

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

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# Minot cyclists display physical, social fitness

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

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

His face is covered in sweat and his legs shake from pedaling against the raging winds. Finally, he notices his surroundings and realizes he's still 20 miles from home. Before doubt can begin to creep into his mind, he pedals harder, telling himself, "I have to make it home so there's nothing left, but to grind and push through!"

This is a frequent experience for Tech. Sgt. Joshua Johnson, 5th Operations Support Squadron deputy airfield manager, who is one of six Minot Air Force Base Airmen on the Air Force Cycling Team, which consists of more than 150 cyclists Air Force-wide.

Johnson's perseverance is a common trait among members of the team.

These Airmen understand the importance of selfbalance and use cycling as a way to stay physically and socially fit.

"We share a bond as members of the Air Force Cycling Team," Johnson said. "As a team we accomplish much more than a single rider can do by themselves."

The Air Force Cycling Team is an organization that uses cycling as a way to display both wingmanship and fitness. There are various Air Force Cycling Team chapters and regions across the U.S.

Anyone who wants to join the team must represent the Air Force at five regional cycling events throughout the year. The Air Force Cycling Team's premier event is the Register's Annual Great Bicycle Ride Across Iowa, where more than a hundred Air Force cyclists across the world meet to help other riders on the Iowa roads during their 500-mile journey.

"RAGBRAI is the largest cycling tour in the U.S., so this is a chance for us to fulfill our annual membership requirement by doing all five events in one ride," said Tech Sgt. Joshua Hull, 5th Maintenance Squadron crew chief.

The cyclists also take the time to help other riders with any maintenance issues or injuries whenever they participate at events.

"We aid cyclists so that if a rider goes down or has a mechanical issue, we ensure there are multiple Airmen who can stop and help them,' said Johnson. "We bond and build relationships with Airmen while becoming proficient at bicycle maintenance and helping other cyclists."

When these Airmen train for cycling events, they make sure to give their best effort in order to achieve success. Like fulfilling the Air Force mission, cycling training requires a countless amount of time and dedication.

"It all starts with setting your goals," Johnson said. "Once you set a goal, you figure out how to achieve it." "You learn to put the time, dedication and effort into it."



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

Members of the Air Force Cycling Team stand in front of the gate at Minot Air Force Base, N.D., May 17, 2017. There are six Minot Air Force Base Airmen on the Air Force Cycling Team, which has more than 150 cyclists Air Force-wide.

Despite rigorous training leading up to an event, Johnson mentioned his cycling experience taught him not to focus on potential obstacles.

"When I'm setting a goal or trying to achieve something, the least amount of my focus is on the challenge," he said. "My focus is on how to navigate around it."

Johnson and other cycling team members of the team cycling has given them a chance to be involved with something greater than themselves.

Team members also get to do what they love while representing the Air Force, something they take great pride in. "I have a deep love for the Air Force so this is a great way for me to show my passion for cycling, represent the Air Force, build relationships and share common interests with others," Hull said.

Riding gives members the opportunity to bond with each other and connect with the local community.

"We engage with the community while representing the Air Force, we make friends w and help other cyclists in need," said 1st Lt. Amy Hunt, 742nd Missile Squadron, ICBM combat assistant flight commander. "This makes the military a more personable and a relatable organization." In addition to training for RAGBRAI, which takes place in July, the team is also preparing for other cycling events, such as Bike the Borders, a local cycling race in Burlington, North Dakota. Hunt and her team

members know being a part of the Air Force cycling team is more than just peddling the countryside with friends or competing in a race. It's about being a part of something bigger.

"This is one of the most motivating groups I've been around," she said. "It's an unbelievable community to be a part of and is a great way for me to represent the Air Force while doing something I love."











### Guardians of the Flame

MINOT AIR FORCE BASE, N.D. -- Every year more than 400 law enforcement personnel gather to promote the concept of partnership and prosperity as the "Guardians of the Flame". This event was held in honor of the Special Olympics North Dakota State Summer Games and took place in communities across North Dakota including Bismarck, Grand Forks, Jamestown, Minot, Pembina and Valley City.

U.S. AIR FORCE PHOTOS | TECH. SGT. EVELYN CHAVEZ AND SENIOR AIRMAN SAHARA L. FALES

### MAFB selected for Task Force True North initiative

SENIOR AIRMAN APRYL HALL | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. -- Minot Air Force Base was recently selected as a beta test installation for Task Force Truth North, an initiative that strives to promote Airmen resiliency by using a more proactive approach to provide mental health within units.

"We are looking for ways to enhance Airmen well-being and resiliency and decrease negative outcomes," said Col. Mark J. Ramsey, Headquarters Air Force operations division chief and team lead for the TFTN site visits. "Our long term objective is to have a fit and healthy Air Force."

The idea stemmed from an initiative implemented for special operations units at Hurlburt Field Air Force Base, Florida. Each squadron has a five-person medical team embedded into their unit. This team includes a physiologist, nutritionist, psychiatrist, among others. The purpose behind an embedded team is to make helping agencies more readily available to Airmen who return from combat deployments.

Improvements in the Hurlburt Airmen's overall health was recognized quickly, and caught the eye of Air Force Chief of Staff Gen. David Goldfein, who assembled a team to make this program available at all Air Force installations.

The charter to initiate the program was signed by Goldfein in December of 2016, and the program is currently in part three of the four-part implementation process; the site visits.

With Minot AFB being named one of the four beta test installations, the TFTN team visited to help determine the concept operations and logistics to begin implementing the program. Beale AFB, California, Joint Base Elmendorf-Richardson, Alaska and Whiteman AFB, Missouri were also named beta test sites.

Minot AFB specifically will receive 20 people; 16 licensed clinical social workers and four mental health providers. Professional medical teams will embed with the 5th Mission Support Group, 5th Maintenance Group, 91st Security Forces Group and 91st Maintenance Group. The teams will be hands-on and interact with the Airmen on a daily basis.

"They definitely will not be sitting in an office waiting for someone to come to them," Ramsey said. "Their job is to be out where their Airmen work, circling around and providing counsel."

In addition to the embedded health teams, Minot will also receive a program manager who will oversee the implementation process. There will also be a streamlined process to introduce the program to new Airmen arriving on station and a religious support team to assist the current base chaplain corps.

"À whole lot of good can come from a program like this, we've seen it," Ramsey said. "If we can figure out how to do it here, everywhere else is going to be easy."

The TFTN team estimates the program manager will be in place by the end of August and the teams will arrive no later than spring of 2018.

"The national defense strategy says, 'Above all else, we will take care of our people," Ramsey said. "That's exactly what we are trying to do."

### Luke AFB temporarily cancels F-35A local flying ops

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ASHINGTON (AFNS) -- The 56th Fighter Wing at Luke Air Force Base, Arizona, cancelled local flying operations today for F-35A Lightning II aircraft due to a series of five incidents in which pilots have experienced hypoxia-like symptoms.

According to base officials, since May 2, 2017, five F-35A pilots assigned to Luke AFB have reported physiological incidents while flying. In each case, the aircraft's backup oxygen

system operated as designed and the pilot followed the correct procedures, landing the aircraft safely.

"In order to synchronize operations and maintenance efforts toward safe flying operations we have cancelled local F-35A flying," said Brig. Gen. Brook Leonard, the 56th Fighter Wing commander. "The Air Force takes these physiological incidents seriously, and our focus is on the safety and wellbeing of our pilots. We are taking the necessary steps to



find the root cause of these incidents."

Wing officials will educate U.S. and international pilots today on the situation and increase their awareness of hypoxia symptoms. Pilots will also be briefed on all the incidents that have occurred and the successful actions taken by the pilots to safely recover their aircraft. Flight medicine will brief physiological symptoms and also the extensive measures that are being taken to analyze data collected from the incidents. Finally, the 56th Operations Group will hold an open forum to discuss any concerns pilots may have given these recent occurrences.

Currently, the local flying operations cancellation is limited to Luke AFB.

Air Force senior leaders are aware of the incidents and are providing support and resources as necessary to protect pilots. More broadly, the F-35 Joint Program Office has stood up a formal action team of engineers, maintainers and aeromedical specialists to examine the incidents to better understand the issue. These subject matter experts will share the data across the F-35 enterprise and with partner nations.

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### AF announces Fairchild AFB as preferred location for additional KC-135s

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Today, Air Force officials announced Fairchild Air Force Base, Washington, as the preferred location for basing 12 KC-135 Stratotanker aircraft, and MacDill AFB, Florida, as the reasonable alternative. "Fairchild (AFB) is the best choice for additional Air Force tankers," said Heather Wilson, the Secretary of the Air Force. "It's well placed to gas up aircraft going across the Pacific, and it has the facilities we need without a lot of construction, making it the lowercost option for the taxpayer."

The aircraft are currently scheduled to transfer from

**Continued on page 10** 

# 5 CES HOSTS EXPEDITIONARY TRAINING DAY

Airmen from the 5th Civil Engineer Squadron participated in an Expeditionary Training Day at Minot Air Force Base, N.D., June 1, 2017. More than 60 CE Airmen participated in the training, which consisted of four flights completing an array of deployment-type tasks. The day began with a "bag drag" and 6-mile ruck march, followed by tent set-up, rappelling, helicopter hoists, search-and-rescue training, convoy operations and Self-Aid and Buddy Care. The unit held the event to better prepare their Airmen for combat deployments.



U.S. AIR FORCE PHOTOS | SENIOR AIRMAN APRYL HALL | SENIOR AIRMAN J.T. ARMSTRONG AIRMAN 1ST CLASS JONATHAN MCELDERRY | AIRMAN 1ST CLASS ALYSSA M. AKERS





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### Get the Flavor for a North Dakota Summer

ND TOURISM

ISMARCK, ND – June in North Dakota is long, temperate days filled with outdoor amusement. It's cultural road trips, farmers market finds and lazy days at the lake. Whether you're in the mood to get on the road or crawl into a hammock, come get a taste for North Dakota this summer.

Historical Journey Pack the car and head out to better acquaint yourself with North Dakota's story. Start at the highlyacclaimed North Dakota Heritage Center and State Museum in Bismarck to learn about the geological history of the area and the people settling the region. Travel west to the Dickinson Museum Center where you'll see cultural and natural artifacts from southwestern North Dakota, including a complete triceratops skull and several dinosaur displays. Drive north to New Town and tour the Three Affiliated Tribes Museum to learn more about the Mandan, Hidatsa and Arikara people. Medora is a charming western town famous for the Medora Musical but it's also home to the delightfully interesting North Dakota Cowboy Hall of Fame. In eastern North Dakota,

visit the Fargo Air Museum to learn the history of North Dakota's flying aces and Air National Guard or visit the Plains Art Museum to view fine arts exhibits. The North Dakota Museum of Art in Grand Forks the official art museum of the state – features contemporary art.

Festival Fever Nothing says summertime like an outdoor festival. And once warm weather arrives in North Dakota, festival fever sets in. Fan of old cars? Visit Buggies-N-Blues in Mandan and enjoy live music, food booths and a beer garden. North Dakota's country music festival is in its inaugural year, so head to New Salem to sway to the sounds of stars Michael Ray, Cannan Smith and Aubrie Sellers at ND Country Fest. Several junk festivals are held across the state so get busy exploring for rare, vintage finds. From birding to soap box racing there is a celebration for everyone in North Dakota this June.

Food Fun North Dakota is an agricultural state so summer means a bounty of fresh and delicious fare. Sample summer garden delights at food festivals in every corner of the state. Grand Forks hosts a

Rhubarb Festival with all things rhubarb, plus live music and entertainment. Early June signals the return of Bismarket to the state's capital city. This outdoor community market features the region's freshest produce and local food vendors and food trucks are on hand to fuel shoppers with tasty eats. Ribfest in Fargo features all varieties of barbecue in addition to live music from bands Collective Soul, Night Ranger, Diamond Rio and Little Texas. In Grand Forks, Art on the Red invites artisans and food vendors to line the banks of the Red River for two days of lively entertainment. Before attending the Medora Musical, enjoy an authentic western-style cookout - pitchfork steak fondue - while looking out over the Badlands. There are eateries and drinking holes across the state that offer patrons a uniquely North Dakotan dining experience, so ask the locals for a recommendation and then dig in!

These are just a few of North Dakota's activities and events taking place in June. Visit ndtourism.com for more information. Travelers are also invited to order a free copy of the 2017 North Dakota Travel Guide.

#### PRAIRIE ADVENTURES BY PATRICIA STOCKDILL

"To identify priority topics and management challenges to wild sheep in the western U.S. and Canada; to collaboratively develop solutions to those challenges; and to foster strong relationships between wild sheep agencies and wild sheep advocates."

- Wild Sheep Working Group mission statement.

#### Wild sheep resource managers are working together to learn more about Mycoplasma ovipneumoniae - M-ovi for short - throughout wild sheep country

And that includes North Dakota and South Dakota.

M-ovi is a bacteria strain carried by domestic sheep. It's deadly to wild sheep, which is why the two don't mix well when sharing the same range. It exists only in sheep and goats.

Research conducted in several states is starting to chip away at the complexities of M-ovi with the hope that someday, maybe someday, there could be a way to reduce or even eliminate the disease in wild sheep.

M-ovi is complex because there are so many different strains. It easily mutates – similar to how some human diseases have multiple strains and can mutate.

The N.D. Game and Fish Department is collaborating with Washington State University (WSU) researchers by sending genetic samples collected from wild sheep captured or found dead in North Dakota. WSU researchers found a common M-ovi strain that killed several North Dakota wild sheep in recent die-offs that started in 2014.

Yet other North Dakota wild sheep also died from a unique, never before identified M-ovi strain.

Just as humans have no resistance to newly identified transmittable diseases, wild sheep have no resistance to new M-ovi strains.

Over time, it's possible some wild sheep build up resistance to M-ovi.

Yet some populations of wild sheep infected by M-

to reduce wild sheep pneumonia mortality.

For example, WSU researchers are now straintyping genetic samples from wild sheep die-offs, including North Dakota. The concept is that if researchers can identify which deadly strains are present, it might be possible to cull out disease carriers.

Part of the research involved testing domestic sheep and removing M-ovi carriers from the flock. By focusing on reducing domestic sheep as carriers, it's possible wild sheep could benefit because currently the only measure that works to stop the spread of M-ovi is completely separating domestic and wild sheep populations.

South Dakota is working with a small herd of wild sheep in Custer State Park, which suffered a M-ovi pneumonia die-off similar to North Dakota. Because the South Dakota herd is within a relatively isolated area wildlife professionals can capture and test wild ewes to identify if they have any M-ovi strains.

Testing is done several times a year. If a ewe tests positive twice within a year, the difficult decision is made to cull the animal, removing the carrier from the wild herd.

While it's still early in the research process, better lamb recruitment appears to be occurring in the South Dakota study area.

One thing is certain about M-ovi in wild sheep – vaccinating wild sheep is impractical in their rugged, wild environment, especially because no vaccine exists and strains mutate.

As more work is done to understand M-ovi to poten-



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HEALTH

### Robyn A. Hardie, PsyD PSYCHOLOGY

A member of our Behavioral Health team, Robyn Hardie, PsyD, is a licensed clinical psychologist dedicated to helping adults of all ages overcome behavioral health conditions such as depression,

anxiety, and post-traumatic stress, with an emphasis on treating the whole person.

#### **Medical Education:**

- Completed both her master's and doctorate degrees in Clinical Psychology at Nova Southeastern University, Fort Lauderdale, FL, where she also did a pre-doctoral internship
- Clinical Psychology residency, Frances Mahon Deaconess Hospital, Glasgow, MT, in association with the University of Montana Department of Psychology
- Experience includes active participation in projects and initiatives to help homeless and troubled youth
- Member, American Psychological Association

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ovi never recover and entire herds are lost.

WSU researchers were able to identify a main deadly M-ovi strain, which could help to make great strides in advancing efforts tially reduce or eliminate it from the carrier source, it's possible there could be a viable long-term solution to the deadly wild sheep disease throughout their range.



### THE LIGHTER SIDE

### CROSSWORD PUZZLE Across

#### 1. Defeat by a hair 5. Spread apart, as fingers **10**. Sacred Egyptian bird 14. Teen's big date 15. \_\_\_\_ Boothe Luce 16. Barnstorming feat 17. Sign at a greasy spoon, perhaps **18**. Relating to the kidneys **19**. Like a certain eagle or wolf 20. It may need a massage sometimes 21. Lose it 23. Priggish one 25. Midwestern U.S. city **26**. Pertaining to hearing 28. British tube

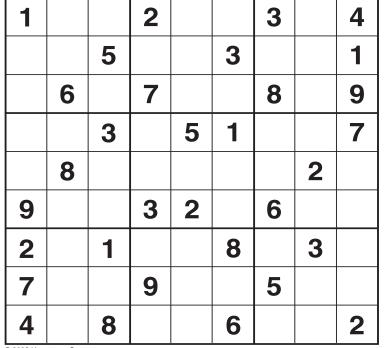
- **31**. Visits the Land of Nod
- **33**. Barbershop service 34. Shapely leg, in slang
- **37**. Piano playing Dame
- 38. Discover, as an idea
- **40**. Vegetarian's staple
- 41. Word of acceptance
- 42. Nat or Natalie
- 43. Skin transplants
- 45. Long-running sitcom
- 47. Gnawed leaf, e.g.
- 48. Chunnel vision?
- 50. Plain as the nose on your face
- **52**. Follow procedure 55. Cousin of "hmmm!"
- 58. Rush-order order
- 59. Golfer's set
- 60. Certain cargo measures
- 61. Lemon peel
- 62. This occasion

- 16 14 19 18 24 23 28 31 33 41 53 54 60 61 63 66
- 63. Mountaineer's fear 64. Lemon and lime drinks
- 65. Ridge formed by glacial streams
- 66. Oceanic whirlpool

#### Down

- **1**. Sword with a blunt end
- 2. Race type
- 3. Print the paper
  - 4. Abbr. on an ambulance
  - 5. Young Atlantic codfish 6. New West Pointers

#### SUDO ΚL Solution to puzzle on page 14



- 27. Fonda role
- 8. Shrinking Soviet sea
- 9. Displaying symptoms of jaundice
- 10. "And how!"

7. Cantrell or Turner

- **11**. Place for a phone
- 12. Greek peninsula
- 13. On \_\_\_\_ (as a gamble)
- 21. Nervous swallow
- **22**. Muslim holy man 24. Norma and Charlotte
- 26. Very pale
- 29. Pure and simple
- 30. Sib for sis
- **32**. GI inspection must
- 34. Olympian's quest
- 35. Rears, nautically
- 36. Euterpe, e.g.
- 39. \_\_\_\_ de la Cité
- 40. Storied plantation?

CARS 3 • (G) FRIDAY, JUNE 16 1800 SATURDAY, JUNE 17 1500 & 1800 SUNDAY, JUNE 18 1500

world.

- 42. Bill in a restaurant
- 44. Offend the nose 45. Some underground
- chambers
- 46. Its back is up against
- the wall
- 48. Presented, as a
- problem
- 49. Humble
- 51. He may be sore
- 52. Middle East strip
- 53. Desire deified
- **54**. Knock on the noggin
- 56. "National Velvet"
- author Bagnold
- 57. Catch sight of
- 60. "Murder in the
- Cathedral" monogram







#### Solution to last week's Crossword puzzle.

	_	11 m	417			DU		and a second second second						
Р	А	С	т		С	А	S	н		G	R	Ι	Ν	D
А	L	Α	Ι		А	Ľ	Т	0		R	0	D	Е	0
T.	0	т	Е		F	L	A	W		А	G	L	E	Т
С	н	А	R	Ι	т	A	В	Ĺ	Е	D	Е	Е	D	
н	А	Μ		R	А	Y			L	Е	т			
		А	Μ	Е	Ν		Μ	A	Ι	D		S	0	В
А	А	R	0	Ν		Ρ	А	R	т		S	А	G	E
G	R	А	С	Е	F	U	L	G	Е	S	т	U	R	E
R	Ι	Ν	к		А	R	L	0		L	А	S	Е	R
А	D	S		С	R	E	Е		Μ	Ι	R	А		
			S	А	G			Р	0	Е		G	А	В
	С	0	Μ	Μ	0	Ν	С	0	U	R	т	E	S	Υ
V	А	Р	Ι	D		Е	А	R	Ν		А	D	Ι	Т
Е	L	А	т	Е		А	Р	Е	D		R	0	D	E
Е	L	L	E	Ν		R	E	D	S		А	G	Е	S



### Strawberry Lemonade 9cebox Pie



#### **INGREDIENTS:**

2 cups graham cracker crumbs

- 1/2 cup butter, melted
- 2/3 cup frozen lemonade concentrate 1 (14oz) can sweetened condensed milk
- 1 cup heavy whipping cream
- 3 Tbsp powdered sugar
- 1 cup strawberries, hulled
- 3 Tbsp honey
- 1 Tbsp water

#### INSTRUCTIONS:

Mix graham cracker crumbs and melted butter together. Press crust evenly into a 9" pie dish. Set aside. With a blender or food processor, blend strawberries, honey, and water until pureed. Set aside. Mix lemonade concentrate with sweetened condensed milk until combined. Set aside. With a mixer, whip heavy cream until soft peaks form. Add in powdered sugar, and whip until it stiffens into the consistency of whipped cream. Gently fold whipped cream into lemonade mixture. Pour half of the strawberry puree on the bottom of the crust. Top with lemonade filling, smoothing evenly in the pie crust. Pour the remaining puree in small (evenly spaced) dollops on top of the lemonade filling. With a toothpick, knife, or cake tester, swirl the puree into the lemonade filling. Freeze pie for at least 6 hours before serving. Leftovers should be stored in the freezer. Enjoy!



On Saturday, June 17 from 12 P.M. to 6 P.M., Budget Music & Video will celebrate 40 years of sharing music with the local community of Minot. Live music, catered food from 3 Little Pigs Food Truck, Classic Rock Coffee, Magic City Hoagies will be providing sub bites and The Village Inn will be providing pies (sub bites and pies while supplies last) with a beer garden provided by neighboring business, Off the Vine. In addition to their normal daily specials, Budget Music & Video will be offering multiple 40th Anniversary specials throughout the store to commemorate their appreciation for all of their customers who have supported them throughout the years. Dylan Lee, manager at

Budget Music & Video stated that his favorite part of working at Budget is "the customers and seeing people leave happy when they get that music or movie that they've been looking for." He especially will remember all the relationships that have been built throughout the years.

Budget Music is the local favorite record and music store that been independent since they opened in 1977.

As vinyl records are making their way back into the mainstream as "the only worthwhile way to own music"- Mario Aguilar, the unique experience of walking into Budget Music is one of a kind. The amazing sight of all the records that are just waiting to share that unique and rich sound is a sight that many locals of

Minot have shared for 40 years.

They have moved a few times over the years within Minot but their location downtown suits them very well. Skateboards, posters, incense and clothing are many items besides the LP's, CD's and DVD's that managers Dylan Lee and Jon Bauer provide to all who enter their store. They offer record players for that quality sound achievement for the new or used LP's. You may walk in as a stranger but you will leave with a greater sense of musical appreciation and a need to explore Budget Music & Video more. So stop down this weekend and help them celebrate this magnificent milestone with support for a local business. You never know what you may find hidden downtown!

### Happy Summer Greetings from the Taube Museum!

#### TAUBE MUSEUM OF ART

We are open for business and looking forward to seeing you this summer!

Find us by heading North on Main Street off of Burdick or from the East on Central Avenue off of 3rd Street!

Our Annual Rummage Sale is scheduled for June 15 - 17and we are still accepting your "goodies" to help support the

arts!

If you need to schedule a pick up just let us know...we will try to make it work for both of us!

Have an hour or two? Want to come volunteer to sort and price? (during our business hours) Give us a call!

We are not accepting clothing, old electronics, or

big exercise equipment. Upcoming Exhibits – June 20 – July 27, 2017 Artist reception on Thursday, June 22 from 5:30 – 7:00 pm Main Gallery: Small Works Exhibit and Auction Lower Gallery: Possess Your Vessel – Mixed Media Paintings by Carol Fielhaber -

Minot Artist

Children's Classes:

#### DOMESTIC VIOLENCE CRISIS CENTER'S





1-3 pm, Ages 6+ June 12 – Rainforest Mania, 1-3 pm, Ages 6+ June 12 & 13 – The Magic City, 10 am - 12 pm, 8+June 13 – Art for Young Children, 10:30 – 11:30 am, Ages 4-5 June 15 – Jungle Wonder, 2:30 – 4 pm, Ages 8+

June 8 - Art of the Islands

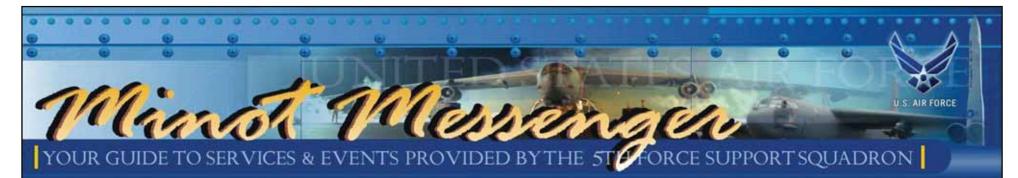
Paint the Town Red – Paint outside the Lines!!

A new take on our monthly adult painting class!

Tuesday, June 27 from 6:30 - 8:30 pm

All classes are available for registration by visiting our website, stopping by the Taube (which we love! J) or giving us a call!

See you soon and thank you for your continued support in the arts!



### FREE Picnic, Live Music & Fireworks Scheduled For July 1



The holiday that recognizes the adoption of the Declaration of Independence declaring the United States independence from Great Britain is now commonly associated with picnics, fireworks, and family oriented events. Minot AFB personnel and their families can enjoy many of those traditional activities during the Celebrate America event on July 1 complete with food, fun, and events for all ages.

The Celebrate America festivities will be held at Bud Ebert Park on Saturday, July 1. The fun-filled event begins at 5:30 p.m. with activities for children including inflatables, games, kids crafts, and more. Magician Fermin Garcia will perform shows every 30 minutes beginning at 5:30 p.m. and ending at 7:30 p.m.

The celebration features a delicious FREE picnic offering plenty of scrumptious food from 5:30-8 p.m. The menu includes summer favorites such as hot dogs, hamburgers, chips, and a drink. A "Pay As You Go" bar will be available serving beer, wine coolers, and soft drinks.

Live music provided by the popular band "Static Radio" is scheduled from 7:30-11 p.m.

The Independence Day holiday wouldn't be complete without a fantastic fireworks display at dusk. Attendees are encouraged to bring your own blankets and lawn chairs. No glass containers are allowed at Bud Ebert Park during the Celebrate America event. Celebrate America is sponsored by Elite Real Estate. *No Federal Endorsement of Sponsor Intended.* 

For additional information on this year's Celebrate America event, please contact Susan Wagers at 723-6718.

### 2017 Mini Mudder Event Takes To The Course On July 7



Minot AFB youth have an opportunity to experience the ultimate obstacle course during the 5th annual Mini Mudder event scheduled for Friday, July 7 at 6 p.m. at the field located adjacent to the Pride Building, Northern Tier Credit Union, and Shoppette. This Youth Center event provides family members a chance to test their toughness on the kid size obstacle course.

Cost for the event for both Youth Center members and non-members is a 2 can donation that will be distributed to local food pantries. The event is FREE to families of deployed members (must show proof of deployed spouse). All ages are welcome, however, youth 8 years of age and under must be accompanied on the course by an adult.

Pre-registration is scheduled now through July 6. Registration forms are available at the Youth Center. On site registration and sign-in begins at 5 p.m. on July 7 at the Mini Mudder site.

The event features 2 obstacle courses, one for children 2-5 years of age and the other for children and families 6 years of age and older.

The Mini Mudder community event is sponsored in part by Strata Corporation. *No Federal Endorsement of Sponsor Intended.* For more details and registration information, call 723-2838.

### Base Library Hosting Story Walk On Saturday, July 8

### 5 FSS Events A Great Way To Celebrate Father's Day

Make Father's Day extra special this year with a wide variety of events and activities available at 5th Force Support Squadron facilities. Help make dad's day unforgettable.

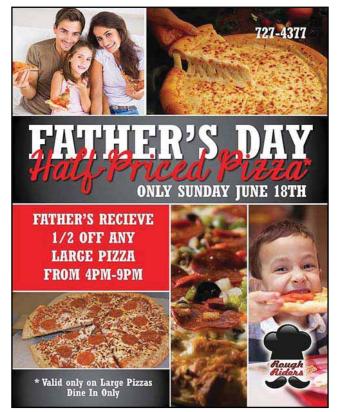
#### FATHER'S DAY BOWLING SPECIAL June 17 - Rough Rider Lanes

Celebrate Father's Day early by enjoying the Father's Day bowling special at Rough Rider Lanes on Saturday, June 17 from 6-11 p.m. Dad'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.

#### FATHER'S DAY GOLF SPECIAL

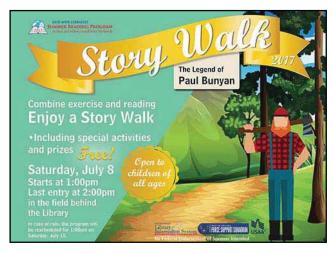
June 18 - Rough Rider Golf Course

Bring dad to the Rough Rider Golf Course on Sunday, June 18 from 10 a.m. to 3 p.m. for a FREE 15 minute lesson with FREE range balls. Dad can also play 9 holes of golf for FREE if accompanied by family members. Family member's fee will be dependent on rank of military sponsor. Fees may also include club and cart rental as needed. For additional information, call the Rough Rider Golf Course at 723-3164.



The Base Library invites children of all ages to enjoy their FREE Story Walk event on Saturday, July 8 beginning at 1 p.m. Youth can enjoy outdoor activities in the field behind the library that combine exercise and reading. The Story Walk will include a variety of activities, games, and prizes. The Story Walk will feature the classic tale of Paul Bunyan. In case of inclement weather, the program will be held Saturday, July 15 at 1 p.m.

For additional information, call the Base Library at 723-3344. If you haven't registered for the Summer Reading Program, be sure to sign-up at the Base Library during the Story Walk event.



ALL AMERICAN BACKYARD BARBEQUE FRIDAY, JUNE 23 - 5-7PM - DOOLITTLE CENTER Cost: FREE for Club Members and \$7 Non-Members - Adults Only Featuring Burgers, Baked Beans, Potato Salad, & Delicious Apple Pie For 5th Force Support Squadron job opportunities, visit www.nafjobs.org or call the NAF HR office at (701) 723-2812

### CLUB MEMBER DRAWING ON FRIDAY, JUNE 16th 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, June 16 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

#### Kids Drive Free Program At Golf Course

The Rough Rider Golf Course is excited to once again offer the Kids Drive Free program on their range. Bring your child to the golf course now through August 31 from 3-9 p.m. daily to practice on the range. Range balls are FREE for kids for the summer! For more information, call the Rough Rider Golf Course at 723-3164.

#### Kids Summer Bowling

Enjoy the summer fun at Rough Rider Lanes during the Kids Summer Bowling special now through July 31. Children ages 17 and under can bowl for \$2 per game and receive FREE shoe rental. The offer is valid Monday through Friday from 9 a.m. to 2 p.m. For additional information, call Rough Rider Lanes at 727-4715.

#### Family Fun Night

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

#### Jun 21 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on June 21 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Plus participants receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on June 20. For additional information, call 723-3950.

#### Kids Bowl Free Program

Children 15 years of age and under can now sign-up for 2 FREE games of bowling per day from now - September 4. 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. Visit the www.kidsbowlfree.com website to register your child. 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 may also 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.

#### Jun 16 Grill Your Own Steak Night

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on June 16 from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portobello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portobello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallions. The potato bar is free for club members and \$7 for non-members. For more details, call the Jimmy Doolittle Center at 723-3731.

#### **Board Game Making Camp**

The Base Library invites you to participate in their FREE Board Game Making Camp. Every Monday, Wednesday, and Friday at 3 p.m. from July 3-14, youth can learn about board game making and design. Then participants will create, test, and enter a competition with the board game they have designed. The final competition will be held on Saturday, July 15 at 3 p.m. Judges are needed for this competition. To volunteer to be a judge, please sign-up at the Base Library. For additional information, contact the Base Library at 723-3344.

**YP MEMBERS ONLY** 

ISTRATION OPENS ONE MON



hole golf outing for U.S. Kids Golf

YOUNG AIRMEN EVENTS & PROGRAMS

participants.

### 26TH-30TH (AM) **WEIRD SPORTS** CAMP 26TH -30TH (PM) **ART CAMP** CONTACT THE YOUTH CENT FOR DETAILS AT 723-283 TP DR4R

### Whitewater Rafting & Horseback **Riding Trip Set For July 14-16**

Enjoy some adventure during the Whitewater Rafting & Horseback Riding Trip to Red Lodge, Montana with Outdoor Recreation on July 14-16. Price includes bus ride to and from Laurel, MT, a full day of rafting and horseback riding, and two nights lodging at the Best Western in Laurel, MT. Registration opens June 12 and ends July 7 (or when trip is full). Must be 10 years of age or older to participate.

Cost is \$50/person quad occupancy, \$65/person triple occupancy, \$95/person double occupancy, and \$190/person single occupancy. For more information, call Outdoor Recreation at 723-3648.

Jun 16 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on June 16 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.

Jun 17 3D Outdoor Archery Tournament

Outdoor Recreation is hosting a 3D Outdoor Archery Tournament at the Outdoor Archery Range on Saturday, June 17. Registration and California start is scheduled from 9-11 a.m. Come shoot our 15 - 3D Rinehart target range and see how you stack up against the competition. Non-competitive categories include Cubs, Youth, Men's, Women's, and Traditional. Entry cost per shooter is \$5. For more information, call Outdoor Recreation at 723-3648

The action heats up during the Minot vs. Grand Forks Match Play Tournament on Saturday, June 17 with an 11 a.m. shotgun start at the Plainsview Golf Course at the Grand Forks AFB. The tournament is open to all Active Duty, retired Air Force personnel, and DoD employees. For more details, call the Rough Rider Golf Course at 723-3164.

Jun 17 Minot vs. Grand Forks Match Play

FORCE SUPPORT SOUADRON

#### Jun 19-22 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on June 19, 20, 21 & 22 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for additional information.



#### Let us know how we are doing in making your golf enjoyable!

Just go online to www.MyAirForceLife.com/golf to fill out one of our golfer surveys.

(Paper versions are available on requ USAF SCN: AF17-078NR

#### Visit our website at www.5thforcesupport.com

### 5th Bomb Wing awarded 2016 Omaha Trophy

AIRMAN 1ST CLASS AUSTIN M. THOMAS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

inot Air Force Base, N.D. --General John E. Hyten, commander of U.S. Strategic Command, presented the 2016 Omaha Trophy to the 5th Bomb Wing at Minot Air Force Base, June 6, 2017.

The 5th BW was named the 2016 Omaha Trophy

recipient in February 2017, making it the fifth time the unit has been recognized, as the command's premier strategic bomber wing, in the Strategic Bomber category.

"These awards are a direct reflection of the hard work and tireless effort demonstrated by the men and women, in and out of

### **AF ANNOUNCES** from page 3

McConnell AFB, Kansas, in fiscal year 2020, as McConnell AFB is slated to receive the KC-46A Pegasus.

'Fairchild Air Force Base has been an integral part of our nation's defense since World War II and serves as a critical air refueling center of excellence for our nation," said Gen. Carlton D. Everhart II, the Air Mobility Command commander. "The addition of 12 KC-135 Stratotankers at this strategically located base enhances our ability to meet constantly evolving global needs of combatant commanders who rely on air refueling every day."

During detailed, on-theground site surveys of each candidate base, AMC evaluated operational and training requirements, potential impacts to existing missions, housing, infrastructure, manpower, and cost.

The Air Force is answering current air refueling constraints by building the tanker fleet to 479 aircraft.

"The KC-135 fleet will remain the backbone of the tanker mission for decades to come," said Gen. David L. Goldfein, the Air Force Chief of Staff. "We are committed to ensuring continued support of combatant commander tanker requirements during the tanker recapitalization effort by continuing to upgrade and modernize the KC-135 fleet."



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

The Omaha Trophy stands in front of a B-52H Stratofortress at Minot Air Force Base, N.D., June 6, 2017. Gen. John E. Hyten, U.S. Strategic Command commander, presented the 5th Bomb Wing with the 2017 Omaha Trophy in the Strategic Bomber.

uniform, who support the command," said Hyten in an article published earlier this year. "USSTRATCOM is a powerful, dominant warfighting command whose ultimate strength is its people, joint and allied warfighters—officers, enlisted and civilians."

The Omaha Trophy, which dates back to the U.S. Air Force's Strategic Air Command, was originally created, in 1971, by the Strategic Command Consultation Committee. At the time, a single trophy was presented annually as a token of appreciation to the command's best wing.

Now the Omaha Trophy is awarded annually to five units that represent USSTRATCOM's mission areas, their role in global operations and USSTRATCOM's continued emphasis on strategic deterrence. Selections are based on formal evaluations, meritorious achievement, safety and other factors such as community involvement and humanitarian actions.

During the trophy presentation Hyten stressed the importance of the deterrence mission to more than 200 5th BW Airmen. He commended the excellence 5th BW Airmen show every day in aiding global deterrence and other missions, and how their support provided around the world is critical to those missions.

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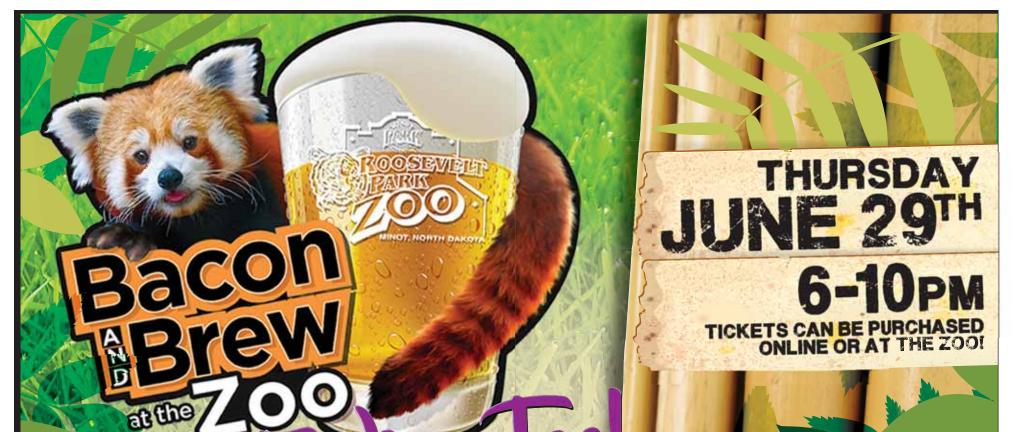
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MINOT, ND



7107

00

Enjoy bacon delicacies, a variety of domestic & craft beers, wine, along with great music & fun in the sun while supporting your favorite small town zoo!

5-6pm Members Hour | 6-9pm Beer & Bacon Samplings 8-10pm Live Music



### TICKETS: \$50 PER PERSON MUST BE 21 TO ATTEND

#### TODAY

· Last day to register for Whitewater/Zip-line Montana Trip at Outdoor Recreation

- Body Shred, 0645, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC,
- held at Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Root Beer Floats with Dad, 1430, Child Development Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Grill Your Own Steak Night, 1700-1900, Jimmy Doolittle Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center
  - Keystone Club, 1830, Youth Center
  - Karaoke, 2000, Rockers Bar & Grill

 Lights & Strikes Bowling, Every Fri, 2100-2400, Bowling Center

#### SATURDAY

• 3D Archery Tournament Series, 0900-1100, Outdoor Rec, held at Outdoor Archery Range

• Minot vs Grand Forks Match Play Tournament, 1000, Plainsview Golf Course, Grand Forks AFB

- Give Parents A Break, 1300-1700, Child
- Development Center and School Age Program • Get up. Get out. Get Fit Together Bowling,
- 1700-2000, Bowling Center • Father's Day Bowling Special, 1800-2300,

Bowling Center

• Saturday "Bowl the Night Away" with Lights & Strikes, 2000-2400, Bowling Center

#### SUNDAY

• Father's Day Golf Special, 0800- 0945, Rough Rider Golf Course

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

• Father's Day Pizza Special, 1600-2100, Rough **Riders Pizza** 

#### MONDAY

 Accessing Higher Education Track, 0800-1600, A&FRC, held at Education Center

- Kids Yoga Class, 0930, Fitness Center
- Outdoor Tactical Fitness, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Strength 101, 1730, Fitness Center
- Yoga, 1830, Fitness Center
- Cycle and Strength, 1930, Fitness Center

#### TUESDAY

CAMP

 Pre-Separation Counseling, 0800-1130, A&FRC

 Accessing Higher Education Track, 0800-1600, A&FRC, held at Education Center

- Game Day, Every Tues, 1000-1930, Library
- Off-Base Budget Class, 1430-1600, A&FRC
- STEM Time, 1500, Base Library
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
  - Strength 101, 1730, Fitness Center
  - Urban Boot Camp, 1830, Fitness Center

#### WEDNESDAY

- Warrior HIC, 0800, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC

• Club Member Benefit, Every Wed, 0900-1400, **Bowling Center** 

- Story Time, Every Wed, 1030, Base Library
- Cycle & Core, 1100, Fitness Center

• Pre-Deployment Readiness Training, Every Wed, 1300-1400, A&FRC

- Off-Base Budget Class, 1430-1600, 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
- Monthly BGCA Awards/Recognition Preteen and Teen, 1700, Youth Center
  - Yoga, 1830, Fitness Center

#### THURSDAY

 Craft Club, 1030-1130, Base Library • Hard Core Strength/Muscle Pump, 1130,

- Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
  - Off-Base Budget Class, 1430-1600, A&FRC
  - Self Defense Seminar, 1500, Fitness Center
- Members 2 for 1 Appetizers, Every Thurs, 1700-1900, Rockers Bar & Grill
  - Stength 101, 1730, Fitness Center
- Teen Book Club, 1800, Base Library
- WWE Summer Bowling League, 1830, **Bowling** Center
- Hard Core Strength/Muscle Pump, 1830, Fitness Center
- Cycle and Core, 1930, Fitness Center

#### **UPOMING EVENTS - JUNE 23**

• Whitewater/Zip-line Montana Trip at Outdoor Recreation

- Fit Family Boot Camp, 0930, Fitness Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- All American Backyard BBQ, 1700-1900, Jimmy Doolittle Center

 Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center

- Keystone Club, 1830, Youth Center
- Karaoke, 2000, Rockers Bar & Grill

 Lights & Strikes Bowling, Every Fri, 2100-2400, Bowling Center

#### **UPOMING EVENTS - JUNE 24**

• Whitewater/Zip-line Montana Trip at Outdoor Recreation

- Chess Club, 1100, Base Library
- Get up. Get out. Get Fit Together Bowling, 1700-2000, Bowling Center

 Saturday "Bowl the Night Away" with Lights & Strikes, 2000-2400, Bowling Center

#### ONGOING EVENTS

• Kids Summer Bowling, Enjoy the summer fun at Rough Rider Lanes! Children ages 18 and under can bowl for \$2/game and receive a FREE shoe rental! Offer valid June 1st- July 31st Monday-Friday 0900-1400.

• Summer Reading Program, Looking for Summer fun? This year's "Read by Design" Summer Reading Program is a Minot AFB favorite! Readers can log books read between June 10th-Augst

#### & drink

 B-Fifty Brew Drink Special. Orange Creamsicle June Special - Take a trip back to your childhood with this blended drink! Orange Juice, Milk & Crème blended with orange syrup and vanilla bean then topped with whipped cream – it's to die for! Tall \$4.50 Grande \$5.00 Venti \$5.50

#### 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 faceto-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.

#### **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.

#### MILITARY APPRECIATION DAY 6/16/2017 10:00 AM

MINOT RIBFEST

or for more information.

**READ TO THE ANIMALS** 

6/16/2017 12:00 PM

6/16/2017 11:00 AM

Roosevelt Park Zoo. We appreciate all our military men and women do for us, so this day is for them. All active military personnel, veterans, and their families get in free with a Military ID. Free Minot activities for our military: Admission into zoo: 10 a.m. - 8 p.m. Swimming at Roosevelt Park Pool: 10 a.m. - 8 p.m Lunch at the zoo: 11 a.m. - 2 p.m. Skating at Maysa Arena: 4-6 p.m. 9 holes at Souris Valley Golf Course: Call for tee times.

North Dakota State Fairgrounds. Kick off your

brings Minot together for good music and great

summer with this fantastic community event that

food! In addition to great food, guests will also enjoy

concerts in the evenings. Visit www.minotribfest.com

family-friendly entertainment, kids activities, and

Prairie Lake Festival

Garrison High School Gym CROSS Saturday, June 17, 2017 Auction begins at 10:30 a.m. Garrison, ND 337-2246 Auctioneer: Ron Christianson

Viewing: Saturday, June 17 • 8 a.m. to 10 a.m.

Quilts of all types: Baby, Denim, Wildlife, Heirloom, Themed, Applique, etc. Fine Jewelry, Handcrafted Wood Work, Specialty Gift Baskets, Photos, etc.

**Concessions:** Hot meal; drinks; ice cream; taco in a bag; hot dogs; Kuchen; cookies and much more! Monster Cookies by the dozen are available!

12th to win prizes. It is open to all ages and kicks off on June 10th at the Base Library.

• US Kids Golf, Get your child on the green with US Kids Golf. Students will receive a set of golf clubs, instruction by an experience golf instructor and on-course experience. Sessions are July 10-21 (Register by June 30) & August 7-18 (Register by July 27). For more information or to register contact the Golf Course at 723-3164.

• Rough Riders Monthly Pizza Special June Special – Spicy BBQ Chicken Pizza. Chopped chicken marinated in our tangy BBQ sauce and seasoned with Cajun & red pepper flakes on a BBQ base & loaded with chopped onion, pineapple, & green pepper. Finished off with cheddar & mozzarella cheese – this one is sure to please! Small: \$11 Med: \$15 Large: \$17-Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal – includes side

Souris Valley Animal Shelter, 1935 20th Ave SE. Bring your kids to the Souris Valley Animal Shelter for a unique opportunity to keep them reading this summer! The Read to the Animals program gives kids a fun environment to read in while they interact with some of our amazing pets. This program is absolutely free! No registration required.

#### LINK UNION CONCERT AND **SUMMER PICNIC** 6/16/2017 5:30 PM

Our Savior Lutheran Church. Link Union concert and community picnic under the Big Blue Tent at Our Savior Lutheran Church 1/4 mile West of WalMart. 5:30 Meal and 7:00 concert. 18 instruments, 7 family members and a 45-foot bus, Link Union provides a musical experience you won't forget! Since 2012 this multi-award winning band has performed in over 2,000 venues across the US and Canada, entertaining thousands with their fusion of old-time musical instruments, stunning vocals, and modern beats - emerging with a fresh new style!

#### BUILD AND PLAY MINI GOLF 6/16/2017 6:00 PM

Minot Public Library. Join us for an evening of Build and Play Minigolf! Building contestants will arrive at 6:00 pm, just as the library closes. Contestants will build their very own minigolf hole with provided materials. At 7:00 the public is invited to come and play mini-golf! Players will vote on their favorite golf holes and winning contestants will receive prizes!

### 5K - SPECIAL OLYMPICS 6/17/2017 9:00 AM

Roosevelt Park - Minot. 5K run fundraiser to benefit Special Olympics athletes in Minot.

### PARTY BY THE PARK 6/17/2017 10:00 AM

Eagles Wings Community Fellowship. Join us Saturday for a big ol' party! There will be a coffee bar, barbecue contest, fun run, games, bounce houses and live music!

### WORLD GIRAFFE DAY 6/17/2017 10:00 AM

Roosevelt Park Zoo. A fun-filled day with giraffe training sessions, keeper chats, crafts, activities and a giraffe themed bounce house - all to learn more about our long-necked friends! Saturday, June 17th from 10 a.m. to 4 p.m. All proceeds benefit the Giraffe Conservation Foundation.

#### MAIN STREET BOOKS STORY TIME AND ACTIVITY 6/17/2017 10:30 AM

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

### RIDE TO FIGHT SUICIDE 6/17/2017 12:00 PM

Magic City Harley Davidson. American Foundation for Suicide Preventions 3rd Annual Ride to Fight Suicide! This is a motorcycle ride to help raise awareness, fight against suicide and show support to those affected by suicide. A 135-mile ride to include three stops: the Lariat Bar, Velva (food provided) then on to Rusted Rail, Underwood (food and drink available) and last stop Johnny's Bar, Max (food provided). The raffle will be held thanks to contributions from local Minot area business. Come out and show your support to a great cause!

#### PINS FOR PETS 6/17/2017 12:00 PM

North Hill Bowl. Join the SVAS during its annual bowling tournament. Teams of 4 will compete for fun prizes, gift cards, and raffles. Each team of 4 will cost \$120 and be assigned a lane upon entry. Cost covers all games and shoe rentals. Please contact the Souris Valley Animal Shelter at 701-852-6133 with any questions.

#### COLOR ME HAPPY ADULT COLORING CLUB 6/17/2017 1:00 PM

Minot Public Library. The Minot Public Library is excited to offer a coloring club for adults! The club will meet the third Saturday of every month from 1:00 pm – 2:30 pm. The Color Me Happy Coloring Club gives grown-ups an opportunity to unwind and take part in some childlike fun. MPL will

### THE LORAX MOVIE MATINEE 6/19/2017 2:00 PM

the event, please contact the library at 701-852-

Minot Public Library. Open to adults and children of all ages- under 5 MUST be with an adult. Feel free to bring your own snack!

#### MINOT AREA TEAM WELLNESS -WALK MINOT MONDAY 6/19/2017 6:30 PM

Minot's YMCA, 3515 16th St SW. Join us outside the front doors of the YMCA and then take a short walk to a little known area of the Y. Here you will learn about the exercise circuit that is available for all.

#### POP THE ARTS! 6/20/2017 1:00 PM

5388.

Taube Art Museum. Explore the Artists and the world of Pop Art. Andy Warhol, Keith Haring, and Marisol Escobar. Age: 6+ Visit the website for more details.

### GREAT ARTISTS SERIES 6/20/2017 2:00 PM

Minot Public Library. School Age children grades 1 and up can come and learn about three great artists - Van Gough, Monet, and Picasso in our Great Artist Series held on Tuesdays in June at 2:00 pm. Registration required (limit 20 children).

#### **READ TO THE ANIMALS** 6/20/2017 6:00 PM

Souris Valley Animal Shelter, 1935 20th Ave SE Bring your kids to the Souris Valley Animal Shelter for a unique opportunity to keep them reading this summer! The Read to the Animals program gives kids a fun environment to read in while they interact with some of our amazing pets. This program is absolutely free! No registration required.

#### FAMILY STEM NIGHT 6/20/2017 7:00 PM

Minot Public Library. We are building families by building together. Enjoy a family night with us the third Tuesday of the month this summer for Family STEM Night. We will have all sorts of fun STEM activities starting at 7:00 pm.

#### **STORY TIME** 6/21/2017 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!

#### WHIMSICAL WEDNESDAY 6/21/2017 10:30 AM

Minot Public Library. A story time featuring our puppet, Flash, will be held on Wednesdays at 10:30 am for independent children ages 3-6.

### EVERYTHING WATER 6/21/2017 1:00 PM

Taube Art Museum. Explore the use of water in art! Age: 6+ Visit website for more details.

#### FAMILY MOVIE 6/21/2017 1:30 PM

Ward County Public Library. Come and spend an afternoon watching a movie at the Ward County Public Library. There will be comfy bean bags and pillows to lounge on. We'll have the popcorn! Children of all ages are welcome but children under age 6 must be accompanied by an adult. For more information about the movie to be shown, please contact the library at 701- 852-5388.

### BUILD WITH...SERIES 6/21/2017 2:00 PM

Minot Public Library. School age children grades 1-5 are invited to come build at the Minot Public Library. Each session will have different building materials including LEGOS, Craft Sticks, Towers, Bridges, etc.

#### **STORY TIME** 6/22/2017 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.

#### BABY PLAY 6/22/2017 10:00 AM

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

### WILD AND WACKY PORTRAITS 6/22/2017 1:00 PM

Taube Art Museum. Send yourself into space, the jungle, the sea, or wherever your imagination takes you. Self-portrait using collage and mixed media. Age: 6+ Visit website for details.

### BUILD A BETTER COMMUNITY 6/22/2017 2:00 PM

Minot Public Library. School age children grades 1-5 are invited to come and meet some of the community members and organizations that help build a better community. June 22nd - Learning from the Past, June 29th - Engineers, July 13th - Conservation, July 20th - Architects, July 27th -Music.

#### ALCOHOLICS ANONYMOUS MEMBERS TELL THEIR STORIES 6/22/2017 7:00 PM

Minot Public Library. Come hear members of the local chapter of Alcoholics Anonymous as they tell some of their personal stories as well as talk about the good work the organization does.



provide all the supplies you need to relax and get creative, but you are welcome to bring your own. No registration is necessary; for more information please call 701-852-1045.

#### ZOO FATHERS DAY 6/18/2017 10:00 AM

Roosevelt Park Zoo. Celebrate dads at the Zoo! Dad's get in for free with kid's admission.

#### MINOT AREA COUNCIL OF THE ARTS, ARTS IN THE PARKS, 2017 FREE SUMMER CONCERTS 6/18/2017 4:00 PM

Oak Park. Arts in the Parks is a Free Summer Concert Series featuring Live Music and Visual Artists. It is Every Sunday and Thursday Evening from June 11th through August 3rd. For more information contact Tina at the Minot Area Council of the Arts: (701) 852-2787 tina@minotarts.org.

#### **MOVIE CRAFT** 6/19/2017 1:30 PM Ward County Public Library. Join us on Monday,

### CHURCHDIRECTORY



Sunday School	9:00 am
Meet and Greet	10:00 am
Sunday Worship	10:30 am

Pastor Gregg S Smith www.gracefellowshipatburlington.com



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

**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.

Saturday Worship .....5 p.m. Sunday Worship ......9 a.m. Memorial Day weekend - Labor Day Weekend

> John Streccius, Pastor **Carol Wendel, Pastor**

Vincent United **Methodist** Church 1024 2nd St. SE • 838-4425

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Saturday Informal Worship .. 5:00 p.m. Fellowship..... 11:00 a.m. Pastor Ray Baker www.vincentumc.com

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NORTH DAKOTA THE 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.

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- For job details, go to jobs.basinelectric.com Questions? Call 701-557-5603 or 701-557-5402

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THE CHAPEL IS SEEKING tfn **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 30 June 2017 by 11:30 am and can be submitted to Chaplain Kendall 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.

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#### **CLAIMS AGAINST THE ES-**TATE OF TORRELL CARTER

Torrell Carter, stationed at Minot AFB, N.D., recently passed away. Anyone with a claim for or against his estate should step forward at this time by contacting 1st Lt. Christina Sheets, reachable by telephone at 307-321-6315, or by email at christina.sheets.3@ us.af.mil.

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bath on the main levels with laminate flooring throughout. Call Tamie Dunn at 720-1723. #171365

#### \$154,900



Great investment property in quiet SE neighborhood out of he flood zone & close to downtown shopping, this property has a 4 hedroom unit two 1 hedroom units and a studio that is very large. There is a lot of off street parking and the building has a newer roof. Owner is a licensed real estate agent. Call Brad Livesay at 720-7769. #170090

#### \$184,900



window. Call Amber Alexander at 500-0810 . #171341

\$219,500

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

#### \$279,900



A beautiful 4 bedroom, 2 bathroom, and 3 car garage, located in the Green Valley Addition. The home is just across the street from the Green Valley Park. This home has a good size kitchen, stainless steel appliances with lots of cabinet space, kitchen island, soft close maple wood drawers & cabinets. Call Clyde Thorne at 240-8594. #170654

240-3780. #170465

\$283,500

#### \$129,900



Comfy & convenient duplex. Extra large fenced in yard with private wood fence, garden spot, & patio area. Upper level has 3 bedrooms, updated flooring, 1 bath and nice view. Lower level has many updates, 3 bedrooms, 1 bath Close to college. Call Dawn VerBruggen at 720-2034. #162089



Very Nice 2 story NW home with 3 bdrms, 2.5 bath and double garage! The main level features the living room with beautiful bamboo flooring, dining area, kitchen, %bath & laundry room. The bamboo flooring continues up the stairs to the family room area and into the large master suite. Call Tamie Dunn at 720-1723. #170201



Great opportunity for someone looking for a ready to move into home at an affordable price. Features 2 bedrooms, 1 full bath, with a completely remodeled main floor. Includes maintenance free vinyl siding, patio, and large fenced backyard. Call Todd Fettig at 721-2100. #162234

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