

northern sentry

FREE | FRIDAY, MAY 25, 2018 | VOL. 56 • ISSUE 21 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS

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Run Minot, Run!

MINOT AIR FORCE BASE, N.D. -- Team Minot families participated in a color run at Minot Air Force Base, N.D., May 17, 2018. The 5th Medical Group's Health and Wellness Center teamed up with the base's master resiliency trainer to host the resiliency-themed event. More than 100 individuals ran the course that consisted of six color stations spanning the two, five and 10 km routes.

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

Client systems technicians upgrade Minot computers

SENIOR AIRMAN JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Due to a Department of Defense mandate, the 5th Communications Squadron client systems section completed a base-wide Microsoft Windows 10 migration at Minot Air Force Base, North Dakota.

Since November 2017 client systems technicians worked endlessly to complete the upgrade. If the update was not completed by March 31, 2018, network connectivity would be lost. Not only did they complete their deadline, but also led the Major Command in the migration.

"We finished the migration early," said Tech. Sgt. Stepheno Pomerlee, 5th CS client systems NCO in charge. "We were one of the first bases in Air Force Global Strike Command to finish it and now we have all Windows 10 computers across the base."

With a shop of 16 Airmen, the section took initiative by replacing and updating older computers to help the transition to Windows 10.

"Our role was really hands on," said Senior Airman Whittnee Lancaster, 5th CS client systems technician. "We went out and manually installed Windows 10 and upgraded computers around base. Our shop was the face of the update."

The migration from

Windows 7 to Windows 10 symbolizes how the Air Force prioritizes efficiency.

"As operating systems change, we have to keep up to ensure Minot can log onto the base network and continue its mission," Pomerlee said. "We had to make sure we met that deadline, otherwise we'd have users who wouldn't be able to perform their day-to-day duties."

Members of the unit also mentioned how the upgrade allows Airmen to complete their tasks more efficiently

and effectively.

"This update gives those who work on computers for several hours the opportunity to take their work home with them," said Airman 1st Class Sarah Schaper, 5th CS client systems technician.

Likewise, Pomerlee added that because their shop distributed approximately 3,500 laptops with Windows 10, Airmen can now be more mobile with their work.

"This creates a better Air Force because people don't have to be stuck at a desk

for long periods of time after duty," Pomerlee said.

Looking back on the update, Pomerlee notes how the unit was able to get everything ready in a timely manner.

"It was definitely a grind towards the end and I'm proud to say my shop did everything we could to ensure Airmen weren't disconnected from the network," Pomerlee said.

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MINOT AFB CELEBRATES POLICE WEEK 2018

Minot Air Force Base personnel and families celebrated National Police Week 2018, May 14-18. National Police Week is a congressionally honored week celebrating law enforcement personnel across the nation and around the world who have made the ultimate sacrifice in the line of duty.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA M. AKERS



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Thunderbirds show season to resume at JBLE

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NELLIS AIR FORCE BASE, Nev. (AFNS) -- Gen. Mike Holmes, Air Combat Command commander, has authorized the resumption of Thunderbird performances starting at Air Power Over Hampton Roads at Joint Base Langley-Eustis May 19 to 20, 2018.

Holmes made this determination based on recommendations of leadership from the U.S. Air Force Air Demonstration Squadron, 57th Wing and U.S. Air Force Warfare Center, as well as a careful review of the team's safety, training and operational practices, he said.

"The Thunderbirds look forward to safely resuming public shows at Air Power over Hampton Roads," said Lt. Col. Kevin Walsh, Thunderbird I, commander/leader. "It's been challenging to get us to this point, but the team is resilient, focused

and ready to get back to our mission of recruiting, retaining and inspiring."

The Thunderbirds will transit to JB Langley-Eustis early in the week leading up to the show to provide additional practice time.

The return to regular performances is a pivotal milestone for the Thunderbirds as they recover from their first fatal mishap in 36 years.

"We are extremely grateful for the support, faith and confidence of our senior Air Force leadership as we prepare to showcase our United States Air Force to the public once more," Walsh said. "As we hit the road, we'll carry on our wingman's legacy with pride."

An investigation remains underway into the cause of the mishap and a report will be made available to the public once complete.

PRESS RELEASE: Missing M-240 weapon

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

During a standard weapons inventory at Minot Air Force Base in North Dakota on 16 May, a M-240 7.62 caliber weapon was discovered missing.

The 5th Bomb Wing

and 91st Missile Wing immediately began a search of their weapons inventories and opened an investigation with the Air Force Office of Special Investigations.

This investigation is ongoing and more information will be provided as it becomes available.

Check your ego at the door, be your own advocate

COURTESY ARTICLE

TRAVIS AIR FORCE BASE, Calif. (AFNS) -- Master Sgt. James Stalnaker always thought going to mental health was a deal breaker for your career; that mental issues make you a weaker person. It took encountering struggles of his own to change those views.

Stalnaker has persevered through a debilitating motorcycle accident that left him struggling with an undiagnosed traumatic brain injury and multiple painful physical injuries. Thanks to strong leadership and family support, his career is thriving again and he's developing young Airmen as a master resiliency trainer.

I always could pull through on any challenge. But on this one, I needed help.

During the time between the accident and his diagnosis—early October to December 2015—Stalnaker, assistant accessories flight chief with the 60th Maintenance Squadron, dealt with serious setbacks from his invisible wounds that were hampering his ability to do his job. He would lose words in the middle of a thought; he had trouble focusing on his work; he was in constant pain caused by severe headaches that brought on vomiting. All of this created frustration from his sudden inability to do the things he previously did with pride and ease.

These struggles define invisible wounds—especially since he wasn't yet diagnosed to provide an explanation of what was causing his issues. He was desperate to explain to his leadership what was going on, and why he was having such a significant drop in performance. But he didn't have the answers. He couldn't even form the words.

His frustration and anger began to get the best of him. Tanya, his wife of more than 12 years, shared that the

decision to get help wasn't an easy one for either of them.

The worst part for her was that she couldn't do anything to help him.

"It was terrifying," she said. "My husband is such a strong person, and he was broken. He doesn't ask for help. He's so strong willed and does anything he puts his mind to. To see him that way, it was heartbreaking."

"The way I grew up, if you had mental health issues, you were a weaker person," explained Stalnaker. "So, I've always been able to pull through, on any challenges I've had. But on this one I needed help."

Shortly after the accident, Stalnaker transferred to his core squadron at Travis Air Force Base, California, and with the support of his new commander, Lt. Col. Claudio Covacci, 60th MXS commander, he began his care journey.

"When he first arrived, he was struggling with speech. He was very squared away, determined and dedicated. I encouraged him to talk to someone to get the help he needed," Covacci said.

Ultimately the decision was made between Stalnaker and Tanya.

"Sometimes you have to check your ego at the door and be your own advocate," he said.

Since his care began, Stalnaker has had ongoing surgeries and pain management to manage his physical wounds. And the mental health providers helped him identify healthy coping mechanisms for when his anger and frustration bubbles up.

"The support from the mental health providers has been unbelievably helpful. Who knows how long it would have been before he would have been able to recover from the issues caused by his TBI," Tanya said.

Finding healing by helping other Airmen

Stalnaker has now become a master resiliency training instructor to help young Airmen develop their mental fitness. He believes that by enhancing these skills he's helping to better prepare the next generation for long-term careers in the Air Force.

"It allows me to open my eyes and see outside of my bubble," Stalnaker said. "To not only help myself, but to help others by giving them the tools they need to push forward, helps me to heal. I can connect with them, because I can say, 'This is what I've been through, and this is what worked for me.'"

He also began developing training at Travis Air Force Base.

"I'm working with NCOs and SNCOs to develop new ways to deal with mental fitness and communicate with the younger generation of Airmen," he said. "The younger generations need to know why and how they fit into the puzzle and what value they bring to the table, organization, and the Air Force. I truly believe that if we can change how we communicate, we can catch mental health issues in advance."

Covacci said he considers Stalnaker a blessing to his unit. "He's altruistic, a true servant leader," he said. "He's spearheading the training efforts to help integrate the younger generation into the Air Force for long term success. It's going to have a wide-spectrum of positive impacts on young guys across the base into the future."

Advocating for invisible wounds: We truly never know what people are going through. Stalnaker wanted to step forward as an advocate for others with invisible wounds, because he wants to be a part of the culture shift in the Air Force.

"Pre-accident, it didn't affect me, so it didn't hold weight," he said. The change of the attitude within my own mind has made me a better person, father, husband, senior NCO. Everything I went through changed my perspective completely. Once I was able to gather my thoughts and reflect on how I was viewed, because I had wounds that didn't make sense, I realized that I needed to do something about changing the culture not only in the Air Force but everywhere. We truly never know what people are going through."

Are you or someone you know suffering from an invisible wound? Access the traumatic brain injury toolkit, find available resources for Airmen in need, and visit the Invisible Wounds Initiative website for more information.

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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.transitions-yoga.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



5 fun ways to get fit

Exercise benefits both the mind and body. Study after study indicates how physical activity can reduce the propensity for illness, boost mood, lower stress levels, and much more. Still, certain people find it difficult to muster the motivation to get up and move.

In 2013, researchers at the Centers for Disease Control and Prevention analyzed data from more than 450,000 American adults ages 18 and older who were randomly polled across the 50 states. Participants were asked about aerobic physical activity outside of their jobs. The findings were eye-opening. Estimates indicated nearly 80 percent of American adults do not get the recommended amounts of exercise each week. People most likely to exercise, according to the CDC study, were between the ages of 18 and 24.

Lack of time and inspiration may be to blame for disinterest in exercise. Boredom with routine and being unaware of alternative fitness regimens also may be contributing factors. Increasing the fun associated with workouts could lead to greater success in or outside of the gym.

1. Do what you enjoy. Wasting time on activities that you don't enjoy may cause you to throw in the towel prematurely. Don't base fitness choices around what worked for others; find things that work for you. Exercise physiologists at John Hopkins Weight Management Center say to start with an activity that you already enjoy, even if it's aligned with the trend of the moment. Chances are you can find a class or make up a routine that works for you.

2. Tweak your playlist.

Music can improve performance during a workout and may actually take your mind off of strenuous or repetitive

activity. Tunes also can be coordinated to the workout. Songs that feature lyrics such as run, punch, push, or groove can reinforce movements in the routine, offers the National Academy of Sports Medicine. Also, tailor songs to coordinate to the beats per minute of different activities. Strength activities and endurance activities can feature songs with higher BPMs.

3. Exercise with friends or a group.

Having other people around can make workouts more enjoyable, and that interaction may spur competition that can make you more inclined to stay the course. People who were in the competitive groups in a study of 800 graduate and professional students at the University of Pennsylvania went to 90 percent more classes than those who exercised independently or were not competitive. The results were published in the journal Preventive Medicine Reports. Competition can be a driving factor in efforts to exercise.

4. Head outdoors.

You may be more inclined to workout if you do so outside. Activities such as hiking, snowshoeing, swimming, and cycling on natural courses can be inspiring and burn calories.

5. Try sports or another activity.

Exercise regimens do not have to include running on a treadmill or lifting weights. All types of activities can work, and some may be more enjoyable to you than traditional exercises. Everything from martial arts to dance classes to volleyball can offer cardiovascular and muscle-building benefits in a fun atmosphere.

Making exercise fun motivates many people to embrace fitness and stick with their workout regimens.



How to maximize your vacation time

Vacation is a time to kick back and enjoy life away from the stress and routine of home and work. Far too often, people do not take enough time to rest and recharge.

A report published by the Center for Economic and Policy Research found that the United States government doesn't mandate any paid vacation from businesses, and most employers that offer vacation time as perks give an average of 10 days. The same report found that Canadian workers are guaranteed two weeks of paid vacation days, with the exception of Saskatchewan, which mandates three weeks.

Even people who earn substantial vacation time each year may still not use those days, with many saying they simply cannot take time off and still complete all of their work. This doesn't have to be the case. Creative travelers can make the most of vacations, even when they only have a few days to do so.

• Plan vacations with holidays in mind. Planning paid time off around holidays can be a smart move when vacation time is limited. Book trips around three-day

weekends and other statutory holiday time to increase days away without digging too much into personal vacation time.

• Take advantage of both weekends. Include both weekends in your vacation. For those with five workdays of vacation time to take, don't forget to flank that Monday through Friday with the Saturday and Sunday preceding it and following it. This affords you nine uninterrupted days of vacation time, which is enough time to travel to an international destination or to enjoy a multi-night cruise.

• Embrace the weekend getaway. Getting away from home can reduce stress and help workers face the upcoming week and feel more rejuvenated. Take advantage of those free Saturdays and Sundays by booking trips that are a short car or plane ride away. When possible, leave on Friday evening and return home on Sunday night to further stretch out time.

• Plan flight times smartly. Increase time spent at destinations by booking early-morning or late-evening flights. This way precious daylight isn't spent

at the airport or in transit.

• Transfer other work perks into vacation time. Speak with your employer to see if you can bargain for more vacation time. A married employee who gets health benefits through a spouse may not need insurance. See if that money saved can be put toward more vacation days instead. Some employers allow flex schedules as well. This means that employees can work longer hours per day in exchange for an extra day off each week or month.

• Build vacation days into business trips. Find out if you can build onto business trips with an extra day or two for leisure. This way you can go sightseeing after putting in your hours for the company. Some families book vacations during business trips, meaning they upgrade to a larger hotel room and accompany the employee to the destination, utilizing whatever time he or she has off for pleasure.

Vacation days are at a premium in North America. But with creativity, time off can be utilized in ways that ensure working professionals get the rest and relaxation they need.

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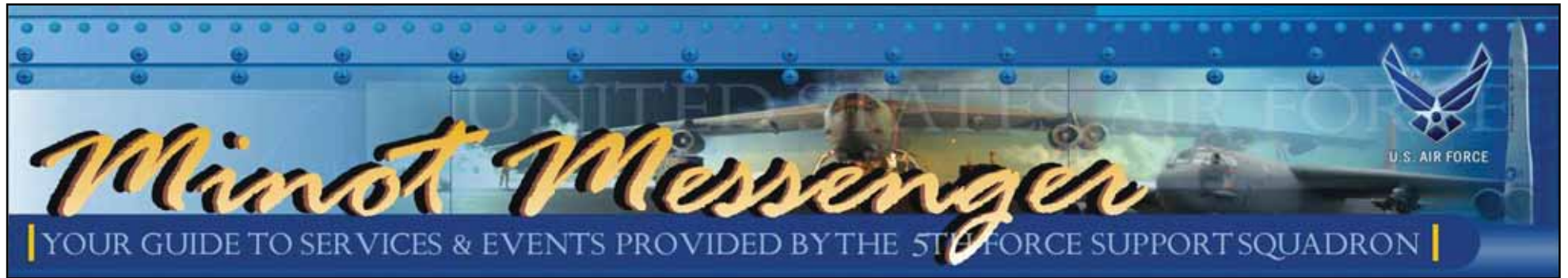
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Operation HEROES Family Deployment Event Deploys June 2

Children at Minot AFB have a chance to deploy to an undisclosed location as part of the Operation HEROES event organized by the Airman & Family Readiness Center. The event provides children of deploying family members a better understanding of what their military parents go through in order to deploy. However, this event is open to all military families regardless if their loved ones are deployed or not.

Operation HEROES will be activated on Saturday, June 2 beginning at 9 a.m. at the Base Theater. Children must pre-register for the event no later than Friday, May 25 by calling or visiting the Airman & Family Readiness Center during normal business hours. The participants will receive their

mobility folder and other deployment items on the day of the event.

Participants will do everything from going through a pre-deployment line to getting their backpacks, shot records, and dog tags. The young "warriors" are given briefings by various base agencies such as finance, public health, and the chapel. All registered "warriors" will be issued military orders, pre-deployment checklists, and more. Participants also receive an opportunity to participate in interactive displays plus touch and ask questions about Minot AFB equipment. All warriors will then meet up for a Operation HEROES Reintegration Party at Bud Ebert Park hosted by the Youth Center. The finale will feature a cookout, K-9 demonstration, and lots of family fun.

The Operation HEROES event is open to children of all ages however youth under age 12 must be accompanied by a parent. With parent's consent, warriors age 11 and up can take part in a top secret mission which will surely test their skills in a deployed setting. Children must be dressed for outdoor activities.

The Operation HEROES Reintegration Party is sponsored by AT&T and North Star Community Credit Union. *No Federal Endorsement of Sponsors Intended.* To sign-up or for more details, call the Airman & Family Readiness Center at 723-3950.

Summer Reading Program Kicks Off June 9 At Base Library

It's almost time for Summer Reading. The Base Library's Summer Reading Program will run from Saturday, June 9 to Saturday, August 18 and is open to all ages from infants to adults. This year's theme is "Reading Takes You Everywhere".

The Summer Reading Program starts with a Kick-off Party at 1:00 p.m. on Saturday, June 9 featuring a variety of travel themed activities including a puppet show as well as an opportunity to register for the Summer Reading Program.

Participants can register for the Summer Reading Program at the Library between June 9 and August 9 or register themselves online at <http://tinyurl.com/MinotLibrary>. While supplies last, everyone who registers at the Library will receive a t-shirt and gift bag.

It doesn't matter what you read or how quickly you can read it; what matters is the amount of time you spend reading. Any reading improves literacy and studies show that children who read recreationally out-perform those who don't.

There are a lot of prizes available for participants to earn including prizes for reaching their reading goals and enter their names into a grand prize drawing. Prizes have been provided by the DoD and through sponsorship from the Minot Spouses' Club. Thanks to Air Force Libraries partnership with USAA, Air Force eligible readers will be randomly selected to win tablets, eReaders, gift cards, and more. *No Federal Endorsement of Sponsors Intended.*

There will be programs all summer long for all age groups. Highlights include: a weekly STEAM program for older kids and teens on Thursdays from June 14 to August 16 at 3 p.m., an around-the-world themed "Library Mini-Golf" program for all ages on June 30, a Board Game Making Camp

for older kids and teens from June 18-30, a Story Walk on July 14, and more. Check out the Library's Facebook page (Minot Air Force Base Library) for program details.

The Base Library is challenging the base's squadrons to a competition to see which squadron participates the most in the Summer Reading Program. The squadron with the most active duty members participating in the Base Library's Summer Reading Program will receive an award certificate and the right to display the Summer Reading Program Squadron Trophy for a year. The 5 BW Staff won the competition in 2017 while 742 MS took home the trophy in 2016. 705 MUNS won the competition in both 2014 and 2015.

The Summer Reading Program will end with a wrap-up party at 1:00 PM on Saturday, August 18. Grand prizes for all age categories will be awarded at that time.

Last year, Minot AFB had 805 total registrations for the Summer Reading Program and logged 1,354,443 minutes read.

For more information, call the Base Library at 723-3344.

Beach Party Barbecue First Friday Coming To Doolittle Center

The Jimmy Doolittle Center invites you to enjoy a special Beach Party Barbecue First Friday event on Friday, June 1 from 4-10 p.m.

Bring the whole family for the delicious buffet along with a bounce house, corn hole, toys, a variety of games, water guns, scavenger hunt, and a live DJ. Buffet hours are from 4-7 p.m. Cost is FREE for Club Members and their family, \$7 for adult non-members (13 years & older), \$3 for children of non-members 6-12 years of age, and FREE for children of non-members age 5 and under. For more details, call 723-3731.

CLUB MEMBER DRAWING ON FRIDAY, JUNE 1 WILL BE FOR \$1,800.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, June 1 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can now sign-up for **2 FREE games of bowling per day from now - August 31, 2018**. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit www.kidsbowlfree.com/AirForce website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$29.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

Rough Riders Pizza Early Closing

Rough Riders Pizza and the Lil' Riders Indoor Playland will be closing at 4 p.m. on Wednesdays during the month of May.

Youth Outdoor Soccer Registration

The Youth Center is holding Youth Outdoor Soccer registration from now - May 31 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 August 1. For more information, please contact the Youth Center at 723-2838.

PAINTBALL CAMP

PAINTBALL 101 June 4-8 9:00-11:30	PAINTBALL 102 July 9-13 9:00-11:30	PAINTBALL 103 July 30-Aug 3 9:00-12:00
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All camps are for ages 9+

Members \$20 per camp \$50 for all 3 camps	Non-Members \$40 per camp \$100 for all 3 camps
---	--

SPOTS LIMITED CALL 723-2838 TO REGISTER TODAY!

May 26 Memorial Day Golf Scramble

The Rough Rider Golf Course is hosting the Memorial Day Scramble on May 26 beginning at 9 a.m. This is an 18 hole, four person scramble. Entry fee is \$30; green fees and cart rental not included. Please call ahead to reserve your team slot by 5 p.m. on May 25. The tournament is limited to the first 18 teams to sign up. Check-in starts at 8 a.m. Call the Rough Rider Golf Course at 723-3164 for additional information.

U.S. Kids Golf Provides Great Opportunity For Minot AFB Youth

Learning to play golf is a tremendous challenge for every beginner. For kids, the challenge is even greater. The length of the golf course and the complexities of instruction can be discouraging and possibly turn them away from golf forever. The Rough Rider Golf Course has just the program you need to teach your child the game of golf which they can enjoy for a lifetime.

The U.S. Kids Golf Program features three different sessions spread throughout the spring and summer allowing youth ages 6 and older to choose the clinic that best fits their schedule. Sessions will be held June 11-22 (register by June 4), July 9-20 (register by July 2), and August 6-17 (register by July 30); session times are 5-6 p.m. or 6-7 p.m., Monday, Wednesday, and Friday. Space is limited; first come first served. At the end of each session, a golf outing for the junior golfers will be held with food and refreshments.

The program focuses on teaching youth how to golf using clubs fitted especially for them. For only \$125.00, each child receives their very own set of starter golf clubs, golf instruction by a experienced golf instructor, and on course playing time. For additional information, contact the Rough Rider Golf Course at 723-3164.

Outdoor Rec Offering Zip-Lining & Whitewater Rafting Trip

ZIP-LINING AND WHITEWATER RAFTING TRIP
AT MONTANA'S GALLATIN RIVER
TRIP DATES: JUNE 22-25
REGISTER: MAY 25-JUNE 15

Kick off summer with a whitewater rafting and zip line adventure in Bozeman, Montana! Spend the 23rd rafting on the Gallatin River, followed by a breathtaking zip-line tour of the Gallatin on the 24th. Price includes transportation, rafting & zip-lining experiences, one night camping in the great outdoors, and two nights stay at the hotel.

COST	ACTIVE DUTY & DEPENDENTS	ALL OTHER DoD ID CARD HOLDERS
SINGLE ROOM: \$185/PERSON	\$80/PERSON	\$141/PERSON
DOUBLE ROOM: \$115/PERSON	\$55/PERSON	\$115/PERSON
TRIPLE ROOM: \$95/PERSON	\$45/PERSON	\$105/PERSON
QUAD ROOM: \$80/PERSON	\$35/PERSON	\$90/PERSON

SPACE IS LIMITED!
For more information or to register, contact Outdoor Rec at 723-3648

Outdoor Recreation invites you to enjoy their Zip-Lining and Whitewater Rafting trip on June 22-25 to Bozeman, Montana. Spend June 23rd rafting on the Gallatin River, followed by a breathtaking zip-line tour of the Gallatin on June 24th. Price includes transportation, rafting & zip-lining experiences, one night camping in the great outdoors, and two nights hotel stay.

Costs for active duty and dependents are \$80/person quad room, \$95/person triple room, \$115/person double room, and \$185/person single room. Costs for all other DoD ID card holders are \$340/person quad room, \$352/person triple room, \$375/person double room, and \$441/person single room. Registration is from May 25 to June 15. Space is limited, so sign up today. The trip is part of the Recharge For Resiliency initiative. For more details, call Outdoor Recreation at 723-3648.

For 5th Force Support Job Opportunities, visit www.nafjobs.org

Pre-Register May 23-June 14 at the Youth Center. On-Site Registration available.

2 Obstacle Courses
• Ages 2-5
• and 6+

COST
2 canned food donations for Food drive, to be distributed to local shelters
free for deployed (must show proof of deployed spouse)

723-2838

2018 Power of Youth Mini Mudder
June 15 Mud Run starts 6:00PM
Sign-ins start at 5:00pm on June 15

Located In the field behind the shopette

If you're not MUDDY, you're doing it WRONG!

SPONSORED BY **STRATA**

NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

YOUNG AIRMEN EVENTS & PROGRAMS

Jun 1 First Friday 5K Fun Run

The Fitness Center invites you to their First Friday 5K Fun Run on June 1 beginning at 7:30 a.m. at the Fitness Center. The events feature awards for the fastest male and female at each run. The June event will feature a Caesar theme so break out the togas or any Roman Empire gear. For more details, call the Fitness Center at 723-2145.

Jun 18-21 Off-Base Budget Classes

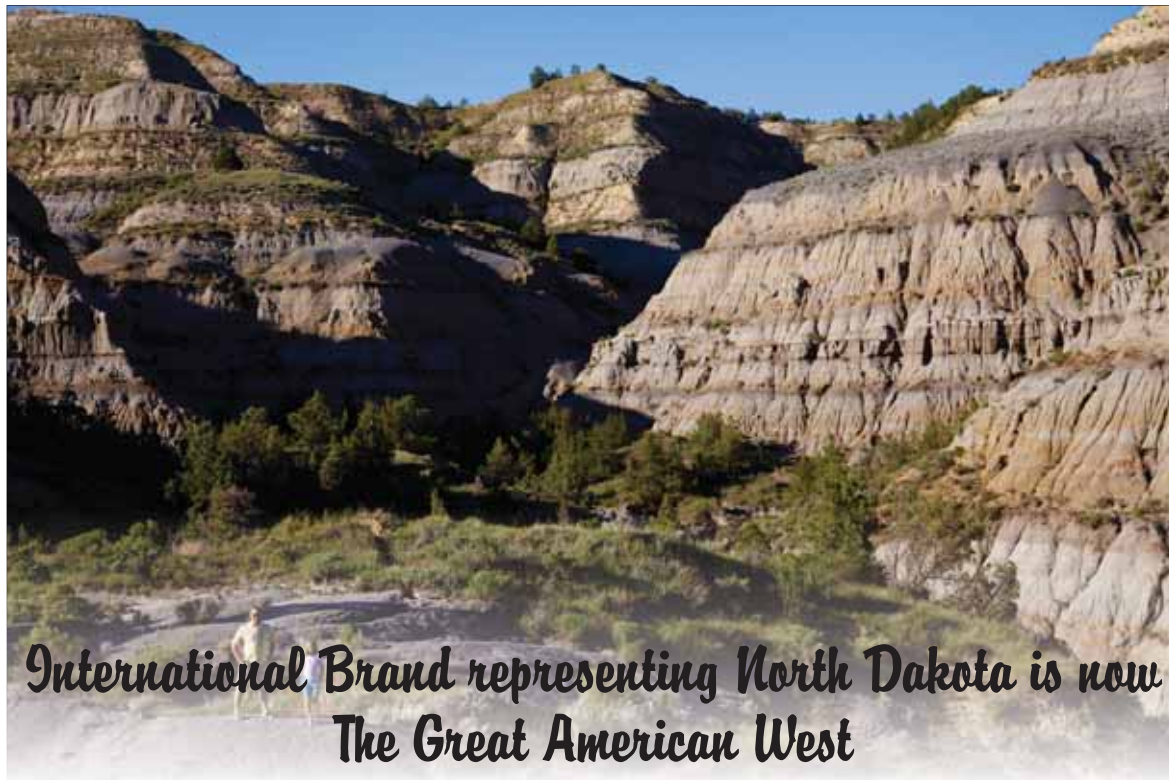
Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on June 18, 19, 20 & 21 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their 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 to help fit your busy schedule. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

MEMORIAL DAY
Honor the Brave
May 28, 2018
Lunch Special
1030-1330
At the Dakota Inn Dining Facility

Jun 10 Pride Of America Golf Scramble

The Rough Rider Golf Course hosts the Pride of America Scramble on Sunday, June 10 beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18 hole, four person scramble is sponsored by Ryan Family Dealerships. Entry fee for the tournament is \$30; green fees and cart rental not included. Registration is open now until June 8 at 5 p.m. Call 723-3164 for additional details. *No Federal Endorsement of Sponsor Intended.*

Visit our website at www.5thforcesupport.com



International Brand representing North Dakota is now The Great American West

Five-State Regional Cooperative Unveils Rebrand in Inbound Tourism Markets

NORTH DAKOTA LEGENDARY

Bismarck, ND — North Dakota Tourism — along with its international marketing partners of Idaho, Montana, South Dakota and Wyoming — is pleased to announce a new name and brand identify, The Great American West, that is being used to market the five-state region internationally.

“The Great American West brand captures the essence of this five-state destination,” North Dakota Tourism Director Sara Otte Coleman said. “This new brand will allow us to stand out in a very competitive international marketplace and showcase the stories of the diverse experiences that inspire travel in our region.”

Encompassing Idaho, Montana, North Dakota, South Dakota and Wyoming, the region was previously known as Real America. Starting today with its

official relaunch, The Great American West brand will be used to strategically market North Dakota to tour operators, consumers and media.

“Fargo is happy to be one of the gateways to “The Great American West,” Fargo-Moorhead CVB President Charley Johnson said. “We know the new brand will strengthen the region’s overall appeal to international travelers who are searching for authentic adventure and cultural experiences, “The Great American West” is a wonderful complement to our “North of Normal” approach to hospitality!”

Formed as a multi-state international promotional cooperative in the early 1990s, the region has been marketing collectively for more than 27 years in seven key markets, including the United Kingdom, Germany,

Australia, France, Italy, Benelux and Nordics.

“We are excited for the new branding and name change from The Real America to The Great American West,” said Sheri Grossman, Bismarck-Mandan Convention and Visitors Bureau CEO. “They strive to increase international visitation which fuels local economies like Bismarck-Mandan. It also creates new opportunities to showcase our Native American culture, outdoor experiences, booming downtowns and historic sites along our beautiful Missouri River.”

For more information about North Dakota’s international marketing program and efforts, visit <http://www.ndtourism.com/content/international>. Learn more about The Great American West at www.GreatAmericanWest.co.



Hayley's Famous Cinnamon Rolls



INGREDIENTS:

- | | |
|--|--|
| 2 cups Warm Milk (microwave for 90 seconds, then test) | 4-5 Tablespoons Cinnamon |
| 3 Tablespoons Yeast | Cream Cheese Frosting: |
| 1 cup Sugar, divided | 1 cup Butter, softened |
| 4 Eggs | 1 - 8-ounce pkg. Cream Cheese, softened |
| 3/4 cup Butter, melted | 5 1/2 cups Powdered Sugar |
| 2 teaspoons Salt | 1 teaspoon Vanilla |
| 8 1/2 - 9 cups Flour | *If you want to make a smaller batch of cinnamon rolls, feel free to cut the recipe in half. |
| Brown Sugar Filling: | |
| 1/2 cup Butter, softened | |
| 2 3/4 cup Brown Sugar | |

INSTRUCTIONS:

Preheat oven to 200 degrees. Place milk in microwave-safe bowl. Microwave for about 90 seconds or until the milk is warmed. Add yeast and stir. Place 1 cup of sugar in measuring cup. Scoop out 2 Tablespoons of sugar from measuring cup and place in a bowl. Stir. Let yeast proof for 5-10 minutes. Meanwhile, add remaining sugar, eggs, melted butter, and salt in large mixing bowl. Once yeast is activated, add mixture to a bowl. Stir in flour, 3 cups at a time. Watch for the dough to start coming off the sides of the bowl. Once the oven is preheated to 200 degrees, turn OFF oven. Place dough in an oven-safe bowl. Cover bowl with a moist towel. Put in oven to rise for 1 hour to double in size. Once the dough has doubled in size, roll out on a floured surface into a large rectangle. Spread softened butter all over the dough. Place brown sugar and cinnamon in a bowl. Sprinkle over dough. Tightly roll up dough and slice into rolls. Place on greased baking sheets and cover loosely with towel or saran wrap. Let rise for at least 1 hour. Bake at 400 degrees for 9-12 minutes. To make frosting: Cream together butter and cream cheese for 2 minutes. Stir in powdered sugar and vanilla. Spread over slightly cooled cinnamon rolls. Serve warm.

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Featuring Jazz, Ballet, Lyrical, Contemporary, Hip Hop, Tap and Musical Theater styles through the artistic vision of Joshua Wise.

June 2nd
2:00pm & 7:00pm

June 3rd
2:00pm

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Minot State University

tickets:

Gold Level Seats: \$20
Silver Level Seats: \$15
*all seating is reserved

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or via the link on our website
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www.dancewithstudiox.com

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ON SALE MAY 21

Come early to play and dine with us. Grab your tickets before the crowd at the Players Club!

ACM New Vocal Group of the Year

STAY & PLAY: 2 Gold tickets, hotel room and \$20 in slot play
FUN BUS: Bus ride, 1 Gold ticket, 2 drinks and \$20 in slot play

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Bus ride, 1 Gold ticket, 2 drinks and \$20 in slot play

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ROPING COMPETITION

9 AM each day at the event center!

JUNE 1-3
TOP 40 FINALE
SATURDAY, JUNE 2, 7 PM
Tickets \$15/Person Free/6 & Under

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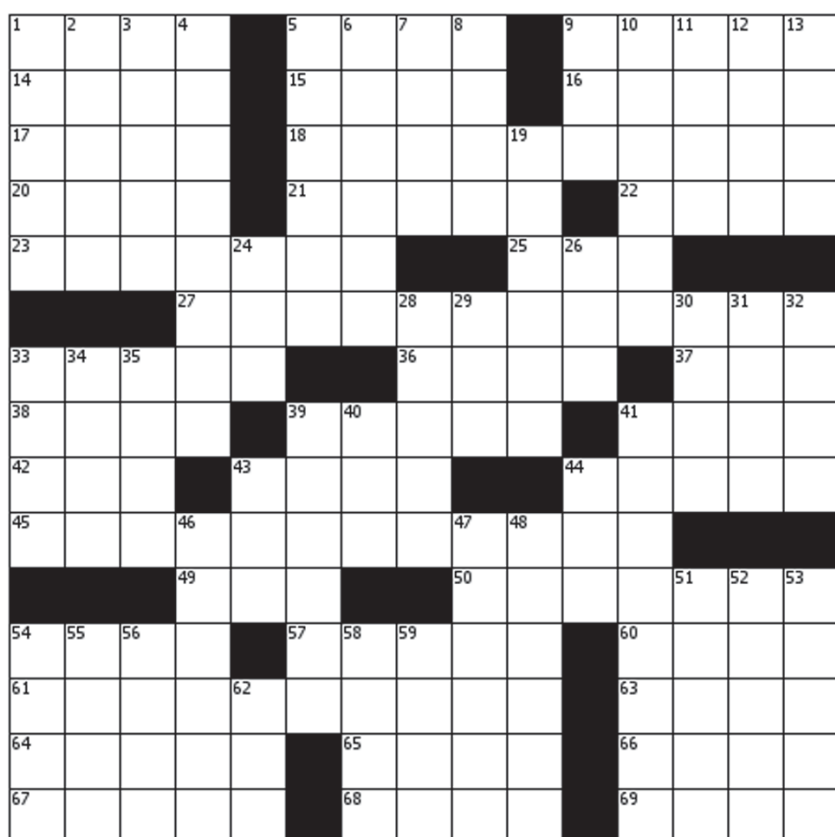
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VISIT 4BEARSCASINO.COM FOR DETAILS AND CHECK US OUT ON SOCIAL MEDIA.

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

CROSSWORD PUZZLE

- Across**
- About-face
 - Father of Thor
 - Nudniks
 - Overhaul
 - Woman with a swan
 - Void
 - "___ do you good!"
 - Spot for an olive
 - Hamilton's last activity
 - Not as suntanned
 - Non-news page
 - Logician's phrase
 - It may follow a dot
 - Every bit
 - City that Lot fled
 - Low dam
 - Anaconda, for one
 - Irritating snob
 - Writer of "The Age of Reason"
 - Out of shape
 - Season opener?
 - Phooney!
 - Fracas
 - Community on Biscayne Bay
 - Trap
 - Catherine, notably
 - God of love
 - Veejay's kin
 - Cad
 - A real turkey!
 - Region
 - Mosquitoes' calling cards
 - Friend for a fille
 - Appendage
 - Saw wood



- Down**
- Artist Kahlo
 - Abate
 - One with time to spare
 - Frog, almost
 - Seasoned veteran
 - Knock off track

- Paean to country life
- Newborn's acquisition
- Tiger feat
- Bury in a pyramid
- Sewing circle sound
- Glee club selection
- Coasted
- Comic teenager since 1941

- Measure of resistance
- Above, poetically
- First-ever NBA lottery pick
- Pres. hopeful, often
- Shepherd of Genesis
- What Old Mother Hubbard's dog got
- Horse race position
- Design description
- Roughly
- Platter
- Twain hero
- Craftsmanship
- Oktoberfest hangout
- Crime scene evidence
- Game superstar
- Mollusk with an irregular shell
- Bring to shore
- Egg foo yong, e.g.
- Like some Poe tales
- Looks to be
- Chunks
- Abates
- Havoc
- Composer Klemperer
- Degrees for many a CPA
- Showed up
- Legal conclusion?

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE

SOLO: A STAR WARS STORY (PG-13)

FRIDAY, MAY 25 • 1800
 SATURDAY, MAY 26 • 1400
 AND 1700
 SUNDAY, MAY 27 • 1500

“During an adventure into a dark criminal underworld, Han Solo meets his future copilot Chewbacca and encounters Lando Calrissian years before joining the Rebellion.”



TODAY

- AFGSC Family Day – for full listing of 5th Force Support Squadron facility hours, visit 5thforcesupport.com
- Fit to Fight, 1100, Fitness Center
- Cycle, 1200, Fitness Center
- EFMP Adult Art Group, 1700-1900, A&FRC, held at the BBC Community Center
- Yoga, 1700, Fitness Center
- Zumba, 1800, Fitness Center

SATURDAY

- For full listing of Memorial Day holiday weekend hours for 5th Force Support Squadron facilities, visit 5thforcesupport.com
- Memorial Day Golf Scramble, 0900, Rough Rider Golf
- Yoga, 1000, Fitness Center
- Rockers Dining Room Open, 1600-2100, Rockers Bar & Grill
- Hip Hop All Nighter, 2300-0300, Rockers Bar & Grill

SUNDAY

- For full listing of Memorial Day holiday weekend hours for 5th Force Support Squadron facilities, visit 5thforcesupport.com
- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center

MONDAY

- Memorial Day
- For full listing of Memorial Day holiday weekend hours for 5th Force Support Squadron facilities, visit 5thforcesupport.com
- 2018 Intramural Softball Season Begins
- Memorial Day BBQ Event, 1030-1330, Dakota Inn Dining Facility

TUESDAY

- Kids Bowl Free Program, 0900-1400, Bowling Center
- Game Day, 1000-1930, Base Library
- Olympic Lift Training, 1300, Fitness Center
- Newbery Book Club, 1530, Base Library
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center

WEDNESDAY

- Last Day for athletes to register for Armed Forces Golf Championship
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Kids Bowl Free Program, 0900-1400, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library

- Fit to Fight, 1100, Fitness Center
- Cycle, 1200, Fitness Center
- Pre-Deployment/ Remote 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
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center
- Tactical Strength and Fitness, 1930, Fitness Center

THURSDAY

- Last Day for Free Stall Fee with Purchase at Auto Hobby
- Last Day to register for Youth Outdoor Soccer at the Youth Center
- Last Day to Submit photos for the Air Force Photo Contest
- Kids Bowl Free Program, 0900-2100, Bowling Center
- Yoga, 1000, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Monthly BGCA Awards/Recognition Preteen and Teen, 1700, Youth Center
- “Have a Ball” Summer Bowling League, 1830, Rough Rider Lanes

UPOMING EVENTS - JUNE 1

- First Friday 5K – Caesar Run, 0730-0830, Fitness Center
- Kids Bowl Free, 0900-2100, Bowling Center
- Kids Summer Bowling begins, 0900-1400, Rough Rider Lanes
- Free Range Balls for Juniors begins, 1200-2100, Rough Rider Golf
- Beach Party Barbecue First Friday, 1600-2200, Jimmy Doolittle Center
- Keystone Meeting, 1600, Youth Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Zumba, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - JUNE 2

- Operation Heroes, 0900-1400, Base Theater
- Tactical Strength & Fitness, 0900, Fitness Center

Center

- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Operation Heroes Reintegration Party, 1215, Bud Ebert Park
- Bowl the Night Away with “Lights & Strikes”, 2000-2400, Rough Rider Lanes

ONGOING EVENTS

- Rough Riders Pizza Special May Special – Early Bird Pizza A mouth-watering twist on the classic Biscuits & Gravy breakfast! This pizza features a creamy white gravy base loaded with Italian sausage, crumbled bacon, & scrambled eggs. Cheddar cheese and a final drizzle of gravy top off this month’s special! June Special – Chicken Caesar Pizza A delectable twist on the classic Caesar salad! This pizza begins with a Caesar dressing base layered with crispy bacon, diced chicken, and topped with shredded parmesan and mozzarella cheese. A sprinkle of Italian seasoning completes this delicious dish. 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 May Special – Peaches ‘n Cream Get your taste buds ready for summer with May’s drink special! Whole milk & peach syrup create a delicious blend with vanilla bean powder & frozen peaches. B-50 Brew’s home-made vanilla whipped cream adds the perfect finishing touch! June Special – Mocha Almond Coconut Protein Frappuccino Get energized with June’s drink special! This delicious blend begins with a coconut milk base combined with almond & mocha syrups, scoops of protein, and is topped off with tasty whipped cream and chocolate shavings! Grande \$5.00 Venti \$5.50
- Auto Hobby May Specials May 15-31 Free stall for one hour with purchase of oil & filter from Auto Hobby! *minimum 5 quarts
- Kids Bowl Free Bowling Special – May 1st through August 31st Don’t miss out on this year’s Kids Bowl Free program! Just go to www.kidsbowlfree.com/airforce to register children 15 and under! Then, receive each child’s passes by email for 2 FREE GAMES A DAY! Offer Valid: Monday-Wednesday: 9am-2pm Thursday-Friday: 9am-7pm For more information, call 727-4715
- 2018 Air Force Photo Contest Participate in the 2018 Air Force Photo Contest! This year’s theme is FREEDOM, so get those cameras shooting! Submissions for photos open today and run through May 31. Categories include Adult: Novice & Accomplished, and Youth: Teens, Pre-teens, & Children. Prizes will be awarded in each category! For more information, check out MyAirForceLife.com/Photo-Contest

MAIN STREET BOOKS MAY 2018 EVENTS


- Saturday, May 26 @ 11:00 Storytime - Where the Wild Things Are Story Time with Cassie. All ages are welcome and there will be a snack and activity provided.
- Friday, June 1 @ 10:30 & 11:30 Storytime - Come and enjoy Storytime at Main Street Books. Join us for songs, rhymes and interactive rhymes and stories. We have a 10:30 story time for ages birth - 4yrs. and an 11:30 story time for ages 4+. All ages are welcome to both half hour story sessions. See you here!

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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.

COME WITH US THROUGH TIME TO DISCOVER JESUS FROM ETERNITY PAST TO ETERNITY FUTURE AT ST. MARK'S LUTHERAN CHURCH!

VBS 2018 will be held on Sunday, June 3rd - Thursday, June 7th for all children ages three to 5th Grade. A small meal will be served at 5:30 PM every night with learning, music and crafts starting at 6:00 PM to 8:00 PM. So head our way and get ready to launch into hyper-drive as we take off for Time Lab! Let's go! Call the church office at 839-4663 to sign up today! St. Mark's is located at 2209 4th Ave NW in Minot.



Raffle to Benefit CancerCare Patients

5

Raffle Tickets

for

\$20

or

\$5 each

Only 2000 tickets will be sold!

Raffle Prizes include:

1. 8 Disney World 1 Day Park Hopper Passes (\$1,360.00)
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6. 4 Bears Stay & Play Package (\$255.00)
7. Easy Street Tabletop Electric Grill (\$150.00)
8. NDSU Autographed Football (\$150.00)
9. Bennington Golf Bag (\$150.00)
10. Sterling Silver Beaded Yellow Bangle (\$135.00)
11. 2 Norsk Hostfest Great Hall Concert Tickets (\$134.00)
12. Autographed UND Hockey Jersey (\$125.00)
13. Radio Flyer Wagon (\$100.00)

City of Minot Permit # M-3622

Get Your Tickets Today!

Drawing will be held at the conclusion of Building Hope Women's Golf Tournament.

Monday, June 18, 2018, 6:00 p.m., Souris Valley Golf Course, Minot. Need not be present to win.

You must be at least 18 years of age to purchase a ticket or win a prize.

To Purchase Tickets Call Trinity Health Foundation

Al Evon 857-5432 or Cody McManigal 857-2430

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 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: Worship 10:00 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 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 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets Associate Pastor Ellery Dykeman</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 9:00 am Sunday Fellowship 10:00 am Wednesday Worship 6:45 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>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 <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.minotrcbc.org email: rcbc@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></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>

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 11

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MLS #181187



\$264,900

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MLS #181109



\$205,000

IN SURREY - 4 bedroom, 1 3/4 bath split foyer home. Custom kitchen cabinets. Deck off dining room. Daylight lower level family room, 2 bedrooms, 3/4 bath and laundry. Double garage.

MLS #180010



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GREAT STARTER - 3 bedrooms and full bath on main level. Updated kitchen and dining room. Walkout basement has master suite with deluxe bath. Lower level laundry/shop. Large lot.

MLS #180493



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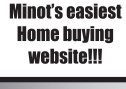
\$169,900

IN MOHALL - 3 bedroom, 1 3/4 bath home. Oak cabinets in kitchen. Master bedroom suite. Lower level family room, bath and laundry. Large deck. Detached double garage.

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Ali Ryan
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For more information contact:
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through valor made,

A debt too deep
to be repaid,

From their courage
freedom born,

To remember them
the poppy worn.



MEMORIAL DAY 2018

#PoppyInMemory