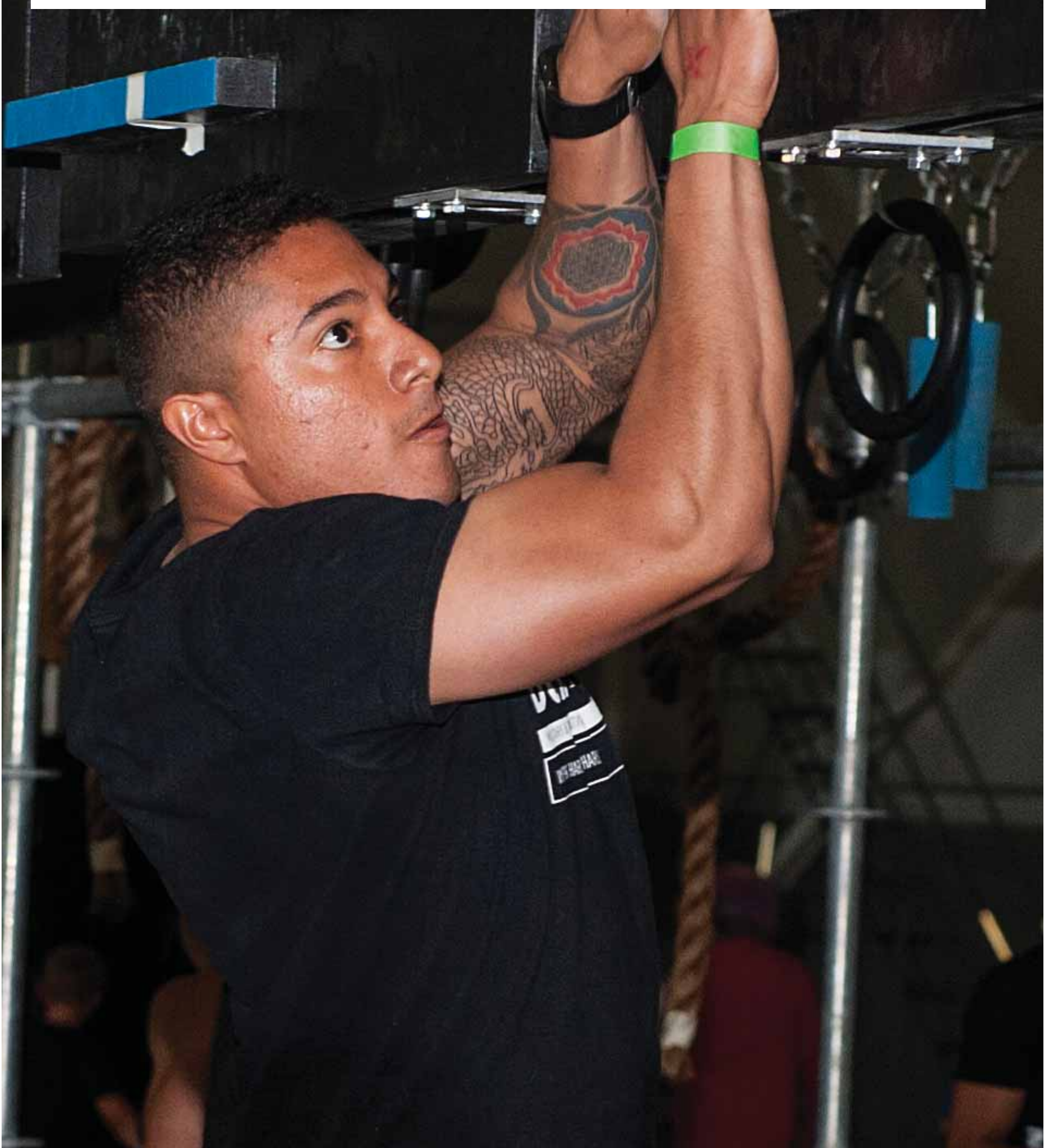


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FREE | VOL. 55 • ISSUE 34 | FRIDAY, AUGUST 25, 2017 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE



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

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Videos

CMSAF Wright gets 'up close and personal' view of OSI

WAYNE AMANN

AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS PUBLIC AFFAIRS

QUANTICO, Va. (AFNS) -- Chief Master Sgt. of the Air Force Kaleth O. Wright received an indoctrination to the Air Force Office of Special Investigations during a guided tour of its headquarters Aug. 14, 2017.

The orientation fortified the impression the Air Force's top enlisted leader has maintained all along.

"I've always believed Air Force OSI is an extremely professional counterintelligence and criminal investigations organization," Wright said. "All of my dealings with them have been amazing. All the information and situational awareness I'm provided has been fantastic. To get to see it up close and personal is a treat."

Wright was immersed with briefings covering OSI's criminal investigations, fraud, counterintelligence, cyber, special projects and anti-terrorism specialty team missions.

Those mission sets showed how OSI will advance the new Air Force priorities recently endorsed by Secretary of the Air Force Heather Wilson, Air Force Chief of Staff Gen. David L. Goldfein and Wright.

"OSI will play an integral role, particularly in restoring our readiness," Wright explained. "I think the Airmen in OSI and the things they do for us from a counterintelligence standpoint ensure the Air Force will always be ready to

go. A lot of the work they do most Airmen and Americans don't see. The amount of counterintelligence and advance-type work they do that allows us to set the conditions to be successful in a lot of these countries is just masterful."

Wright then underscored why all Airmen should understand how important OSI is to their Air Force.

"If there's one theme I want every Airman to know is that Air Force OSI plays a huge role in helping keep all of us safe on many fronts," he said. "They keep us honest with all their criminal dealings, their role of investigating sexual assaults and in the area of fraud, they save money."

Wright also noted the legacy of the OSI Hall of Heroes which honors 16 fallen members.

"It would have been one thing to walk down the Hall of Heroes and read some of the plaques," he said. "But (Hall of Heroes guide Staff Sgt. Aaron) Coleman really explained to me what happened to each of those heroes. I was also extremely pleased to see two (of the enshrined) security forces members and Master Sgt. (Tara) Brown, an administrative member, are recognized as heroes alongside the agents. That was pretty powerful."

Wright's visit also included a tour of the OSI Enlisted Heritage Hall, a luncheon and an all call.



U.S. AIR FORCE PHOTO | MICHAEL HASTINGS

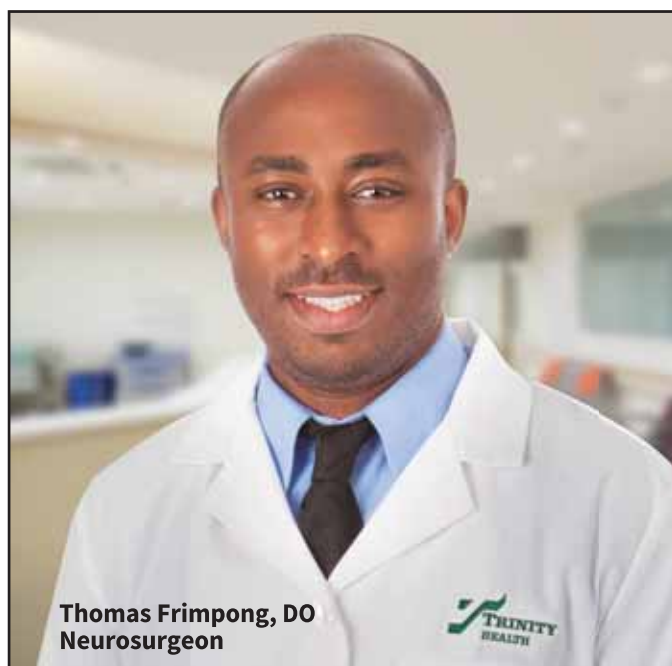
Air Force Office of Special Investigations Special Agent Grant Nelson briefs Chief Master Sgt. of the Air Force Kaleth O. Wright Aug. 14, 2017, on the 69-year history of AFOSI via the wall panels depicting the organization's legacy, in the AFOSI Enlisted Heritage Hall at AFOSI Headquarters, Quantico, Va.

Wright shared his leadership philosophy, thoughts on leadership development and his goal to get the Air Force "in balance" between the mission and its people. He

then fielded a variety of questions.

Prior to his departure, Wright said, "I thank the men and women of Air Force OSI for what they do every day, including support personnel,

who help take care of the agents, and folks who mean so much to our Air Force and the nation. I appreciate it and look forward to working with the agency on a regular basis."



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Air Force Military Treatment Facilities pilot medical readiness

LT GEN EDIGER | AIR FORCE SURGEON GENERAL OFFICE OF PUBLIC AFFAIRS

FALLS CHURCH, Va. -- Air Force Medicine has a non-stop global readiness mission. Medical Airmen must be prepared to deploy on short notice to provide life-saving and performance-enhancing healthcare in diverse, austere, and isolated locations, and all Airmen must be medically ready to deploy. To achieve this readiness mission, the Air Force Medical Service operates 76 military treatment facilities around the world, which serve as

the primary readiness and training vehicles.

The 12 hospitals and 64 clinics within the AFMS serve as dual readiness platforms, ensuring that all Airmen meet medical readiness standards to deploy, and that all medical Airmen have the training and skills necessary for deployment. The MTFs are the foundation of our expeditionary medical capabilities, providing a population of patients that drives the workload, case diversity and acuity necessary to maintain

clinical currency that is essential for readiness.

Every Air Force MTF is aligned with an operational Wing to enhance the medical readiness of warfighters and their families. Medical group commanders tailor the care and training offered at their MTF, ensuring the medical readiness of the operational wing they support. No two air bases have exactly the same mission portfolio, so each has unique medical support requirements.

An excellent example of how MTFs support the installation's operational mission is the 19th Medical Group at Little Rock Air Force Base, Ark. The 19th Aerospace Medicine Squadron High Altitude Airdrop Mission Support Center is housed at Little Rock, so medics from the 19 MDG are experts in the care of high-altitude operators. This includes unique oxygen monitoring and physiologic performance requirements for these Airmen. This type of expertise, like others organic to Air Force Medicine, isn't required at every installation, nor would it be efficient to deploy it at all 76 AFMS facilities.

The knowledge, skills, and abilities gained at these fixed facilities translate into outstanding care in a deployed environment. A valuable tool for the AFMS to extend this care downrange is our Expeditionary Medical Support Health Response Teams (EMEDS-HRT). EMEDS-HRT allows medical Airmen to rapidly deploy a mobile tent hospital that can provide emergency care within an hour of arrival on the scene of a disaster or other casualty situation. This gives us the capability to deliver surgery and critical care within six hours, and full hospital capability within 12 hours of arrival.

Properly training medical Airmen to deploy and operate EMEDS-HRT requires a specialized MTF readiness platform. Four Air Force MTFs are presently staffed to deploy and train EMEDS personnel, including the 633rd Medical Group at Joint Base Langley-Eustis, Va., devoting time and resources to a critical deployment platform that other MTFs are not resourced to deliver.

At the 633rd, the Global Response Force coordinates with Air Combat Command to run annual training exercises on EMEDS-HRT. Medics from the 633rd practice rapid deployment and simulated casualty care with a wide assortment of patient scenarios. These well-trained Airmen from

the 633rd deploy in support of a variety of mission types around the world, from combat operations support to humanitarian assistance and disaster relief.

Once fully operational, EMEDS-HRT can provide surgical and trauma care, prevention, acute intervention, primary care and dental service to a population of more than 3,000. Our expert teams continue to find innovative ways to decrease the size and weight, while increasing the speed of deploying these mobile hospitals. They can also be tailored to a specific mission, adding specialty care such as obstetrics/gynecology and pediatrics for humanitarian assistance, disaster relief or other missions involving populations with special healthcare needs.

Medics at most MTFs rotate through EMEDS training, but may not receive the in-depth training available to Airmen at Joint Base Langley-Eustis. This tailored mission support is critical to building and sustaining an agile and flexible force, capable of completing a myriad of health-related missions around the globe at once.

MTFs also serve as platforms to evolve and implement new ways of caring for patients. Most patients interact most often with their health teams in primary care clinics, so these are a key area for readiness and innovation. Air Force MTFs utilize the Air Force Medical Home model, a team-based approach to care that embeds specialty providers into primary care clinics. This removes barriers to care and drives efficiency. Mental health providers, physical therapists, clinical pharmacists, social workers, and others augment or deliver primary care appointments in close coordination with the primary provider and other members of the team.

CONTACTUS

Tonya Stuart-Melland
Sales Manager | Ad Designer
nsads@srt.com

Beth Duchsherer
Ad Designer | Sales Representative
nsgraphics@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Lt Col. Jamie Humphries
Public Affairs Officer

Lt. Danielle Lucero

Chief Editor

Airman 1st Class Jessica Weissman

Staff Photojournalists

Tech. Sgt. Jarad Denton

Tech. Sgt. Evelyn Chavez

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NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202

PO Box 2183

Minot, ND 58701 | 701.839.1867

VIEW ONLINE

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Continued on page 12

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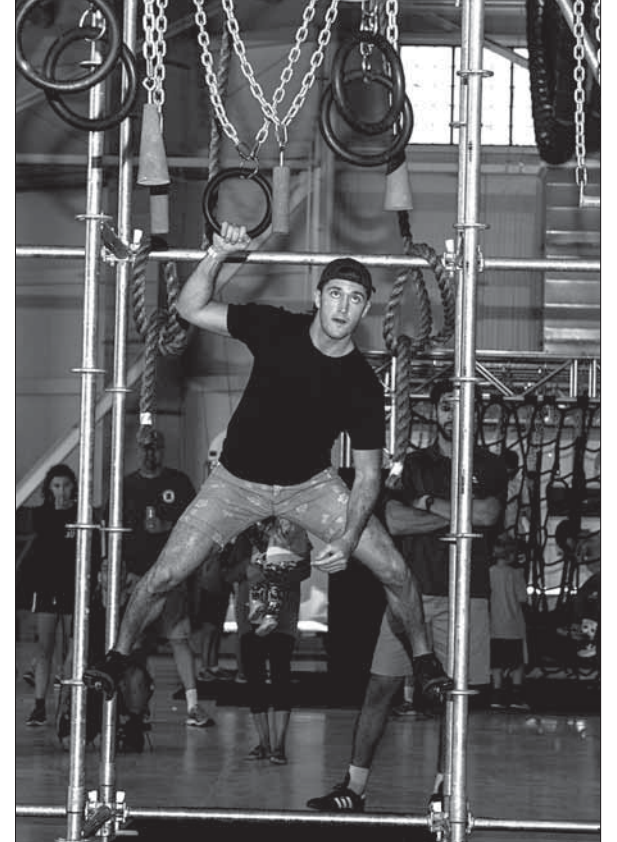
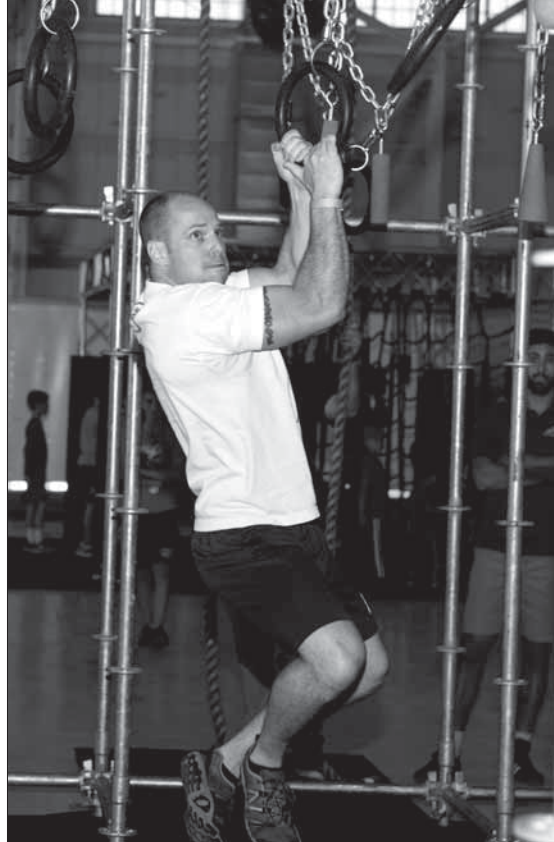
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ALPHA WARRIOR MILITARY TOUR

The 2017 Alpha Warrior Military tour was a two-day event was hosted by two Alpha Warrior Athletes, Kacy Catanzaro and Brent Stephenson, who provided demonstration and meet-and-greet opportunities at Minot Air Force Base, N.D. More than 25 participants had the opportunity to familiarize themselves with the Battle Rig prior to competing in a timed event. Minot AFB was one of 42 bases chosen to host the Alpha Warrior Military tour.

U.S. Air Force photos | Airman 1st Class Jonathan McElderryt



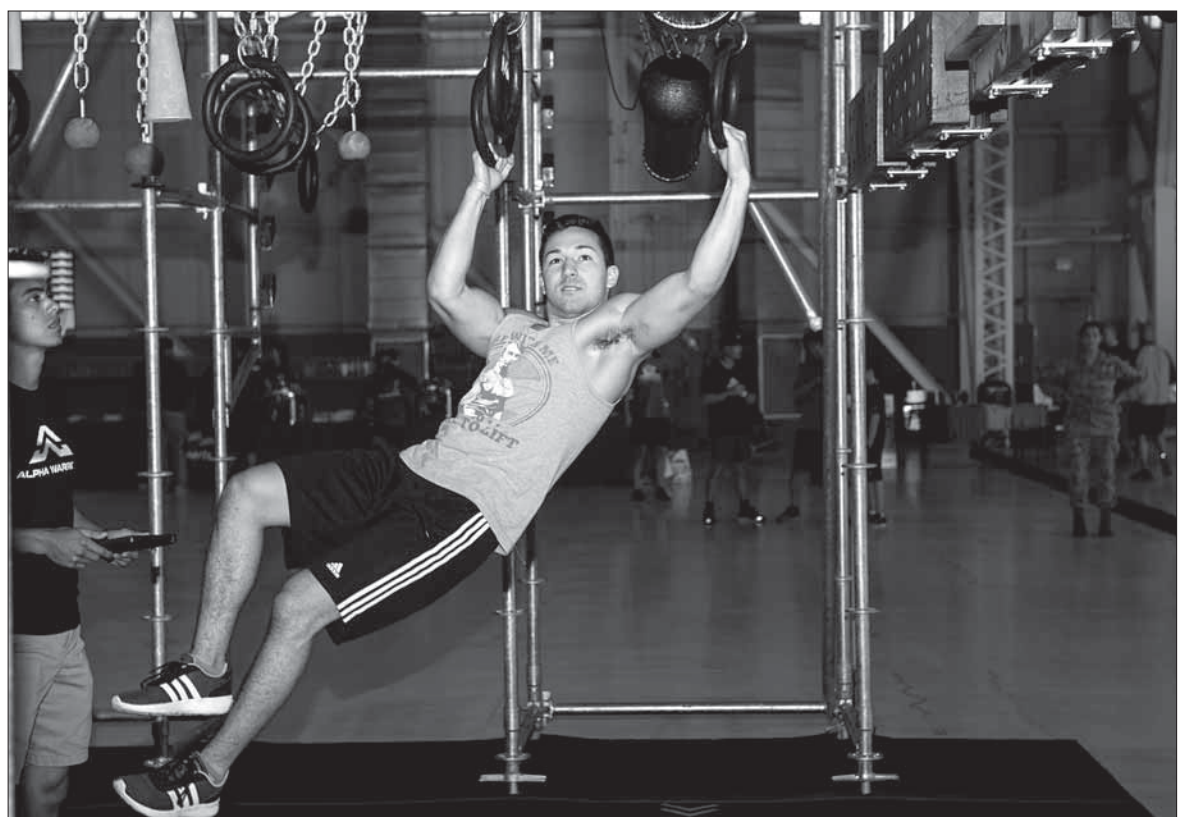
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sheet pan lemon parmesan garlic chicken & veggies



INGREDIENTS:

For The Chicken:

1 large egg
2 tablespoons lemon juice (or juice of 1/2 a lemon)
2 teaspoons minced garlic
1/2 tablespoon fresh chopped parsley
1/2 teaspoon each salt and pepper, to season
1/2 cup breadcrumbs
1/3 cup fresh grated parmesan cheese
4 skinless, boneless chicken breasts (or thighs)

For The Veggies:

8-10 (1 pound | 500 g) baby potatoes, quartered
1/2 cup butter, melted
2 teaspoons minced garlic
salt to taste
1 pound | 500 g green beans, cut into thirds

INSTRUCTIONS:

Preheat oven to 200°C | 400°F. Lightly grease a baking tray / sheet with cooking oil spray, or a light coating of oil. Set aside. In a large bowl, whisk together the egg, lemon juice, 2 teaspoons garlic, parsley, salt and pepper. Dip chicken into egg mixture, cover and allow to marinate in the refrigerator for 30 minutes to an hour (if time allows). * In another bowl, combine the breadcrumbs with the parmesan cheese. Dredge the egg coated chicken in the breadcrumb/parmesan mixture, lightly pressing to evenly coat. Place chicken onto the baking sheet / tray and lightly spray with cooking oil spray. Arrange the potatoes around the chicken in a single layer. Mix together the butter, 2 teaspoons garlic and salt to taste, and pour half of the butter mixture over the potatoes. Toss to evenly coat. Bake in preheated oven for 15 minutes. Remove baking tray from the oven and flip each chicken breast. Move the potatoes to one side and place the green beans around the chicken on the other side of the baking sheet. Pour over the remaining garlic butter and return to the oven to broil (or grill) on medium-high heat for a further 10 minutes, or until chicken is golden and crisp, and potatoes are cooked through. Sprinkle with fresh chopped parsley (optional), and serve immediately.

Sheet Pan Chicken Fajitas

INGREDIENTS:

Seasoning:

2 tsp chili powder (preferably 1 tsp ancho chili powder 1 tsp regular)
1 1/2 tsp ground cumin
1 tsp ground paprika
1/2 tsp ground coriander
Salt and freshly ground black pepper

Fajita filling:

1 1/2 lbs boneless skinless chicken breasts, sliced into 1/2-inch thick strips (slice extra wide strips in half)
1 of each red, green and yellow bell peppers, cored and sliced into strips (3 whole total)
1 medium yellow onion, halved and sliced from top to root
2 cloves garlic, minced
3 Tbsp olive oil
2 Tbsp fresh lime juice
3 Tbsp chopped cilantro
For serving
8 taco size flour tortillas
Sour cream, avocado slices or guacamole, diced tomatoes, Mexican cheese blend (toppings are optional)

INSTRUCTIONS:

Preheat oven to 400 degrees. Spray an 17 by 12-inch rimmed baking sheet with non-stick cooking spray. For the seasoning: In a small mixing bowl whisk together chili powders, cumin, paprika, coriander, 1 1/2 tsp salt and 1/2 tsp pepper, set aside. For the fajitas filling: Spread bell peppers and yellow onion onto baking sheet. Top with chicken strips then sprinkle garlic and seasoning evenly over chicken strips. Drizzle olive oil over top then toss everything to evenly coat. Spread into an even layer working to keep chicken from overlapping. Roast in preheated oven, tossing once halfway through cooking, until veggies are tender and chicken has cooked through, about 18 - 25 minutes (test a few of the larger pieces to make sure they are 165 in the center, careful not to over-bake it or the chicken may be dry). Wrap tortillas tightly in foil and warm in oven during last 5 minutes of fajita filling cooking. Drizzle lime juice evenly over top of the chicken fajita filling, sprinkle with cilantro and more salt to taste and toss to coat. Serve filling warm in warm tortillas with desired toppings.

Tool drive: Build a better community

RESILIENCE AMERICORPS VISTA

Minot, N.D.: Donations to North Dakota's first tool library are underway and community support to build its inventory is needed. The Minot Tool Library is a free service that will loan landscaping, gardening, and home improvement tools. The Minot Public Library, the home of the tool library, will host a tool drive on its parking lot on September 1 from 9 a.m. to 6 p.m. Members of the public are invited to contribute tools in good working condition and free of rust. Charitable donation receipts are available.

Developed in

partnership with the Resilience AmeriCorps VISTAs and the Minot Public Library, the Minot Tool Library seeks to empower local residents by providing them with the proper tools and workshops needed for making improvements or modifications to their residence. The tool library will be open to Minot Public Library patrons, allowing them to reserve the tools they want to use. The process to become a patron is a simple one; to obtain a library card, present photo identification and proof of residence to a staff member at the Minot Public Library. Staff and volunteers will be working

to offer workshops in the future.

"The mission of the Minot Public Library is to connect, enrich, and inspire and I believe that the tool library will do all of these things as it allows us to connect people to resources they might not otherwise have and it will hopefully enrich people's lives by making them more self-sufficient and maybe even inspire them to do more than they ever imagined they could," said Janet Anderson, library director. "Libraries are about more than just books and the tool library is just another step the Minot Public Library is taking to meet the needs of our community."



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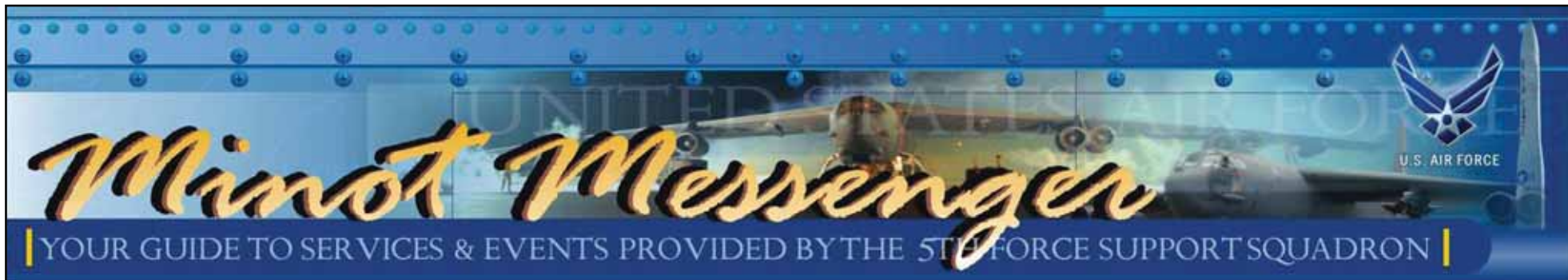
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Enjoy Cross Ranch State Park Camping Trip On Sept. 9 & 10



Come camping with Outdoor Recreation during their Cross Ranch State Park camping trip on

September 9 & 10. Learn to set-up a tent and cook on an open fire. Relax with a stroll through the trails or fishing along the river.

Cross Ranch State Fair is located 12 miles southeast of Hensler, ND. The park is purposely left primitive to preserve the land's natural beauty. An extensive trail system allows access to a 5,000-acre dedicated nature preserve where mixed grass prairie, river bottom forests and woody draws can be seen.

Camping trip cost is \$15/person and includes transportation and all meals while camping. Tents will be supplied if you are unable to provide your own (limited availability). Registration deadline is September 1. For more information, call Outdoor Recreation at 723-3648.

Register Now For Fall Bowling Leagues At Rough Rider Lanes



It's hard to believe but autumn is right around the corner. Rough Rider Lanes invites you to strike up some fun through participation in one of their many fall bowling leagues. Bowling leagues offer Minot AFB personnel a great opportunity to get out of the house or dorm during the fall and winter months. Leagues are great for getting a bunch of friends and family together to form a team or join others who would like to be in a league and make new friends.

You definitely don't need to be a terrific bowler to join a league and enjoy a weekly bowling outing. Rough Rider Lanes set up their leagues so low average bowlers can compete with high average bowlers. All but one of their leagues is organized with a handicap for all bowlers to make bowling more fun. A novice bowler with a 100 average receives anywhere from 80-100 pins of handicap to compete against a 200 average score bowler who does not receive any handicap.

At Rough Rider Lanes, participants may choose from both sanctioned and non-sanctioned leagues. Sanctioned leagues have a one-time sanctioning fee per bowler. This payment covers the bowler for all sanctioned leagues they bowl in for the season.

Some of the leagues available at Rough Riders Lanes include a Spouse League on Mondays, Scotch Doubles League on Tuesdays, Squadron Extramural League on Wednesdays, a Mixed Couples League on Thursdays, a Mixed Fun League on Fridays, and a 9 Pin No Tap League on either Tuesdays or Thursdays. The bowling center also offers a variety of Youth Leagues on Saturdays for children ages 3-17 years old. For additional information, please contact Rough Rider Lanes at 727-4715.

Kick Off The NFL Season During Tailgate Party At Rockers

It's time to cheer on your favorite NFL team as Rockers Bar & Grill kicks off this year's Sunday football action with their Football Kick-Off Tailgate Party in the lounge on Sunday, September 10. Doors open at 11:30 a.m. with the games beginning at noon. The event is free for club members and \$5 for non-members and includes a special tailgate buffet (or you can order off of the limited bar menu); adults only. Then catch all the action on the big screen or on one of the many televisions located throughout Rockers Bar & Grill. The dining room will be closed for regular dining.

For additional information, call Rockers Bar & Grill at 727-ROCK





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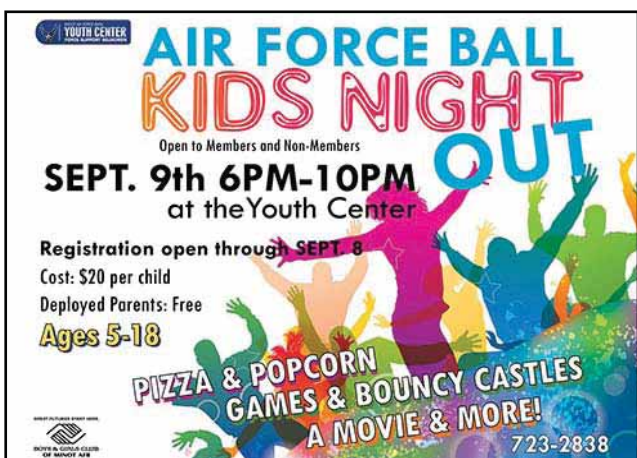


PBA Professionals Coming To Rough Rider Lanes

Attention all bowlers! 35-time PBA winner and 3-time major winner, as well as a PBA/USBC Hall of Fame member, Parker Bohn III along with Matt McNeil will be at Rough Rider Lanes conducting two 2-hour clinics on Friday, September 8 from 4-6 p.m. and 6:30-8:30 p.m. Cost is FREE so come out and meet one of the all-time greats for some lessons.

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, August 25 at Rockers Bar & Grill only as the Jimmy Doolittle Center will be closed for the Senior NCO Induction. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS



AIR FORCE BALL KIDS NIGHT OUT
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Kids Drive Free Program At Golf Course
 The Rough Rider Golf Course is offering 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!

Banned and Challenged Book Challenge
 The Base Library invites you to celebrate your freedom to read by reading a banned or challenged book in September. Register at the library or at <http://tinyurl.com/MinotLibrary>, select a book to read, log your reading and submit a review of the book for a small participation prize and a chance to win a larger prize in a drawing. There will be separate programs for adults, teens, and tweens. A banned book is a book that has been removed from a school or library based on the objections of a person or group. A challenged book is a book that someone has attempted to have removed from a school or library - sometimes the challenge results in access to the book being restricted, sometimes the book is banned, and sometimes the book is retained. For more details, call the Base Library at 723-3344.



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Swim Lessons Registration At Outdoor Rec On Sept. 8



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Outdoor Recreation will hold Youth Swim Lessons registration for children 3-5 years of age on Friday, September 8 from 10 a.m. - 4 p.m. Classes are for Swim Levels 1 & 2.

Classes will be held on Tuesdays, September 12 and 19 at 9 a.m. and 10 a.m. and on Thursdays, September 14 and 21 at 9 a.m. and 10 a.m. Lessons will be held at the Indoor Pool.

Cost for the swim lessons are \$45. Class size is limited. For additional information, please contact Outdoor Recreation at 723-3648. The next youth swim lesson session is scheduled for October 3-12.

3D Outdoor Archery Tournament Scheduled For August 26

Outdoor Recreation is hosting a 3D Outdoor Archery Tournament at the Outdoor Archery Range on Saturday, August 26. 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. Categories include Traditional, Cubs, Youth, Men, and Women. Cost per competition is \$5. This is a great opportunity to showcase your archery ability and you might be the winner of one of the awesome prizes.

For additional information, call Outdoor Recreation at 723-3648.

YOUNG AIRMEN EVENTS & PROGRAMS

Sep 8 Football Kick-Off 5K Fun Run
 The Fitness Center is hosting the final Summer Series 5K Fun Run on Friday, September 8. The 5K Fun Runs are normally held the First Friday of each month but due to the Labor Day weekend holiday will be held on the second Friday in September. The upcoming event will have a Football Kick-Off theme with the run beginning at 7:30 a.m. at the Fitness Center. The event feature awards for the fastest male and female at each run. For more information on this FREE event, call the Fitness Center at 723-2145.

Sep 18-21 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 September 18, 19, 20, & 21 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. 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.



FLY Food, the Fly!
 Happy Anniversary
WE'VE BEEN HERE A YEAR
 Let's celebrate!
 10:30am - 1:30pm
 Friday, August 25
 Dakota Inn Dining Facility



AUG 30th 5-7PM
GET CONNECTED Thank You Party
 CONNECT YOUR CLUB ACCOUNT OR JOIN BY NOON, 30 AUG or CONNECT AT THE PARTY FOR YOUR CHANCE TO WIN:
A BIG SCREEN TV • AN IPAD • A BLUETOOTH SPEAKER
 PLUS THESE AIR FORCE WIDE PRIZES, TO BE DRAWN IN SEPTEMBER:
\$10K GRAND PRIZE • \$1K PER BASE • 70 LIFETIME MEMBERSHIPS
MENU
 Baked Spaghetti Alfredo
 OR Chili Mac + Garlic Bread Salad
 Ice Cream
 • Delicious \$2 Buffet for Club Members
 • Try your hand at "Connecto" & WIN!
 • Plenty of fun for the kids
 • PLUS a special guest appearance by Ret. 5 FSS Mascot Darby the Dakrat
**Local Prize drawing will be held at Rockers Bar & Grill at 6PM 30 Aug for Minot AFB Club Members who connect their account to MemberPlanet between 1 Aug - Noon, 30 Aug. No Registration required. Need not be present to win. *For complete contest rules and eligibility log on to www.myairforcelife.com

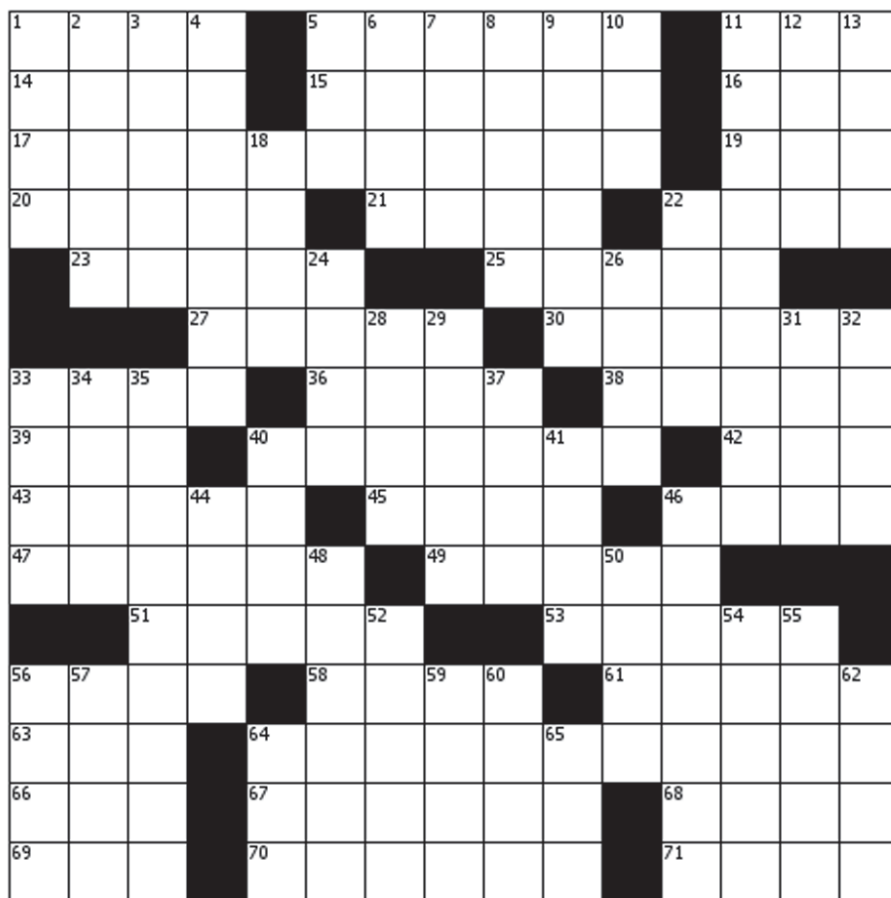


Happy Birthday!
Brielle Skrjanc
 turns 5 on August 29!
Corey Howard Mainwaring
 turns 2 on August 29!
Join the Birthday Club!
 E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

CROSSWORD PUZZLE

Across

- 1. Move nomadically
- 5. Enters from the bench
- 11. Reducing resort
- 14. Beige shade
- 15. Bring back from unconsciousness
- 16. Take too much of
- 17. Flying mimicker
- 19. Back in time
- 20. Cold climate food fish
- 21. "Cómo ___ usted?"
- 22. Big city haze
- 23. Elicit
- 25. Mexican mister
- 27. Type of casual pants
- 30. Let go
- 33. Kindergarten subject
- 36. Preachers' topics, often
- 38. "Speed ___" (cartoon)
- 39. High rocky hill
- 40. Posh ride
- 42. Decoder's tool
- 43. It excites a sense
- 45. Epitome of tightness
- 46. Capri, for one
- 47. City just south of Seattle
- 49. Seed covers
- 51. Eucalyptus leaf muncher
- 53. Perch for Polly
- 56. Microwaves
- 58. Make less distinct
- 61. Single-masted vessel
- 63. Megalomaniac's problem



- 64. What 17-Across, 11 and 35-Down all have in common
- 66. Vietnamese holiday
- 67. Big-time party person
- 68. They're useful on links
- 69. Sponsors' words
- 70. Fireball
- 71. Once. once

Down

- 1. Radiation units
- 2. "___, All Ye Faithful"
- 3. Jumped from electrode to electrode
- 4. Inuit footwear
- 5. Part of many Californian cities
- 6. Push
- 7. Fishing line attachments
- 8. Deck divisions
- 9. Melville's Potter
- 10. Homer's righteous neighbor
- 11. Fake jewelry?
- 12. Walt Kelly's cartoon
- 13. Extremely eager
- 18. Nails' target

- 22. Bean from which milk is made
- 24. Assuage
- 26. Not a single one
- 28. Benevolent
- 29. Mural beginning?
- 31. Believe
- 32. "Amen" deacon
- 33. Machine gunner's syllables
- 34. Half a Polynesian island
- 35. Trademark slow cookers
- 37. Speak like the inebriated
- 40. The Crimson Tide, dialectically
- 41. Islamic chieftan
- 44. Sounds from the pasture
- 46. Pinpoint
- 48. Capital on the Hudson
- 50. Not following
- 52. Call heard often at the World Series of Poker
- 54. Having more aches and pains
- 55. Schleps
- 56. ___-Jones ("Chicago" star)
- 57. Like a fine wine
- 59. West Point sch.
- 60. Printer's load
- 62. "Over here," quietly
- 64. Temporary fashion
- 65. Mo preceder

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER SCHEDULE






ATOMIC BLONDE • (R)
FRIDAY, AUGUST 25 • 1800

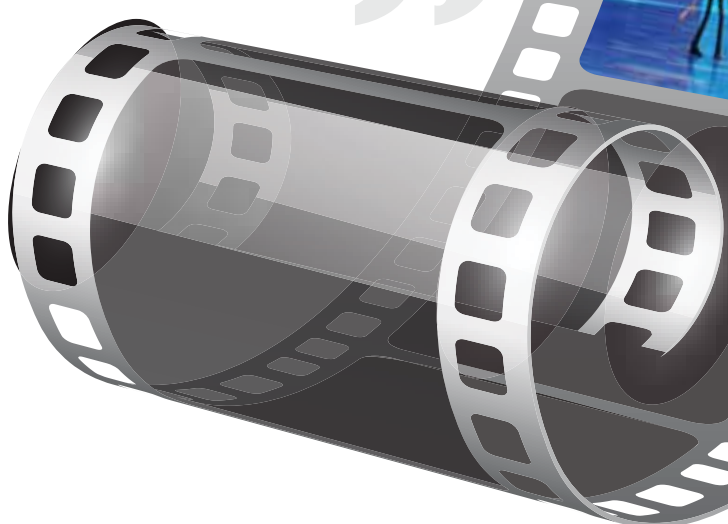
“ An undercover MI6 agent is sent to Berlin during the Cold War to investigate the murder of a fellow agent and recover a missing list of double agents.

VALERIAN AND THE CITY OF A THOUSAND PLANETS • (PG-13)
SATURDAY, AUGUST 26 • 1700

“ A dark force threatens Alpha, a vast metropolis and home to species from a thousand planets. Special operatives Valerian and Laureline must race to identify the marauding menace and safeguard not just Alpha, but the future of the universe.

THE EMOJI MOVIE • (PG)
SUNDAY, AUGUST 27 • 1500

“ Gene, a multi-expressional emoji, sets out on a journey to become a normal emoji.



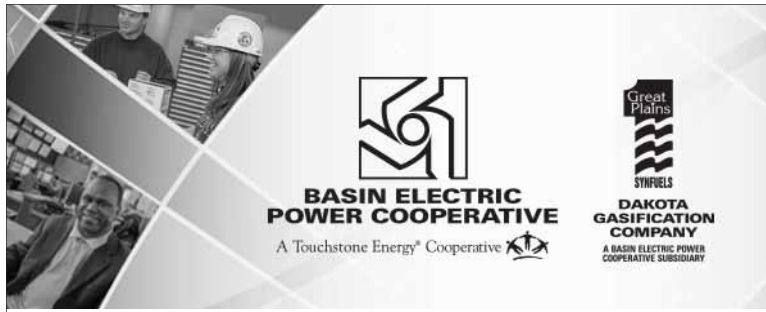
CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 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>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</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>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</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 9:30 am 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> Thursdays: Worship.....6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 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 9:00 am Sunday Fellowship 10:00 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. Contemporary Worship Service.. 9:50 a.m. Contemporary Worship Service.. 11:05 a.m. No Sunday School or Children's Church The month of August. Resumes Sept. 10 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 Family Worship Center  1105 16th St. NW • 839-1407 Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.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 9:30 am Sunday Fellowship 10:30 am Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Worship 10:00 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 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 <i>4 miles south of MAFB</i> 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 9 a.m. Memorial Day weekend - Labor Day Weekend John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR Church Advertise FOR ONLY \$7 PER WEEK Revisions MADE UPON NOTICE FROM THE CHURCH Deadline TUESDAYS BY NOON WEEK OF PUBLICATION 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 Mary Johnson www.vincentumc.com</p>			

CLASSIFIEDS

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Questions? Call 701-557-5603 or 701-557-5402

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5TH ANNUAL MINOT COIN CLUB SHOW at Sleep Inn & Suites, Sept. 30 - Oct. 1, Sat: 10am to 6pm, Sun: 10am to 4pm, Daily GOLD COIN Giveaway, Free Gifts for kids, Door prizes, Free Appraisals, Free Wifi, www.facebook.com/MinotCoinClub



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To schedule and audition contact the conductor, Bob Demke at 701-721-4548.

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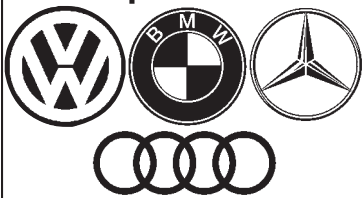
HOW DO I SUBMIT ARTICLES OR STORY IDEAS TO THE NORTHERN SENTRY?

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 8

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- Northern Sentry Office | 315 South Main Street, Ste 202
- 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
- 1st Minot Management | 217 Main St S
- Magic City Hoagies | 1515 24th Ave SW

- | | | |
|--------------------|------------------|-----------------------|
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| • R&J's Fuel | • Glenburn Cenex | • City Hall |
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| • J's Stop & Go | | |

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 <p>\$194,900</p> <p>JUST LISTED! 3 bedroom, 1 3/4 bath ranch style home. Custom oak cabinets, island, pantry and built-in desk in kitchen, deck off dining room. Lower level family room, 3/4 bath, laundry and storage room. Attached garage.</p> <p>MLS #172037</p>	 <p>\$259,900</p> <p>NICELY UPDATED! 5 bedroom, 3 bath home. Main level includes family room, bedroom, bath and laundry. Patio off dining room. 3 upper level bedrooms plus a bedroom, bath and 2nd family room in basement. Double garage.</p> <p>MLS #171036</p>	 <p>\$245,000</p> <p>CUSTOM DETAIL - Updated 5 bedroom, 2 bath, 2 story home. New custom cabinets and millwork. Kitchen island, breakfast nook, formal dining. Upper level master suite and family room with fireplace and doors to balcony. Unfinished basement. Double garage.</p> <p>MLS #171996</p>
 <p>\$243,000</p> <p>SPACIOUS LIVING - 3 bedroom, 2 1/4 bath home with 1632 sq ft. Formal dining, large living room and eat-in kitchen. Fireplace. Lower level family room, laundry, 1/2 bath and storage. Double garage.</p> <p>MLS #171463</p>	 <p>\$149,900</p> <p>COZY - 3 bedroom home. Kitchen has new flooring, cabinets, counters, window and dishwasher. Updated bathroom. Restored original hardwood in bedrooms. Egress bedroom in basement. Detached garage.</p> <p>MLS #170529</p>	 <p>\$205,000</p> <p>PRICE REDUCED! 3 bedroom, 2 bath home on corner lot. Woodburning fireplace on main level. 3 bedrooms with deck off one. Lower level family room, 3/4 bath, kitchen and sauna. Detached double garage.</p> <p>MLS #171668</p>
 <p>Melissa Leier 720-9640 leiermelissa@hotmail.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES</p> <p>APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Mike Vannatta 720-7112 mikev@minothomes.com</p>

Place a display ad in the Northern Sentry For more information call 839-0946 or visit us at 315 S Main St. Suite 202 (inside the front doors of the Main Medical building) or email nsads@srt.com.



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 <p>\$215,000</p> <p>Large 3 bedroom, 2 bath home with terraced yard, 2 seasons room, custom built-ins and custom cabinets. Garage can easily fit 3 cars. Call Cindy Strandberg at 833-1956. #172033</p>	 <p>\$499,000- Des Lacs</p> <p>Beautiful 3 bedroom home surrounded by lots of mature trees on 10 acres. Sliding doors open to large covered patio area. Gorgeous family room with 15 ft ceiling. Lots of storage in garage and outer buildings. Call Lori Henderson at 721-0158. #172029</p>	 <p>\$280,000</p> <p>Love to entertain? This home is perfect with over 2,500 Sq Ft for any gracious host! 5 bedrooms, 4 bathrooms on 3 spacious floors on North Hill is the ideal location to stake your claim. Beautifully remodeled kitchen has new cabinets, quartz countertop, double oven stainless steel appliances and smart designed center island. Call Aisha Vadell at 240-3780. #172028</p>
 <p>\$204,900</p> <p>Nicely remodeled home with large two stall heated garage. Laminate flooring flows through the living room and dining area as well as the two bedrooms on the main floor. The finished garage has alley access with concrete drive. Call Tamie Dunn at 720-1723. #172023</p>	 <p>\$263,900-Lansford</p> <p>If you are looking for WOW factor, look no further than this stunning home in a country setting. If you are entertaining in the summer, this home has a huge yard with covered patio, fire-pit and oversized shed for all your lawn equipment and yard games. Call Cindy Strandberg at 833-1956. #172021</p>	 <p>\$328,900</p> <p>Check out this stunning home! This home welcomes you with an open floor plan and large window to allow for lots of natural light. Located in SW Minot, easy access to the bypass, shopping and restaurants. The living room is spacious with newer flooring and a bay window. Call Micky Venable at 240-5257. #172015</p>
 <p>\$50,000</p> <p>Rare find! A 1/2 acre single family home lot located south of the John Deere implement dealership. This lot has a 26' x 36' garage and mobile home. The mobile home is damaged that can be replaced or rebuilt, buyer's desire. Being sold "AS IS". Call Clyde Thorne at 240-8594. #172013</p>	 <p>\$339,900</p> <p>Custom build 5 bedroom 4 bath home with large triple garage. Wake up to a spectacular view from this home. Open kitchen, dining and living room with French doors to deck overlooking the backyard. Call Jerry Thomas at 833-7578. #171975</p>	 <p>\$309,900</p> <p>Wonderful 4 bdrm, 3 bath, split foyer home with an extra-large - heated, 3 stall garage. Located in a great neighborhood near Perkett School, Hickory Field, dog park & golf course! On the upper level, Hickory cabinets surround the kitchen which also features stainless steel appliances & large island. Call Tamie Dunn at 720-1723. #171967</p>

PRESS RELEASE: N.D. Senator John Hoeven to visit MAFB

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- U.S. North

Dakota Senator John Hoeven will visit Minot Air Force

Base to tour the base and the weapons firing range Aug.

18, 2017.

Senator Hoeven will conduct a media availability event at 2:15 p.m. following the tour.

Interested press must meet at the main gate visitor's center NLT 1:30.

Media interested in covering this event should

please send requests via email to v35bw.pa@us.af.mil no later than COB Thursday, Aug. 17. For questions, please call the Public Affairs office at 701-723-6212.

These times are tentative and subject to change. We will notify you of any change as soon as they occur.

AIR FORCE MILITARY TREATMENT FACILITIES from page 3

Our Behavioral Health Optimization Program, which embeds mental health providers in primary care clinics, has been particularly beneficial. Building a mentally resilient force is a key to readiness, but stigma can sometimes create a serious hurdle to seeking mental health care. BHOP is an effective way to initiate mental health care, starting informal conversations with mental health professionals. Brief meetings in the context of a primary care appointment can lead to earlier treatment of a mental health condition, preventing a more serious problem.

The AFMH model also incorporates the Base Operational Medicine Clinic, an occupational medicine, flight medicine and deployment health focused clinic. BOMC is separate from primary and family care clinics at MTFs, focusing

resources on the readiness mission. Previously, flight and occupational medicine clinics required patients to visit different departments to get their pre-placement exams and exposure assessments. BOMC, centralizes all exam components in one clinic, and use standardized procedures. This model is especially valuable at MTFs that host fighter wings, or other units that call for a high volume of aerospace medicine services.

In our continuous efforts to provide a medically ready and ready medical force of Airmen for our nation's defense, the AFMS relies on the remarkable medical Airmen who are its providers, nurses, technicians and patients. The people I serve with, men and women of amazing compassion, skill, training, and creativity, continually inspire me. My job is to

build a system that allows them to succeed to the maximum extent of their abilities, and to create space for them to successfully innovate. The strength of the AFMS is undoubtedly our mighty medical Airmen.

In any organization, once change has begun, the biggest challenge is to sustain the change and build on that initial momentum. Our readiness focus is not only for today's requirements, but the new missions we may be called upon to execute tomorrow. As we support the increasingly in-demand, 24/7 mission of our globally engaged Air Force, some of these challenges will be small, while others will be immense. Our MTFs are the backbone of a flexible and resilient AFMS, helping us answer the call to meet any readiness mission we are called on to deliver in the future.



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NORTH DAKOTA WINTER
Your Guide to Everything Winter in North Dakota

This is a very popular magazine size publication with articles on preparing yourself, your car, your home and your pets for winter. It also includes places to visit and things to do in our ND winters.

We cover topics such as:

- Prepping your frozen vehicle on those early mornings.
- What to do when your stuck in the bad weather.
- Coupons for vehicle maintenance invaluable for ND.
- Comfort Foods section featuring local restaurants.

Distribution: This magazine will be handed out through the MAFB Safety Office and given to new personnel as they arrive on base, and delivered to all of our locations as well!
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Prices Full Page (7.25"x9.41") \$325 bw or \$400 color
Half Page (7.25"x4.64") \$185 bw or \$225 color
1/4 Page (3.54"x4.7") \$125 bw or \$150 color
1/8 Page (3.54"x2.28") \$70 bw or \$100 color

For more information, contact Beth Duchsherer at: 839-0946 or nsgraphics@srt.com
Published: November 3rd Deadline for advertising reservation: October 20th

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