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

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Videos

Minot Airmen, B-52s complete UK deployment

SENIOR AIRMAN J.T. ARMSTRONG
5TH BOMB WING PUBLIC AFFAIRS

RAF FAIRFORD, England -- Approximately 300 Airmen, four B-52H Stratofortress aircraft and support equipment assigned to the 5th Bomb Wing at Minot Air Force Base, North Dakota, returned home from their deployment to RAF Fairford, England, Jan. 30.

While deployed, the 23rd Expeditionary Bomb Squadron flew 36 sorties without a cancellation, in support of U.S. European Command's bomber task force.

"During our time here, the 23rd EBS integrated with 13 nations across the region, from the Baltics in the north, to Spain and Italy in the south," said Lt. Col. Michael Maginness, 23rd EBS commander. "We truly

demonstrated the capabilities of strategic bombers here at RAF Fairford."

The January 2018 bomber task force deployment included a historic joint-effort between the Bomber Barons and Lithuanian special forces.

"We were honored to be the first aircraft to employ inert air-to-ground munitions in Lithuania, controlled by Lithuanian joint terminal attack controllers," said Maginness.

In addition to the aggressive operations tempo, 23rd EBS Airmen undertook multiple engagement opportunities to include hosting civic leaders and local aviation enthusiasts clubs, as well as meeting with senior leaders from the



Three B-52 Stratofortress aircraft prepare to take off from RAF Fairford, England, en route to their home station at Minot Air Force Base, N.D., on Jan 30, 2018. Approximately 300 Airmen assigned to the 5th Bomb Wing deployed to the United Kingdom to conduct theater integration and flying training.

U.S. AIR FORCE PHOTO | STAFF SGT. TREVOR T. MCBRIDE

U.S. Air Force and the Royal Air Force.

"The U.S. has a long history of operating Eighth

Air Force bombers out of the U.K.," said Maginness. "It's fitting that in 2018, we are still integrated with

our great partners, the British, operating Eighth AF bombers out of RAF Fairford."

5th MXS: NDI keeps Minot mission ready

AIRMAN 1ST CLASS DILLON J. AUDIT | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Silently, Airmen don masks, black gloves and long rubber aprons before entering a small room, shrouded in darkness. The only thing visible to these NDI technicians is a fluorescent green glow seeping into scratches of steel and nickel.

Short for non-destructive inspection, these 5th Maintenance Squadron technicians inspect external and internal damage to aircraft and other equipment to ensure combat readiness, and keep aircraft and crew members safe during missions.

"Our job is mission critical because we help keep planes in the air and crew members safe," said Senior Airman Brianjonathan Loanzon, an NDI journeyman. "We make sure all parts are operational and are not going to break mid-flight."

These technicians can spot even the smallest defects in aircraft and other equipment unseen to the naked eye using special tools and chemicals.

"If we see any indications of a defect, we wipe them away and use a magnetic particle spray to bring out the defect under a black light," Loanzon said.

When NDI receives a part in need of inspection it goes through six different processes, such as x-ray, ultra sound and oil analysis.

All of these procedures are important because each part requires different inspections to get the best results, said Loanzon.

For example, Loanzon said he uses a bath of magnetic particles that are attracted to any defects on the aircraft part. Afterward, a magnetic pull breaks the crack and the defect becomes visible.

Once visible, Loanzon explained that a penetrant is applied, sits for a half an hour, and is then pre-rinsed before applying a hydrophilic remover. After it's applied, the technicians dip the part into a

developer, which brings the fluorescent penetrant out of the defects. Then, they let it dry for inspection.

Airmen 1st Class Charles Pridgen, NDI apprentice, said he has been a technician for seven months and feels his job is key to a more effective Air Force.

"I like my job because

See 5th MXS on page 3

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Why WIC: linking families to nutrition

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

MINOT AIR FORCE BASE, N.D. -- She sat in the doctor's office, 26 weeks pregnant with her second child. Time seemed to stand still as the doctor walked in and gave her a diagnosis she never expected: cancer.

Through countless weeks of treatment, and a radiation session, she counted down to the birth of her child. After a few more weeks, she was called back in for more radiation. That appointment marked the beginning of her child's formula days.

"Just the small containers that last about three days are \$16, which can add up to about \$300 a month," the mother said. "You can imagine the toll it takes on you when you still have to buy diapers, wipes and clothes for the baby, as well as everything else for your family."

Upon confiding in a friend about her financial struggle, she was informed about assistance she may qualify for: Women, Infants and Children (WIC).

As a nutrition and education program, WIC is designed to assist qualifying pregnant and breastfeeding women, new moms, infants and children under five. The program may also assist any other legal guardian who takes care of a qualifying infant or child under five.

"Once we determine a family is income-eligible for the program, we do a health screen to determine if the family is nutritionally-eligible," said Jackie Cenis, WIC program leader at Minot Air Force Base and international board-certified lactation consultant. "From there, we create a nutrition plan and carry-out education during each visit depending on the family."

After every appointment with the WIC office, the family-in-need receives a voucher or check designated for certain WIC-approved foods. Families may use these vouchers or checks in stores that accept them, including the base commissary.

The vouchers can be given for more than just formula for infants, as the mother in the

story needed. Cenis works with families to develop a WIC-approved food list that includes fruits, vegetables, milk, whole grains, eggs, peanut butter, cereal, formula and baby food. Accepted foods on shelves at the commissary are marked with an orange sticker.

"In a household with my husband working and me going to school, we don't make a lot," said the mother. "WIC has helped us tremendously with ensuring we can afford food for our family. They also educated us on what is needed for each stage of growth with our children."

Pamphlets with additional information and recipes can be given during every appointment, said Cenis. New recipe pamphlets containing only WIC-approved foods are released every week and include the serving amount and nutritional facts.

"We provide a nutrition education piece to help families," said Cenis. "We want to teach moms, dads and legal guardians how to feed their children so they

may grow up healthy. We want them to know what works and what doesn't."

The WIC office also has access to many resources in order to refer families to different agencies they may qualify or need.

"Right now, my oldest is five and youngest is 16 months, and we still receive help from WIC," said the mother. "The biggest struggle was actually making the call to see if we qualified. Don't be afraid of being embarrassed or judged, it's there for a reason: to help."

For more information or to see if your family qualifies for the WIC program, please contact Cenis at (701) 723-2118.

The base WIC office is located inside the Airman and Family Readiness Center at 291 Peacekeeper Place.

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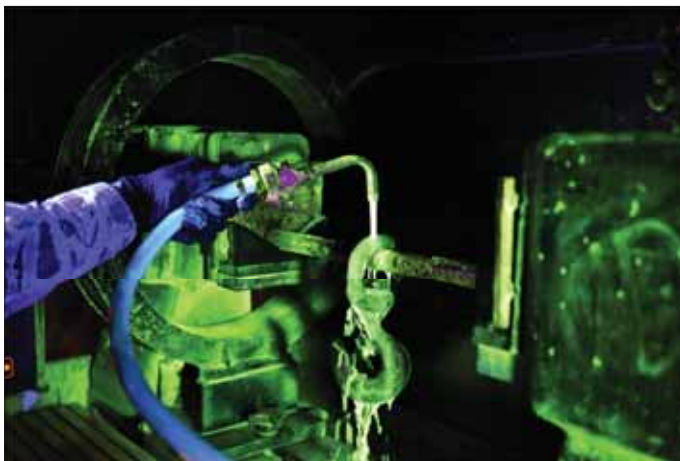
5TH MXS from page 2

you get an in-depth look on how and why inspection methods work rather than just seeing it happen," said Pridgen. "It takes the knowledge and skill of the inner workings to know

what we do and why."

By keeping equipment maintained the NDI Airmen also help save the Air Force money.

"We're pretty cost effective because we can verify equipment damage and be able to say it needs repaired rather than throwing it out," said Loanzon. "We do our job the best that we can. We find defects and prevent catastrophes and anyone from getting hurt."



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

Airman 1st Class Charles Pridgen, 5th Maintenance Squadron non-destructive inspection apprentice, pours fluorescent magnetic particles on a hook at Minot Air Force Base, N.D., Dec. 13, 2017. Under ultraviolet light, the fluorescent particles allow Airmen to easily locate cracks and imperfections on magnetized aircraft parts.

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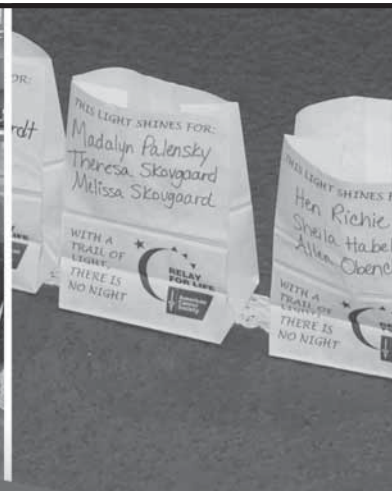
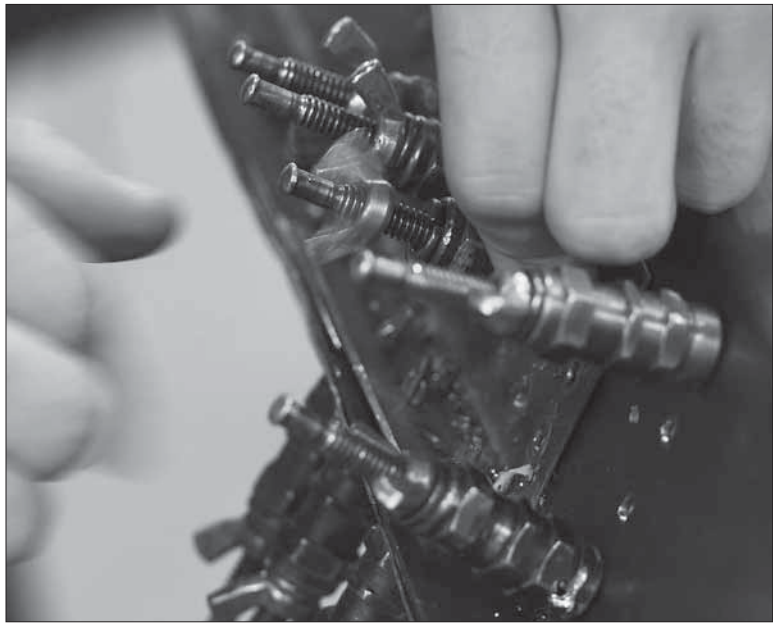
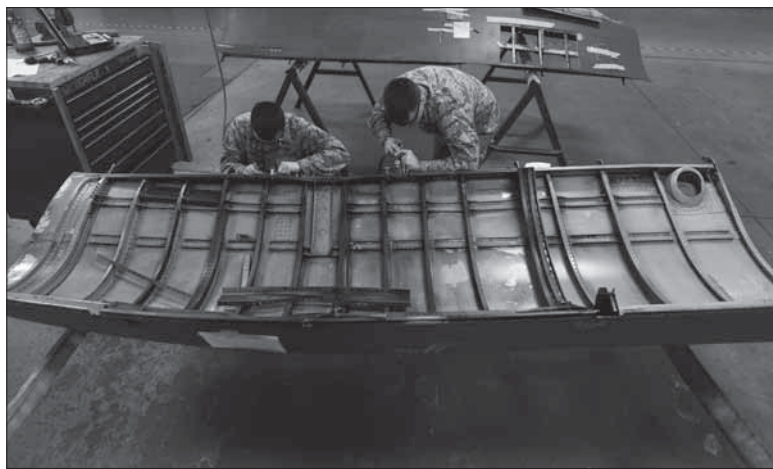
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5TH MAINTENANCE SQUADRON: STRUCTURALLY SOUND

The 5th Maintenance Squadron aircraft structural maintenance shop is responsible for repairing damage and wear to B-52H Stratofortresses at Minot Air Force Base, N.D. Structural maintenance also provides equipment maintenance and special support for the Minuteman III missiles and UH-1N Iroquois helicopters.

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



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Include Yoga in your North Dakota Travel Plans

NORTH DAKOTA LEGENDARY

Yoga is an ancient Hindu spiritual discipline, but in North Dakota, the practice is going through a renaissance. Statista projects that more than 55 million people will be practicing yoga by 2020, which means more travelers will organize their trips around areas that provide yoga opportunities. Across the prairie state, yogis are unfurling their mats and practicing postures that improve both mental and physical health. Yoga studios, gyms and wellness centers welcome participants of all skill levels, making it easy to find one that works for you. Apps like Body and Soul make it easy to find a studio or class to help you breath deeper and be more present to enjoy your vacation.

Many facilities are taking yoga beyond their studio walls and hosting classes and events within the community.

Think it would be fun to vinyasa in a brewery? Here's your chance: Grand Forks-based studio New Love Yoga invites yogis for Craft Yoga at Half Brothers Brewing Company (<https://www.newloveyoga.com/attend/>) and Bismarck's Transitions Yoga welcomes practitioners for Salutations at the Sun at Laughing Sun Brewing Company (<https://www.facebook.com/>

If being on the water helps you restore balance, try Outdoor SUP Yoga hosted by Transitions Yoga at Harmon Lake (<http://www.transitionsyoga.com/sup.html>).

The North Dakota Yoga Conference (<https://www.ndyogaconference.com/>) is back after a hugely successful inaugural year. North Dakota's yoga community – and instructors from across the country – will convene in Bismarck this September for three fun days of yoga sessions,

lectures and workshops. events/121338431923594/).

It's fun to practice in new locations. Try yoga on a rooftop, in a park ... or in a salt cave. Mojo Fit Studios (<https://www.mojofitstudios.com/events/>) takes yogis to Hotel Donaldson's roof in downtown Fargo during warm months and Bismarck's Salt Cave Relaxation and Wellness Center offers yoga within the cozy confines of a cave made of salt (<https://www.saltcavend.com/yoga->). Youth yoga classes (<https://www.facebook.com/yogifyuniversity/>) and Chair Yoga and Gentle Yoga (<https://yogaforyoubismarck.com/special-events-2/silver-sneakers/>) are available for those seeking a slower, more moderate practice. Looking to perfect yoga's essential downward-facing dog pose? There's no better way than in the company of your four-legged, furry friend with Fargo's Dani

MSU Biology Department presents Darwin Day 2018

MINOT STATE UNIVERSITY

MINOT, N.D. – For the 10th year in a row, Darwin Day returns to Minot State University Feb. 8-9. Darwin Day is a global celebration of science and reason, focusing on how all living creatures evolve.

MSU's Darwin Day celebration begins Feb. 8 with students Dakota Brown and Samantha Huether discussing their experiences with DNA sequencing while working with professor Paul Lepp, whose research focus is in the area of microbial ecology and evolution. The event, titled, "Analysis of Tick-Associated Bacterial Diversity using Nanopore Real-time DNA Sequencing" will be held in the auditorium at Cyril Moore Science Center at 6 p.m.

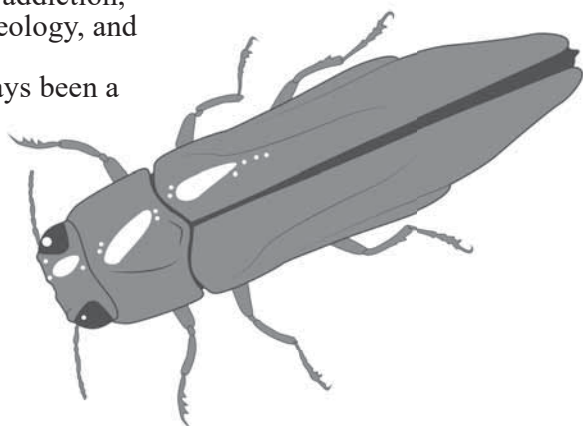
On Feb. 9 from 8:30 a.m.

to noon, there will be a variety of biology activities about evolution, geared toward high school students. Tours of the greenhouse and research labs are open to the general public starting at 9 a.m. on the second floor of the science center. On the greenhouse tours, they can learn about plant diversity. On the lab tours, they can learn about ongoing research at Minot State into the neurobiology of addiction, eye evolution, geology, and more.

"This has always been a fun event for all," said Alexandra Deufel, chair and professor within the Department of Biology. "We want to, again, open our doors

to the community and high school students from the area and together explore evolutionary biology."

For more information on the schedule of events for Darwin Day 2018, please visit <http://msubiology.info/>. If you are not part of an organized school group, please contact Alex Deufel for directions (701-858-3115 or alexandra.deufel@ndu.edu).



PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"This is a good time to fix some of those "loop-holes", those little things that need reinforcing."

– Bob West, retired Nestle Purina's sporting dog performance activity programs director.

It's couch potato time. Wrong, it definitely shouldn't be couch potato time for people or their favorite four-legged Hunting Maniac. By settling deep into the folds of the couch, it's that much harder to bring a hunting dog back into condition come spring, spring training, and the upcoming hunting season. "It's got to start with you," offered Bob West, retired Nestle Purina's sporting dog performance activity programs director. "You have to consciously maintain some type of exercise program."

Quite honestly, that applies to two- and four-legged hunters, alike.

Icky weather out there?

Go to the basement or garage and work a few minutes on training fundamentals, West suggested. That accomplishes two things – reinforcing some of the little things that can easily slip to the background during hunting season, like "sit" when by a vehicle as a hunter gets ready to go afield, "heel", and "whoa". "Now is the time to fix those things – regain control," he stressed, especially because the dog – and hunter – aren't dealing with field distractions. Plus it gets dog and hunter alike moving during the off-season.

When it's nice, get outside and take walks even if it's on a leash down the street.

West also recommends hunters take their dog to their veterinarian for a post-season checkup in early spring, especially to check for internal or external parasites and evaluate body condition. "There might be some vaccinations they need at this time," he explained.

Ask if it's beneficial to have the dog on year-around heartworm and flea and tick preventatives.

Hunters need to increase their dog's caloric intake as it moves into hunting season to provide adequate

nutrition, protein, fat for energy, essential minerals, and other nutrients.

The problem is, West described, it's easy to forget to decrease the amount of caloric intake after hunting season.

When combining less exercise (that couch potato thing) with the same amount of dog food as when the dog was working hard in the field, it's a recipe for portliness. "You could probably cut back 30 percent of the amount of caloric intake," West continued, once hunting season is over.

Do it gradually, though, or it's likely the dog will try to convince you that he or she is being deprived of the last food morsel on the planet.

Reducing caloric intake during the off-season doesn't translate into changing the type of dog food, though. West strongly recommends people feed hunting dogs food designed for hard-working dogs year-around. Don't switch to a lower calorie dog food. "You're dropping off a lot of essentials they need (year-around)," he advised.

Instead, simply decrease the quantity gradually. When it gets to be the time of year when training and conditioning for the upcoming hunting season begins, gradually start increasing the quantity.

The bottom line?

Admittedly this is the time of year when it's easy to become a couch potato.

For the good of all involved, get outside as much as possible and take the dog along for walks. When it's icky outside, spend some time in the garage or basement fixing those little things a person let slip by during hunting season. Reinforce commands.

Back off on the food, which probably is good advice whether two- or four-legged.

Besides, before we know it hunting season will be right around the corner.

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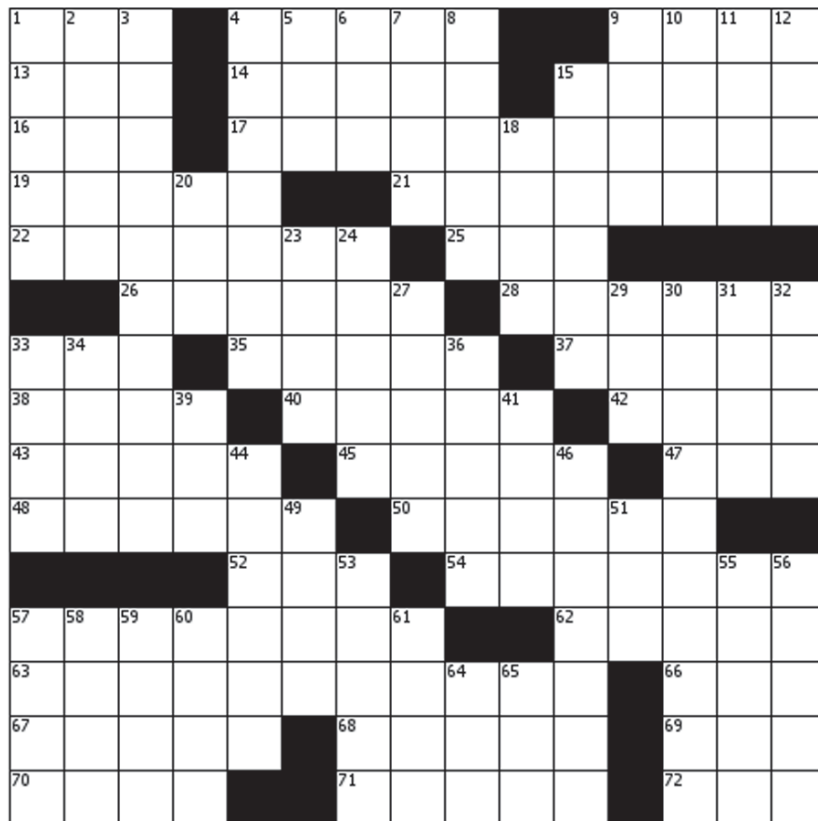
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CROSSWORD PUZZLE

Across

- 1. Brouhaha
- 4. Sports replay term
- 9. Sandwich alternative
- 13. Cowboy Ritter
- 14. Author Joyce Carol
- 15. Prepare for the worst
- 16. Director Spike
- 17. Kind of soup for dieters?
- 19. Certain Indo-European
- 21. Fans
- 22. First words of a reprimand
- 25. Spreadsheet line
- 26. Member of Dr. Spock's target audience
- 28. He played Fish
- 33. Words before roll or whim
- 35. Hawkins of Dogpatch
- 37. Poisonous substance
- 38. Clothing consumer
- 40. Firmly entrenched
- 42. Tough-guy actor Ray
- 43. Cravat alternative
- 45. Piano piece
- 47. Charged particle
- 48. Prepare leftovers
- 50. Overhaul
- 52. Letters on some remotes
- 54. Puts on the message board again
- 57. Didn't succeed in
- 62. Collection plate deposit
- 63. Bean of choice at an English university?
- 66. Anger or fury
- 67. Bring into agreement
- 68. Nosey Parker



- 69. Grand Banks catch
 - 70. Allot
 - 71. A-frame overhangs
 - 72. Skeleton, for one
- Down**
- 1. Charter publication?
 - 2. Plow innovator John
 - 3. Field of daisies?
 - 4. Norman athletes

- 5. Careless
- 6. Baseball great Mel
- 7. "Beowulf" quaff
- 8. Willow for wicker
- 9. Court order
- 10. Go ballistic
- 11. Word with tooth, heart or back
- 12. Cats and dogs, for many

- 15. Screw up
- 18. Ukrainian city (Var.)

- 20. "So, there you are!"
- 23. Prove your literacy
- 24. Become, finally
- 27. Fierce feline
- 29. Words with few rounds or step further
- 30. Spring bloomer made into a cosmetic?
- 31. Queen of Carthage, in myth
- 32. Soon, to a poet
- 33. Actor Sharif
- 34. Rudolph's prominent feature
- 36. Down for a pillow, sometimes
- 39. Garden tool
- 41. Basilica center
- 44. Watering hole
- 46. They're off during takeoff
- 49. Mary ___ Lincoln
- 51. Miss Piggy's pronoun
- 53. Expire, as a membership
- 55. Severe pang
- 56. Morally degraded
- 57. Ale head
- 58. Undercarriage piece
- 59. "___ ain't broke . . ."
- 60. Theater section
- 61. Singer Turner
- 64. Autumn mo.
- 65. Nail holder

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

P	A	J	A	M	A	S		C	O	L	D	W	A	R	
E	L	E	G	I	Z	E		A	V	A	R	I	C	E	
A	B	S	O	L	U	T	E	M	O	N	A	R	C	H	
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I	T	E	R	A	T	E			F	R	E	E	B	I	E
R	A	L	S	T	O	N			O	N	S	T	A	G	E

PROUD MARY • (R)

FRIDAY, FEBRUARY 9 • 1800

“ Mary (Taraji P. Henson) is a hit woman working for an organized crime family in Boston, whose life is completely turned around when she meets a young boy whose path she crosses when a professional hit goes bad. ”

PADDINGTON 2 • (PG)

SATURDAY, FEBRUARY 10 • 1700

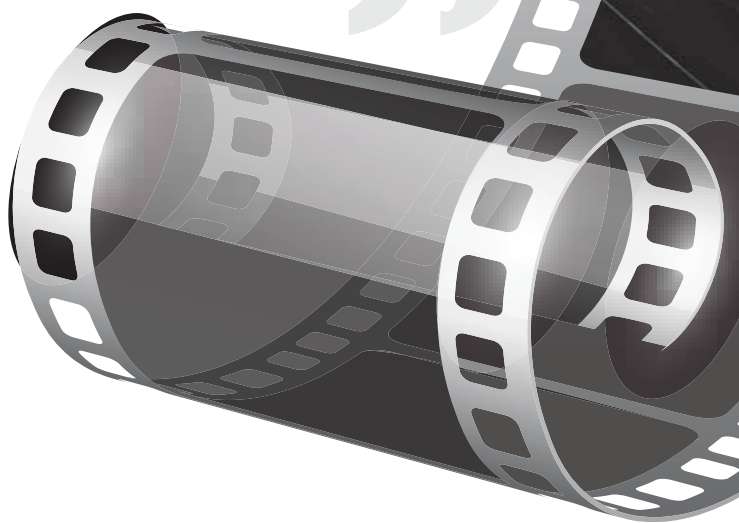
“ Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen. ”

THE COMMUTER • (PG-13)

SUNDAY, FEBRUARY 11 • 1500

“ A businessman is caught up in a criminal conspiracy during his daily commute home. ”

REEL TIME THEATER MOVIE SCHEDULE





1964 The Tribute

"Best Beatles Tribute on Earth"

Friday, Feb. 10 at the Ann Nicole Nelson Hall in Minot

BEN HART | 1964 THE TRIBUTE

Since the early 80's, "1964" The Tribute has

been thrilling audiences around the globe with what

Rolling Stone Magazine calls the "Best Beatles

Tribute on Earth." If you love the Beatles, you won't want to miss the most unique, fun and family-oriented concert event of 2018 at Ann Nicole Nelson Hall, on the campus of Minot State University.

1964 takes their audience on a musical journey to an era in rock history that will live in our hearts forever. This group is hailed by critics and fans alike as the most authentic and endearing Beatles tribute in the world. Unlike other tribute groups, 1964 concentrates on the "touring years" of The Beatles. Since that time period is one of the most documented of The Beatles, there is much that can be compared. "1964" has accomplished more than other acts could ever imagine, with an astonishingly accurate recreation of the energy and magic of those touring years. Over 30 years of research and performing

have made "1964" The Tribute masters of their craft.

Mark Benson, co-founder of "1964" says, "1964 shows the audience what it was like to attend a Beatles concert in the early sixties and generates the same feeling of happiness that is still generated by the music of The Beatles. We get so much positive energy back from our audiences, it reassures us that for now, we are where we are supposed to be."

"1964" The Tribute has performed at venues around the world including and will be performing for the 14th time at New York's Carnegie Hall just one week after their show in Minot. They have also performed at Denver's famous Red Rocks amphitheater, playing to sell-out audiences for the last 15 years.

The late, great Dick Clark said, "1964 re-creates the Magic of The Beatles" and Allistair Taylor, former President of Apple Records said, "The resemblance is uncanny, it sent shivers down my spine. It was just like the boys. Never have I seen another group go into such detail."

According to Ben Hart, producer/promoter of the show, "This is truly an event for the entire family. We have produced this show in several major cities and I am continually surprised at the age diversity of the audience. Everyone from grandmothers to grandchildren were dancing in the aisles, singing along and interacting with the group. It truly is an exciting evening. No one leaves the theatre disappointed".

MADHU UNNIKRISHNAN, MD, MS, HEMATOLOGIST AND MEDICAL ONCOLOGIST, AND PAMELA HOLWEGNER, FNP-C, AOCNP

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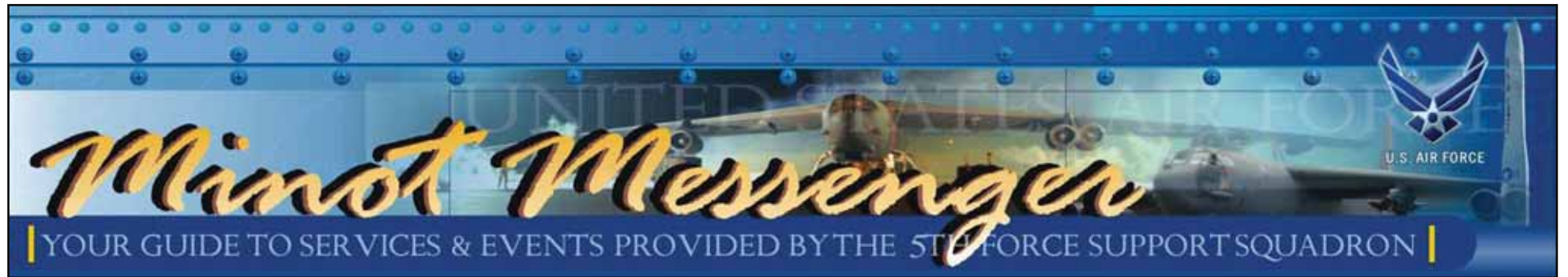
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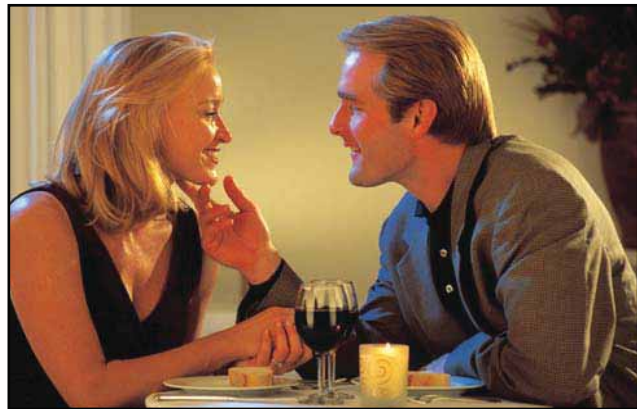


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MINOT, NORTH DAKOTA



Celebrate Valentine's Day With Numerous 5 FSS Events



You'll find a variety of Valentine's Day events at 5th Force Support Squadron facilities this year. From delicious dining to fun events for both young and those not quite so young, there is something for everyone to enjoy.

VALENTINE'S FOR VETERANS

February 10 - Base Library

Celebrate Valentine's Day by thanking America's veterans. Children of all ages are invited to the FREE Valentine's for Veterans event at the Base Library on Saturday, February 10 starting at 1 p.m. Children will make Valentines for residents of the North Dakota Veterans' Home. Materials and a snack will be provided. For additional details, call the Base Library at 723-3344.

SWEETHEART NIGHT BOWLING SPECIAL

February 10 - Rough Rider Lanes

Rough Rider Lanes is offering a Sweetheart Night Bowling Special on Saturday, February 10 from 4-9 p.m. You and your sweetheart can bowl 4 games each for only \$15 per couple with free shoe rental. For more information, call Rough Rider Lanes at 727-4715.

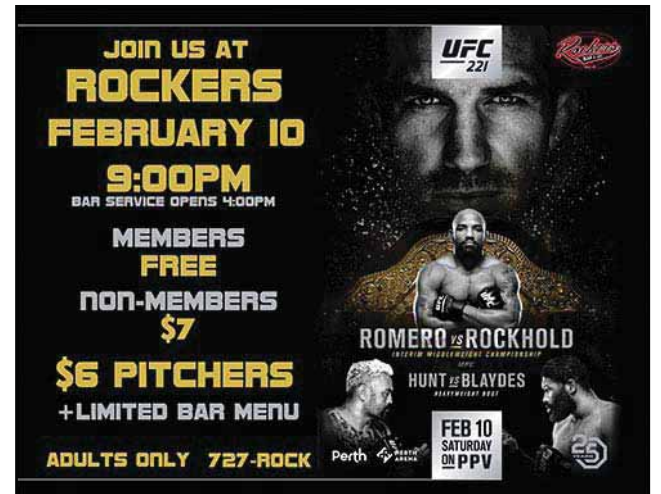
VALENTINE'S DAY DINNER

February 14 - Rockers Bar & Grill

Make this Valentine's Day unforgettable for your sweetheart with a scrumptious dining experience at Rockers Bar & Grill on Wednesday, February 14 from 5-9 p.m. Rockers Bar & Grill is offering a delicious dinner special featuring mouth-watering, slow roasted prime rib with au jus, golden fried shrimp, baby baker potatoes, steamed vegetables and garlic medallions. This delectable Valentine's Day dining choice is sure to be a hit with you and your loved one. Cost for the dinner special is \$25/person for club members and \$27/person for non-members. For additional information, contact Rockers Bar & Grill at 727-ROCK.

For more information on upcoming 5th Force Support Squadron events, please visit our Facebook page or www.5thforcesupport.com.

Free Admission For Club Members To UFC Fight Night



Club members receive FREE admission to the UFC 221 pay-per-view event at Rockers Bar & Grill on Saturday, February 10. Non-members price is only \$7. The action features the UFC Interim Middleweight title fight between #1 ranked Yoel Romero and #2 ranked Luke Rockhold. Other main event action will feature a UFC Heavyweight bout between Mark Hunt and Curtis Blaydes. 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 details, call 727-ROCK.

Arts & Crafts Center Offering Wine & Paint Class On Feb. 16

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, February 16 from 6-8 p.m. Gather your friends for a fun evening out painting a masterpiece. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided.

Pre-registration is required at the Arts & Crafts Center from now to February 15. There is limited seating available so be sure to register early. Class is open to adults 17 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For more details, please contact the Arts & Crafts Center at 723-3640.



Dog Sled Trip Provides Once In A Lifetime Experience

If you're looking for a once in a lifetime type experience, don't miss the Dog Sledding Trip on March 9-11. Outdoor Recreation invites you to join the fun as you sled through the majestic Superior National Forest in the heart of Minnesota. You will get to drive your own dog team and have lunch on the lake.

Price includes the dog sledding day trip, two nights lodging, and transportation to Ely, MN. Cost for active duty Airmen and their families are \$65/person quad room, \$90/person triple room, \$115/person double room, or \$215/person single room. Cost for all other DoD I.D. card holders are \$285/person quad room, \$300/person triple room, \$330/person double room, and \$420/person single room.

Deadline for registration is March 2. The Dog Sledding Trip is a Recharge for Resiliency program. For additional information, call Outdoor Recreation at 723-3648.

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SHOW STARTS AT 6:00PM
LIMITED SEATING

OPTIONAL PASTA BUFFET
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COST
Adults
Members: \$5
Non-Members: \$10
Children
Age 5 & Under: FREE
Members Age 5-12: \$2
Non-Members Age 5-12: \$4

For more 5th Force Support events, visit www.facebook.com/5thforcesupport

CLUB MEMBER DRAWING
ON FRIDAY, FEBRUARY 9
WILL BE FOR \$1,050.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill to obtain your application. The next weekly club membership drawing will be held on Friday, February 9 at Rockers Bar & Grill only. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Feb 12 Family Child Care Pre-Orientation
 Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on February 12 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 details, call the Family Child Care office at 723-6662.

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

Family Fun Night
 "A Couple in Love"
 Come out & experience family night with a Prince & Princess
February 13 5PM-7PM
 Enjoy fun family activities & music. Grab a \$1 slice of Pizza or the Family Fun Night Special for just \$25!
NO PURCHASE NECESSARY TO WIN. Family Fun Night, Special Prizes and more one-of-a-kind prizes with 13 beverages for two (purchase of 2000+ member card \$3 more). Call 727-4377 for details.

Feb 15 Creative Kids Class
 Spend the morning with your preschooler having fun decorating a T-shirt that you can take home during the Creative Kids class at the Arts & Crafts Center on Thursday, February 15 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call the Arts & Crafts Center at 723-3640 for details.

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 9 Friday Night Karaoke
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on February 9 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Feb 26-28 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 February 26, 27, & 28 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 latest end-of-month LES and have knowledge of their current bills. Pick a date and sign up today! Three classes to choose from in February. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

Feb 17 Heart Healthy Cardio Event
 Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Heart Healthy Cardio Event on Saturday, February 17 from 9-11 a.m. in the aerobics room. This 2-hour event features a variety of cardio and is a terrific way to get some exercise. The Heart Healthy Cardio Event is open to all DoD ID card holders 16 years of age and older. For more details, call the Fitness Center at 723-2145.

Celebrate PRESIDENTS DAY
 Dakota Inn Dining Facility
 Monday, February 19, 2018 • 1030-1330

Father of our Country's Baked Salmon	\$6.00
Honest Abe's Chicken Fricassee	\$4.85
Teddy R.'s Chicken Fried Steak w/ Sage Gravy	\$5.75
Jack's Seafood Chowder	\$2.90
Mashed Potatoes	\$0.35
Duchmans Rancho California Rice	\$0.95
Green Beans w/ Lamon & Walnuts	\$1.40
Corn on the Cob	\$0.65

Feb 12 Federal Résumé Workshop
 Get a jump start on your Federal Job search with this interactive workshop. The Airman & Family Readiness Center is hosting the Federal Résumé Workshop on Monday, February 12 from 10-11:30 a.m. The workshop will help you create an account in the USAJOBS website, search for jobs, create a résumé and more! Open to all AD, retirees, AAFES/NAF, DoD civilians, and eligible family members. Seating is limited - call the Airman & Family Readiness Center at 723-3950 to sign up.

Feb 22 President's Day Special
 Rough Rider Lanes is offering a President's Day bowling special on Thursday, February 22 from 9 a.m. to 9 p.m. Strike up some fun and bowl for \$2.75 per game and shoe rental of only \$1.75. Plus, it's a Red Pin day, get a strike when the head pin is a red pin and receive a free game coupon (one free game coupon per person per game). For more information, please call Rough Rider Lanes at 727-4715.

Base vs. Base Rowing Challenge
 The Fitness Center is hosting the Base vs. Base Rowing Challenge now through February 28. The base with the best overall average meters will be the first recipients of the traveling trophy. Participants may only compete during normal Fitness Center hours. Call 723-2145 for more details.

Air Force Annual Awards Banquet KID'S NIGHT OUT
 at the Youth Center
 Ages 3-18
 5:30PM-9:30PM
91 MW-9 FEB 5 BW-20 FEB
 Cost is \$30/Child Free for Deployed
 POPCORN MOVIES GAMES PIZZA
 723-2838

Mardi Gras
 February 13th, 2018
Lunch Special 1030-1330
 Dakota Inn Dining Facility

COUPLES SCOTCH DOUBLES 9 PIN NO-TAP TOURNAMENT
FEB 17 2:00PM \$30/COUPLE
 Couple will choose who will bowl the first ball. If they get a strike - other bowler bowls next frame. No strike on first ball - other bowler tries for a spare! Must have 20 bowlers age 18 or older to conduct event. Payout one in four/five. Tournament will consist of four games. Call 727-4715 for more details.

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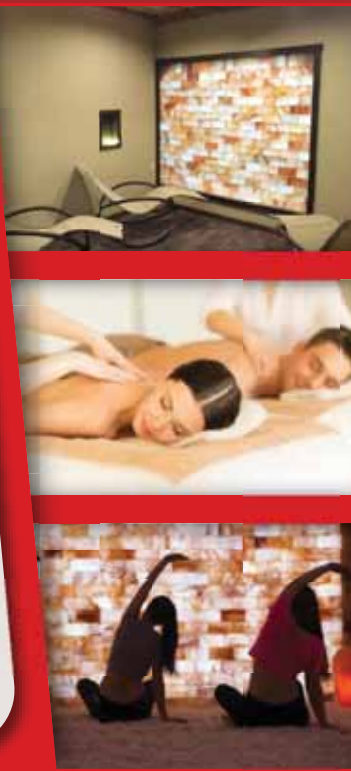
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TODAY

- Last Day to register for the Terry Peak Ski/Snowboarding Trip at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- Weight Lifting 101, 1100, Fitness Center
- Fit to Fight, 1130, Fitness Center
- School Age Program Sweetheart Dance, 1600-1700, School Age Program
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Air Force Annual Awards Banquet Kid's Night Out - 91 MW, 1730-2130, Youth Center
- Give Parents A Break, 1800-2200, CDC & School Age Program
- Youth Center Sweetheart Dance, 1800-2100, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

SATURDAY

- Lifeguard Certification Course Skills Testing hosted by Outdoor Rec, 0900
- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- EFMP Event - Chill With a Chinchilla!, 1100, A&FRC, held at BBC Community Center
- Valentines for Veterans, 1300, Base Library
- Sweetheart Night Bowling Special, 1600-2100, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center
- Fight Night UFC 221: Romero vs Rockhold, Prelims at 1900 and Main card at 2100, Rockers Bar & Grill

SUNDAY

- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center

MONDAY

- Registration Opens for the Dog Sledding Trip to MN at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Federal Résumé Workshop, 1000-1130, A&FRC
- Reintegration Briefing, 1300-1400, A&FRC
- Yoga, 1730, Fitness Center
- Family Child Care Pre-Orientation, 1800-2000, FCC Office inside Rough Riders Pizza
- Craft Club, 1800, Base Library
- Zumba, 1830, Fitness Center

TUESDAY

- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Game Day, 1000-1930, Base Library
- Dakota Inn Mardi Gras Lunch Special, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1130, Fitness Center
- Family Fun Night with a Prince & Princess in Love, 1700-1900, Rough Riders Pizza
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Mike Super - Magic & Illusion Show, Show begins at 1800, Optional Pasta Buffet available 1600-1800, Jimmy Doolittle Center
- Urban Boot Camp, 1830, Fitness Center
- Cycle/Strength/Core, 1930, Fitness Center

WEDNESDAY

- Last day to sign up for the Creative Kids Class at the Arts & Crafts Center
- Circuit Training, 0600, Fitness Center
- Right Start, 0730, A&FRC, held at the Base Theater
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, 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, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Valentine's Day Dinner, 1700-2100, Rockers Bar & Grill
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY

- Last day to register for the Wine & Paint Class at the Arts & Crafts Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Yoga, 1000, Fitness Center
- Creative Kids Class, 1030-1100, Arts & Crafts Center
- Weight Lifting 101, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- February Kids Swim, 1330-1530, Indoor Pool, hosted by Outdoor Recreation
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Weight Lifting 101, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Mixed Couples League, 1830, Bowling Center
- Pro Team Get a Jacket League Starts, 1830, Bowling Center
- Cycle, 1930, Fitness Center

UPOMING EVENTS - FEBRUARY 16

- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Weight Lifting 101, 1100, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

UPOMING EVENTS - FEBRUARY 17

- Healthy Heart Cardio Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Couples Scotch Doubles 9-Pin No Tap Tournament, 1400, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

ONGOING EVENTS

- Rough Riders Pizza Special. February Special - Chicken Pesto. Our deliciously seasoned crust topped with pesto sauce, diced chicken, sliced tomatoes, & mozzarella cheese. Finished off with a sprinkle of parmesan. 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. February Special - Hazelnut Chocolate Frappuccino. Heavy cream blended with bittersweet mocha & hazelnut syrup, topped with whipped cream and dark chocolate curls... It's like Ferrero Rocher meets frappuccino! Grande \$5.00 Venti \$5.50
- February Auto Hobby Special. Come in to Auto Hobby to mount your own tires and have the staff balance them & we will waive the stall fee! *Includes flat & lift stalls - Ask for the February special to receive discount on services. Offer valid 1-28 February during operating hours.
- Winter Reading Program : 1 Dec, 2017 thru 1 Mar, 2018. Sign up for the Library's Winter Reading Program and stay warm with some good books! Registration open from 1 Dec, 2017 until 15 Feb, 2018. Adults and teens who read an log CSAF Reading list titles or books read for fun will receive prizes & chances to win bigger prizes! For more information or to sign up, visit tinyurl.com/MinotLibrary.

- Winter Reading Program Squadron Contests: 1 Dec, 2017 thru 1 Mar, 2018. Registration is open from 1 Dec, 2017 until 15 Feb, 2018. The squadron whose active duty members read the most CSAF Reading List books and log them for the Base Library's Winter Reading Program will receive a certificate & bragging rights! For more information or to sign up, visit tinyurl.com/MinotLibrary

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is now registering for the Spring 2018 term (15 Feb-18 Apr). 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.

ST. MARK'S LUTHERAN CHURCH ASH WEDNESDAY

Please join us at St. Mark's Lutheran Church for Ash Wednesday Service on February 14th. Soup and Sandwiches, served by the Elders of the church, start at 5:30 PM with worship service and imposition of ashes at 7:00 PM. All is welcome! We are located at 2209 4th Ave in Northwest Minot.

MINOT FLEA MARKET FEBRUARY 10 & 11, 2018 8:00 AM - 4:00 PM

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

WILD ABOUT WHEELS FEBRUARY 10, 2018 10:00 AM - 6:00 PM

North Dakota State Fairgrounds. Ladies and gentlemen start your engines! The 27th Annual Wild About Wheels Car and Trade Show is returning to the North Dakota State Fair Event Center on February 10 and 11! We have Race cars, Muscle Cars, Classic Cars, Northern Mini-Racers, and Vendors. Come on down to the All Seasons and get your wheel fix!! The show runs Saturday and Sunday. Adults get in for just \$5 and kids 10 and under are free! If you would like to display your car during the event you can pre-register by visiting www.racenodak.com or calling 701-822-7223.

SOUP IT UP SOCIAL FEBRUARY 10, 2018 11:00 AM - 2:00 PM

Taube Museum of Art. SOUP! BREAD! DESSERTS! ART! FUN! SOCIAL! TWO FLOORS! The Taube Museum of Art in Minot will be hosting their 11th annual Soup It Up Social fundraiser on Saturday, February 10, 2018 at the Taube Museum of Art! Soup will be served from 11:00 am - 1:30 pm. Doors open at 10:30 am for shopping with the artisans and crafters who will be selling their wares, from 10:30 am - 2 pm. (No ticket is needed to shop your favorite artists!) Silent Auction! Door prizes! Soup served by: Magic City Hoagies • 10 North Main • Panera Bread • Kroll's Diner • Teri Tingley • Olive Garden • Taube Board As in previous years, for the price of a soup ticket, the first 100 attendees will take home a hand crafted ceramic soup bowl created by the MSU Ceramics Department. Tickets available at Taube Museum of Art or online! PRESELECT YOUR BOWL AFTER FEB. 3! Nonmembers - \$17 Members - \$15 Children 8 & under: 1/2 price (Children's 1/2 price ticket does NOT include ceramic bowl.) Become a new member of the Taube Museum of Art and get a ticket for just \$10! 838-4445 | www.taubemuseum.org | Fundraiser benefits the Taube Museum of Art

FREE ICE SKATING FEBRUARY 10, 2018 1:00 PM - 3:00 PM

All Seasons Arena. Free Public Ice Skating! If you don't have skates, don't worry, we have skate rental available for \$2.00 each.

BOOK ART WORKSHOP FEBRUARY 10, 2018 1:00 PM - 2:30 PM

MPL will be hosting a workshop on folding books. You fold pages at predetermined inches to make a picture. Instructions will be provided. We will have books and rulers for you to make this fun project. Just bring your enthusiasm! Please register for this activity at the Minot Public Library or call 852-1045 as supplies are limited.

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Trinity Church</p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Bible Fellowship Church</p>  <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST</p> 	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p>  <p>Sunday Worship. 8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School 9:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carllyle Roth, Pastor www.stmarksminot.com</p> <p>Call or check out our website for more information.</p>
<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled)..... 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper 5:15 pm Wednesday Education 6:00 pm Wednesday Worship 7:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</p>	<p>Gospel Tabernacle Community Church</p>  <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God <i>Family Worship Center</i></p>  <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>1415 17th AVE SW 838-3360</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education..... 9:45 am</p> <p>Pastor Taryn Montgomery</p> <p><i>Everyone Welcome</i> Breadoflifeminot.com</p> 	<p>OUR REDEEMER'S CHURCH</p>  <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p>  <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night.... 6:30 p.m.</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p>  <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1> <p>FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div style="border: 2px solid black; padding: 5px; width: fit-content;"> <p>CONTACT TONYA</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>	

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

Answers to puzzle from page 6

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Obituary



Kennith Lowery

April 11, 1950 - February 1, 2018

Well here I sit, about to write the hardest summary I have ever had the pleasure/displeasure of writing. If my Paw Paw were still here, I would've called him and he would've asked me "How are your wings?" and I would've responded "Strangely strong, thanks to you." It is an honor to try and describe such a full and beautiful life, narrowing it down to a few words and some punctuations... it just doesn't seem possible. I will make sure to get the generics in there, to list the places he may have bumped into you, to say his loves and likes and cares. I will list the families left behind with tears in their eyes and a hole in their heart that can never be filled. I will acknowledge the accomplishments that he mastered, against all odds. But none of it seems to be enough! Nothing written will do this man of

integrity, any justice. All that can truly be said is that if you never met my dad then you missed out on one of the most Godly, kind, honest, loving, compassionate, strong, adventurous, silly, handsome, talented and honorable men I have ever had the honor of knowing. He was a force to be reckoned with and he stood his ground. Kenneth Lowery is the type of man you are proud to say was part of your world. As some would say, "God broke the mold with this one". Kenneth Ray Lowery passed away February 1, 2018, at the young age of 67, from a Grade III Stage IV Neuroendocrine Tumor. He fought a horrific battle like a true warrior and was finally called home to Jesus at 1 pm on the nose, surrounded by his wife, daughters, two servicemen and one

of his favorite songs playing in the background. That was his death, here is his huge life. Kennith Ray Lowery (aka Silverback aka Paw Paw aka Pooh Bear aka Kenny), of the Lumbee tribe, was born April 11, 1950 and grew up in Pembroke, North Carolina. He was the high school quarterback and a roller skating champ (seriously). He joined the military and started a lifelong career (40 years) with the USAF when he was just 18 years old. From there he was stationed in Florida, Madrid, Spain (where he met Leslie, his wife of 45 years), South Carolina, the Netherlands, Tennessee, the Philippines, and Minot, ND, where he retired as a Senior Master Sergeant (NCOIC Readiness) in 1995. Most notable among his decorations were the Meritorious Service Medal and Air Force Commendation Medal, both twice awarded, and the National Defense Service Medal, awarded for his service during the Vietnam War and Operations Desert Shield/Desert Storm. He continued to work in the same department as a civilian and retired from that in 2009 as a GS11. Ken and Leslie then moved to Iowa to take care of his mother-in-law (Petie) for a few years, later settling in Minnesota, where Ken became his wife's caretaker. During all of this, he was a Table Tennis Champion, playing for the USAF & later in life becoming a Senior Table Tennis State Champion of MN 65+ in 2016, earning 4 gold medals and a USATT rating of 1241! With all of this in his back pocket, Ken's greatest joy in life was sharing the Lord with everyone he encountered. Many times, when he was confided in, he would respond with "Yeah, but what does that have to do with your salvation?" Waxing philosophical was a go-to conversation and it

will be dearly missed. His faith was unshaken even up to his dying breath, the definition of integrity! A close second is the love he had for his family. He was a strong and territorial guardian but at the same time the most gentle (unless you were trying a one-on-one game of anything, then he would crush you) and kind confidant that showered us with love and wisdom, our daddy. His earthly passions were collecting just about anything that was collectible: ball cards, movies, records, clocks, etc.! The excitement of possibly finding an unknown treasure was a top thrill for him. As previously mentioned, Ken was an impressive sportsman. His resume was long and included football, tennis, racquetball, ping pong, roller-skating, bowling, softball, and weightlifting (among many other things.) To watch him was to watch art in motion. He had a passion for everything he did and wanted to do. I'm not sure how to squish in Neil Diamond, deviled eggs and grapes but they were a big part of his world and there are stories to go with them, and boy was he a phenomenal story teller! Throughout my dad's battle with cancer, I had the pleasure of meeting people and hearing stories about my Paw Paw that have warmed my heart and brought a smile to my face. The stories that stand out the most are the ones about how respected and admired he was. He mentored SO many people throughout his life and he left this world untarnished in their eyes. This is something that many of us will never achieve and that says

a lot. Here is the final prayer at his passing that we would like to share with you. We give you thanks, O God, for all the goodness and kindness that have passed from the life of this your servant Ken into the lives of others: For a life's task faithfully and honorably discharged; for good humor and gracious affection and kindly generosity; for sadness met without surrender, and weakness endured without defeat. In the name of your son Jesus Christ, Amen. We love you Daddy! You will forever be in our hearts, minds & spirits. Ken was proceeded in death by father, William Henry Lowry, and sister, Doreen Blue. Survived by wife, Leslie Aileen Lowery; daughters, Mesha Aileen Hair (Jeff Hair) and Tanuel Dawn Lowery (David Eide); grandsons, Jeff Gordon Hair III (Bonai Hair), Christian Ray Hair and Haakon Henry Lowery-Eide. Surviving family members: Elzetter Lowery (mom), William Lowery (brother) and sisters, Dorita Graham and Dinah Fields.

In lieu of flowers, Ken would like donations made to the Veterans of Foreign Wars at heroes.vfw.org. Memorial will be held Saturday, February 17 at 11 a.m. at Church of the Nazarene, 3343 East Circle Drive NE, Rochester, MN 55906. Military Memorial will be held in the Spring at Fort Snelling Cemetery



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<p>\$249,900</p> <p>FAMILY SIZE - 5 bedroom, 1 1/2 story home that has been totally refinished. Large kitchen. 12x26 deck off dining room. Main level has 1 bedroom, 2 upper level bedrooms and the finished lower level has master bedroom and another bedroom. Triple garage.</p> <p>MLS #180020</p>	<p>\$575,000</p> <p>BRICK RANCH HOME - 3 bedroom, 2 1/2 bath home on 31 acres near Burlington. Fireplace on main level. Lower level family room and 3/4 bath. Garage for 4 vehicles. Quonset, shop and bins. Great valley views.</p> <p>MLS #170133</p>	<p>\$209,900</p> <p>GREAT VIEWS - Nicely updated ranch style home with 3 main floor bedrooms and full bath. Updated kitchen and dining room. Walkout basement has a large master suite with deluxe bathroom, laundry and workshop. Large city lot in NW area.</p> <p>MLS #171344</p>

Gary Kramlich
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Robotic surgery training program aims at improving patient outcomes

SHIREEN BEDI | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- As the use of surgical robotics increases, the Air Force Medical Service is training its surgical teams in the latest technology, ensuring patients have access to the most advanced surgical procedures and best possible outcomes.

To address the demand for training military healthcare providers, Maj. Joshua Tyler, director of robotics at Keesler Air Force Base, Mississippi, helped to establish the Institute for Defense Robotic Surgical Education. The first of its kind in the Air Force, the facility trains Air Force, Army, Navy and Department of Veterans Affairs surgical teams to use state-of-the-art medical robotics. Access to this type of training was previously only available through private industry.

“Robotic surgery is

becoming the standard of care for many specialties and procedures, but Air Force surgeons had limited opportunities to train with surgical robots,” said Tyler. “We needed a way to get surgeons trained without relying solely on the private sector. With the creation of InDoRSE we are able to do just that by using existing facilities and personnel.”

The InDoRSE training site addresses challenges unique to military healthcare. The training also uses a team-based model, which helps overcome some of the challenges of implementing robotic surgery in military hospitals.

“Between deployments, operational tempo, and varying surgical volumes at military facilities, it is important that whole teams are fully trained on surgical robotics,” explained Tyler. “Also training the nurses and medical technicians, in addition to the surgeon,

ensures that everyone has tangible experience with the robot, and helps get surgical robotics up and running much quicker.”

Robotic surgeries have been shown to deliver better outcomes for patients than traditional surgery. Robotics offers increased mobility for the surgeon, allowing them to make smaller incisions, and gives them better visualization. This precision leads to more successful surgeries and quicker recovery times, which improves patient satisfaction and lowers costs.

“The best outcomes I’ve ever given my patients came using robotics,” explained Tyler. “We see significant decreases in post-surgery pain, surgical site infection rates and length of hospital stay. That quicker recovery means patients get to return to their normal life more quickly.”

The InDoRSE facility at Keesler AFB stood up in March 2017. There are

already plans to double its training capacity soon. Soon after Keesler AFB’s facility opened, Wright-Patterson AFB in Ohio set up their own surgical robotics program. Travis AFB in California and Nellis AFB in Nevada are currently working on their surgical robotics acquisition now.

“Use of robotics is increasing in many medical specialties,” said Tyler. “Providing opportunities for our whole surgical teams to receive training on this cutting edge technology is vital to the AFMS’s focus on continuously improving the patient experience.”

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