AMIGOS
 CELEBRATING CINCO DE MAYO
CELEBRATE CINCO DE MAYO!
 Come join us for a Cinco de Mayo event full of fun and flavor beginning on **May 5, 2017** during lunch in your Local Base Dining Facility
 Music!
 Free Chips & Salsa
 Chips & Salsa while supplies last!
 sodexo
 For more details, see your onsite food service manager or visit us on our website www.usafining.catertrax.com



2017 Imagicon

Imagicon took place April 28, 29 and 30 at the Holiday Inn Riverside. There were many vendors and special guests to take in. The event featured special guests such as: Warren Simons Editor-In-Chief of Valiant Entertainment, Eliot Rahal Valiant Comic Book Writer, Doug Haase Haaseline Entertainment, Michael Sellers Producer and Editor, Mark Starks Filmmaker and author, Jeff Peters Gaming Industry Expert, TJ Dillashaw UFC fighter, Terry Redfield Gaming Industry Expert, BATMOBILE Original car from Batman TV series, Johnny Green & The Greenmen Variety Band, Eliot Rahal Valiant Comic Book Writer and Nick DiFabbio Artist. In addition to all the special guests and vendors there were daily events guests could attend such as: Jellybeanstreet Art Workshop, Minecraft play, Artemis team training, open gaming, draw off contests, Magic the Gathering tournament, Cosplay party, Harry Potter trivia, Smash Bros tournament and a Settlers of Catan tournament. So much fun was to be had at this years Imagicon, hope to see you all back at the 2018 Imagicon.

NORTHERN SENTRY PHOTOS | BETH DUCHSHERER



"I know when the papers with my ads are out. My phone starts ringing."
 Josh Benjamin, owner Prairie Carpet Services

**Want to grow your business?
 Run your ad with us today!**

- Deulah Beacon, 873-4381
- The McClusky Gazette, 363-2492
- Underwood News, 402-8120
- New Town News, 627-4829
- Mountrail County Record, 627-4829
- The Leader News, 462-8126
- Velva Area Voice, 338-2599
- McLean County Journal, 363-2492
- Hazen Star, 748-2255
- McLean County Independent, 463-2201
- Center Republican, 748-2255



CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>GLENBURN FIRST BAPTIST CHURCH  402 South Street • 701-362-7971 Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m. Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor David W. Wisthoff • 701-240-1491</p>	<p>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</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540 Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship..... 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am Please join us, all are welcome here! UNITED CHURCH OF CHRIST </p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 am 2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321 Worship..... 9:00 a.m. www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853 Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i> Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf . . 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 8:15 am & 10:45 am Sunday Fellowship..... 9:15 am Sunday School..... 9:30 am Wednesday Worship..... 6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 Sunday School..... 9:00 am Sunday Worship Service..... 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God <i>Family Worship Center</i> 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..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352 westminot.com facebook.com/westminot</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ!"</i> Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper..... 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m. Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  Pastor Taryn Montgomery Saturday Worship 5:00 pm Sunday Worship: 8:30 am & 11:00 am Sunday Education..... 9:45 am Wednesday Education..... 6:00 pm Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist  Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319 Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872 Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m. John Streccius, Pastor 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> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p>	
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m. Pastor Ray Baker www.vincentumc.com</p>			

CLASSIFIEDS

www.northernentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

HELP WANTED

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

tfn

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

tfn

Drivers: CDL-A. \$3,000.00 Sign-On Bonus! Average \$75,000/Year! Full Comprehensive Benefits! Year Round Oil Work Williston, ND. 6 Months Tractor Trailer Exp, DriveBrady.com Today: 855-301-7523 x5

19w

THE CHAPEL IS SEEKING A "PROTESTANT HOSPITALITY COORDINATOR" to coordinate fellowship meals for the Protestant Parish. A two or four year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field is preferred. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 15 May 2017 by 1630 and can be submitted to SrA Gamble at the Northern Lights Chapel (723-2456). Basis of the Contract Award is "Best Value" to the government. Contractor must complete a background check in accordance with DoDI 1402.5.

18w

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Gail Peterson by E-mail or phone at gpeterson@kalixnd.org (701)833-6559

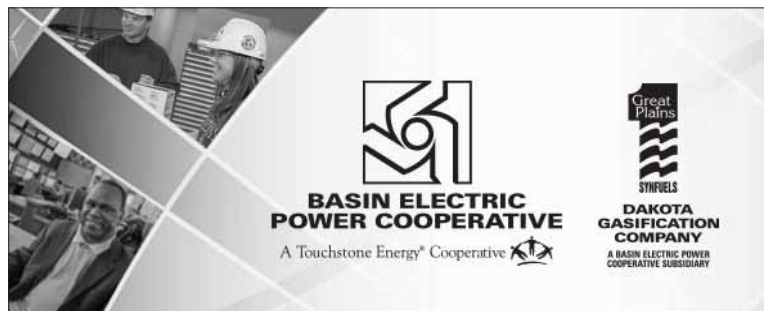
THE CHAPEL IS SEEKING A "PROTESTANT PARISH COORDINATOR" to oversee coordination of Protestant community ministries. A two or four year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field is preferred. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 15 May 2017 by 1630 and can be submitted to SrA Gamble at the Northern Lights Chapel (723-2456). Basis of the Contract Award is "Best Value" to the government. Contractor must complete a background check in accordance with DoDI 1402.5.

18w

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24w



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3 bedroom, 2 1/2 baths, family home near school. 1250 sq ft on main floor. Partially finished basement. 1718 5th Ave SW. \$219, 900 or make an offer. OPEN HOUSE SUNDAY, MAY 7 1-4

21w



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18w

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 9

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\$124,900

MOVE IN READY - Totally refurbished home in Eastwood Park. Eat-in kitchen with plenty of cabinets. Large upper level bedroom with sitting area. New roof, windows, furnace, electric and water heater. Large rear deck. Detached garage.

MLS #170792



\$184,000

CHARMING - Quaint kitchen with pantry, 2 nice sized main level bedrooms and a 3rd in the upper level that has a deck and city views. Living and dining room have original hardwood floors. Lower level family room. Attached garage.

MLS #170684



\$147,000

GREAT STARTER HOME - 5 bedroom, 2 bath home in SE location. 3 main level bedrooms and 2 lower level bedrooms with egress windows. Seller offering allowance for appliances. Front porch, central air, vinyl siding and parking off alley.

MLS #170965



\$30,000

AFFORDABLE - 3 bedroom, 2 bath mobile home with 1280 sq ft of living space. Fully furnished and move in ready. New roof in 2015, new water heater and washer/dryer in 2013. Laminate flooring, 6x8 deck, vinyl siding, garden shed, and parking.

MLS #170614



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\$134,999

PRICE REDUCED! 3 bedroom double wide with 2 stall garage, wrap around deck set up on a nice size lot which is included. Chain link fence, 2 exterior sheds and concrete patio. Newer insulated skirting, appliances, cabinets and flooring.

MLS #161878



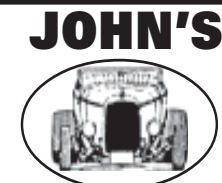
Ali Ryan
720-9004
amryan66@yahoo.com



Blake Krabseth
720-1786
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HOUSE FOR SALE

FOR SALE BY OWNER



Nice Quiet Neighborhood. 3 Bedroom, 2 Bath House on 5 acres. Wood Flooring, Fireplace, Lots of Cupboards. Fenced backyard, 3 decks, 32x32 Garage & New Roof.
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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
- 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
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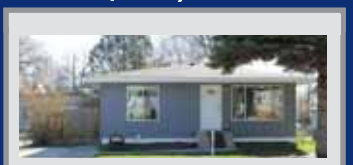
\$534,900 - Lake Metigoshe



Location is everything! This quaint, 4 seasons Lake Metigoshe cabin features amazing 270 degree views of the water and approximately 300 ft of shoreline sweeping around a point and then into a quiet bay/ Call Alish Charley at 500-5362. #170954

\$165,000

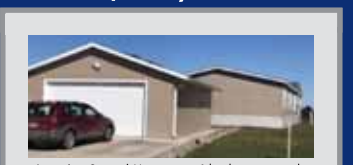
\$259,900



Very nice move in ready 6 bedroom home. 3 of the bedrooms are in lower level with non egress windows. Main floor consists of large living room with newer carpet, dining room, & kitchen with newer appliances and cabinets. Call Jerry Thomas at 833-7578. #170953

\$75,000

\$155,000



Amazing Space! Have your 4 bedrooms, and a dedicated workout or office space! Beautiful open kitchen with center island and dining area! Formal living room and large family room! Vaulted ceilings has nice added woodwork and built-in corner shelf unit. Call Aisha Vadell at 240-3780. #170950

\$324,300



Nice starter home with 3 bedrooms and 2 bathrooms close to Roosevelt School. Updated kitchen with newer appliances with a glass top stove. There are 2 bedrooms on the second floor with the master bedroom on the main floor. Call Clyde Thorne at 240-9485. #170940

\$185,000



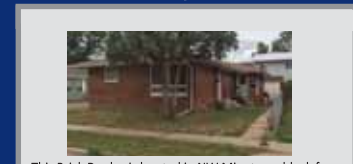
Nice 1320sf home with 3 bedroom 2 bathroom home with an detached 2 car garage. Larger foyer coming into the home. Kitchen is updated with newer appliances that stay with the home. Good size living room, newer windows throughout the home. Call Clyde Thorne at 240-8594. #170934

\$89,500 - Lansford



Enjoy life in this custom, one owner, Coughlin built townhome. Kitchen is equipped with all appliances, granite kitchen countertops and cabinets that have pull out drawers. The back splash tiles are imported from England. Call Clyde Thorne at 240-8594. #170907

\$309,900



This Brick Duplex is located in NW Minot one block from the University. It is a great investment opportunity or a chance to live in one unit and rent out the other to help w/mortgage. This nicely remodeled duplex has laminate flooring throughout. Both units have full basements. Call Tamie Dunn at 720-1723. #161752



This charming farmhouse has 4 bedrooms, 1.5 baths and is situated on 6 lots in Lansford, ND. If you like small town living, this will be an ideal house for you. It has a detached 2 stall garage that has new shingles in 2016. Call Cindy Strandberg at 833-1956. #170238



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 with plenty of cabinets. Call Brad Livesay at 720-7769. #1170384

MINOT, ND, USA

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