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5 CES POWERS UP TEAM MINOT

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

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Videos

Reserve Citizen Airman key in Florida veterans court

SENIOR MASTER SGT. TIMM HUFFMAN | HEADQUARTERS INDIVIDUAL RESERVIST READINESS AND INTEGRATION ORGANIZATION

TAMPA, Fla. (AFNS) -- Joseph Stickle thanked the arresting officer when he was picked up for heroin possession in his hometown of Tampa, Florida, earlier this year.

"He saved my life," said Stickle, Navy veteran with a 35-year history of drug and alcohol abuse.

The arrest cost him his marriage and kids but led him to Senior Master Sgt. James Salgado and the 13th Judicial Circuit Veterans Treatment Court, which helped him keep his job of 19 years at the Department of Veterans Affairs, rebuild his life and avoid a felony conviction.

Salgado, an Air Force Reserve Individual Mobilization Augmentee at U.S. Special Operations Command, MacDill Air Force Base, Florida, is one of the senior mentors and the operations director for the Tampa-area Veterans Treatment Court, both volunteer positions; he served as Stickle's mentor while the vet went through the rehabilitation program.

A Veterans Treatment Court is a non-adversarial, problem-solving court dedicated to helping veterans who were honorably

discharged or separated and, thru commission of a misdemeanor or felony offense, became involved with the criminal justice system. VTCs are often affiliated with the local VA and bring together specially trained judges, case workers and volunteer mentors to rehabilitate veterans and reintegrate them with their communities. Instead of a jail sentence, veterans are placed into a recovery program. In many cases, if they graduate, they are free to go and leave the program with charges dropped. The 13th Circuit Court's VTC was established in 2013, one of nearly 500 in the nation, and has served as a model for other courts nationwide.

"It's an incredibly unique courtroom and process that brings all sorts of specialties to bear on veteran rehabilitation," said Michael J. Scionti, 13th Judicial Circuit VTC judge, also an Army Reserve judge advocate.

According to the Justice For Vets website, a national non-profit that works to promote the VTC model, veterans suffering from service-related mental health issues, such as post-traumatic

stress disorder and traumatic brain injury, often fall into patterns of substance abuse or criminal activity after leaving the support network they had in the service. Nearly half of veterans suffering from PTSD and TBI never seek treatment and there are currently over 180,000 incarcerated veterans.

Prior to gaining access to the rehabilitative services available through the VTC, veterans must appear before the judge, who does discovery and confirms they are eligible based on their service record and the type of crime committed. Once they are enrolled in the program, which ranges from 6 to 18 months depending on the crime, the veteran is connected with a mentor, like Salgado, who keeps them accountable and helps them connect the dots on the numerous resources available through the VA and community organizations. The Tampa VTC even

provides access to chaplains and therapy dogs.

"It's a complete, end-to-end solution," said Salgado, who related the story of one veteran who was able to successfully stand in front of the judge only after a local organization provided him with a therapy dog that helped him cope with his PTSD.

Scionti said the VTC model keeps veterans from serving jail time for issues that stem from their time in the service. Instead of delivering punishment, the program helps address the root issues, such as PTSD and military sexual trauma, which brought the veteran into contact with the law in the first place. The judge added that the court is made up of a whole cadre of volunteers and professionals who are there to help veterans rehabilitate and reintegrate into society.

As the third largest city in Florida and home to two of the heavy lifters in the

global war against terrorism - U.S. Central Command and USSOCOM - Tampa has a large veteran population. Retired Army Col. Darryl Reyes, who has been involved with the local VTC from its beginning, said they have witnessed and handled countless cases of post 9-11 combat veterans who committed criminal acts that were service related to such VA diagnosed disorders as PTSD, TBI, substance abuse and military sexual trauma.

"If there were ever a venue where a VTC was needed, I would say that Tampa is that place," he said.

The 13th Circuit Veterans Treatment Court has one of the largest dockets in the country and enjoys an 80 percent success rate, said Reyes, who was responsible for building the mentor program when the VTC was launched in 2013.

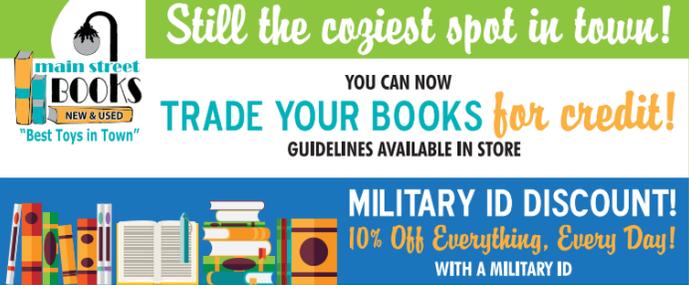
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Snow control

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

MINOT AIR FORCE BASE, N.D. -- Last winter, Minot Air Force Base, North Dakota, received a record-breaking 52 inches of snow.

Although this amount doesn't fall every year, Team Minot stays ready through the Minot AFB Snow and Ice Control Plan approved by base leadership.

"We have a snow and ice control plan that's routed up through both wings," said Tech. Sgt. Marcus Hines, 5th Civil Engineer Squadron NCO in charge of pavement and construction equipment. "We are given their mission requirements, then develop the plan accordingly."

Every year, this plan is reviewed for accuracy and sent up to both 5th Bomb Wing and 91st Missile Wing commanders for approval before the end of the fiscal year. This date is set to ensure the plan is in place before the first snowfall of the season.

Additionally, pavement

and construction equipment Airmen, aka "Dirtboyz", attend a one-week snow school.

"We receive training on the loaders, sanders, blowers, and anything else we'd be using through the winter," said Airman 1st Class Christopher Schroeder, 5th CES Dirtboy. "We also go through how to set-up for the winter."

Despite all this training and preparation, Dirtboyz still experience some difficulty during winter when personnel and dependents drive during base closure.

"Some people don't realize that when the base is closed due to weather, we still have a job to do," added Schroeder. "If they're out and about, it slows us down."

Improperly parked cars also pose a problem.

"If you're going to park your car while assigned to an alternate duty location, have a plan to move your car during the winter," said Hines. "Parked cars make it difficult for us to complete

our job. If it's not moved, any car will get covered in snow and could affect future snow removal."

According to Minot AFB's Snow and Ice Control Plan, cars in uncleared lots are required to be moved to cleared lots.

In dormitory parking lots, the central dorm management team will be notified three days prior to snow-removal operations to ensure all vehicles will be moved. Any vehicles still located in parking lots will be ticketed by the 5th Security Forces Squadron or towed at the owner's expense.

For Airmen at an alternate duty location, or on leave for longer than a week, the squadron mobility NCOs or squadron orderly rooms will verify if the individual has taken care of their vehicle by parking it in the temporary duty location parking lot or leaving a key with someone who can move it.

There are three designated TDY parking lots, each with a clearly-marked sign

designating them as such.

At 220 Tanker Trail, Airman Leadership School, vehicles owned by missile field security Airmen may be parked in the row closest to the road and part of the next row. Other dormitory residents may park their cars in the remaining spots.

At 587 Tanker Trail, softball field parking area, vehicles may be parked up to the first two light posts.

At 455 Summit Drive, Pride Building, vehicles may be parked in the east parking lot.

To stay ahead of inclement weather, download the free Team Minot mobile app from the Google Play Store or iTunes.

Installation status updates will be sent as push notifications directly to a smartphone.

State Dept offers study abroad opportunities for high school students

AMY CHRISTOPHERSON | DEFENSE MEDIA ACTIVITY

FORT GEORGE G. MEADE, Md. (AFNS) -- The State Department's Bureau of Educational and Cultural Affairs offers study abroad scholarships for high

school students.

Students aged 15 to 18 are invited to apply to study abroad for one academic year, through any of three programs.

The Congress Bundestag Youth

Exchange Program is an opportunity for students to live with a host family in Germany, attending a local high school and learning the German language and culture. The application period is open from Sept. 5 to Dec. 11, 2017, and 250 scholarships are available. For more information, please visit <http://www.usagermanyscholarship.org/>.

The Kennedy-Lugar Youth Exchange and Study Abroad offers merit-based scholarships for students to study in one of 13 countries in the Middle East, Africa, Asia and the Balkans. The application period is open from Sept. 5 to Dec. 5, 2017, and 65 scholarships are available. For more information please visit <http://www.yes-abroad.org/>.

The National Security Language Initiative for Youth offers a language immersion program for students to learn Arabic,

Mandarin, Hindi, Bahasa Indonesia, Korean, Persian, Russian or Turkish. No previous language experience is necessary.

Programs may take place in: China, Estonia, India, Indonesia, Jordan, South Korea, Latvia, Moldova, Morocco, Russia, Taiwan, Tajikistan, Turkey and other locations around the world. The application period is open from Aug. 25 to Nov. 2, 2017 and approximately 670 scholarships are available. For more information please visit <http://www.nsliforyouth.org/>.

Study abroad opportunities offer a chance to create friendships around the globe, develop leadership and language skills and promote mutual understanding.

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FACEBOOK

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The 5th Civil Engineer Squadron electrical systems Airmen are responsible for maintaining all electrical systems on base, including airfield lighting systems, lighting protection systems and fire alarm systems. The unit also provides electrical support for both missile alert facilities and launch facilities.

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



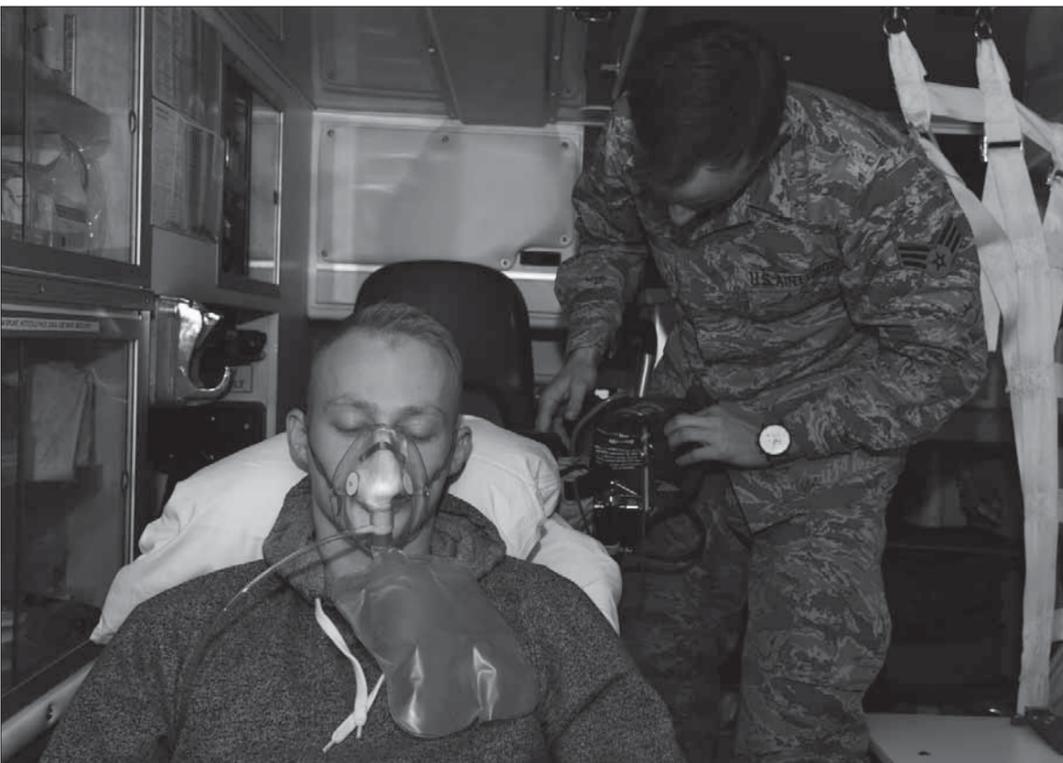
Saluting our Veterans

BHG, INC Special Section, Deadline Oct. 31st
Inserted: All BHG weekly newspapers, November 9th

We honor and recognize the men and women who served our country. Please submit your family photos of veterans, along with details about branch and years of service and we will include them in this special section.

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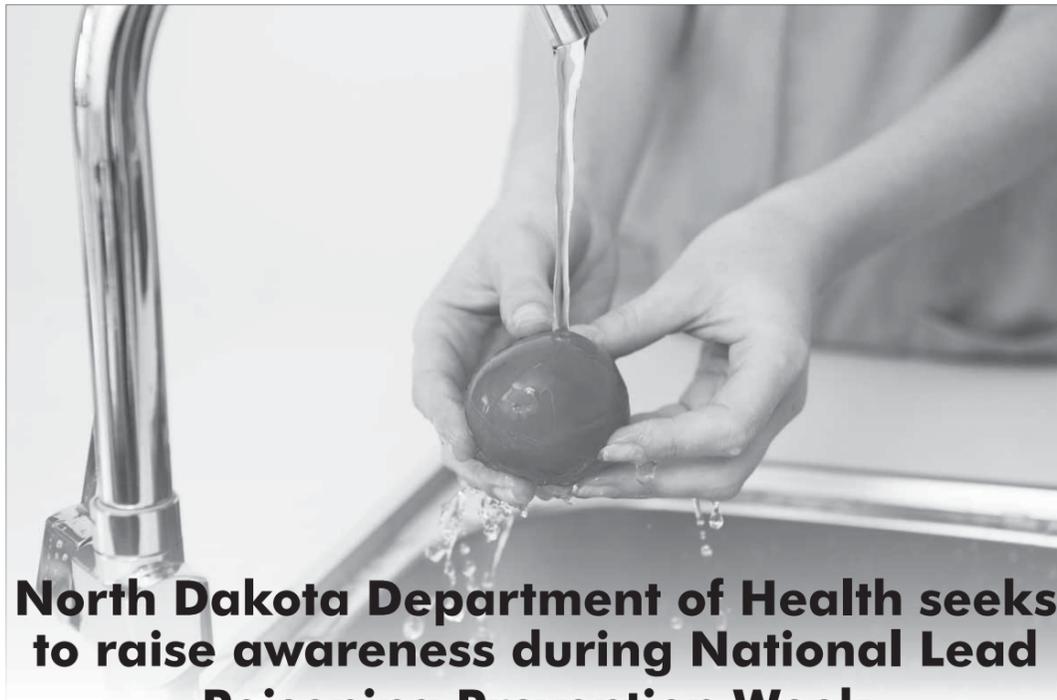




5th MDOS: Minutes away

MINOT AIR FORCE BASE, N.D. -- The 5th Medical Operations Squadron Ambulance services conducted a training exercise at Minot Air Force Base, N.D., Oct. 9, 2017. The ambulance services flight is responsible for providing emergency medical response for all base personnel.

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



North Dakota Department of Health seeks to raise awareness during National Lead Poisoning Prevention Week

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. -- To raise awareness about preventing lead poisoning in children, the North Dakota Department of Health is participating in National Lead Poisoning Prevention Week October 22-28, 2017.

Lead is a highly toxic metal that can cause adverse health effects for both children and adults. Approximately half a million U.S. children ages 1-5 have blood lead levels above 5 micrograms per deciliter--the level at which the Centers for Disease Control and Prevention recommend corrective action.

With no obvious symptoms, lead poisoning often goes unrecognized. Lead poisoning in children can result in flu-like symptoms, learning and behavior problems, lower IQ, slowed growth, neurological problems and even death at very high levels.

Preventing a child's exposure is the best way to avoid lead's harmful effects. The most common source is lead-based paint used in buildings before

1978. However, lead can also be found in soil, dust brought home from a workplace, certain types of plumbing, and even some older or imported toys.

Children spend most of their time at home and at school. Both environments can be potential sources of lead hazards.

Parents can reduce a child's exposure to lead in the home by taking the following steps.

- **Understand the Facts.** To reduce children's exposure, lead hazards must be identified and controlled or removed safely. More information can be found at www.epa.gov/lead/protect-your-family-exposures-lead.

- **Get Your Home Tested.** Before you buy or remodel a pre-1978 home, ask for a lead inspection by a North Dakota-certified, lead-based paint risk assessor or inspector.

- **Use Lead-Safe Work Practices for Renovations.** Hire an EPA-certified renovation, remodeling and painting general contractor to use lead-safe work practices

on any renovation which may disturb known or assumed lead-based paint.

- **Get Your Child Tested.** Even if your young children seem healthy, ask your doctor or local public health nurse to test them for lead. Children 6 years and younger are most at risk since this is the age of greatest development and growth.

- **Test the Drinking Water in Older Homes.** Plumbing in some older homes, mainly built before 1930, may contain lead which could leach into drinking water. Learn more at www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water.

To help schools determine any lead risk, the North Dakota Department of Public Instruction and the North Dakota Department of Health have begun a voluntary assessment program. Information can be found at www.ndhealth.gov/MF/leadinschools.html.

To learn more about lead-based paint; renovation, repair and painting safe practices; or blood lead testing, contact Sandi Washek, North Dakota Department of Health, at 701.328.5188.

For more information on lead in drinking water, contact Amy Kinzler, North Dakota Department of Health, at 701.328.5211.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

“Fair chase is a hunter's moral compass guiding their activities in the field”

North Dakota Big Game Records Book, 7th Edition, published 2017.

Archery season is nearing the midway mark for deer; pronghorn is a wrap, bighorn sheep season opens Nov. 3, moose and elk seasons are underway, and the regular deer gun season opens Nov. 10.

It's definitely a busy time of year for hunters even if upland hunting was far from what it's been in the past.

For hunters, this is the trophy time of year.

When it comes to hunting, the definition of a trophy is truly in the eyes of the beholder. For some, when it comes to big game, it has to be big antlers or nothing. Yet for many others, the big game experience is just that, a trophy of an experience.

It might be those much-sought-after big antlers.

Or it might be a young hunter's first deer – and a doe, at that.

The Boone and Crockett Club established minimum standards for big game species antlers and horns, not to mean that a big game species with large antlers is the only way to define “trophy”.

Instead, it established the standards as a means to encourage hunters to take older, mature animals at a time when wildlife as a whole was in its deepest, darkest days in terms of populations.

It didn't matter what species – wildlife populations had plummeted and part of the reason was commercial hunting taking big game animals regardless of size and method.

In the process, the Boone and Crockett Club developed the tradition of Fair Chase. The club required hunters with animals qualifying for their record book adhere to Fair Chase rules.

Fair chase is the guiding principle behind the Boone and Crockett Club and its big game record books, regardless of the species.

It's also the guiding principle of the “North Dakota Big Game Records Book, a compilation of qualifying North Dakota's big game

species submitted by hunters who verify fair chase by signing the Boone and Crockett Club scoring form used to qualify for entry.

Theodore Roosevelt helped found the Boone and Crockett Club in 1887 and sought a way to separate legitimate hunting, which was being lumped with commercial market hunting.

The concept of Fair Chase helped to provide separation while connecting hunters with conservation.

The concept of Fair Chase served as the foundation for many game laws in place in today's society.

While Fair Chase is an unwritten rule, a moral compass, the Boone and Crockett Club defines Fair Chase as “The ethical, sportsmanlike, and lawful pursuit and taking of any free-ranging wild, native North American big game animal in a manner that does not give the hunter an improper advantage over such animals.”

The club also laid down standards: Hunters would obey all applicable laws and regulations and respect customs of the locale where the hunt occurred.

Hunters would exercise a personal code of behavior reflecting favorably on one's “abilities and sensibilities” as a hunter.

Hunters would attain and maintain skills necessary to make a quick and certain kill.

Hunters would not bring dishonor to the hunter, the hunted, or the environment.

And, finally, hunters would recognize these standards are meant to enhance the hunting experience of the relationship between predator and prey, one of the most fundamental relationships of humans and their environment.

Fair Chase truly is a hunter's moral compass. The question today is how many possess that compass and apply it in their hunting experience, whether pursuing feather or fur?

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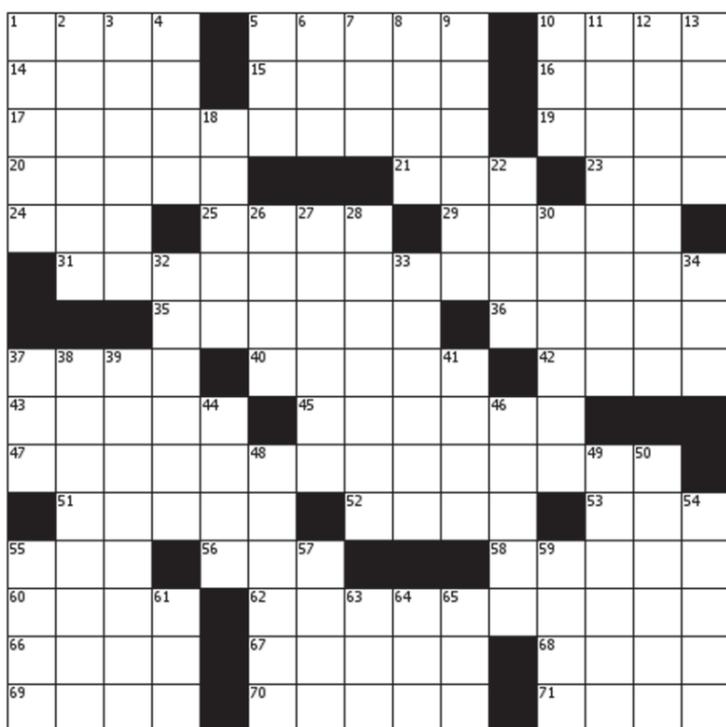
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CROSSWORD PUZZLE

Across

- 1. Sam the ___ and the Pharaohs ('60s pop group)
- 5. Ready to swing
- 10. Put on a happy face
- 14. Place to pick up an animal
- 15. Little bit
- 16. Make a bundle
- 17. Largest lake in Florida
- 19. Normandy town nearly destroyed in 1944
- 20. Sloop slip
- 21. Blood letters
- 23. Attach a patch
- 24. Wine word
- 25. Choir section
- 29. Mount ___ (former name of San Antonio Peak)
- 31. A, B, or C
- 35. Stable employee at an inn
- 36. Lens filter target
- 37. Laugh unit
- 40. Crunchy munchies
- 42. Conclusion for Ann, Nan, and Jean
- 43. Sans-script quip
- 45. Blue-nosed cartoon cat
- 47. It's made from milk, sugar and cocoa butter
- 51. Mortify
- 52. Melodic formula of Hindu music
- 53. Cosa Nostra's Nostra
- 55. 3-D picture
- 56. "Masochism Tango" satirist Lehrer
- 58. Island in the Bay of Naples
- 60. Parched



- 62. Crushing blow
- 66. Have a thing for
- 67. Radiate, as charm
- 68. It's a race to break it
- 69. What the Latin "video" means
- 70. Fancy-schmancy
- 71. "Where Eagles Dare" carbine

Down

- 1. Social climbers
- 2. "The Dream" of the NBA
- 3. Hasty glance, in France
- 4. Get together
- 5. Olive family tree
- 6. Ring letters
- 7. Shilling, informally
- 8. Clueless

- 9. Spoken English standard-bearer
- 10. Not the big shot
- 11. Grovels
- 12. Line dance of the '60s
- 13. "Please" in Siamese?
- 18. Heart-to-hearts
- 22. Where to find interstates H1, H2, and H3
- 26. "Meet Joe Black" star Brad

- 27. Make waves?
- 28. Member of a fourth-year college
- 30. "___ bunches!"
- 32. Humbert Humbert's honey
- 33. Symphony Beethoven originally dedicated to Napoleon
- 34. Once-over
- 37. Mutt mitt
- 38. He played Coach Harold Jones in "Radio"
- 39. Ring Lardner's song and dance man?
- 41. Industrial-strength air?
- 44. Of the highest quality
- 46. Sundance Kid's Etta
- 48. Neck ringer
- 49. Musical featuring "Cheek to Cheek"
- 50. Second smallest of seven
- 54. Turn from green to red
- 55. Landlocked Saharan republic
- 57. Modest dress
- 59. Masquerades
- 61. One of Daddy's triplets
- 63. Groovy track
- 64. Timber trimmer
- 65. Inspector Alan Grant's creator Josephine

SUDOKU Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

T	A	L	K		B	L	I	S	S		F	R	E	D
A	L	O	E		L	O	O	T	S		L	A	V	A
B	A	K	E	R	Y	S	W	E	E	T	E	N	E	R
S	N	I	P	E		T	A	R		E	A	G	L	E
			O	I	L			E	T	A				
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			D	N	A			S	O	L				
A	B	A	C	I		T	E	A		R	A	V	E	D
R	A	T	H	E	R	E	X	P	E	N	S	I	V	E
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REEL TIME THEATER MOVIE SCHEDULE

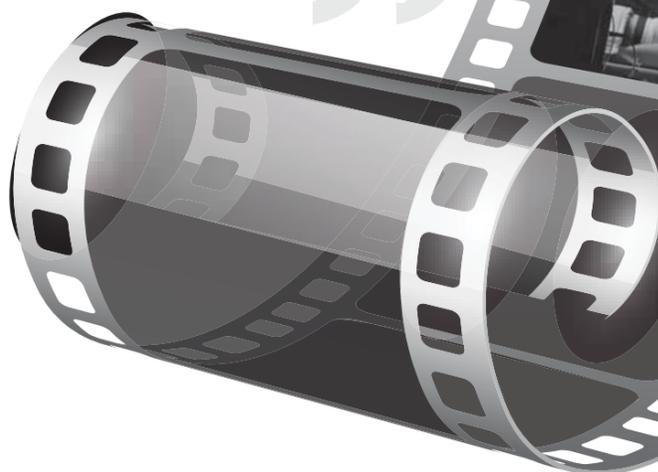


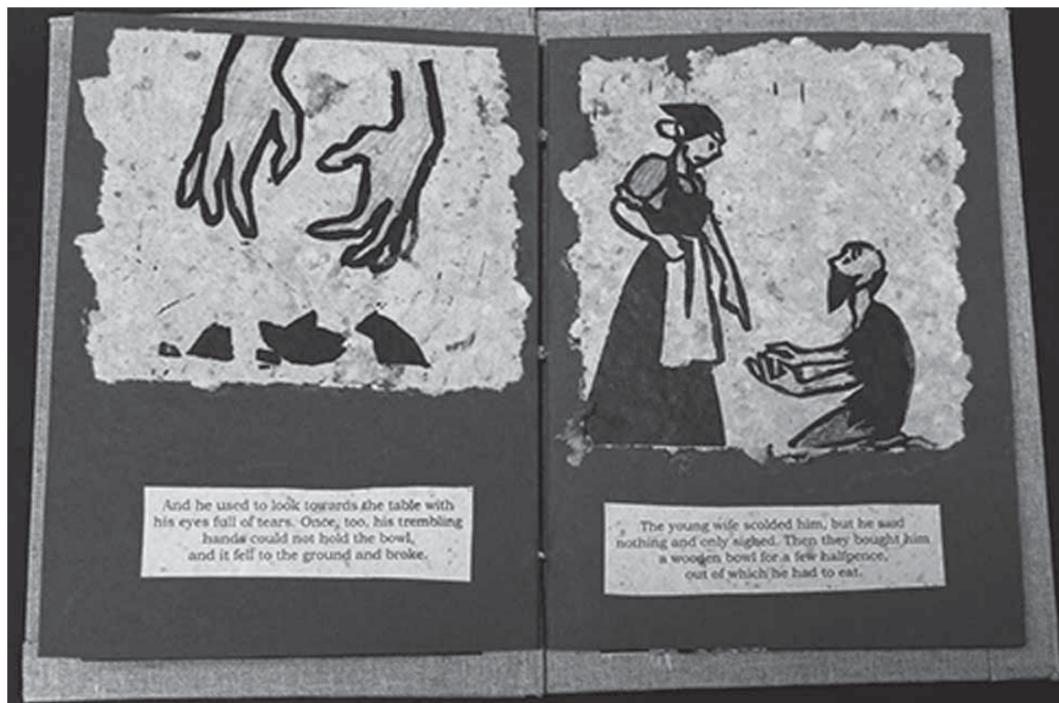
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“ Five medical students, obsessed by what lies beyond the confines of life, embark on a daring experiment: by stopping their hearts for short periods, each triggers a near-death experience - giving them a firsthand account of the afterlife. ”





Illustrations from "The Old Man and His Grandson," a German folk tale presented in one of Maroah Lowry's handmade children's books, on display at the Northwest Art Center's Gordon B. Olson Library Gallery November 7-28.

Handmade children's books at Northwest Art Center

AVIS VEIKLEY | NORTHWEST ART CENTER MINOT STATE UNIVERSITY

Minot State University senior art student Maroah Lowry will exhibit a collection of her handmade books, "Children's Stories from Around the World," at the Northwest Art Center's Gordon B. Olson Library Gallery November 7 through 28, 2017. An opening reception with the artist will be Thursday, November 9 from 6:30 to 8:00 p.m. at the gallery.

For the project, Lowry selected seven children's stories, each representing a culture from one of the world's continents, created illustrations, and then crafted each story into a handmade book. Lowry used different art media,

papers, book binding techniques, and illustration styles to reflect the origins of each tale.

"The stories our parents tell us shape our formative years, teaching us right from wrong, introducing us to concepts such as guilt, empathy, and courage, as well as forging bonds between the storyteller and the listener," said Lowry. "I hope that bond can be felt in this setting, even though the original storytellers are separated from us by miles and generations."

Lowry is a native of Livermore, CA and moved to Berthold, ND in 2006. She currently resides in Minot with her husband Ryan. She is in pursuit of a

BFA from MSU in drawing and printmaking with a minor in painting. She has long been an enthusiastic illustrator, and is hoping one day to use her many passions to add her own original stories and talents to the world of graphic novels.

The exhibit and reception are free and open to the public. This program is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

The gallery is open during regular library hours. Parking in MSU lots is unrestricted after 5 p.m.

Four surprising ways shorter days affect your budget

NDSU EXTENSION COLUMN

For many people, autumn is a season of low energy bills. The air conditioner is no longer running nonstop, and days when the heater will be constantly on are yet to come.

However, another well-known characteristic of autumn (days getting shorter) can lead to higher bills in other areas of life.

Home Lighting

When it gets dark earlier and the sun rises later, electric lights stay on longer. Even if no one is home, security may require keeping the house from looking empty when everybody is out past sunset, which is a strong

possibility in "9 to 5" households this time of year.

What you can do:

- Use light bulbs that return the most electricity for your money, not necessarily the ones with the cheapest per-bulb price. (Consumer Reports has an online section on choosing the best bulbs.)
- Turn off the lights in any room you aren't currently using. If you've been leaving every light on all day even in summer, don't wait any longer to change that habit!
- Install a timer, so you can come home to a well-lit house without burning the bulbs all day.

• Take advantage of natural light when it's available. Open your curtains! If you worry about heat leakage or privacy, there are many inexpensive window coverings that insulate and shield while still letting in sunlight.

• Use lamps with adjustable brightness when you need light in only part of a room.

• Enjoy dinner by candlelight now and then!

Medical Bills
Chances of injury and extra medical bills increase when you can't see where you're going.

What you can do:

- If your home has stairs,



Candy Corn Cheesecake



INGREDIENTS:

Crust	Filling
2 cups graham crackers, crushed	32 oz cream cheese
2 tablespoons sugar	1 1/3 cups sugar
1/2 teaspoon cinnamon	2 teaspoons vanilla extract
6 tablespoons unsalted butter, melted	1 cup sour cream
1 pinch salt	1 cup heavy cream
	4 large eggs
	1 pinch salt
	Red food coloring
	Yellow food coloring
	Candy corns, for decoration

INSTRUCTIONS:

For crust, pulse graham crackers in a food processor until they are ground. Then stir in with sugar, cinnamon, a pinch of salt and melted butter. Find a plastic cup and a slightly larger plastic bowl or container that you can cut apart. Set the containers in your springform pan before you add your crust to the pan. Don't cut out the bottoms yet though for the cup and bowl. Make filling by adding cream cheese and sugar to a stand mixer (or use a hand mixer). Beat the cream cheese until it is light and fluffy. Add in eggs one at a time, followed by sour cream and heavy cream. Then add the vanilla and pinch of salt. Pour filling into your pan without the crust and divide it evenly between the center cup, the middle layer, and outer layer. This is just to make sure you have the correct amount of filling for each layer. Remove the layers and keep the amount of filling separate for each part. Leave the center layer (in the cup) white. Color the filling that is in the middle layer (bowl) with mostly yellow, but a few drops of red until it reaches a deep orange color. Color the outer filling with just yellow. You'll need a lot of yellow to get a really rich color. Clean out your springform pan now, dry it well, and press your crust into the bottom of the pan. Bake it at 350°F for 10 minutes. Then let it cool. Now take your plastic cup and bowl and cut the bottoms out of each. Set them on your cooled crust. Pour the layers into each section. White in the very center, orange in middle, yellow on the outside. Since you already measured the layers, they should be perfect. Remove the dividers in each layer being careful to scrape down the sides of each divider. Then spread out the filling to it's even. Try not to mix the colors though. Wrap the springform pan tightly in foil and bake the cake in a steaming water bath for 90 minutes at 325°F. Check it and if the cake isn't mostly firm then bake it for another 20 minutes. When cake is firm, turn off oven heat, and slightly crack the oven door. Let the cheesecake cool slowly in the oven for one hour. Remove cheesecake and let cool at room temperature, then chill for 30 minutes. Remove springform pan and decorate with candy corns.

install light switches at both top and bottom so you can turn the stairway light on and off as needed.

- Have photosensitive lights (which automatically go on at dusk and off at dawn) on walkways and porches.

- Avoid walking rapidly in dim light and watch your step. Even familiar stretches can surprise you with fallen leaves, fresh sidewalk cracks, or damp spots.

- Wear shoes with good traction. When sidewalks are frosty, consider keeping strap-on cleats handy (a pair in the house and a pair in the car).

Comfort Food
Many people feel "down" when days grow short. Many even develop full-blown seasonal depression. Too often, the "solution" chosen is to spend extra money on not-particularly-healthy snacks and similar indulgences.

What you can do:

- Try healthier means of cheering up.
- Spend extra time with loved ones.
- Make yourself a cup of herbal tea or a bowl of

nutritious soup.

- Exercise or practice yoga.

- Listen to some happy music or watch a comedy program.

- Soak in a hot bath.

- And if "down" feelings are particularly painful and persistent, see a doctor.

Home Entertainment

Chances are you spend much of your post-daylight time at home, often in the company of a television or other "screen." There are options for enjoying indoor evenings without putting additional kilowatts on the electric bill.

What you can do:

- Read a book (the old-fashioned kind) together as a family.

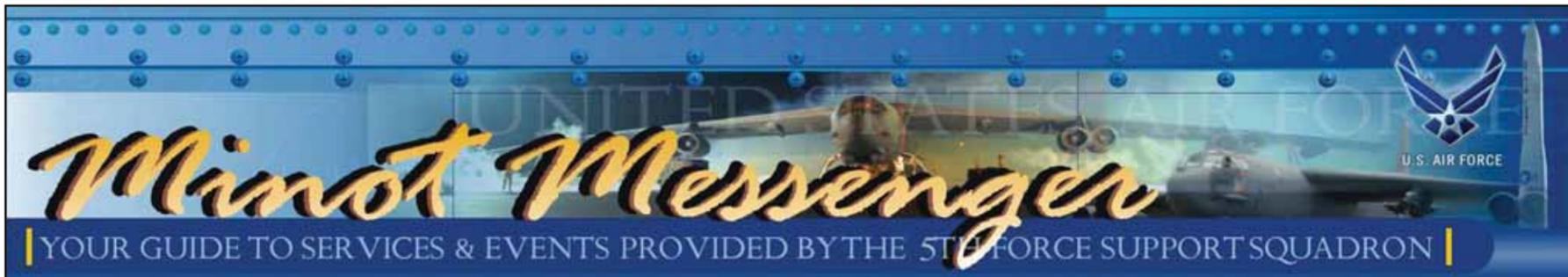
- Play board games.
- Play Charades.
- Tell stories or sing songs.

- Chat over coffee and dessert.

- If you live alone, invite some friends over. Or snuggle with a pet.

May your autumn be bright and budget-friendly!

Credit: Dollar Stretcher, <http://www.stretcher.com/stories/17/17oct02b.cfm?DS1002>



Enjoy Family Fun Fest At The Youth Center On October 27



Family Fun Fest is coming to the Youth Center on Friday, October 27 from 6-8 p.m. Children of all ages can enjoy wearing their costumes and trying their skill at a variety of games. There will be 2 full gyms of activities and a haunted maze.

The event is open to everyone with no registration necessary. Tickets for games are \$1 for 2 tickets and may be purchased at the door. You'll enjoy games, candy, prizes, food, and more at this annual event. The Family Fun Fest is sponsored by Dakota Kids Dentistry and Minot Spouses Club. *No Federal Endorsement of Sponsor Intended.* For more details, call the Youth Center at 723-2838.

Don't Miss Spooktacular Rockers Halloween Party



Rockers Bar & Grill has a spooktacular Halloween Party on tap for Friday, October 27 from 9 p.m. until 1 a.m. You'll enjoy a hauntingly delicious buffet and great drink specials.

Be sure to come dressed for the Halloween costume contest. Prizes include \$100 for first place, \$50 for second place, and \$25 for third place. There must be a minimum of 10 costume contest entries to award prizes.

Cost for this monstrously fun time is FREE for club members and \$7 for non-members. For additional details, call Rockers Bar & Grill at 727-ROCK.

Free Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 217 pay-per-view event at Rockers Bar & Grill on Saturday, November 4. Non-members price is only \$7.

The action features the UFC Middleweight championship bout between current champion and The Ultimate Fighter 3 light heavyweight winner Michael Bisping and former two-time UFC Welterweight champion Georges St-Pierre. In other main event action, a UFC Bantamweight championship fight between current champion Cody Garbrandt taking on former champion T.J. Dillashaw while champion Joanna Jedrzejczyk battles former title challenger Rose Namajunas for the UFC Women's Strawweight Championship. The main card also features a welterweight showdown between #2 ranked Stephen Thompson and #4 ranked Jorge Masvidal.



Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

Lifeguard Certification Course Offered By ODR

Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from November 4-12. There will be a skills test on November 4 at 10 a.m. (location to follow). The online course will take place from November 5-10 with the practice skills and final test scheduled for November 11 & 12 from 9 a.m. to 6 p.m.

Cost for the Lifeguard Certification Course is \$200. Registration deadline is October 27. Class size is limited so sign up today!

If you have ever wanted to become a lifeguard you don't want to miss this great certification course opportunity. For additional information or to register for the upcoming Lifeguard Certification Course, please contact Outdoor Recreation at 723-3648.

2017 Youth Center & School Age Program

NATIONAL FAMILY WEEK

NOVEMBER 6-9

- 11/6 - Family Tag Archery 4pm to 5:30pm
- 11/7 - Family Sports Night - Come out and play Dodge Ball! 4pm to 5:30pm
- 11/8 - Centerpiece/Art Creations 4pm to 5:30pm
- 11/9 - YP Give a HOOT about Family Time. Family Board Game Night 4pm to 5:30pm

OPEN TO YP MEMBERS/SCHOOL AGE CARE & FAMILIES
FOR MORE INFORMATION CONTACT THE YOUTH CENTER AT 723-2838

FAMILY FUN NIGHT WITH BEAUTY PRINCESS
Tuesday, November 14, 5-7 p.m.
Rough Riders Pizza

CLUB MEMBER DRAWING ON FRIDAY, OCTOBER 27 WILL BE FOR \$450.

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, October 27 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

TUMBLING AND FITNESS CLINIC - SUNDAY, NOVEMBER 5 9-11 A.M. - YOUTH CENTER - REGISTER BY NOVEMBER 3
The clinic is open to Youth Center members 7 years of age and older. Experienced tumblers can come work on their tumbling and fitness skills with an experienced and certified instructor. Cost is \$10 for members and free for deployed (must show proof of deployed spouse).



Former Governors' Mansion to Host Halloween Open House

THE STATE HISTORICAL SOCIETY OF NORTH DAKOTA

The Former Governors' Mansion is hosting a Halloween Open House on Saturday, Oct. 28 from 2 to 4 p.m. The event is free and open to the public. All ages are welcome, but children under age 16 must be accompanied by a parent or guardian.

The mansion, decorated for Halloween, will be open to explore. Enjoy Halloween stories and sing Halloween songs in the parlor. Costumes are encouraged but not required. Treats and beverages will be provided.

The Former Governors' Mansion, located at the corner of Fourth Street and Avenue B in Bismarck, is a state historic site managed by the State Historical Society of North Dakota. Admission is free. For more information about the Former Governors' Mansion, call 701.328.9528. Find out more about additional upcoming educational programs sponsored by the State Historical Society of North Dakota at history.nd.gov/events or call 701.328.2666.

GIVING THANKS
VENDOR & CRAFT SHOW
 November 4, 2017 | 10AM - 4PM
FREE ADMISSION
 Donations will be collected for Backpack Buddies
 Holiday Inn Riverside
 2200 E Burdick Expy Minot, ND

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DOWNTOWN MINOT
Haunted Halloween Family Event
 CENTRAL ALLEY RAMP OCT 27TH 4PM - 8PM
 \$1 PER HAUNTED ROOM VISIT
 PER PUMPKIN CONTEST VOTE

The Great Pumpkin Carving Contest
OVER \$750
 IN CASH AND PRIZES WILL BE AWARDED
 SEE FACEBOOK @DOWNTOWNMINOT FOR DETAILS!

HAUNTED
PARKING GARAGE PARTY
 "BAND "TOP DEAD CENTER" WITH DJ CHAD, FOOD, BOOS, & FRIGHTFULLY SCARY FUN
WIN A DELTA VACATION WORTH \$1600
 MUST BE PRESENT TO WIN
 COSTUME PRIZE: 1ST \$300, 2ND \$200, 3RD \$100 VOTED BY ATTENDEES
 COSTUME PRIZE WINNER WILL BE ANNOUNCED AT THE WITCHING HOUR-MIDNIGHT
CENTRAL RAMP ALLEY | OCT 28TH | 6PM - 1AM | 21+ ONLY
 TICKETS \$15 IN ADVANCE, \$20 AT THE DOOR IF AVAILABLE. + \$1 PER HAUNTED ROOM VISIT
 TICKETS AT FIANCEE . MARGIE'S ART GLASS . COOKIES FOR YOU



Halloween Fun Night
Minot Family YMCA | 3515 16th St SW
 Friday, October 27 at 5 PM - 7 PM
 Join us at the Minot Family YMCA for a night of tricks and treats! There will be games, candy, a haunted house, Dizzy the Clown, and more! Sloppy Jo's and chips will also be available for \$2.00! Come dressed in your favorite costume and join the fun!
 Admission is \$3 per child or \$15 per family!

Second Annual Day of the Dead Halloween Party!
Pour House | 400 East Central Ave, Suite 102
 Friday, October 27 at 5 PM - 12:30 AM
 Don't settle for the same boring old Halloween party you go to every year, shake things up a bit, dia de los muertos style! Costumes are easy, cheap, and cool. We will have a face painter on premise for your convenience. Prizes, games, drink specials, LIVE MUSIC, what more could you ask for!

Haunted Halloween Event For The Whole Family!
Central Ave Parking Ramp | Downtown Minot
 Friday, October 27 at 4 PM - 8 PM
 Explore all the different haunted houses we are featuring at only \$1 per Haunted room visit! With just the right amount of scary for kids! 100% of the proceeds will go to these non profits. Take this opportunity to vote for your favorite carved or painted pumpkin at \$1 per vote! Food and drinks will be available to purchase.

Trunk or Treat Tailgate
Minotauros Hockey | MAYSA Arena
 Friday, October 27 at 5:30 PM - 6:30 PM
 Tauros Trunk or Treat Tailgate is a fun event for all! Dress the kids up, dress yourself up, deck your car out to win our "ugly trophy"! Kids get to trick or treat before the game!! Was a great success last time we did it and now there is also a costume contest inside during the game! OK Automotive will be giving away prizes during the game for best Halloween costumes! Free burgers donated by Kacey Cope at Havig Insurance Agency.

Zombie Pub Crawl
Downtown Minot Pub District
 Friday, October 27 at 6 PM - 1 AM
 Come downtown for a FRIGHTFULLY fun time! Our Zombie Pub Crawl will offer drink specials at each venue, prizes and more! Visit atleast 6 spots and get a punch to qualify for the grand prize! Share this event, invite your friends, and remember, it's FREE to participate!

Sawyer Haunted House
Sawyer City Hall | 104 Dakota Ave, Sawyer, ND
 Friday, Oct. 27 & Saturday, Oct. 28 at 7 PM - 10 PM
 The town of Sawyer will be hosting a Haunted House in City Hall. (Admission is \$8)

Burlington Haunted House
Peace Lutheran Church | 521 North Davis St., Burlington
 October 27, 28, 29 & Halloween from 7 PM - 11 PM
 Ghosts and Spooks, are back! Burlington Haunted House with 9 rooms that are guaranteed to bring you fright! (Admission \$10)

Minot Bread of Life Annual Trunk or Treat event
1415 17th Ave SW, Minot
 Friday, October 27th, 6pm-7:30pm
 The public is invited for a evening of treats, food, costumes, and a hot-dog supper. The is no charge for the event. Participants are asked to bring canned food items to be given to the local food pantries.

Vincent United Methodist Fall Bazaar
1024 2nd St. SE Minot, ND
 Saturday, October 28 at 9 AM
 All church Bazaar with baked and canned goods, crafted items, vintage items. Silent Auction ending at 1 pm. Delicious lunch beginning at 11 of Creamed Turkey on a Biscuit with salad, dessert, and beverage. Pastries and coffee 9 AM - 11 AM.

Boo at the Zoo
Roosevelt Park Zoo
 Saturday, October 28 at 1 PM - 4 PM
 \$2/person for members | \$3/person non-members
 The fun includes a trick or treat trail, plumpkin, tatzoo parlor, creepy crafts, not so spooky photo booth, creaky hay rides, and a pumpkin smash!

Surrey Trunk or Treat
Hope Lutheran Church | 200 5th St SW, Surrey, ND
 Saturday, October 28 at 3 PM - 5 PM
 Join Hope Lutheran Church and the Surrey Lions at Trunk or Treat! This event provides a fun and safe environment for families in our community to trick or treat at decorated vehicles outside and tables inside Hope Lutheran.

Gourmet Chef Kids Cooking Class: Halloween Party
122 Main Street South, Minot | (Ages 5-10)
 Saturday, October 28 at 11 AM - 12 PM
 (\$25.00) This will be a fun morning of yummy and gooey Halloween treats! Perfect for the younger crowd of trick or treaters! Wear your costume!

Doggie Trick-or-Treat
Bark Park | 505 25th St SW, Minot
 Saturday, October 28 at 1 PM - 4 PM
 Bring your pups out for some Howl-oween playtime and treats!

Haunted Parking Garage Party
Central Ave Parking Ramp | Downtown Minot
 Saturday, October 28 at 6 PM - 1 AM
 Band "TOP DEAD CENTER" and DJ Chad, boos, food, and frightfully scary
 Central ramp alley Oct 28th 6pm - 1am 21+ ONLY
 Tickets \$15 in Advance, \$20 at the door if available. + \$1 per haunted room visit
 Tickets are available starting Oct 4th at Fiancee . Margie's Art Glass . Cookies for you.

MASK's Spooktacular Magic Show
Grand Hotel
 Monday, October 30 at 6 PM - 7 PM
 Hosted by Make a Scene Kids Theatre. The perfect ending to a month of Magic Classes is a Spooktacular Magic Show! This show will be open to the public. Children who are in the class will be presenting alongside Fermin X Magician in this Halloween themed show. Sign up for Magic Class today!!

Downtown Halloween Treat Trail
Downtown Minot | Various Businesses
 Tuesday, October 31 at 10 AM - 12 PM
 Halloween is just around the corner! That means it's time for the Annual Downtown Minot Halloween Treat Trail!! Area daycares and preschools are invited to come follow the Treat Trail to participating businesses and receive treats!

Edgewood's Trick or Treat
Edgewood Minot | 800 16th Ave SE, Minot
 Tuesday, October 31 at 3:30 PM - 5 PM
 Edgewood Minot invites all trick-or-treaters ages 10 and under to stop by for treats on Tuesday, October 31st between 3:30pm & 5:00pm. As you walk our spooky halls, just look for a pumpkin on the residents door, those are the residents with treats to share.

Alternative to Trick or Treating
Nature's Nook | 1700 21st Ave. NW, Suite B, Minot
 Tuesday, October 31 at 4 PM - 7 PM
 Join us Halloween evening as we'll be using Plush Craft 3D Mini to make cute animal friends, your child can choose between the adorable bat or the witchy cat in this activity. This event is for children ages 5+ with limited seating of 6 spots. The \$5 ticket price covers all supplies and materials being used, plus your child gets to take their craft home!

35th Annual Community Halloween Party!
Minot Municipal Auditorium | 420 3rd Ave SW
 Tuesday, October 31 at 5 PM - 8 PM
 Sponsored by the Optimist Club of Minot & MSU Student Council for Exceptional Children For all Minot area youth through 8th grade
 PARK IN NORTH LOT: ENTER THRU MARKED NE DOOR

Dakota Square Mall Trick or Treating
Dakota Square Mall | Various Businesses
 Tuesday, October 31 at 5 PM - 7 PM
 Come in costume and go from shop to shop trick or treating at various Dakota Square Mall merchants. Fun for all ages!

Cornerstone Presbyterian Church Trunk or Treat
1000 3rd St NE, Minot
 Tuesday, October 31 at 6:30 PM - 8:30 PM
 Trunk or Treat is a safe, family-friendly environment for all to enjoy. In case of bad weather, the trunk or treat event will be moved from the parking lot to inside the church building. Please bring your friends and family and join us for free hot dogs, coffee, hot chocolate and of course some delicious candy.

For more Halloween Event and Activites, Check out VisitMinot.org or Facebook/Things To Do In Minot, ND

LIVE MUSIC! Fri 27 & Sat 28
 Celebrate Halloween All Weekend!
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 Sun 29 & Mon 30
 SPOOKY Karaoke
THE LANDING
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CHURCH BAZAAR
OCTOBER 28 | 9 AM - 2 PM
 Crafts, Baked & Canned Goods, Silent Auction, and our Famous Creamed Turkey on a Biscuit.
 Lunch begins at 11 AM until gone.
Vincent United Methodist Church
 1024 2nd St SE | Minot, ND | 838-4425

HAVE A SAFE & HAPPY HALLOWEEN!
 FROM, THE NORTHERN SENTRY

ROOSEVELT PARK ZOO
BOO AT THE ZOO
 Saturday, October 28th, 2017
 1pm-4pm
 \$2/person for Members \$3/person for Non-members
 Children must be accompanied by an adult & dressed for the weather.
 Dress up the kids, grab a trick-or-treat bag and head over to the Zoo!
 Featuring the Trick-or-Treat Trail, Creaky Hay Rides, Not-So-Spooky Photo Booth, Pumpkin Smash, and MORE!
 All proceeds benefit the Zoo. Questions? Call 701-857-4166
 MINOT ZOO CREW

FAMILY and YOUTH EVENTS & PROGRAMS

Nov 4 International Games Day

Come to the Base Library to play games and celebrate International Games Day on Saturday, November 4 at 1 p.m. This FREE event is open to all ages. Play any game in the library's collection or try a giant-sized game. You can also bring your own games to play if you prefer. For more information, call the Base Library at 723-3344.

Nov 9 Communication and Resolving Conflicts Seminar

The Child and Youth Behavioral Military & Family Life Counseling (CYP MFLC) will conduct a training seminar for parents entitled "Communication and Resolving Conflicts" on Thursday, November 9 from 3:00-4:00 p.m. at the Family Child Care office (located inside Rough Rider Pizza). This FREE seminar provides parents with information on how to better communicate with their children and also provides strategies on ways to resolve conflicts. Registration is not required. For additional information, contact the Family Child Care office at 723-6662. Don't miss this great training seminar opportunity.

Youth Indoor Soccer Registration

The Youth Center is holding Youth Indoor Soccer registration for Youth Center members 3-12 years of age now through October 31. Cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth ages 5-12. Youth Center membership and a current immunization record as well as a sports physical must be on file to register. The Youth Indoor Soccer season begins January 2. For additional information, please call the Youth Center at 723-2838.

Family Fun Night

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

For 5th Force Support Squadron job opportunities, visit www.nafjobs.org

Nov 1 Brown Bag Book Talks

The base library invites you to Brown Bag Book Talks on Wednesday, November 1 at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to others doing so. Bring a brown bag lunch if desired. For more details, call 723-3344.

Nov 6 Family Child Care Pre-Orientation

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC New Provider Pre-Orientation at the Family Child Care office on November 6 from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For more information, call the Family Child Care office at 723-6662.

Nov 11 Veteran's Day Bowling Special

Rough Rider Lanes is offering a Veteran's Day Bowling Special on Saturday, November 11 from 9 a.m. to 9 p.m. Active duty and retirees bowl for just \$2 per game with \$1.50 shoe rental on open lanes (must show I.D.). All other family members can bowl for only \$2.50 per game and normal price shoe rental. For more details, call 727-4715.

YOUNG AIRMEN EVENTS & PROGRAMS

Oct 27 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on October 27 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, warm up your singing voice, and enjoy all of the fun. For additional information, please contact Rockers Bar & Grill at 727-ROCK.

Nov 13-16 Off-Base Budget Classes

Planning to move off base? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on November 13, 14, 15, & 16 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 723-3950 for additional information.



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Minot AFB Thanksgiving Day of Love Celebration
 A Volunteer Opportunity
 IF YOU ARE INTERESTED IN VOLUNTEERING FOR THIS MEMORABLE EVENT PLEASE CALL SUSAN WAGERS AT 723-6718
 What: Minot AFB Day of Love Celebration
 When: November 23, 2017 at 11:00am
 Where: Jimmy Doolittle Center
 Who: Open to All Senior Citizens



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LET'S CELEBRATE

HALL WEEN

Halloween Riddles:

1. Why didn't the mummy have any friends?
2. What road has the most ghosts haunting it?
3. Why is there a gate around cemeteries?
4. What position does a ghost play in soccer?
5. What are a ghost's favorite pants?
6. Why are graveyards noisy?
7. What is a scarecrow's favorite fruit?
8. Why did the scarecrow win the Nobel Prize?
9. What do witches put on their bagels?
10. Why are vampires tough to get along with?

Answers:

1. Because he was wrapped up in himself • 2. A dead end
3. Because people are dying to get in • 4. Ghoulie • 5. Boo Jeans
6. Because of all the coffin • 7. Straw-berries
8. Because he was outstanding in his field
9. Scream Cheese
10. Because they can be a pain in the neck



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Minot State UNIVERSITY

MinotStateU.edu/cel

TODAY

- Last day to register for Lifeguard Certification Course at Outdoor Rec
- Last day to submit applications for Air Force Entertainer of the Year Talent Competition
- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at Education Center
- Eat to the Beat Lunch Special, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1100, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Family Fun Fest, 1800-2000, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Keystone Club, 1830, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Rockers Halloween Party, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100, Bowling Center

SATURDAY

- Tactical Strength, 0900, Fitness Center
- Weightlifting 101, 1000, Fitness Center
- Spooky Cycle, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

SUNDAY

- NFL Sunday Ticket Football Frenzy, 1130-1830, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY

- Tactical Fitness, 0630, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Yoga, 1730, Fitness Center
- Urban Boot Camp, 1830, Fitness Center

TUESDAY

- Game Day, 1000-1930, Base Library
- Fit to Fight, 1100, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza

WEDNESDAY

- Parent & Tot Fit Kids, 0900, Fitness Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Story Time, Every Wed, 1030, Base Library
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630, Rockers Bar & Grill
- Wednesday Night Fun Open Bowling, 1700-2100, Bowling Center
- Squadron Extramural League, 1730, Bowling Center
- Yoga, 1830, Fitness Center

THURSDAY

- Yoga, 1000, Fitness Center
- Weight Lifting 101, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, Every Thurs, 1700-1900, Rockers Bar & Grill
- Mixed Couples League, 1830, Bowling Center
- NFL Thursday Night Football FRENZY, 1915, Rockers Bar & Grill
- Cycle, 1930, Fitness Center

UPOMING EVENTS - NOVEMBER 3

- Tactical Fitness, 0630, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600, Youth Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Mixed Fun League, 1830, Bowling Center
- Keystone Club, 1830, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100, Bowling Center

UPOMING EVENTS - NOVEMBER 4

- Tactical Strength, 0900, Fitness Center

- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- International Games Day, 1300, Base Library
- Give Parents A Break, 1300-1700, CDC & School Age Program
- Fight Night: UFC #217 Bisping vs St. Pierre, Preliminaries 1900, Main Card 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

ONGOING EVENTS

- Rough Riders Monthly Pizza Special October Special –Chicken Cordon Bleu Pizza Enjoy chicken, Canadian bacon, bacon, and slices of Swiss cheese over a tasty Alfredo sauce. Topped off with mozzarella for a deliciously cheesy taste!
- November Special –Spicy Pacific Rim Sriracha Pizza - Featuring Sriracha sauce, coconut cream, mozzarella, sausage, ham, bacon, pineapple, & peppers. If you love flavor explosions, this is the pizza for you! Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal – includes side & drink
- B-Fifty Brew Drink Special October Special – Toasty Fall Mocha Enjoy this October treat made with steamed milk, toasted marshmallow syrup, white mocha sauce, & espresso shots topped with whipped cream & cinnamon dolce.
- November Special – Pumpkin Spice Chai Latte Our classic Chai Latte with our seasonal fall flavor Pumpkin Spice. Tall \$4.50 Grande \$5.00 Venti \$5.50

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2017 term (16 Oct-17 Dec). 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.

BABY PLAY 10/27/2017 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.

PRESCHOOL PLAYDOUGH CLUB 10/27/2017 10:30 AM

Ward County Public Library. Come and enjoy playdough at the Ward County Public Library. Playdough and fun toys will be set up for the kids. A parent or guardian must be present the entire time. For more information, please contact the library at (701) 852-5388.

BREAD OF LIFE WOMEN'S FAIR TRADE SALE 10/28/2017 9:00 AM

Bread of Life Church, Minot, ND. Local vendors with hand made items, and Fair Trade items from other countries, also fresh caramel rolls and coffee, while they last. Proceeds to benefit the Northern Plains Children's Advocacy.

VINCENT UNITED METHODIST BAZAAR 10/28/2017 9:00 AM

1024 2nd St. SE Minot, ND. All church Bazaar with baked and canned goods, crafted items, vintage items. Silent Auction ending at 1 pm. Delicious lunch beginning at 11 of Creamed Turkey on a Biscuit with salad, dessert, and beverage. Pastries and coffee 9 AM - 11 AM.

CHESS AND CHECKERS 10/28/2017 10:00 AM

Ward County Public Library. Test your strategy skills at the Ward County Public Library! Once a month we will host a friendly chess and checkers competition. People of any age are welcome to play at the library. If you do not know how to play, come learn how! For more information, please contact the library at 701-852-5388.

MAIN STREET BOOKS STORY TIME AND ACTIVITY 10/28/2017 11:00 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!

GAMERS UNPLUGGED 10/28/2017 10:00 AM

Ward County Public Library. Come and enjoy board games at the Ward County Public Library. All ages are welcome. Bring friends or come make new ones! For more information, please contact the library at (701) 852-5388.

PALE HORSE RIDES 10/28/2017 1:00 AM

10 17th Avenue SW, Minot, ND 58701. Pale Horse Rides is a free event presented by Voice of Prophecy speaker Shawn Boonstra and includes a localized discussion of church history facilitated by Minot SDA.

MAKERS DAY: FUN WITH CHEMISTRY 10/29/2017 2:00 PM

Nature's Nook 1700 21st Ave NW #b, Minot, 58703 Join us in Nature's Nook lab as we are creating soaps and bath bombs to explore the world of chemistry and science. With plenty of options and designs to go with each product will be unique to its makers. Due to the materials being used in this activity children must be ages 6+, if younger children are registered a parent must sit with them the entire time. We have limited seating of only 6 spots, and act quickly as these events always fill up quick! The \$5 ticket price covers all supplies and materials being used, plus the young scientists get to take their creations home.

MAKER MONDAY 10/30/2017 10:30 AM

Minot Public Library. Maker Mondays, a story/activity program for independent children ages 3-6, will be held on Mondays at 10:30 AM in the Imagination Station of the Minot Public Library. The programs for the fall are as follows: Sept 11 - Don't Let the Pigeon Drive the Bus, Sept 18 - Chicka Chicka Boom Boom, Sept 25 - Leaves, Oct

CARRIERS NEEDED!

The Northern Sentry is now hiring carriers to deliver papers at the MAFB. Call 701-838-5937 for more info.



2 - Spiders, Oct 9 - Owls, Oct 16 - Scarecrows, Oct 23 - Ghosts, Oct 30 - Halloween, Nov 6 - Corn, Nov 13 - Squirrels & Acorns, Nov 20 - Thanksgiving, Nov 27 - Christmas, Dec 4 - Christmas Tree

AFTER SCHOOL KIDS PROGRAM 10/30/2017 3:30 PM

Minot Public Library. After School Kids Programs are scheduled for Mondays at 3:45 pm in the Imagination Station of the Minot Public Library. The activity-based programs are geared for school age children (K-5). The programs for the fall session are as follows: Oct 2 - Homemade Fidget Spinners, Oct 9 - Fall Fun, Oct 16 - Apples, Oct 23 - Monsters, Oct 30 - Halloween, Nov 6 - Minecraft, Nov 13 - Squirrel Snacks, Nov 20 - Turkeys, Nov 27 - Tech Fun, Dec 4 - LEGO STEM, Dec 11 - Christmas Crafts, Dec 18 - Christmas Cookies.

FAMILY STEM NIGHT 10/30/2017 7:00 PM

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

SIDE BY SIDE STORIES 10/31/2017 10:00 AM

Minot Public Library. Side by Side stories will be held Tuesdays at 10:00 am for children accompanied by parents or other caregivers. For more information, please contact the Children's Library at 838-0606.

MAIN STREET BOOKS STORY TIME 10/31/2017 10:30 AM

Main Street Books 8 S Main St Minot ND 58701 Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyme with your children during the 10:30 AM story time for ages birth - 4yrs. and the 11:30 AM Storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

FALL FAMILY FUN NIGHT 10/31/2017 5:30 PM

West Minot Church of God 1105 16th St NW Minot Bring your family out for a night of fun. There will be games, inflatables, a cake walk, Chili & Hot Dogs, and lots of candy & prizes! Wear your costume and have your picture taken in our photo booth. FREE EVENT

WHIMSICAL WEDNESDAY 11/01/2017 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.

PRAIRIE PUBLIC TO HOST DOCUMENTARY SCREENINGS TO ACKNOWLEDGE VETERANS' STORIES

Prairie Public is hosting public premieres that acknowledge the stories of our region's veterans. The events are the culmination of a project that invited people to share their Vietnam War memories and memorabilia for inclusion in a television documentary and North Dakota's state digital archives. More than 50 people contributed. Prairie Public has compiled those narratives into four 30-minute documentaries titled "Prairie Memories: The Vietnam War Years" that will air on television on Thursday, November 9, beginning at 8 p.m. CST. At the public events, Prairie Public will screen the narratives from each community, followed by a brief presentation and a Q&A period. At each of the events, a counselor from the local Veterans Center will be on site to offer services. The events are free and open to the public. Minot Armed Forces Reserve Center 3420 2nd St. NE, Minot N.D. Wednesday, November 1, 7 p.m. Speaker: Chief Master Sergeant Louis (Mac) McLeod, retired

TECH ED @ THE PARKER 11/02/2017 10:30 AM

Parker Senior Center. Come get all your technology questions answered by the knowledgeable staff of the Minot Public Library. Classes are held at the Parker Senior Center from 10:30 am - 12:00 pm the first Thursday of each month. Please contact either Brendan or Josh at 701-852-1045 with any questions.

MAIN STREET BOOKS STORY TIME 11/02/2017 10:30 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 rhyme with your children during the 10:30 AM story time for ages birth - 4yrs. and the 11:30 AM Storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

AFTERSCHOOL GAMING 11/02/2017 3:30 PM

Minot Public Library. MPL offers a wide gaming array at our gaming events! We have several different tablets, a WiiU, 2 Xbox360 and a PlayStation 4! Bring your buddies, because we always have an amazing time. No registration is required

FOSTER PARENT INFORMATIONAL MEETING 11/02/2017 5:00 PM

Ward County Building. Please join us to learn more information about becoming a foster parent!

BOOKS N' BREWS BOOK CLUB 11/02/2017 7:00 PM

The Tap Room. Join the Minot Public Library the first Thursday of every other month at 7:00 pm for a book discussion and some brews at The Tap Room located at 23 Main St S. January 5th - Maus by Art Spiegelman March 2nd - Curious Incident of the Dog in the Night-Time by Mark Haddon *May 4th - How Star Wars Conquered the Universe by Chris Taylor July 6th - The Book Thief by Markus Zusak September 7th - Monuments Men by Robert M. Edsel *November 2nd - Last Call: The Rise and Fall of Prohibition by Daniel Okrent 10 copies available for pickup 1-2 weeks after previous book's meeting in addition to copies owned by library. *May and November titles must either be purchased or checked out from the library.

BABY PLAY 11/03/2017 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.

3RD ANNUAL JUNK JAM TRADE & VENDOR SHOWCASE 11/04/2017 10:00 AM

Holiday Inn Riverside, Minotfestival shopping crafts decor upcycled junk treasures vintage plus fashion boutiques health and wellness jewelry cosmetics bath and body everything! music entertainment while you shop play trivia in the audience win prizes!

HOLIDAY CRAFT SHOW

Saturday, 4 Nov, 8:00 a.m. - 5:00 p.m. Minot Municipal Auditorium. Many crafters jointly displaying unique handmade crafts and baked goods. One check covers all you purchases, so no need to remember booth location, we now also are taking credit/debit cards. Coffee and cookies available. FREE ADMISSION.

MAGIC CITY DISCOVERY CENTER SEASON OPENING DAY! 11/04/2017 10:00 AM

Magic City Discovery Center / 100 34th Avenue NE (inside Dakota Territory Air Museum) The Magic City Discovery Center is back for a fourth interim season inside the Dakota Territory Air Museum! Join us on opening day to kick it off! Admission is \$4/person, but children under 12 months are free.

MAIN STREET BOOKS STORY TIME AND ACTIVITY 11/04/2017 11:00 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!

ANIME AFTERNOON 11/04/2017 1:00 PM

Minot Public Library. Join us as we enjoy our favorite Anime shows! We'll be watching old favorites and up and coming new titles! Free popcorn! Bring your own drink!

MAKER MONDAY 11/06/2017 10:30 AM

Minot Public Library. Maker Mondays, a story/activity program for independent children ages 3-6, will be held on Mondays at 10:30 AM in the Imagination Station of the Minot Public Library. The programs for the fall are as follows: Sept 11 - Don't Let the Pigeon Drive the Bus, Sept 18 - Chicka Chicka Boom Boom, Sept 25 - Leaves, Oct 2 - Spiders, Oct 9 - Owls, Oct 16 - Scarecrows, Oct 23 - Ghosts, Oct 30 - Halloween, Nov 6 - Corn, Nov 13 - Squirrels & Acorns, Nov 20 - Thanksgiving, Nov 27 - Christmas, Dec 4 - Christmas Tree

AFTER SCHOOL KIDS PROGRAM 11/06/2017 3:30 PM

Minot Public Library. After School Kids Programs are scheduled for Mondays at 3:45 pm in the Imagination Station of the Minot Public Library. The activity-based programs are geared for school age children (K-5). The programs for the fall session are as follows: Oct 2 - Homemade Fidget Spinners, Oct 9 - Fall Fun, Oct 16 - Apples, Oct 23 - Monsters, Oct 30 - Halloween, Nov 6 - Minecraft, Nov 13 - Squirrel Snacks, Nov 20 - Turkeys, Nov 27 - Tech Fun, Dec 4 - LEGO STEM, Dec 11 - Christmas Crafts, Dec 18 - Christmas Cookies.

SIDE BY SIDE STORIES 11/07/2017 10:00 AM

Minot Public Library. Side by Side stories will be held Tuesdays at 10:00 am for children accompanied by parents or other caregivers. For more information, please contact the Children's Library at 838-0606.

MAIN STREET BOOKS STORY TIME 11/07/2017 10:30 AM

Main Street Books. 8 S Main St Minot ND 58701. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyme with your children during the 10:30 AM story time for ages birth - 4yrs. and the 11:30 AM Storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

EXPLORE VIRTUAL REALITY 11/07/2017 4:00 PM

Minot Public Library. Join us as we explore virtual reality on our smart phones! Bring your smart phone and be ready to download a free app or two. Don't have a smart phone? No worries, we can lend you a device for the program!

SISU, THE READ DOG 11/07/2017 4:00 PM

Minot Public Library. Sisu, a Reading Education Assistance Dog, will be available for children to read to on the first Tuesday of the month from 4:00 pm. Sisu is a standard poodle and LOVES listening to children read. Children may read for 15 minutes and it is on a first come first serve basis. For more information about the READ dog, contact the Children's Library at 838-0606.

INTERMEDIATE STAINED GLASS 11/07/2017 6:00 PM

Margie's Studio 109 Main St. S., Minot, ND 58701 This class will focus on making a box, uneven edges, and add inclusions. Please bring your tools and supplies, or they may be purchased the day of class. Nov 7th @ 6 pm \$55.00 + glass.

WHIMSICAL WEDNESDAY 11/08/2017 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.

WREATHS ACROSS AMERICA FUNDRAISING 11/08/2017 5:00 PM

Minot Pizza Ranch. Wreaths Across America will be hosting their 2nd annual fundraiser event at Minot Pizza Ranch on Wednesday, November 8th from 5:00 pm to 9:00 pm to collect donations to purchase wreaths for our fallen servicemen and servicewomen. Volunteers will be at Minot Pizza Ranch bussing tables and helping you to have a Legendary Dining Experience. Visit our facebook page on facebook.com/waaminot to print out flyer and bring with you to the cashier upon paying for your meal. Pizza Ranch will also donate 20% of your purchase to Wreaths Across America. Bring your family and friends.

Exchange Helps Military Children Build Their Holiday Wish Lists with 2017 Toyland Toy Book

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – Service members and their families can take the guesswork out of choosing holiday gifts for their children with the Army & Air Force Exchange Service’s 2017 Toyland toy book, which features a special assortment of toys tested by military children.

Available now at select continental United States Exchange stores and Nov. 3 at overseas locations, the Toyland toy book is stocked with more than 350 of the hottest holiday toys and electronics for boys and girls of all ages. Toys tested by military children are identifiable by the Military Brat-Approved logo.

In-demand holiday toys featured in the Toyland toy book include:

- Nerf Modulus Regulator (\$49.95, reg. \$59.95)
- My Little Pony The Movie: Rarity glitter designs (\$13.95, reg. \$19.95)
- Hatchimals Colleggtables (\$54.95, reg. \$59.95)
- furReal Friends Roarin’ Tyler, the Playful Tiger (\$99.95, reg. \$129.95)
- PlaySkool Star Wars Galactic Heroes playset (\$69.95, reg. \$79.95)
- Pie Face Sky High board game (\$14.95, reg. \$24.95)

“The Exchange wants to make holiday shopping easy for Soldiers, Airmen and their families,” said Air Force

Chief Master Sgt.

Luis Reyes, Exchange senior enlisted advisor. “We go to the experts—the kids themselves—to figure out what toys military brats desire most, easing the burden on parents looking for the perfect gifts for the holiday season.”

Military children identified Military Brat-Approved toys this summer during a special play-test event for military children age 6-12 at Joint Base San Antonio-Randolph. Nearly 100 participants helped pick this year’s Military-Brat Approved toys.

The Exchange is also offering fee-free layaway through Dec. 24 to help parents keep their military brats’ gifts hidden from prying eyes. For

information on fee-free layaway, contact your local Exchange’s customer service desk.

Shoppers can also visit shopmyexchange.com to browse the season’s hottest toys. Online purchases of \$49 ship for free when paying with a MILITARY STAR® card.



Image photos courtesy of www.hasbro.com

RESERVE CITIZEN AIRMAN from page 2

He added that the VTC program currently saves the county tax payers almost \$6 million annually. The court is currently tracking approximately 200 veterans and maintains a bi-weekly docket of more than 80, a number that continues to grow as word spreads about the program’s success.

“It’s the only court where expanding the docket is a good thing,” said Scionti.

Salgado said his drive to help other veterans stems from his father, a World War II combat veteran who came back with PTSD and struggled with drug and alcohol dependencies for many years.

“I always had it in me to help veterans,” said Salgado, who has mentored veterans from his father’s generation to the present one.

As a senior mentor in the Tampa VTC, Salgado supports the five to ten veterans, like Stickle, who are assigned to him at any given time; he also manages the other volunteer mentors. His team of mentors keep the veterans accountable and connect them with community services, including transportation.

They were giving out bus passes but found the veterans burned through them at an unsustainable pace. Salgado had a solution - bicycles.

The Reserve Airman, who has ridden bikes his whole life, began collecting donations of used bicycles, mostly 26” men’s mountain bikes, tuning them up and then donating them to the VTC veterans who needed transportation. Not only were the bikes a more affordable, long-term solution to transportation, they also provide the veterans with an avenue to fitness, another important aspect of the treatment process. Salgado said that most of the buses in Tampa have bike racks, anyway, so the rider can easily combine modes of transportation.

Additionally, Salgado is also the program operations director for the VTC, a role he estimates takes him about 30 hours a week to fulfill. He maintains all of the administrative functions, including processing the weekly docket and assigning mentors. He is also in court with the veterans every two weeks.

Reyes, who recruited the individual mentor augmentee into the program, said Salgado’s senior rank, leadership, operational experiences and people skills not only made him the ideal veteran mentor but also facilitated his quick rise in the VTC ranks to his current position.

“He has earned the praise and the respect, not only from the Judge, judicial

support staff and supporting organizations, but also from his fellow mentors and the veteran defendants in the program,” said Reyes.

When he’s not helping rehabilitate veterans, Salgado is on duty with USSOCOM, where he is assigned as an Air Force Reserve Individual Mentor Augmentee and also serves on active-duty orders as a foreign disclosure officer in the intelligence directorate. He is responsible for brokering information with partner nations and works closely with other military organizations, as well as government agencies in Washington, D.C., Salgado is the only Airman with letter-granting authority for disclosure approvals.

Individual mentor augmentees are part of Air Force Reserve Command’s Individual Reserve program, which also includes the participating individual ready reserve. Augmentees are assigned to active-component organizations and government agencies all around the world, augmenting their full-time counterparts and providing a way for an organization to plus-up on manpower when the need arises.

Salgado said his chain of command at MacDill AFB is very supportive of his work with the VTC and he often recruits new mentors, something the VTC is always looking for, from the senior non-commissioned officer corps on base. Salgado added that the reward is well worth the investment for anyone giving their time to support the court.

“We make (the veterans) work, this is not an easy road,” said Salgado. “But, when you see them graduate, that’s the bread and butter for mentors - you’ve given them their lives back.”

Navy veteran Stickle said he started using drugs at the age of 13 but put that on hold when he entered the service in 1986. Then, during Desert Shield and Desert Storm, he witnessed a ferry boat accident in which 21 sailors died. This took an emotional toll that led him back to his old habits. He left the Navy in 1992 and things went downhill from there.

The former drug addict described himself as being at rock bottom when he walked into his first VTC hearing. But, through the support of his mentor and the resources made available to him, such as Alcoholics Anonymous and the VA, he has started living a life he didn’t know was possible. He credits Salgado’s mentoring and friendship as key pieces of his success.

“Without VTC, I’d be a dead man,” said Stickle. “By offering me something I could follow, it made all the difference in the world.”



Laura Larson, M.S., LPCC
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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>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>Bible Fellowship Church  Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 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 9:00am Sunday School (All Ages) 10:00am 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. 8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School 9:45 am 2209 4th Avenue NW Minot, ND 839-4663 Carllyle 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 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853 Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper 5:15 pm Wednesday Education 6:00 pm Wednesday Worship 7:00 pm  Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 Sunday School 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God  <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</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>BREAD OF LIFE ELCA LUTHERAN CHURCH  1415 17th AVE SW 838-3360 Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education 9:45 am Pastor Taryn Montgomery <i>Everyone Welcome</i> Breadoflifeminot.com </p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled) 8:00 p.m. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist  Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7 p.m.</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319 Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872 Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday 6:15 pm 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> <div data-bbox="1522 2389 1858 2819"> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p> </div>	
<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</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>			

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Answers to puzzle from page 7

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Hill AFB maintainers support F-35A first Asia appearance during Seoul ADEX 17

DONOVAN K. POTTER | 388TH FIGHTER WING

HILL AIR FORCE BASE, Utah (AFNS) -- Twenty-seven Hill Air Force Base maintainers and accompanying support equipment loaded into a C-17 Globemaster III Oct. 13, 2017, bound for Northeast Asia's largest air show to support the F-35A Lightning II's first time

on Asian soil. Seoul International Aerospace and Defense Exhibition, also known as Seoul ADEX 17, offers a venue to deepen U.S. relationships with South Korea and enhance regional security while also giving 388th and 419th Fighter Wing maintainers a sense of interoperability and cultural awareness by working in another country.

"With this temporary duty, we gain an increased understanding of how other platforms and countries conduct maintenance and daily operations," said Lt. Col. Jennifer Phillips, 388th Aircraft Maintenance Squadron commander. "Boots on ground in a location other than home gives us breadth and increased understanding we're able to pass onto peers, subordinates and leaders alike for application in future movements."

In preparing to take the F-35A to Asia for the first time, the maintenance team focused on daily requirements such as upgrade training, maintenance discipline and



U.S. AIR FORCE PHOTO | PAUL HOLCOMB

Air Force Reserve air transportation specialists assigned to the 67th Aerial Port Squadron transfer rolling stock into a C-17 Globemaster III aircraft at Hill Air Force Base, Utah, Oct. 13, 2017. The cargo used to support two F-35A Lightning II aircraft is destined for the 2017 Seoul International Aerospace & Defense Exhibition. The U.S. participates in these events to demonstrate the nation's focus on regional security and stability on the Korean Peninsula and in the Indo-Asia-Pacific region. Events like this also provide a great opportunity to strengthen our international partnerships.

operational risk management practices.

"We train like we fight," Phillips said. "We pride ourselves on by-the-book maintenance, safety and wingmanship. Living these principles everyday prepares us for any assignment and complying with our maintenance directives and guidance will always ensure success."

Air Force officials said participating in Seoul ADEX 17 indirectly supports theater engagement goals

and objectives, while further enhancing relations with other Pacific nations. It also provides a unique opportunity for the U.S. to showcase its aviation expertise and promote strong military-to-military ties with South Korea allies and friends.

Besides the F-35A, other U.S. assets supporting Seoul ADEX 17 include the Air Force F-22 Raptor, A-10 Thunderbolt II, C-17 Globemaster III, C-130 Hercules, B-1 Lancer, KC-135 Stratotanker, E-3 Sentry,

U-2 and RQ-4 Global Hawk. Additionally, the Navy is supporting with one P-8A Poseidon and the Army is supporting with one CH-47F Chinook.

The first operational F-35As arrived at Hill AFB in October 2015. Hill currently has 27 F-35As and will eventually be home to 78 aircraft and three operational squadrons by the end of 2019. The active duty 388th Fighter Wing and Reserve 419th FW fly and maintain the aircraft in a total force partnership.

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