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Minot AFB



Videos

Women empowerment in the military

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

MINOT AIR FORCE BASE, N.D. --

Minot Air Force Base and Grand Forks AFB came together for the 3rd annual Women's Symposium in Devil's Lake, North Dakota, June 1, 2018.

During the symposium, roughly 50 female active duty military members, Department of Defense civilians and military spouses joined together to discuss strategies to empower women through everyday situations and life choices.

"It's a good avenue to help women deal with daily stressors in and around the military," said Master Sgt. Kirsten Petersen, 5th Bomb Wing inspection team chief. "We want to help them think of ways to handle it and know there are other women going through the same issues."

Guest speakers from Grand Forks AFB, Minot AFB and the city of Minot went over spiritual resiliency, nutrition-on-the-go and internet safety.

Additionally, a women's panel was introduced to answer any questions attendees had about women issues within the military.

Rosanne Callens, a motivational speaker, financial counselor and success and life coach, closed the symposium with her interactive presentation

"Behind the Mirror – What's on your Billboard," presented to help women think more positively about themselves and their situations.

"We tend to focus on everything we aren't doing rather than what we are doing

right," said Callens. "It takes practice and active thinking to focus on our strengths rather than our weaknesses."

Minot AFB and Grand Forks AFB are planning to hold the women's symposium annually.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS
Tech. Sgt. Casey Heinz, 5th Maintenance Group NCO in charge of scheduling, speaks during the 3rd annual Women's Symposium at Devil's Lake, ND. The symposium was a day-long women's forum to discuss issues affecting active duty military, Department of Defense civilians and military spouses.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS
Four volunteers conduct a women's panel during the 3rd annual Women's Symposium at Devil's Lake, North Dakota, June 1, 2018. Symposium attendees could ask any questions to the volunteers for assistance and guidance through various life situations.

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MINOT, NORTH DAKOTA

Airmen trust training, save child

SENIOR AIRMAN JANIQUEA P. ROBINSON | 23D WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. (AFNS)

-- It was chaotic. People were screaming. There was smoke coming out of the large sports utility vehicle that was smashed against a tree at the in front of a forest. A frantic woman clutching a child panics and cries for help near the vehicle.

Miraculously, three Moody Air Force Base Airmen with life-saving medical knowledge were in the traffic caused by the accident and rushed in to help.

"I ran into the woods and on the ground was this young two-year-old, just laying in the wooded area, struggling to breathe," said Capt. Lakeatta Tonge, 23d Medical Group education and training flight commander. "As a mother it was gut-wrenching. We are in the middle of nowhere and his injuries were very significant ... there is very little I can do in a field with no equipment."

Tonge immediately began assessing the child's injuries.

"I went down to him and at that time all I could see was me and this baby," said Tonge, a labor and delivery nurse by trade. "I realized his left leg was amputated and as I'm taking off my belt to stop the bleeding, another NCO shows up."

Tech. Sgt. Jose

Obregon, 347th Operations Support Squadron independent medical technician, saw the uncontrolled bleeding and told Tonge he had a tourniquet in his car.

As an IDMT and Tactical Combat Casualty Care instructor, Obregon is knowledgeable about combat casualty training; designed to prevent him from getting 'tunnel vision', which could inhibit him from noticing other wounds.

"We have a method to assess and treat the most life-threatening injury first and that's what made me do a quick body sweep," Obregon said. "I quickly put a tourniquet on and began taking care of the breathing."

At that time Staff Sgt. Rickey Usinger, 23rd Maintenance Operations Flight auxiliary instructor, who teaches basic, life-support courses like self aid buddy care and CPR, arrived on scene.

"As I got into the woods I announced 'I'm here and CPR qualified what do you need me to do'," Usinger said. "They were fitting the tourniquet on his limb and I performed the jaw-thrust technique to open his airway."

Usinger also provided a one-way mouth barrier so Obregon could begin respirations, while Tonge assisted by making sure the air was entering the child's lungs.

"At the time I honestly couldn't tell if my breathing was good because the baby was so small that I couldn't see the chest rising and falling," Obregon added. "So, she gave me clarification as to whether my breaths were good or not."

They all suspected the child had a traumatic brain injury because of the mechanism of injury. After removing the clothing, they found the child also had a fractured clavicle with internal bleeding and a shattered humerus.

"One of the first responders was on his radio trying to get the nearest hospital to respond," Tonge added. "They came across the radio saying they wouldn't be able to get to us within the next 15 minutes because they were on another call."

"At that time we cared for the baby for about 20 minutes," Obregon said. "Just us, in the forest, waiting on emergency services to arrive. During my second deployment I was exposed to a lot of mass casualties, but nothing like in a forest it's you with this patient and you're sitting there 20 minutes with what you got."

As they continued treatment, the child began to respond and was soon airlifted to the University of Florida Shands Hospital in Gainesville. Obregon credits the fundamentals of his training for giving him the ability to help.

"Simple things helped save that child's life, like knowing how to correctly use a tourniquet, opening an airway and knowing that this patient is going to be in a better situation as opposed to me not being there," Obregon added. "I'm just glad I was there. I know there was nowhere else in the world that I needed to be except right there."

Usinger expressed his pride in being able to help someone in need.

"I did it because it was the right thing to do," Usinger added. "If I was in (those) woods I would hope and pray that someone would come and help me. If I can't do it for someone else, how can I expect that for me or my family?"

Tonge expressed her pride in their abilities as military members to adapt and trust one another in a time of crisis.

"Well, that's what we're trained to do," Tonge said. "As military medics when we deploy, when we go to unknown areas you don't know your team but I knew we were trained, so I trusted the training."

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FACEBOOK

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TODAY

- Last day to register for Whitewater Rafting & Zip Lining Trip, Outdoor Recreation
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Keystone Meeting, 1600, Youth Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- EFMP-FS Peer Support Group, 1700-1800, A&FRC
- Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center
- Youth Mini-Mudder 2018, 1800, located in the field behind the shopette, hosted by the Youth Center
- Zumba, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Father's Day Bowling Special, 1700-2000, Rough Rider Lanes
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

SUNDAY

- Father's Day
- Father's Day Golf Lessons, 0900-1400, Rough Rider Golf Course
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Family Zumba, 1400, Fitness Center

MONDAY

- Registration opens for Whitewater Rafting & Horseback Riding Trip at Outdoor Recreation
- Tactical Fitness, 0600, Fitness Center
- Kids Bowl Free, 0900-1400, Rough Rider Lanes
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Auditions for the Missoula Children's Theatre Camp begins, 1000, Youth Center
- Taste of Italy, 1030-1330, Dakota Inn Dining Facility
- Power Zumba & Core, 1100, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Reintegration Briefing, 1300, A&FRC
- Board Game Making Camp, 1500, Base Library
- Zumba, 1730, Fitness Center
- Knitting Club, 1800, Base Library
- Yoga, 1830, Fitness Center
- Tactical Strength & Fitness, 1930, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Fit Family Bootcamp, 0900, Fitness Center
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Game Day, 1000-1930, Base Library
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center

WEDNESDAY

- Last Day to register for June Creative Kids Class at Arts & Crafts
- Tactical Fitness, 0600, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Club Member Benefit, Every Wed, 0900-1400,

Rough Rider Lanes

- Kids Yoga, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Power Zumba & Core, 1100, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Pre-Deployment/ Remote Readiness Training, 1300, A&FRC
- Board Game Making Camp, 1500, Base Library
- 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 Fitness, 1930, Fitness Center

THURSDAY

- Career Technical Training, 0800-1600, held at Education Center, hosted by A&FRC
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Creative Kids Class, 1030-1100, Arts & Crafts
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Reintegration Briefing, 1300, A&FRC
- STEAM Around the World, 1500, Base Library
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- "Have a Ball" Summer Bowling League, 1830, Rough Rider Lanes

UPOMING EVENTS - JUNE 22

- Last day to register for the June Picture Framing Class at Arts & Crafts
- Last day to register for the 4th Annual Summer Games at the Fitness Center
- Career Technical Training, 0800-1600, held at Education Center, hosted by A&FRC
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Board Game Making Camp, 1500, Base Library
- Ground Zero Lounge Open, 1600, 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
- Missoula Children's Theatre Camp Performance – King Arthur's Quest, 1530, Youth Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center
- Zumba, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - JUNE 23

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- EFMP-FS Zoo Event: Party with a Prairie Dog & World Giraffe Day, 1100, held at the Roosevelt Park Zoo, hosted by A&FRC
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Baby & Me Story Time, 1530, Base Library
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

ONGOING EVENTS

- Rough Riders Pizza 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 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 June Specials June 1-16 Lift Stall Special. Receive \$1 off Lift Stalls* Regular price \$6/hr. Now only \$5/hr. Must mention ad to get special price! *Does not include lifts used for oil changes
- 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

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THE INTERNATIONAL PEACE GARDEN IS CELEBRATING GARDEN DAYS

on June 16 & 17. We will have presenters: Mick Mansfield on backyard composting, Taz Stuart on Responsible Pest Management, and Kitty Torkelson on Shade gardening. It all starts at 11:00 am Saturday June 16, we will have food vendors, kid's activities. The Conservatory, gift shop will be open and the Café will have a Father's Day buffet on Sunday, June 17. For more information call 701-263-4390 or www.peacegarden.com.

MAIN STREET BOOKS STORY TIME 6/16/2018 11:00 AM - 12:00 PM

Main Street Books 8 Main St S, Minot, ND 58701 Join us at 11 am today for storytime with Ms. Cassie. This will be an active storytime with songs and fingerplays and (of course) a story or two or three. Ms. Cassie is looking forward to seeing you here. <https://www.facebook.com/mainstreetbooksminot/>

COOK CAR CHILI CHALLENGE 6/16/2018 1:00 PM - 4:00 PM

Ward County Historical Society 2005 Burdick Expy E, Minot, North Dakota 58701 Do you think you make the best chili in Ward County? Come out to the Cook Car Chili Challenge on Saturday, June 16, starting at 1 PM, and find out! This event, which highlights the Cook Car at our Pioneer Village Historical Museum, is free to the public, but freewill donations are accepted and appreciated as they help us maintain the Museum. Teams can enter their chili for a \$15 entry fee. Those in attendance can vote on their favorite chili and the winner will get half of the Chili entry fees; the other half will go to the Ward County Historical Society. To register, visit wardcountyhistoricalsociety.com and click on the "Cook Car Chili Challenge" tab.

MINOT PUBLIC LIBRARY HOSTS T-SHIRT DESIGN WORKSHOP 6/16/2018 3:30 PM - 4:30 PM

Minot Public Library 516 2nd Ave SW, Minot, ND 58701 Join us in MPL's Makerspace and create your own custom T-shirt using a die-cutting machine and heat-transfer vinyl. This FREE event is open to adults and teens ages 12 and up. Bring your own solid-color cotton T-shirt and we will provide everything else! Please call the library at 852-1045, to register as there is limited space! Sponsored by Minot Public Library. <https://www.facebook.com/events/807059312816174/>



St. Mark's VBS Youth Took on the RPZoo \$13 Match Challenge!

ST. MARKS LUTHERAN CHURCH

Psalm 50:10-11: "For every beast of the forest is Mine and the cattle on a thousand hills.

I know every bird of the mountains, And everything that moves in the field is Mine."

The children attending St. Mark's Lutheran's VBS this past week were challenged by the VBS

Committee to take on the theRPZoo\$13 Match

Challenge started by Peyton and Collin's allowance money!

(check this challenge out on the Roosevelt Park Zoo's Facebook page). The children brought in money during the week and an offering was taken during their program on Thursday evening. To add to this challenge, the

St. Mark's congregation had donated through the 9-1 program leading up

to VBS. For every \$10 a church member donated to the church to help offset the cost of VBS, a dollar was set aside for the service project, "Helping God's Creatures by donating to the New Habitat for a New Century at the Roosevelt Park Zoo". A check in the amount of \$381.00 was presented to Becky Dewitz, the Zoo Director and St. Mark's Lutheran Church Member during the evening program.

MSU biology students search for answers to meth addiction in genetics research

MINOT STATE UNIVERSITY

MINOT, N.D.

—Methamphetamine use continues to devastate communities and the lives of individuals across the nation leaving many scrambling for solutions to the problem. Biology students at Minot State hope to contribute to those solutions by conducting in-depth research to find a genetic link that explains why some people become severely addicted to the drug.

These efforts come at a time when North Dakota has seen a rise in meth addiction, and meth-related crime. According to a 2017 article in the Bismarck Tribune, methamphetamine remains the most commonly used hard drug in the region, and meth incidents have risen each year since 2012.

Recognizing the scourge of meth addiction, Minot State biology professor Zeni Shabani and a group of science students have turned to inbred mice for answers.

"We're working with these very special mice that are selectively bred for vulnerability to meth use," Shabani said. "The idea is

to try to map out the genetic risks in the 23 chromosomes you have in humans."

Minot State is working in association with Oregon Health and Science University on this study. Oregon Health and Science University carries out the breeding schemes of the mice, while Minot State researchers focus on the behavioral pharmacological component of the study.

Student lab assistant, and Minot State graduate, Sydney Houlton, has been working on the research for four years.

"These studies have been done with other drugs primarily alcohol and cocaine, but this has not been done with methamphetamine until now," Houlton said.

Houlton, who will be attending the graduate neuroscience program at the University of Iowa in fall 2018, and fellow lab assistant Bikalpa Ghimire, a senior double major in biology and mathematics, work under the direction of Shabani. Much of their work involves administering a two-bottle choice, a bottle of water and a bottle of methamphetamine, to mice and then observing

and documenting their behavior.

The aim of the research is to locate a gene or genes that cause methamphetamine addiction. So far research has pinpointed a region of genes in Chromosome 10 that explain certain addictive behavioral traits.

"The interesting thing with methamphetamine is we can see more than a 50 percent effect from genes," Ghimire said, "with other drugs it's closer to 10 to 15 percent."

The scope of the methamphetamine research reaches beyond the walls of the lab in the Cyril Moore Science building. Shabani and his students have presented their research at many conferences including the Society for Neuroscience, INBRE, and most recently at the International Behavioral and Neural Genetics Society in Rochester, Minn.

According to Shabani, who began working on methamphetamine research when he was a post doctorate student, the ultimate goal is to develop drugs in the future that can prevent relapse for people struggling with addiction.

HEALTHY WAYS TO RELIEVE STRESS THROUGHOUT THE DAY

Stress affects people from all walks of life, and the causes of stress are as varied as the people it afflicts.

In its 2017 Stress in America™ survey, the American Psychological Association found that the three most common sources of stress were the future of the nation (63 percent), money (62 percent) and work (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can result in a host of negative side effects. Such stress can suppress the immune system, disrupt digestion and have an adverse effect on sleep. But men and women who feel stressed at the end of each day need not resign themselves to sleepless nights and/or weakened immune systems. A proactive approach to alleviating stress during the day can help men and women reduce their stress levels and avoid the negative side effects associated with chronic stress.

- Walk away. The APA notes that taking a break from a stressor is one of a handful of healthy techniques that research has indicated is a successful way to reduce stress, both in the short- and long-term. If a project at work is proving especially stressful, step away for a short period of time to do something else, whether it's to go for a brief walk or converse with a coworker about something unrelated to the project. Avoiding the stress entirely, especially if it's a work project or a bill that must be paid, is not the answer. But a short break from the stressor and thinking about it can provide a new perspective and time to calm down.

- Meditate. When stressed out, men and women should not discount the potential benefits of meditation. Researchers from Johns Hopkins University examined more than 19,000 meditation studies, ultimately concluding that mindful meditation can ease stresses like anxiety, depression and pain. The APA notes that such meditation has been found to reap immediate benefits, potentially helping people who can find time to meditate during the day to prevent their stress from accumulating throughout a hectic workday.

- Find time to exercise. The APA notes that research continues to support the notion that exercise is as beneficial to the mind as it is to the body. Exercising several days per week is especially beneficial to mind and body, but even 20-minute exercise sessions, including a walk around the grounds of an office complex or a quick swim during a lunch break, in the midst of stressful days can help people combat stress for several hours afterward.

- Delegate more during the day. Work is the third-leading source of stress among Americans. Men and women who feel overworked may benefit by delegating more tasks during their days or simply stepping back and taking on less work. The potential effects on your career of taking on less work will likely pale in comparison to the toll chronic stress, which can contribute to heart disease and stroke, takes on your body.

Stress is a part of daily life for many people. But there are several simple and quick ways for stressed out men and women to reduce their stress during the day.

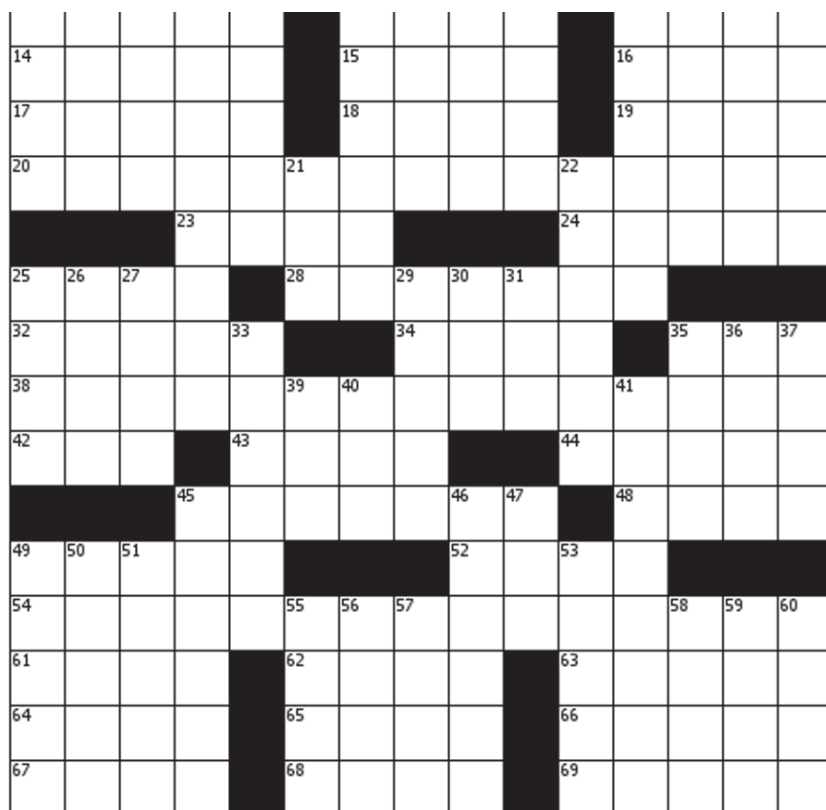
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CROSSWORD PUZZLE

- 1. "Birches" poet Robert
- 6. Plaintive reed
- 10. Palm whack
- 14. Measure in Manchester
- 15. It eddies in Kazakhstan
- 16. Express carrier, once
- 17. Join the cast of
- 18. Uses a shuttle
- 19. Borodin's "Prince ---"
- 20. Where the water-loving carpenter takes a dip?
- 23. Start for plane or sol
- 24. Duncan in the kitchen
- 25. Expendable chess piece
- 28. Display
- 32. Like peas in a pod
- 34. Microwave, for one
- 35. Retriever
- 38. What a water lover says when confused?
- 42. Remove a branch
- 43. Kind of ring or swing
- 44. Like a designated driver
- 45. Number of tons in a Ford tune
- 48. Cymbal's bigger cousin
- 49. Odom of the LA Clippers
- 52. Bit part
- 54. How water lovers get things done?
- 61. Scrabble piece
- 62. Large composition
- 63. World's busiest airport until 1998
- 64. One logged in
- 65. It can be spiced
- 66. One facing life, maybe



- 7. Unruly little stinker
- 8. Inauguration recitation
- 9. "If all --- fails ..."
- 10. A good team should have it
- 11. Boston airport
- 12. Positive pole
- 13. Viking send-offs
- 21. Lode contents
- 22. Uses the bean
- 25. Toy in the sandbox
- 26. Certain choirboy
- 27. Thin puff of smoke
- 29. Bunch of huns
- 30. "--- had it up to here!"
- 31. This may sting a little
- 33. New York city
- 35. Western timber wolf
- 36. Congregation word
- 37. Titanic downfall
- 39. Bagel accompaniment
- 40. No-frills bed
- 41. En masse
- 45. Swashbuckling arms
- 46. Shakes an Etch-A-Sketch
- 47. Chalant beginning
- 49. Exotic sitting position
- 50. Liqueur flavorer
- 51. Brouhaha
- 53. Sponge that's not from the sea
- 55. Cross-legged exercises
- 56. Crack, as a book
- 57. Smallest of the litter
- 58. Holy head light
- 59. Son of Aphrodite
- 60. "In the Line of Fire" actress Russo

Down

- 1. Envelope part
- 2. Role for Edward G.
- 3. Holy Roman emperor
- 4. Sinhalese is its official language
- 5. Walking on eggshells
- 6. Beat cleverly

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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

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 SATURDAY, JUNE 16 • 1400
 SATURDAY, JUNE 16 • 1700
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Low Carb Naan



INGREDIENTS:

- 1/2 cup Coconut flour We use this!
- 1.5 tbsp Psyllium Husk powder We Use This!
- 2 tbsp coconut oil
- 1/4 tsp baking powder We use this!
- 1-1.5 cups hot water
- 1 Tbsp minced garlic (optional)
- 1/4 tsp Pink Salt

INSTRUCTIONS:

Combine the coconut flour, psyllium husk powder, baking powder, salt and coconut oil. Add 1 cup of hot water to start and combine. Add more hot water if needed. If the consistency is too wet add more psyllium husk powder Knead with your hands for a minute and let it sit in a bowl for 15 minutes. Pull apart the dough into as big or as little balls as you'd like and roll out using some parchment paper and a rolling pin. Heat a skillet to medium heat and add a naan to the heated skillet. Flip after a couple minutes (it will be brown on the other side), and cook until browned on both sides. Tip: If the naan starts to puff up, you know its done! Complete until all naans are cooked and enjoy!

Summer Theater ready to launch Season 53

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University Summer Theatre's 53rd season is about family and community—on stage and off.

While this season intends to maintain Minot's summer theatre tradition of offering entertaining and affordable productions to the community, it also plans to offer some new amenities such as a golf-cart shuttle from the parking lot to the Amphitheater, and free-will barbecues.

The four show season will run June 12 through July 22 at the MSU Amphitheater, and features three contemporary musicals and a new original play. The season line-up includes "Sister Act," "The Bridges of Madison County," "One Strange Night," and "Seussical."

"Three of the four shows are new to Minot audiences," MSU Summer Theatre artistic director Chad Gifford said. "And, all of them deal with the melding of community and family which is reflective of the summer theatre experience."

The season opens with "Sister Act," a musical based on the 1992 film of the same title. This hit musical follows Deloris Van Cartier, a night club singer who enters the witness protection program and lands in The Holy Order of the Little Sisters of Our Mother of Perpetual Faith. Comedy ensues as Deloris clashes with the norms of convent life, but finds a

purpose when the sisters ask her to help their struggling choir prepare for an upcoming performance. The 2011 Broadway production was a critical and commercial success with over 550 performances and multiple Tony Award nominations. The show is directed by Chad Gifford, with music by Alan Menken, lyrics by Glenn Slater, book by Cheri and Bill Steinkellner, and additional book materials by Douglas Carter Beane. The show runs June 12-18.

Then comes "The Bridges of Madison County," a romantic musical exploring themes of unexpected love, connection, and commitment, all taking place in a small Midwestern town. When Francesca, a married woman living a mundane existence, meets free-spirited Robert, she realizes that life has more to offer than she originally thought. "The Bridges of Madison County," premiered on Broadway in 2014, and is based on the popular novel by Robert James Waller. Ashley Nilsen directs, with book by Marsha Norman, and music and lyrics by Jason Robert Brown. The show runs June 25-29.

Third in the lineup is the comedic farce, "One Strange Night," written by Minot State alum Bradley Dokken. Coming off its recent world premiere at the Oshkosh Community Playhouse, enjoy a night of fast-paced, non-stop, hilarity with characters that are larger than life. Jacob Jenkins directs the play which runs July 5-9.

The final show of the

season is the crowd-pleaser, "Seussical," based on the timeless children's stories of Dr. Seuss. Spend an evening with some of Dr. Seuss' most beloved characters such as, the Cat in the Hat, Horton the Elephant, Gertrude McFuzz, and lazy Mayzie. "Seussical," is a fantastical musical experience that is sure to be fun for the entire family. Chad Gifford directs, with music, lyrics, and book by Lynn Ahrens and Stephen Flaherty. The show runs July 16-22.

The MSU Summer Theater is run by a company of approximately 30 theatre artists that work in multiple capacities such as acting, stage craft, lighting design, and box office management. The company is comprised of out of town artists, as well as local talent, some of whom have been involved with Minot Summer Theatre for over 20 years.

"We're a pretty unique theater," Gifford said. "You've got a great view of Minot while you're sitting under the stars. Summer theatre is a part of Minot, and Minot is a part of summer theatre."

All performances begin at 8:30 p.m. at the MSU Amphitheater. The box office opens the evening of each performance at 7:30 p.m. Ticket prices are: \$15 adults, \$10 seniors, MSU faculty, staff, and summer students with current MSU ID, \$5 all youth (18 and under). Reservations are strongly recommended. For reservations or questions, call (701) 858-3228.

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Retired Airman meets biological sister at DoD Warrior Games

SHANNON COLLINS | DOD NEWS, DEFENSE MEDIA ACTIVITY

COLORADO SPRINGS, Colo. (AFNS) -- She's competing in track and field and indoor rowing, but retired Senior Airman Karah Behrend couldn't concentrate on training yesterday for the 2018 Department of Defense Warrior Games at the U.S. Air Force Academy.

For the first time, Behrend was going to meet her 19-year-old biological sister, Crystal Boyd, who lives in Puyallup, Washington.

After training, Behrend anxiously waited until she was whisked off to the hotel for the meeting, which she said was surreal.

"I have been picturing this moment for a long time and for it to finally happen, I couldn't be happier," Behrend said. "We keep in touch through social media, but we're trying to make plans for me to meet our dad and have them meet my family."

"I've been extremely excited but I knew it would happen sometime. I just didn't know when," Boyd said. "Throughout the time I've known her, she's gone through so much and watching her overcome everything right in front of my eyes, in person here at the DoD Warrior Games, is an honor. She's always had the strength and now she's going out and doing what we all knew she could do. I couldn't be more proud of her."

Boyd said she also can't wait to meet Behrend's family.

"We've already talked about me visiting her and her family in Texas," she said. "I'm excited to meet my nieces."

Claiming Gilford, Connecticut, and Bradenton, Florida, as her hometowns, Behrend, 24, said she grew up moving around as a kid. She was adopted when she was four years old by an Army Ranger.

"My brother and I were adopted because when my biological dad got back from Desert Shield/Desert Storm, he wasn't really the same person. So my mom spilt with him pretty rapidly to get us out of the situation," she said. "As my mom told me about him, I was like, 'I need to meet him. This is half of me. I don't know who he is.' We somehow got in contact with him. I think through his sister, randomly. I talked to him for two hours that night and found out I had a sister."

"Our dad told me about her and our brother while growing up, so I always

knew about her. I just didn't know her. She actually got in contact with me. I never knew how to find her so I just waited," Boyd said.

Behrend said she's tried to meet up with her sister a few times throughout the years, but it's been difficult since she has been in the Air Force for the past six years.

Behrend joined the Air Force as a communications signals analyst because of her family's military legacy.

"It's something I've always wanted to do," she said.

"My grandfather served during the Vietnam era. My biological father was in Desert Shield and Desert Storm. My adopted dad was a ranger down in Panama for the Panama crisis. It's just something our family does."

When Behrend reconnected with her biological dad, she said they had that military bond.

"It was an immediate, talk about everything bond," she said. "I can call him and say, 'This is going on, what do I do?' He tries, we've been working on rebuilding that relationship. He said he will always be thankful that someone was able to come in and step into our lives to make sure we're OK."

In 2015, Behrend had a surgical complication resulting in reflex sympathetic dystrophy. She said the neurological disorder impacts her involuntary functions such as temperature control, blood pressure, heart rate, pain, inflammation, swelling and other functions that a person doesn't actively control. When she runs, she said she feels like her leg will go out from under her.

"It causes a lot of pain, instability and weakness in my right leg," she said. "I also had a spinal injury from a car accident so it messes with my left one too."

Her sister has epilepsy. Behrend said her disability is rare but since both of their disabilities are neurological, it's an extra bond they can share and talk about.

Behrend has two children as well as her sister to keep her motivated.

"I don't want my kids growing up thinking that if something happens, you just stop your entire life," she said. "It's not what life is about. Life is experiences. I don't even see them as positive or negative anymore. Just experience it. It pushes me in one way or another but I grow."

She encourages others to push themselves as well.

"It doesn't matter how early or late something happens or what the magnitude is. As long as you do it with all of your heart

and you put everything you have into it, no matter what, it's going to work," she said.

"Just because you have some kind of disability doesn't mean you can't overcome it," Boyd said. "You can't allow it to stop you from doing the things you want to do. Even with obstacles, you can overcome whatever you truly put your

mind to. Neither Karah nor I let our disorders define us. It's a part of us, but it is not us."

So far at these Warrior Games, Behrend has earned gold medals in her disability category in the women's discus and shot put competitions, breaking a record during the shot put event.

"Even though you have a disability, it doesn't define you," Boyd said. "With a good support system, anything is possible. As long as you put your mind to it, give some effort and trust those around you, things will start moving. Don't forget things take time. Don't stress if things don't happen as fast as you want them to."

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Top Photo: Retired Senior Airman Karah Behrend, right, and her sister Crystal Boyd, pose for a photo at the 2018 Department of Defense Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colo., June 2, 2018. The sisters met for the first time in person at the games.

Bottom Right Photo: Retired Senior Airman Karah Behrend prepares to throw a discus during the 2018 Department of Defense Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colo., June 2, 2018. Behrend met her sister for the first time in person at the games.

DOD PHOTOS BY EJ HERSOM



Warrior Profile: Lt. Col. Audra Lyons

STAFF SGT. RUSTY FRANK
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo., (AFNS) -- Lt. Col. Audra Lyons, Headquarters Air Force branch chief of policy integration, joined the Air Force June 26, 1997. She attended the Air Force Academy, graduated in 2001, and got married the next day.

"I joined the Air Force because of the educational opportunities that it could provide me," said Lyons. "I did not think that I would stay in the Air Force longer than my five-year commitment, but after just a couple months, I loved the travel, teamwork, sense of purpose and camaraderie so much that I could not imagine leaving."

Lyons joined the Air Force Wounded Warrior Program in the fall of 2017, after being diagnosed with post-traumatic stress disorder, fibromyalgia, Morton's neuroma and complex regional pain syndrome. Lyons said she has the same sense of family with her teammates as she has experienced as a member of the Air Force. Through her injuries she has found a way to relate with her Airmen, Lyons added.

"My injuries have made me better able to empathize with others going through medical challenges themselves," said Lyons. "I've had troops struggle, especially with PTSD, and when I talk to them I preface the conversation with my experience, and [they seem] much more open to sharing."

Airmen enrolled in the Air Force Wounded Warrior program begin their path to the Warrior Games by participating in Warrior CARE events throughout the country, then competing and qualifying at the Air Force Trials. They work with expert coaches, sports trainers and nutritionists to not only prepare for competition, but enhance their recovery.

This year marks Lyon's first time competing in the Games.

Why do you compete?

I compete because I, like others, had offcemates killed

in Iraq. I hope the way I live my life honors their sacrifice. When I was first diagnosed with the nerve disorder (CRPS) in my foot and leg, it didn't look like I would walk ever again. Since then I've run in somewhere around 50 half marathons. I do all I can, because I am capable.

What is your motivation or drive to compete every day? And why?

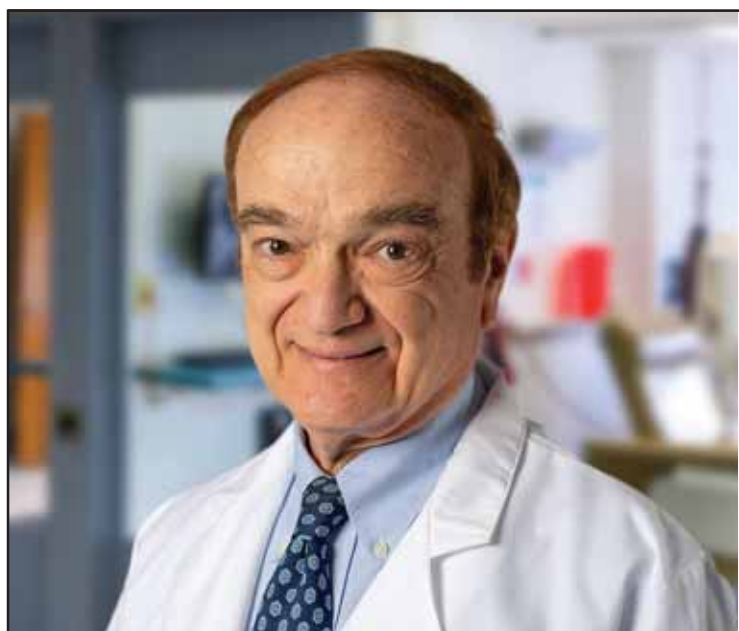
I would definitely say my husband. My husband's support has been everything to me. He has been there with me through the thick and thin. I don't think I would be here today if it wasn't for him. I know I would not be able to still be in the Air Force if it wasn't for him. Because there were so many times where that I would have just called it quits and said, "I just can't physically handle this anymore," and then he knew I was always tougher than that mentally and physically. He was the one who was always there to encourage me.

What have your experiences with AFW2 been?

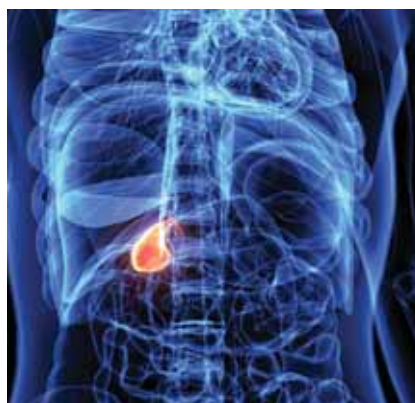
My experiences and interactions with AFW2 have been more real to me than any other interactions I've had in my entire life. I've been on some pretty incredible teams in my life.

What do you hope to get out of the Warrior Games aside from competing and winning?

The Warrior Games have given me a renewed sense of who I am, and confidence in all I am capable of; it's reminded me of the power of sharing challenges with others. So, for me, I already entered the games successful. For me life isn't about that end point, it's about the journey. The medals don't mean much to me, earning a medal is about who shows up that day. There are so many worthy people who are out there with similar injuries, that aren't able to be here during this event. (The Games are) about respecting them, respecting all of the Airmen who have served, and reflecting on the sacrifices that have been made.



Ira Paul Michaelson, MD



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<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 9:00 am Sunday Fellowship 10:00 am Wednesday Worship 6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 Sunday School 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God  <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m. Pastor Mary Johnson www.vincentumc.com</p>
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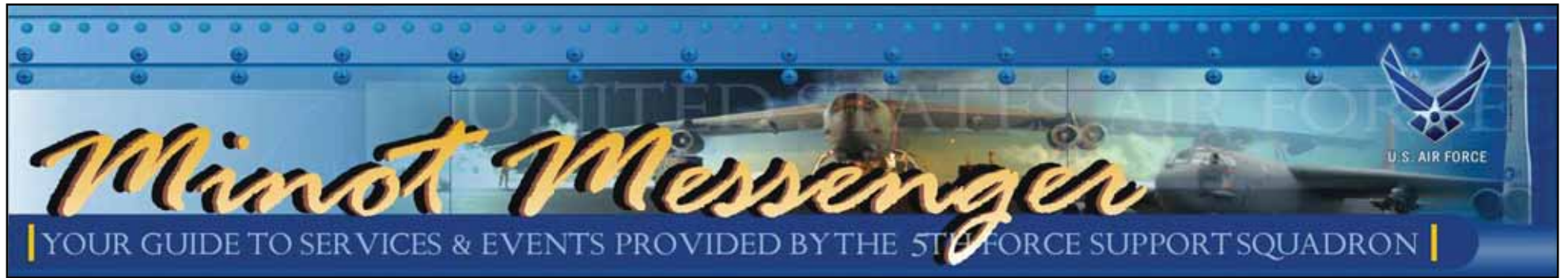
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Register Now For Minot AFB Summer Games On June 29

A full-day of fun and friendly competition is planned for the upcoming Minot AFB Summer Games on Friday, June 29. The McAdoo Fitness Center staff is busy making final preparations for this popular event scheduled to begin at 7:30 a.m. The event is designed to promote morale and team building among Minot Air Force Base personnel.

2018 Mini Mudder Provides Fun & Exercise For Participants

Minot AFB youth have an opportunity to experience the ultimate obstacle course during the 6th annual Mini Mudder event scheduled for Friday, June 15 at 6 p.m. at the field located adjacent to the Pride Building, North Star Credit Union, and Shoppette. This Youth Center event provides family members a chance to test their toughness on the kid size obstacle course.

Cost for the event for both Youth Center members and non-members is 2 cans of food donation that will be distributed to local food pantries. The event is FREE to families of deployed members (must show proof of deployed spouse).

Pre-registration is scheduled now through June 14. Registration forms are available at the Youth Center. On site registration and sign-in begins at 5 p.m. on June 15 at the Mini Mudder site.

The event features 2 obstacle courses, one for children 2-5 years of age and the other for children

A wide array of sporting activities are set to challenge participants at various skill levels. Events scheduled range from traditional sports such as softball, volleyball, bowling, flag football, and 3 on 3 basketball to the more unusual sporting activities like corn hole, the Strong Team Challenge, and Water Log Roll Challenge. The day will begin with a Resiliency 3K Run at 7:30 a.m.

Persons interested in participating in the Summer Games events should contact their squadron sports representative for more information and to get your name added to the sign up sheet. Unit registration for the Summer Games is now through June 22.

Free food (while it lasts) will be served starting at 11 a.m. near the football field. The day will conclude with the Closing Ceremony at 4 p.m. The Minot AFB Summer Games are sponsored by the Minot Area Chamber of Commerce and USAA. *No Federal Endorsement of Sponsors Intended.* For more information, call the Fitness Center at 723-2145.

and families 6 years of age and older.

The Mini Mudder community event is sponsored in part by Strata Corporation. *No Federal Endorsement of Sponsor Intended.* For more details and registration information, call 723-2838.

FREE Picnic, Music, Magic & Fireworks Scheduled For July 4

The holiday that recognizes the adoption of the Declaration of Independence declaring the United States independence from Great Britain is now commonly associated with picnics, fireworks, and family oriented events. Minot AFB personnel and their families can enjoy many of those traditional activities during the Celebrate America event on July 4 complete with food, fun, and events for all ages.

The Celebrate America festivities will be held at Bud Ebert Park on Wednesday, July 4. The

event begins at 5:30 p.m. with activities for children including inflatables, games, kids crafts, and more. Magician Fermin Garcia will perform shows every 30 minutes beginning at 5:30 p.m. and ending at 7:30 p.m.

The celebration features a delicious FREE picnic offering plenty of scrumptious food from 5:30-8 p.m. The menu includes summer favorites such as hot dogs, hamburgers, chips, and a drink. A "Pay As You Go" bar will be available serving beer, wine coolers, and soft drinks.

Musik Worx DJ will be providing all your favorite music from 6-11 p.m. In addition, preserve your memories with family and friends at a free photo booth available from 6-10 p.m.

The Independence Day holiday wouldn't be complete without a fantastic fireworks display at dusk. Attendees are encouraged to bring your own blankets and lawn chairs. No glass containers are allowed at Bud Ebert Park during the Celebrate America event.

For additional information on this year's Celebrate America event, please contact Susan Wagers at 723-6718.

Missoula Children's Theater Camp Coming To Youth Center

The Youth Center is excited to host one of the traveling teams of the Missoula Children's Theatre from June 18-22 for a week filled with auditions, rehearsals, and a public performance of an original musical adaptation of "King Arthur's Quest".

Among the roles to be cast are King Arthur; Guinevere; Merlin; Raven; Taleisin; Lancelot; the Knights; the Squires; the Camelotians; the Lady of the Lake; Mordred, Morgan Le Fey; Uther Pendragon; the Damsels; and the Minis. Assistant Directors will also be cast to assist with the production.

The tour team will hold auditions on Monday, June 18 and has casting space for approximately 50 youth ages 5-18 years old. The auditions will be held at the Youth Center beginning at 10 a.m. Youth selected for parts in the production must commit to being a part of the program for the entire week. Play practice times depend on which parts your child is selected for. Start times can vary between 9:30 a.m. and 11:45 a.m. while end times will vary between 11:30 a.m. and 1:45 p.m. Cost for the camp is \$20 for Youth Center members and \$40 for non-members.

The free performance of "King Arthur's Quest" will be held on Friday, June 22, 5:30 p.m. at the Youth Center. Call 723-2838 to register or for more details.

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

CLUB MEMBER DRAWING ON FRIDAY, JUNE 15 WILL BE FOR \$50.

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 15 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.

Kids Summer Bowling

Children ages 17 and under can bowl for \$2/game and free shoe rental at Rough Rider Lanes. Offer valid now to July 31, Mon. - Fri., 9 a.m. to 2 p.m.

Free Range Balls for Juniors

The Rough Rider Golf Course is excited to offer the Free Range Balls for Juniors program on their driving range. Bring your child to the golf course now through August 31 from 12 p.m. to 9 p.m. daily to practice on the range. Range balls are FREE for kids under 18 years of age for the summer! For more details, call the Rough Rider Golf Course at 723-3164. The Free Range Balls for Juniors program is brought to you by Air Force Services.



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Competition Saturday, June 30th at 3:00PM

JUDGES NEEDED! SIGN UP TODAY!

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Jun 16 Father's Day Bowling Special

Celebrate Father's Day a little early by enjoying the Father's Day bowling special at Rough Rider Lanes on Saturday, June 16 from 5 p.m. to 8 p.m. Dad's can bowl up to 3 games FREE and receive a FREE shoe rental. Family members bowl for \$2.75 per game and \$2 a shoe rental. Call Rough Rider Lanes at 727-4715 for more details.

Jun 17 Father's Day Golf Special

Bring Dad to the Rough Rider Golf Course on Sunday, June 17 from 9 a.m. to 2 p.m. for a FREE 15 minute lesson with FREE range balls. Register now through June 15. Also, if accompanied by family members, Dad can play 9 holes of golf for FREE when accompanied by family members. Family members will pay regular cost. For additional information, call the Rough Rider Golf Course at 723-3164.

Jun 21 Creative Kids Class

Spend the morning with your preschooler making a paint canvas during the Creative Kids class at the Arts & Crafts Center on Thursday, June 21 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. For additional information, please contact the Arts & Crafts Center at 723-3640.

YOUNG AIRMEN EVENTS & PROGRAMS

Jun 15 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on June 15 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.

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.

Jun 28 Pasta-Rama

The Dakota Inn Dining Facility is hosting Pasta-Rama on Thursday, June 28 from 1 p.m. to 2:30 p.m. This pasta themed cookoff is for base Airmen to showcase their cooking skills and build morale. There will be 3 judges to determine who has the best pasta on base. Register your 2-person team at the Dakota Inn Dining Facility by June 21. Event is limited to the first 5 teams to sign up. For more information, call the Dakota Inn Dining Facility at 723-2359.

Jul 6 First Friday 5K Fun Run

The Fitness Center is hosting a Summer Series 5K Fun Run. Every First Friday from now through September, you're invited to participate in a 5K Fun Run. The next event is scheduled for Friday, July 6 with the run beginning at 7:30 a.m. at the Fitness Center. The event features awards for the fastest male and female. The July run will feature a cowboy theme so saddle up with cowboy outfits or hats. For additional information on this FREE event, contact the McAdoo Fitness Center at 723-2145.

Register Now For U.S. Kids Golf Session Starting July 9

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 has two remaining sessions this summer allowing youth ages 6 and older to choose the clinic that best fits their schedule. Sessions will be held 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.

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 more details, call 723-3164.

Arts & Crafts Center Offering Picture Framing Class



COST: \$25 + materials

PICTURE FRAMING CLASS

Learn the basics of matting and framing! You'll cut your own double mat, put together a frame, and leave with a completed picture ready for hanging! ADULTS ONLY

JUNE 30TH • 10:00 AM
REGISTER: JUNE 12-22

Please bring in your picture to frame between June 12th & 22nd so we can assist in mat and frame choices and order necessary materials!

723-3640

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The Arts & Crafts Center is holding a Picture Framing Class on Saturday, June 30 at 10 a.m. Register at the Arts & Crafts Center now through June 22. Cost is \$25 plus materials. Adults only.

Learn the basics of matting and framing. You'll cut your own double mat, assemble your frame, and leave with a completed picture ready for hanging.

Bring in your picture to frame between now and June 22 so the Arts & Crafts Center can assist in mat and frame choices and order materials before the class date. For additional details, call the Arts & Crafts Center at 723-3640.



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SPACE IS LIMITED! Register today! 723-3648

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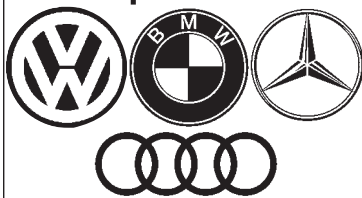
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4	6	5	1	9	2	8	7	3
9	3	8	4	5	7	2	1	6
2	7	1	3	6	8	9	5	4
3	5	9	7	1	4	6	8	2
1	2	4	5	8	6	3	9	7
7	8	6	9	2	3	5	4	1
8	1	7	2	3	5	4	6	9
5	4	3	6	7	9	1	2	8
6	9	2	8	4	1	7	3	5

Answers to puzzle from page 6

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MLS #181325



\$271,000

COUNTRY LIVING - 3 bedroom, 1344 sq ft home on 8.72 acre farmstead. Hardwood floors. Main level laundry. Detached garage and outbuildings. Fixer upper with great potential. Minutes South of Minot.

MLS #181320



\$89,900

ENJOY CONDO LIVING - 2 bedroom, 1 3/4 bath condo in Marion Heights. Main level living with sliding glass door from dining room to the deck with a courtyard view. Personal storage unit in basement. Detached garage.

MLS #180607



\$125,000

CONVENIENT LOCATION - 3 bedroom, 1 3/4 bath manufactured home in Prairie Bluffs Park. Close to shopping and entertainment. Living room has gas fireplace. Large kitchen. Master bedroom has walk-in closet and 3/4 bath. Attached triple garage.

MLS #180795



CONGRATULATIONS
Judy Hoskin
Sales Professional, May 2018



\$389,900

MOVE IN READY - Nicely remodeled 4 bedroom, 2 3/4 bath ranch style home on 1 acre. Finished lower level has a large bedroom suite, family room with fireplace and kitchenette/wet bar. Attached 4 car garage plus a detached double garage.

MLS #180801



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• Half Page (7.25"x4.64")	\$325	\$400
• 1/4 Page (3.5"x4.75")	\$175	\$250
• 1/8 Page (3.25"x2.5")	\$125	\$150
• Banner (7.25"x2.5")	\$160	\$200

For more information contact:
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Group Photo: The Minot Downtown Professional Business Association received much needed help from volunteers from the 5th OSS and COMM Squadron, to plant 120 flower pots and more than a dozen flower beds. Left to Right: Alex Lampton, Shane Flynn, Derek Miles, Kacy Marker, Chaz Serrano, Jonna Serrano, Daren Tran, Kayla Gabriel, Benjamin McGough, and Sam Remkus. Bottom Right Photo: Kacy from the 5th OSS with a flower pot.

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