

northsentry

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

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Minot AFB



Videos

Child Care Corner

5TH FORCE SUPPORT SQUADRON

MINOT AIR FORCE BASE, N.D. --

Over the past two months, Team Minot Airmen conducted a Continuous Process Improvement Event focused on improving child care. A significant finding was there were information gaps and often misunderstandings about the current state of child care, and how/why many of the processes operate.

For the next several weeks, Child Care Corner will aim to answer many of the questions that were discovered during discussions with parents across the base. The ultimate goal is to help parents become more informed about policies and procedures regarding child care and to paint a more accurate picture of the current state of Minot AFB child care.

This first installment will provide a snapshot of child care availability. The

numbers below reflect the maximum physical capacity of each facility while maintaining a full staff. These figures are controlled by the Department of Defense and Federal laws that specify the amount of space required for child care.

Child Development Center (Infant-5 yrs): 206 children
School Age Center-Annex (Kindergarten-1st Grade): 188 children

School Age Center-Youth Center (2nd Grade – 12-years-old): 88 children

Although physical space is limited at these facilities, Minot AFB boasts the largest Family Child Care (FCC) program in all of

Air Force Global Strike Command. Currently AFGSC bases have an average of five FCC providers per base while Minot AFB is home to 17 providers that can provide services for up to 102 children.

Similar to the other facilities, FCC providers must go through a thorough background check and various training programs before they are certified to care for children. Since FCC is an in-home care program, each provider determines the ages of children they will care for, hours of care and fees provided that still meet the established Air Force and

Department of Defense guidelines. In the case that FCC fees are significantly higher than CDC fees and the child is on the waitlist, there is financial assistance (subsidy) available for Airmen who meet the requirements.

Even with the high number of FCC providers, base leadership recognizes that the demand for child care still exceeds the current capacity. To help meet the demand, base leadership has made child care a top priority for Team Minot. The addition of a new child care facility in the old housing office on Summit Dr. is currently number one on the base project list. The project is currently in the design phase and will soon move to renovation. Once this project is complete, it will significantly increase

the capacity for child care and, most importantly, better meet the needs of Minot AFB families.

In the next installment of Child Care Corner, the focus will be looking at child care fees and the waitlist process. Until then, if you have any questions you can reach out to the respective child care facility. The staff are ready and willing to provide you with all the information you need to ensure you receive quality, affordable and available child care for your children.

Child Development Center: April Osz or Sara Larson 701-723-3750

School Age Center: Kelly Pringle or Diana Nesko 701-723-2838

Family Child Care Program: Heidi Sterling 701-723-6662

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



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FACEBOOK

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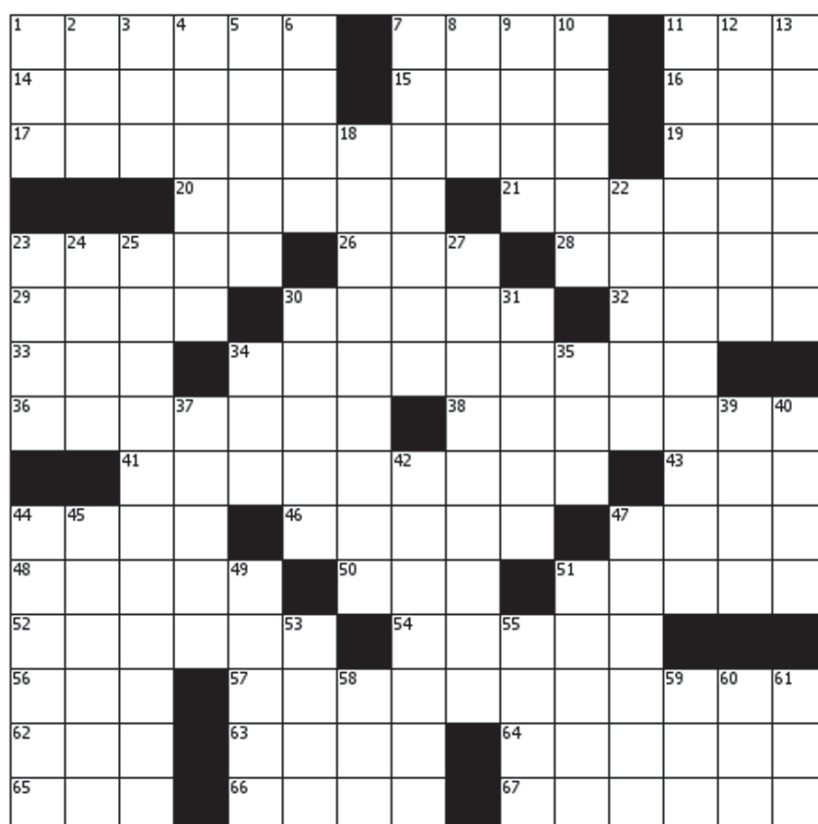
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CROSSWORD PUZZLE

Across

1. Kind of helicopter
 7. "Voila"
 11. Where the world is flat
 14. Setting for Shields, once
 15. Eleventh largest lake in the world
 16. Lance in the Los Angeles judicial system
 17. Speech at a major high school dance?
 19. Frequent hot tub comments
 20. Introductory discourse
 21. Rathbone role
 23. Slew, in slang
 26. Fleur-de-
 28. Thomas of "The Age of Reason"
 29. Knot in wool
 30. Support a church, in a way
 32. Calls to a shepherd
 33. Matter you mine
 34. Produced
 36. Ski mask feature
 38. Became more complex
 41. Many a "Lord of the Rings" extra (with "New")
 43. In need of salt?
 44. Gush out
 46. Supports for laths
 47. One of the back forty
 48. About-face, for one
 50. Before, once
 51. Prefix meaning "false"
 52. Sissy's role
 54. What pampas don't have
 56. Distinguished wall covering
 57. Switch parties at a protest?



62. Org. recommending brushing
 63. Pinocchio type
 64. Bangs, pops, clacks, e.g.
 65. Male child
 66. Lid affliction (Var.)
 67. Half or fast condition

Down

1. Matterhorn, e.g.
 2. ___ excellence
 3. A long time follower
 4. Make someone do something
 5. Amass
 6. Prefix with skeleton, scope or spore
 7. Little house wrecker
 8. Exist

9. Word with satellite or side
 10. Memorable moralist
 11. Words of wisdom from Little Havana?
 12. Greek goddess born armed for battle
 13. Sheriff's groups
 18. Trace the shape of
 22. Shirt insert
 23. Orchestras tune to this
 24. Intense rage
 25. Police command when arresting a nymph?
 27. They end paper trails
 30. Lets the cat out of the bag
 31. Place for hornet nests, often
 34. Make a little ___ long way
 35. Rocky hill
 37. Chopper of trees
 39. Natural shade

40. Unnaturally platinum
 42. Raise, as a child
 44. Kind of security
 45. Communist news source until 1991
 47. Attack with vigor
 49. They're spent in Oman
 51. ___ Bill of legend
 53. Redo a crossword clue
 55. Volcano in Sicily
 58. Tonto portrayer Silverheels
 59. Take advantage of
 60. Look or must adjunct
 61. Uncommon sense

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

ANNIHILATION • (R)
 FRIDAY, MARCH 23 • 1800



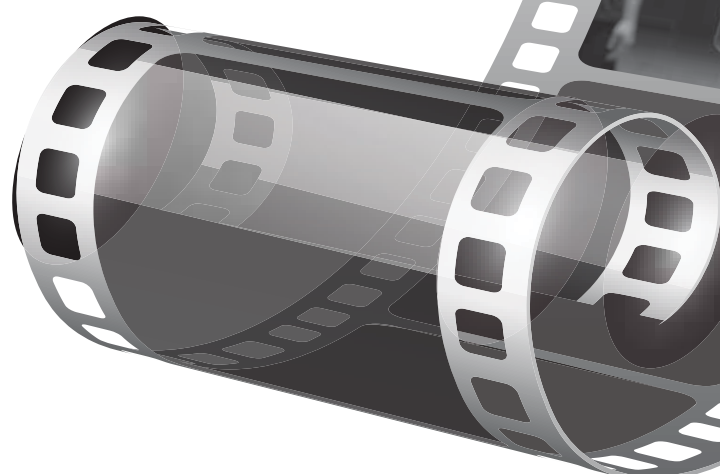
A biologist signs up for a dangerous, secret expedition where the laws of nature don't apply.

GAME NIGHT • (R)
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 SUNDAY, MARCH 25 • 1500



A basketball-savvy teen reluctantly agrees to coach a brilliant but self-centered tech whiz who has lost everything when her startup goes bust and personal life is left in ruins. Discovering that success at her new job depends on becoming a team player in the office and on the company's, up till now, all-male basketball team, she enlists his help in a desperate attempt to save her job and her future—an experience that ultimately changes both of their lives forever.

REEL TIME THEATER MOVIE SCHEDULE





Paleo Fruit Tart with Banana Cream



INGREDIENTS:

For the Tart:

3 cups Almond Flour
1/4 tsp Sea Salt
1/8 tsp Nutmeg
1/2 cup Butter, Lard, or Palm Shortening, diced and kept cold
1 tsp Apple Cider Vinegar
1 Egg

For the Pastry Cream:

6 Egg Yolks
2 tbs Honey
1.5 tsp Gelatin
14 oz can Coconut Milk
2 ripe Bananas, mashed
1 tsp Vanilla Extract
For the Topping:
3 cups Mixed Fruit (kiwis, blueberries, raspberries, star fruit, strawberries, oranges, etc)

INSTRUCTIONS:

For the pastry cream: Whisk the egg yolks with the honey. In a medium saucepan, heat the coconut milk over medium heat. Add the gelatin to the coconut milk and stir until dissolved. Slowly pour the egg mixture into the milk, whisking constantly. Whisk for 5 minutes over the heat, and then add the mashed bananas. Continue whisking until the mixture is thick, 2-3 minutes more. You'll know when it's thick so if you aren't sure, just keep at it. It will resemble pudding when it's ready. Add the vanilla extract and stir to incorporate. Take the mixture off the heat and cool in the refrigerator for at least an hour. Meanwhile, make the tart shell: Preheat oven to 325 F. Add all the dry ingredients to the food processor and pulse 1-2 times. Add the diced butter (or lard or palm shortening) and pulse until the butter is pea sized. With the processor running, add the wet ingredients and mix until they come together. Take the gob out of the processor and using your hands, spread in a tart or pie pan. Pat it down evenly all around the pan. Poke several holes in the bottom with a fork to prevent it from puffing up while baking. Place in the oven and bake for 25 minutes. When done, take out of the oven and let cool. Once the pastry cream and tart shell are cool, pour the pastry cream into the tart shell and then place sliced fruit and berries on top. It is easiest to put the biggest fruits down first and then sprinkle any berries in the spaces leftover.



The Quebe Sisters to Perform

INTERNATIONAL ARTIST SERIES

NASHVILLE, Tenn. – (March 20, 2018) – As three of the fastest rising stars of their generation, The Quebe Sisters have made their presence known in the country music scene. The fiddling siblings will be showcasing their tight harmonies and innate talent in a concert at Ann Nicole Nelson Hall - MSU on Tuesday, April 10, 2018 at 7:30 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. Season tickets (early bird) for the upcoming 2018-2019 concert season will be available for a discounted price at the door. To purchase event tickets or to get more information, please visit the association's website at www.minotconcerts.org, contact 701-838-1113, or email at iasminot@srt.

com.

The Andrews Sisters reborn, Hulda, Sophia and Grace Quebe are quickly securing their spot in music industry history. These young phenoms have performed alongside country music royalty like Willie Nelson, George Strait, Merle Haggard, Ricky Skaggs & Kentucky Thunder, Ray Price, Connie Smith, Marty Stuart, Larry Gatlin & the Gatlin Brothers, and many more. The combination of their silky smooth vocals, high caliber fiddle playing, and a repertoire that includes jaw-dropping arrangements of history's most beloved songs, these girls have proven to be a force to be reckoned with. Click Here To View A Video Of The Quebe Sisters.

The International Artists Series of Minot, North Dakota has been presenting internationally acclaimed artists to the community since 1947. The all-volunteer non-

profit board is committed to bringing artists and audiences together and enriching the cultural life of the greater Minot community through live performances offered at affordable, family friendly prices.

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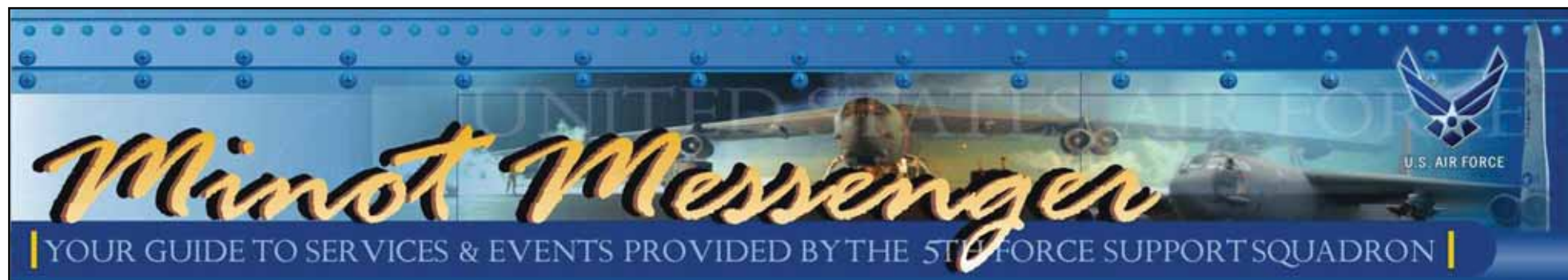
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Easter Egg-stravaganza On March 30th At Youth Center Features Easter Egg Hunt & Candy Wonderland



Minot AFB children won't want to miss the exciting Easter Egg-stravaganza at the Youth Center on Friday, March 30 from 6-8:30 p.m. To make the event even more fun, the Youth Center is transforming one gym into a Candy Wonderland.

Enjoy Delicious Easter Sunday Brunch At The Doolittle Center

The Doolittle Center invites you to their special Easter Sunday Brunch on April 1 from 10:30 a.m. to 1:30 p.m. Their exceptional selection of breakfast and entrée items are sure to make it a memorable meal. Enjoy the delicious omelet bar, Belgium waffle bar, breakfast specialties, herb crusted prime rib with au jus, baked ham with a brown sugar glaze, baked chicken, battered fried fish, garlic mashed potatoes with gravy, rice pilaf, chef veggies, assorted fresh salads, dessert station, and more. Plus adults can enjoy mimosas and champagne as part of the brunch.

Make your reservation today. Cost for adults is \$18.95 for club members and \$20.95 for non-members, children of club members ages 6-12 are \$8.95, children of non-members ages 6-12 are \$10.95, and children age 5 and under free. The Easter

An Easter Egg Hunt will be featured in the other gym. Both events are open to children 2 years of age and older.

Youngsters can enjoy a variety of games in each "land" of the Candy Wonderland including the Peppermint Forest, Gumdrop Mountain, Chocolate Swamp, Easterland, and more. There will be an obstacle course, over 20 games, a cake walk, and prizes. Children must purchase tickets prior to play. Cost is 2 tickets for \$1. Each child will receive a prize at each station.

In addition, most participants will receive a Dairy Queen ice cream treat card, a Paradiso Mexican Restaurant kids meal card, and/or a Sonic Drive-In complimentary menu item card.

Pictures can be taken with the Easter bunny, so be sure to bring your camera. A taco in a bag & drink special for only \$5 will be offered. For more details, please call the Youth Center at 723-2838.



Brunch is sponsored by Verendrye Electric Cooperative. No Federal Endorsement of Sponsor Intended. Call 723-3731 for additional information.

Register Now At Outdoor Rec For Lifeguard Certification Class



Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from March 31 - April 8. There will be a skills test on March 31 10 at 9 a.m. The online course will take place from April 1-6 with the practice skills and final test scheduled for April 7 & 8 from 9 a.m. to 6 p.m.

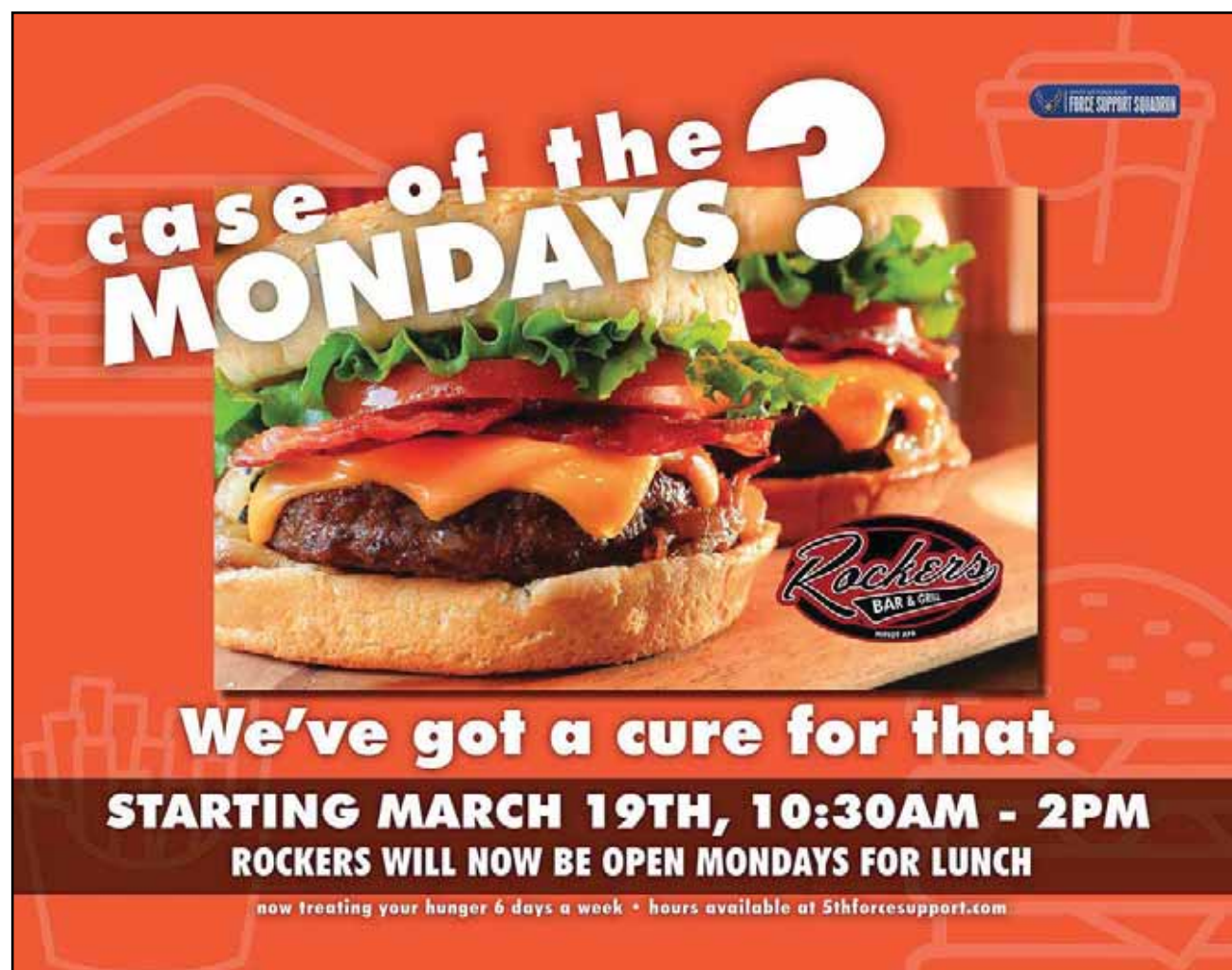
Cost for the Lifeguard Certification Course is \$200. Registration deadline is March 26. Class size is limited so sign up today! If you have ever wanted to become a lifeguard you don't want to miss this great opportunity. Get prepared for a summer job! For more information, please call Outdoor Recreation at 723-3648.



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

CLUB MEMBER DRAWING ON FRIDAY, MARCH 23 WILL BE FOR \$1,350.

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, March 23 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.



FAMILY and YOUTH EVENTS & PROGRAMS

Youth Baseball & T-Ball Registration

The Youth Center is holding Youth Baseball & T-Ball registration now through March 30 for youth 3-12 years of age. Cost for Smart Start (ages 3-4 years old) is \$30. The cost for youth ages 5-12 years old is \$40. Current immunization record with current physical must be on file to register. Youth Center membership is required. The season is scheduled to begin on May 21. For additional youth baseball and T-ball registration information, please contact the David C. Jones Youth Center at 723-2838.

Friday Night Roller Skating

Did you know the Youth Center offers Base Skate every Friday from 6-7 p.m.? Come out with your family and skate the night away! You can bring your own skates, rollerblades and helmet or the Youth Center has some to check out. Cost is FREE for Youth Center members and only \$5 per family for non-members. No sign up is necessary. Don't miss this fun and healthy activity for youth 5 years of age and older. For more information, call the Youth Center at 723-2838.

Mar 23 Youth Programs Open House

Grab a scrumptious dinner and see what the Youth Center and School Age Care have to offer during the Youth Programs Open House & Spaghetti Dinner on Friday, March 23 at 6 p.m. at the Youth Center. Cost is only \$3 per plate. Stroll through the Passport Walk and see what the base has to offer. Get a stamp at each activity then turn in your passport for a chance at a prize. Children must be accompanied by parent to participate.

YOUNG AIRMEN EVENTS & PROGRAMS

Mar 23 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on March 23 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.

Apr 16-19 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 April 16, 17, 18 & 19 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! There are four classes to choose from. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

Apr 14 Spring Cycle-a-thon

Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Spring Cycle-a-thon on Saturday, April 14 from 9-11 a.m. in the cycle room. Experience a great endurance ride during this FREE 2-hour event. The Spring Cycle-a-thon is open to all DoD ID card holders 16 years of age and older. For additional information, contact the McAdoo Sports & Fitness Center at 723-2145.

Mar 24 10 Game Marathon Tournament

Bowl in our 10 Game Marathon for a chance to WIN CASH! The tournament scheduled for Saturday, March 24 at Rough Rider Lanes. Entry fee is \$75 with \$40 going towards the prize fund. The tournament will run from 3-9 p.m. This event is for participants 18 years of age or older. There must be 25 bowlers to conduct this event. Lights and Strikes will run after the tournament. For more details, contact Rough Rider Lanes at 727-4715.

Family Fun Night

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' Riders Indoor Playland. For more information, please contact Rough Riders Pizza at 727-4377.

Easter Egg Decorating At The Dakota Inn Dining Facility

The Dakota Inn Dining Facility invites you to their Easter Egg Decorating event on Thursday and Friday, March 29 & 30 during meal hours. Meal hours are 6-9 a.m., 10:30 a.m. - 1:30 p.m., and 4:30-6:30 p.m. The event is FREE and open to everyone.

Come out and decorate some Easter eggs that will be used to decorate the food line and dining area for all to enjoy. Be sure to cast your vote for the best decorated egg! Eggs and decorating supplies will be provided by the dining facility.

For additional information, please contact the Dakota Inn Dining Facility at 723-2359.

Beginning In April

Physical therapist strengthens EOD mission readiness

SAMUEL KING JR. | TEAM EGLIN PUBLIC AFFAIRS

INCIRLIK AIR BASE, Turkey (AFNS) -- For some Air Force careers, everyday physical demands can have a significant impact on an Airman's comprehensive fitness in a big way.

Explosive ordnance disposal Airmen at Incirlik Air Base, Turkey, are working with the 39th Medical Operations Squadron to help reduce the stress that comes with wearing 75-pound protective bomb

suits.

To ensure 39th Civil Engineer Squadron EOD Airmen are fit-to-fight, and are properly taking care of their bodies under such strain, members of the 39th MOS physical therapy element immersed themselves with the EOD flight to observe the causes of injuries, and provided the Airmen with preventative safety measures.

"We need to prevent injuries by going out and working with Airmen and seeing what

their job is by performing their duties," said Capt. Dennis Shay, 39th Medical Group physical therapist.

Shay said he can speculate why Airmen have injuries but being able to complete job specific tasks puts injuries into perspective.

Once the physical therapy element has experienced their physical workload first-hand, they look for specific factors that will trigger or cause injuries while participating in job-specific activities. This allows the physical therapy element members to determine if the Airmen need exercises to treat and manage pain, or if they are performing movements improperly.

The proposal to work alongside the EOD flight was part of the physical therapy element's focus areas of performing full-spectrum medical readiness and integrating operational support to ensure proper care is provided.

According to Shay, this plan is not the first of its kind, but will hopefully become a standard across the Air Force.

Having a physical therapist fully understand what they do allows the EOD Airmen the opportunity to learn injury prevention exercises. Shay emphasized that this approach is not meant to replace a higher level of care, or have the member self-diagnose, but it is intended to provide a proactive approach to injury prevention and management.

This new approach should improve overall readiness and mission effectiveness, as well as decrease reactive methods, where physical therapists treat patients as they develop pain and other symptoms after the injuries occur.

"The exercises that we were taught by the physical therapist helps me manage all the stress that I put on my body," said Senior Airman Gershom Slonim, 39th CES EOD technician. "I have never been a part of a physical therapy



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS OCTAVIUS THOMPSON

Tech. Sgt. Jacob Wielgosiek, 39th Medical Operations Squadron surgical services flight chief, assists Master Sgt. Matthew Wilt, 39th Civil Engineer Squadron additional duty first sergeant, with yoga poses during a physical therapy session at Incirlik Air Base, Turkey, Feb. 2, 2018. Yoga can increase balance and core strength, and help prevent potential injuries.

targeted session, but I think it is important for them to help us treat our injuries."

Over a period of several months, the physical therapist will continuously monitor the readiness of the unit by observing changes in profile rates of the unit, physical fitness scores, missed work days due to injuries and visits to their primary care providers. Once trends are identified, they will be able to adjust the program as needed.

Shay stressed that all Airmen, not just EOD, should be aware of work space injuries that may limit their ability to efficiently perform within their unit, and should take proactive measures to prevent injury.

"Whether Airmen come to us at the Medical Group, or we go to them for physical therapy support, the endgame is ensuring Airmen are fit-to-fight, and able to protect the surety and combat missions at the 39th Air Base Wing," Shay said.



CMSgt. McMahon visits Minot

MINOT AIR FORCE BASE, N.D. -- Chief Master Sgt. Patrick McMahon, U.S. Strategic Command senior enlisted leader, visited Minot Air Force Base, N.D., Mar. 12, 2018. During his visit, McMahon spoke with 5th Bomb Wing Airmen and visited facilities including a B-52H Stratofortress static display, the Dakota Inn dining facility and other facilities on base.

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<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 Carlyle 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> <i>Parish website: www.stjohnminot.com</i></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 Associate Pastor Ellery Dykeman www.flcminot.com</p>	<p>Gospel Tabernacle Community Church</p> <p></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..... 5:30 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</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> 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>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</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. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>Vincent United Methodist Church</p> <p> 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> 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>Zion Lutheran ELCA</p> <p> 1800 Hiawatha St. 852-1872</p> <p>Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday..... 6:15 pm</p> <p>John Streccius, Pastor Carol Wendel, Pastor</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday, March 25th - Palm Sunday Services at 8:30 am - 11:00 am Thursday, March 29th - Maunday Thursday Service at 7:00 pm Friday, March 30th - Good Friday Choral Tenebrae Service at 7:00 pm Sunday, April 1st - Resurrection Sunday Services at 8:30 am & 11:00 am with an Easter Egg Hunt for children 0-10 following each service on the North Lawn.</p> <p>The St. Mark's Youth will be serving a pancakes, egg bake and sausage Easter Breakfast from 7:00 AM to 10:30 AM A free will offering will be taken to help with Summer Camp fees for these youth. Let's worship our risen Savior!! We are located at 2209 4th Ave NW Minot.</p>	<p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$7 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div data-bbox="1522 2389 1858 2834"> <p>CONTACT TONYA</p> <p><i>call</i> 701-839-0946</p> <p><i>email</i> NSADS@SRT.COM</p> <p><i>fax</i> 701-839-1867</p> </div>		
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1	3	2	6	8	5	9	4	7
6	4	8	9	7	1	2	3	5
5	9	7	2	3	4	8	1	6
9	8	4	1	6	2	7	5	3
3	1	6	5	9	7	4	8	2
7	2	5	3	4	8	1	6	9

Answers to puzzle from page 4

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 <p>\$47,500</p> <p>IN DONNYBROOK – 2 bedroom 1040 sq ft home on 4 lots. Good size kitchen with newer appliances. New laminate. Living room has a wood burning stove. 12x16 storage shed and room to build a garage.</p> <p>MLS #180149</p>	 <p>\$265,000</p> <p>SW DACOTAH HOME – Refurbished home with 3 bedrooms, 3 baths. Vaulted, beamed ceilings. Master bedroom with ½ bath. 2 fireplaces with electric inserts. New windows. Double garage.</p> <p>MLS #180176</p>	 <p>\$125,900</p> <p>AFFORDABLE LIVING – Charming 4 bedroom, 3 bath, 1 ½ story home. Master bedroom and full bath on main level. 3 bedrooms, ¾ bath on upper level. Updated electrical, new furnace, central air. Newer roof. Double garage.</p> <p>MLS #172335</p>



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BASE ANNOUNCEMENTS

TODAY

- Career Technical Training, 0800-1600, A&FRC, held at the Education Center
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1215, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Bowling Special Play 2 Games, get the 3rd Free, 1700-2000, Bowling Center
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Friday Night Skate, 1800-1900, Youth Center
- Give Parents a Break, 1800-2200, CDC & School Age Care
- Zumba, 1800, Fitness Center
- Open House SAC/YP, 1800, Youth Center & School Age Care
- 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

- Tactical Strength & Fitness, 0900, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- 10-Game Marathon, 1500-2100, Bowling Center
- Bowling Special Play 2 Games, get the 3rd Free, 1600-2000, Bowling Center
- Studio 47 Dance Recital, 1800, Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

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

MONDAY

- LAST DAY to register for the Lifeguard Certification Course at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- Senior TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Reintegration Briefing, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY

- Senior TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Game Day, 1000-1930, Base Library
- Yoga, 1000, Fitness Center
- Zumba, 1130, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Senior TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Right Start, 0730, A&FRC, held at the Jimmy Doolittle 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
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Spring Tumbling Showcase, 1800, Youth Center
- Yoga, 1830, Fitness Center

THURSDAY

- Athlete/Trainer Applications due for Armed Forces Men's Soccer Championship
- Dakota Inn Easter Egg Decorating, 0600-0900, Dakota Inn Dining Facility
- Senior TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Pancakes for Parents, 0830, CDC
- Parent & Tot Fit Kids, 0930, Fitness Center
- Yoga, 1000, Fitness Center
- Dakota Inn Easter Egg Decorating, 1030-1330, Dakota Inn Dining Facility
- Olympic Lift Training, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- March Kids Swim, 1330-1530, Indoor Pool
- Fitness Hour, 1600-1700, Youth Center
- Dakota Inn Easter Egg Decorating, 1630-1830, Dakota Inn Dining Facility
- EFMP Adult Art Camp, 1700-1900, A&FRC, held at the BBC Community Center
- Members 2 for 1 Appetizers,

1700-1900, Rockers Bar & Grill

- Olympic Lift Training, 1730, Fitness Center
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

30 MARCH

- Dakota Inn Easter Egg Decorating, 0600-0900, Dakota Inn Dining Facility
- Senior TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Dakota Inn Easter Egg Decorating, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1215, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Dakota Inn Easter Egg Decorating, 1630-1830, Dakota Inn Dining Facility
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Bowling Special Play 2 Games, get the 3rd Free, 1700-2000, Bowling Center
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Eggstravaganza, 1800-2030, Youth Center
- Friday Night Skate, 1800-1900, 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

31 MARCH

- Tactical Strength & Fitness,

0900, Fitness Center

- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- Bowling Special Play 2 Games, get the 3rd Free, 1600-2000, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

ONGOING EVENTS

- Rough Riders Pizza Special March Special – Bacon, Spinach, & Tomato. Our spin on the BLT! This savory pizza crust is loaded with our signature sauce, layered with spinach, mozzarella cheese, & crispy bacon. Baked to perfection and finished with fresh cut red and yellow tomatoes!
- B-Fifty Brew Drink Special. March Special -- Sherbet Frappuccino. A delicious blend of strawberry puree, peach & raspberry syrup and vanilla bean topped with green vanilla whipped cream.
- March Auto Hobby Special Purchase your oil and filter from Auto Hobby and get one hour of stall time free! Save up to \$6! *Ask for March special at service counter. Offer valid 1-30 March during operating hours.
- March Kids Swim. Beat the winter blues with FREE Kids Swim at the Indoor Pool! Homeschooling families are welcome to attend. Every Thursday in March from 1330-1530
- Don't miss out on the Jimmy Doolittle Center's Easter Brunch! Sunday, April 1st from 10:30am to 1:30pm, enjoy a myriad of menu options that include Herb Crusted Prime Rib, Baked Chicken, and Brown Sugar Glazed Baked Ham. Make your reservations today by calling 701-723-3731

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*Prices do not include additional fees and costs of closing, including government fees and taxes, any finance charges, any dealer documentation fees, any emissions testing fees or other fees. All prices, specifications and availability subject to change without notice. Contact dealer for most current information

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