

# Sentinel

Serving the Minot Air Force Base Community • Vol. 49 No. 26 • Friday, June 25, 2010

## Wing scheduling - keeps birds in air, bombs on target

by Senior Airman Benjamin Stratton  
Minot Air Force Base  
Public Affairs

Look! It's a bird! It's a plane! As a matter of fact it is a B-52H Stratofortress flying overhead in support of the Air Force's global strategic deterrence mission. The "BUFF," as Warbirds from all across the base fondly call it, flies due to the commitment to excellence Minot AFB's Airmen display daily.

When one thinks about who is responsible for these aircraft maintaining air supremacy, they generally look to maintenance, pilots or security crews. However, there is a behind-the-scenes group that keeps the birds in the air, and the pilots and crews ready to go. They are the men and women of the 5th Operations Support Squadron wing scheduling office, and the success of the B-52 mission relies heavily on these Airmen.

"When it comes to wing scheduling, we're the overall keepers of the information and resources that get our bombs on target," said Capt. Joseph Foster, 5th OSS wing scheduling flight commander.

In the world of Air Force Specialty Codes, these Airmen are 1C0X2 or Aviation



(U.S. Air Force photo by Senior Airman Benjamin Stratton)

5th Operations Support Squadron's wing scheduling leadership pose for a photo in the 5th Operations Group here June 23. Wing scheduling plans out short- and long-range coordination with many of the squadrons on base.

Resource Managers. They are responsible for three distinct sections. These include: flying hours, ground scheduling and flight scheduling. Each of these sections has several programs. These programs include, but are not limited to: simulator tours, incentive flights, air-refueling requests, air shows and fly-bys and scheduling static displays and tours.

"We work together between the operations and maintenance squadrons," Captain

Foster said. "In a sense we are the middle man."

Captain Foster said in order to ensure resources are available, his team schedules sorties for three to six months in advance. They work alongside the tanker and air refueling crews to ensure the 5th Bomb Wing commander's vision for the mission is sustained.

"If we don't complete our mission and sorties don't fly, it impacts the mission," said Tech. Sgt. LaToya Stewart,

5th OSS wing scheduling noncommissioned officer-in-charge.

"If it comes to this, we are not able to demonstrate the power of this wing to our allies and potential adversaries," Captain Foster added.

Wing scheduling plays a pivotal role in the success of the B-52 mission here. When asked what it takes to ensure that success, ARM Airmen said it's all about commitment.

"In order to be successful in ARM, you have to be familiar with all our Air Force Instruction manuals," said Airman 1st Class Nicholas Clum, 5th OSS aviation resource manager. "Attention to detail is very critical."

"The officers have so much going on involving the mission, we help them keep track

of their records and flying status," added Airman 1st Class Phyllis Laughhunn, 5th OSS aviation resource manager.

Nevertheless, the wing scheduling office is comprised of more than ARM Airmen alone. Aircrew members work hand-in-hand with their enlisted wingmen to ensure the mission is accomplished.

"We need the aircrew's expertise to complete both ends of the mission," Sergeant Stewart said.

"In a sense, both complement the other in the whole person concept - or the 'Total Force' structure," Captain Foster added.

This teamwork is not specific to the base however.

"We also coordinate with Minot International Airport," said Captain Foster. "With all the runway work going on and the increasing possibility of our ramps being full, their runway is an emergency landing site."

He said this relationship certainly exemplifies what it means to be a member of the "Team Minot" family.

Wing scheduling plans out short- and long-range coordination with many of the squadrons on base including both the 69th and 23rd Bomb Squadrons, Exercise and Plans, 5th Maintenance Squadron, 5th and 17th Munitions Squadrons, as well as directly with wing leadership.

Maj. Patrick Small, 5th OSS wing scheduling office chief, summed the shop up best when he said, "We are a giant coordination office. We do long range coordination with multiple base agencies to ensure mission success."

Sincere dedication and commitment to the total force structure and the 5th BW's mission demonstrate wing scheduling's integral part in the success of Minot's B-52 mission.

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### Welcome Home Deployers!

The following Airmen have recently returned from deployment:

#### 5th Medical Group

Senior Airman Jessica Delgado

#### 5th Force Support Squadron

Roger Smith

# Filing claims for flood damage

## 5th Bomb Wing Legal Office

Recently, some on-base housing units experienced flooding. As the days ahead may bring continued precipitation, there is the potential for more flooding for on-base residents. Consequently, it is important to be aware of the Air Force claims service process should an on-base resident experience loss or damage to his or her property.

First and foremost, it is important for base residents to take preventative measures to avoid the potential for flooding. While the Air Force may reimburse claimants for property damage caused by the Air Force, recovery may be less than expected or perhaps barred if the claimant was negligent in preventing the damage. Therefore, if a base resident is informed that flooding is likely, it is best to remove items on the basement floor that could be damaged.

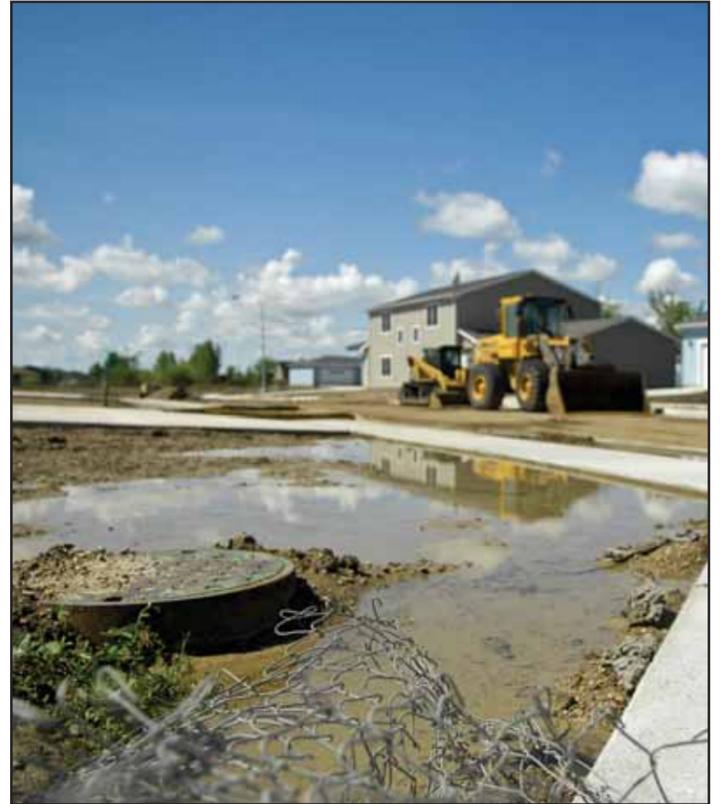
As many Airmen are

aware, the Air Force claims process has changed significantly in the past few years. Previously, the base legal office was the first stop to file a claim should one's property be damaged during the shipment of household goods or for some other compensable loss. This process has changed.

The Air Force Judge Advocate General Corps has created a centralized claims center called the Air Force Claims Service Center (AFCSC). Filing claims directly with the AFCSC is now the primary method of settling claims. It is no longer necessary to go to the base legal office to file; however, the base legal office can assist Airmen and dependents with claims if needed. A note to remember is, if anyone has private insurance, they must file with their private insurance, first. If a deductible is paid when filing with the insurance company, a claim for re-payment of this deductible may be filed through the AFCSC.

To file a claim with the AFCSC an Active Duty sponsor should visit the AFCSC website at <https://claims.jag.af.mil/> to receive a user name and password. Sponsors can authorize their spouse to file on their behalf. They can even do so while deployed as long as the sponsor has access to a computer. Once on the site, you will find easy-to-follow instructions on filing a claim.

In a basement flooding scenario, just choose the tab that says "begin a new other type claim." This tab covers all claims that are not for household good moves. Once you begin your claim, you will be given a list of different types of claims; choose "All Other Types of Claims" and "Weather Related" underneath it. If you have any questions at any point in the process call the Claims Service Center 24/7 at DSN 986-8044 or toll-free 1-877-754-1212. You may also contact our Civil Law paralegals at the base legal office at 723-3026.



(U.S. Air Force photo by Senior Airman Benjamin Stratton) The base has experienced an abnormally high amount of precipitation over the past few weeks resulting in flooding of base housing, to include new construction seen here June 21.

## HOME OF THE HALF PRICE CAR

2003 FORD RANGER XLT



1/2 MSRP!  
\$12,000

2009 CHEVY IMPALA



1/2 MSRP!  
\$13,400

2006 CHRYSLER TOWN & COUNTRY



1/2 MSRP!  
\$16,900

2007 JEEP COMMANDER LIMITED



1/2 MSRP!  
\$22,500

1999 Chrysler Cirrus.....	\$3,995
2000 Dodge Stratus.....	\$3,995
2002 Chrysler Town & Country.....	\$4,995
1997 Chevy 1500 Ex. Cab.....	\$4,995
2000 Lincoln LS Sedan.....	\$5,995
2000 Chevy Tahoe.....	\$5,995
1995 Jeep Wrangler.....	\$6,995
2003 Hyundai Tiburon.....	\$6,995
1984 Chevy Corvette.....	\$10,995
2004 Jeep Liberty.....	\$10,995
2005 Jeep Liberty.....	\$11,995
2008 Chevy Cobalt.....	\$11,995

2009 Chevy Cobalt.....	\$11,995
2006 Buick Lucerne CXS.....	\$12,995
2005 Mazda 3.....	\$12,995
2006 VW New Beetle.....	\$12,995
2007 Pontiac G6.....	\$12,995
2008 Dodge Avenger.....	\$13,995
2009 Pontiac G6 GT.....	\$13,995
2004 GMC Envoy SLT.....	\$14,995
2006 Pontiac Montana Van SD6 AWD.....	\$14,995
2007 Saturn Aura.....	\$14,995
2009 Toyota Camry.....	\$14,995
2007 Honda Accord EX.....	\$15,995

2009 Pontiac Vibe.....	\$15,995
2007 Dodge Nitro SLT.....	\$15,995
2004 GMC Sierra 1500 Crew SLT.....	\$16,995
2006 Jeep Liberty.....	\$16,995
2009 Honda Fit.....	\$16,995
2009 Chrysler Sebring Convertible.....	\$17,995
2007 Jeep Grand Cherokee.....	1/2 MSRP! \$18,000
2008 Toyota Rav 4.....	\$19,995
2008 Jeep Commander.....	\$19,995
2008 Chevy Equinox.....	\$20,995
2010 Jeep Liberty.....	\$20,995
2006 Chevy Crew LT <i>Wheels</i> .....	\$24,995
2007 GMC 1500 Crew.....	\$29,995
2010 GMC Acadia.....	\$33,995
2007 Chevy Suburban.....	\$35,995
2009 Honda Pilot.....	\$35,995
2010 Buick Enclave.....	\$36,995



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# VCOs keep wheels on roads

By Tech. Sgt. Thomas Dow  
Minot Air Force Base  
Public Affairs

With 1,023 vehicles and equipment worth millions of dollars, the 5th Logistics Readiness Squadron's vehicle management sections have their hands full. Accounting for maintenance, usage and fueling of Minot AFB's cars, trucks and specialized equipment can be an enormous task. This is where an often overlooked and underappreciated role of the Vehicle Control Officer comes into play to help manage the seemingly overwhelming fleet.

"We are the largest fleet in AFGSC and the 12th largest in the entire Air Force," said Troy Senger, 5th LRS accident and abuse monitor and vehicle control functional. "We have 68 trained VCNCOs and VCO's on base. That's roughly one VCO for every 15 vehicles on base."

Minot currently has approximately \$90 million in vehicle and equipment assets. This does not take into account the maintenance care program for routine maintenance and fixing occurred damage budgeted for approximately \$1.7 million.

"As you can see the government funds a lot of money for general and special vehicle assets that we at Minot utilize every day," said Senger. "Having a VCO to oversee the vehicles in his or her control is the key to keeping these numbers low and the health of Minot's vehicle fleet in a mission ready status."

As a VCO, Airmen help

ensure effective utilization, training, operator care and scheduled maintenance of their unit's vehicle assets. This is a key way to guarantee the base can accomplish its peace and war time commitments.

According to Senger, VCOs are important because people often take work vehicles for granted. However, if the vehicle breaks down and Airmen cannot do their mission, it becomes evident how much we rely on them every day.

"Especially if it is a specialized or one-of-a-kind vehicle or piece of equipment," said Senger. "If a B-52 broke and couldn't accomplish the mission it was built for, wouldn't that be notable in the way of national security? While vehicles may not be a matter of national security, it is the means to how we get the job done safely and effectively."

For some units on Minot, the VCO program is an additional duty. For others, it is full time job due to the size of vehicle fleet assigned. Yet each unit's VCO is important in the accomplishment of their mission.

"All VCO's are appointed in writing by their squadron commander per Air Force Instruction and the duties should not be taken lightly as their mission may depend on it," said Senger. "Being aggressively active in their program, following the VCO guide the 5th LRS leadership has put together over the years, and being diligent on enforcing the rules and regulations and reporting problems to Vehicle Maintenance is key to em-

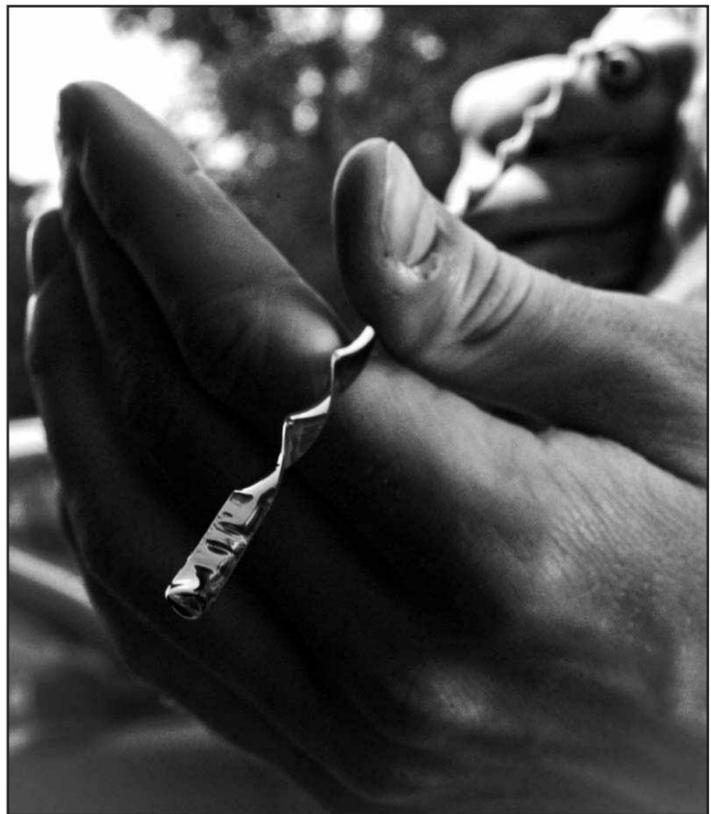
ploying an effective vehicle management program."

In the end, with Minot AFB's high operations tempo and a vast fleet, it would seem the role of the VCO would be a futile effort keeping the trucks and cars rolling. However, Senger said the base's VCO force is doing their best to press forward.

"I think we all do a good job at maintaining our vehicles but I think there is room for improvement," said Senger. "With budget cuts and a shrinking pot of money, vehicle maintenance sometimes struggles to keep the fleet going at a high mission capable rate. We need to be even more vigilant in taking care of what we have now."

"With good operator care established and diligently checked upon by the VCO/VCNCOs, we can help each other accomplish our missions," added Senger.

For more information about the VCO program, contact the 5th LRS vehicle control functional at 723-3692.



(U.S. Air Force photo by Tech. Sgt. Thomas Dow)

Ensuring vehicle operators check fluid levels properly is just one of the Vehicle Control Officer's jobs. The 5th Logistics Readiness Squadron has 68 trained VCO/VCNCOs to help maintain the base's 1,023 vehicles and equipment.

## IMA program to hire 1,600 by Sept

The Individual Mobilization Augmentee program is set to hire 1,600 Airmen by September in positions opening worldwide in all career fields. Recent attrition rates and the rise of new positions have created a great need to grow the program. Unlike any other Air Force service member, IMAs have flexibility when they work and where.

"We're hiring and that is terrific news on several fronts," said Col. Nancy Zbyszinski, commander, Readiness Management Group. The RMG oversees the Air Force's 8,700 IMAs and 1,500 Participating Individual Ready Reservists.

"The IMA program offers a unique opportunity to serve in Reserve status for those who are not located near a traditional Guard or Reserve unit, for anyone who cannot commit to one weekend every month, or for anyone who wants to participate in new Air Force missions."

Designed under one of several Reserve categories,

IMAs do not serve in Reserve organizations, but instead are assigned to active component units - either Air Force or joint. Rather than serving one weekend a month and two weeks a year, IMAs have flexibility in scheduling their annual training requirements. They coordinate with their active component supervisors to arrange duty dates according to the needs of the Air Force and the IMA's civilian schedule.

"IMAs are fully integrated into operations of the active component - assigned to more than 40 major commands, combatant commands and defense agencies," said Lt. Gen. Charles Stenner, commander, Air Force Reserve Command. "We want to maintain the right people with the right skill sets in the right places, and the IMA program allows us to do that, along with our other Reserve categories."

Flexible duty dates and the chance to work in active duty organizations are just a few

advantages of the IMA program. There is also the chance to participate in emerging, cutting-edge Air Force missions. Like other Reserve or Guard members, IMAs can volunteer for manday tours or deployments. Base IMA program management staffs can provide more information about local manday opportunities. Active duty functional managers and IMA program management staff can provide information on deployment options.

"Travel is a great side benefit," said Maj. Chuck Pittman, RMG director of personnel. "Imagine living in Michigan, but doing your annual tour and IDTs at Hickam Air Force Base, Hawaii, in the dead of winter. This is an unprecedented opportunity. People are jazzed about it. We have openings all over the world and in the new Global Strike, Cyber, and Africa Commands."

Another benefit is the potential to get paid for travel as well as annual duty.

## Officer Training School selects

Two Minot AFB members applied for Officer Training School (OTS) at the last board and both were selected to attend. SSgt Kory J. McLeod, from 5 AMXS, and SSgt Jeffrey W. Slocum, from 17 MUNS, were selected and will attend the training at OTS and become commissioned officers.

Both were selected for navigator slots, which they

had applied for on their application.

With OTS, they had to have completed their bachelor's degrees and had to submit their applications before the board. Training will be held at Maxwell AFB in Alabama.

For information concerning OTS, please call for an appointment at the Base Education Center at 723-2772.

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**Deadline:** The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**Publisher:** The Northern Sentry is published by BHG, Inc., a private firm operating independently of the U.S. Air Force.

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**Local Weather**

**Fri 6/25 80/61**   
Slight chance of a thunderstorm.

**Sat 6/26 75/57**   
Scattered thunderstorms. Highs in the mid 70s and lows in the upper 50s.

**Sun 6/27 78/56**   
More sun than clouds. Highs in the upper 70s and lows in the mid 50s.

**Mon 6/28 78/60**   
Sunny. Highs in the upper 70s and lows in the low 60s.

**Tue 6/29 79/58**   
Plenty of sun. Highs in the upper 70s and lows in the upper 50s.

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**Warbird Journal**

Commentary by **Col. Douglas Cox**  
5th Bomb Wing commander



**The call to excellence**

This week's exercise was a big challenge and an opportunity for us to practice our professional skills in a realistic environment.

It's a great chance for a variety of reasons: we'll integrate with our 2nd Bomb Wing wingmen; we'll polish our strict compliance with technical guidance; we'll emphasize the importance of our Personnel Reliability Program culture. Exercises are exciting for another reason, however: the call to excellence.

Doing our operational job requires all of our professionalism, expertise, and attention. We'll put that to the test over the next week.

At the beginning of next month, when we look back

on our efforts, every one of us wants to be able to say that we were safe, secure, and effective. No doubt we'll each give our best - that's what Team Minot warriors do.

Since day one there's never been any question about the quality of the dedicated professionals that do our nation's work at Minot AFB. Only the Best Come North isn't a slogan. It's a way of life. A way of life that it's been my privilege to observe and admire over the last eight months.

The path to that way of life, the path to being the best, grows out of the pursuit of excellence. This pursuit isn't easy, it's not trivial. It requires long hours, sacrifice and study.

Sometimes we get tired,

tempers get short. Sometimes we get bleary-eyed and ready for a break. Part of what we do as wingmen and as continuous monitors of our PRP warriors is to keep high situational awareness; we must all look for the warning signs that we've pushed ourselves to the limit.

"No pain, no gain" is a common maxim, and there is much truth in it - but excellence lies at pushing yourself and your team to maximum performance within limits.

When we exceed the limits we lose the quest for excellence, and often wind up picking up the pieces instead. The balance we must strike between top quality effort toward excellence and pushing beyond the limit is not always

obvious; we all have to keep our eyes open for that limit line and speak up when we see it approaching.

That's the call to excellence: pushing ourselves to the pinnacle of performance, all the while guarding the safe, secure and effective environment that's so imperative to our success.

Keep your eyes open, speak up before problems occur. Answer the call to excellence. If you're underage don't drink, if you're of age don't drink and drive, and never, ever leave your wingman.

**Adapting to change**

Commentary by  
**Capt. Steven Attaway**  
386th Expeditionary  
Operations Group

**SOUTHWEST ASIA (AFNS)** - Along with death and taxes, one of the absolute guarantees in life is change. Sometimes change is so subtle we don't even notice that it is happening. Other times it is so drastic that it hits us like a ton of bricks.

One of the most essential life skills a person can have is the ability to adapt to change. However, adapting to change is difficult for most people due to the fact that we are inherently creatures of habit; having to change our patterns and behaviors is frustrating and annoying and takes most of us outside of our comfort zone.

There are also other reasons people are resistant to change and they center around one common theme: fear. We are afraid of the unknown, afraid of failure, afraid of commitment, afraid of disapproval and sometimes even afraid of success.

I would like to focus on the fear of success. You may

ask yourself, "Why would I be afraid of success?"

Isn't that what we all are striving for, to be successful? The simple answer would be yes. But if we peel the onion back a bit, we can see why people might be afraid of success. Success breeds greater responsibilities, and with increased responsibility comes increased workloads and greater expectations from our peers and supervisors.

You may be asking yourself the following questions. If I change, what other demands will be made of me? Can I sustain this success? The key is to look past these questions and ask the following questions. Can I afford not to change? What will happen if I don't change?

Adapting to change is sometimes easy, and we can do it with little thought. Other times, it involves us being willing to step outside of our comfort zone, and this is usually very uncomfortable for most of us. But I say take that step. It may prove to be a great experience.

Adapting to change is what we as military members do every day, whether it is refrag-

ging missions in operations, quick turning an aircraft for maintenance, or dealing with an unexpected power outage for civil engineers. We do and must adapt, and I would offer that we do it better than anyone else.

As a student at Squadron Officer School, I had the honor of meeting retired Lt. Gen. Hal Moore and reporter Joseph Galloway and hearing them speak of their time together during the Battle of Ia Drang in November 1965. Most of you know it as the battle portrayed in the movie "We Were Soldiers," starring Mel Gibson.

It was during their talk that General Moore offered the following advice, and it

fits many situations, adapting to change being one of them.

He said he asked himself two questions every day: 1. "What am I doing that I should not be doing?" and 2. "What should I be doing that I am not doing?"

I feel that if you can successfully answer these two questions, you will have no problem adapting to change. Not only will you be able to adapt to it, but you will embrace it and make it your own.

So my challenge to my fellow Airmen is to not be afraid to be successful. Look for the opportunity to not only adapt to change, but to affect change in both your personal and professional lives.

**Lives saved through AADD**

Airmen Against Drunk Driving is a voluntary organization Airmen can call when they need assistance from a wingman, at 838-2233.

Volunteers for the weekend of June 24 to June 26 are from the 791st Missile Security Forces Squadron.

**Saves through June 19: 535**

# OPERATION HOMEFRONT

By Hannah Searle



## Cookies for Company

Like many other military spouses in Minot, my fiancé left about three weeks ago for a six-month deployment overseas. While the adjustment to his absence has been tough, I have purposely tried to fill as many of the coming weekends with events to look forward to, including visits from some of my family members and dear friends.

For many people, planning for guests begins with shopping trips to the grocery store and cleaning up the home. And while I like to pretend I'm a perfect hostess, the truth is when it comes to houseguests and cleaning, it just isn't the case with me. I always have good intentions of mopping all the floors, having fresh flowers in the bathrooms and putting away all the mail and paper-clutter on the desk. But, after a busy week at work, it

*sometimes* doesn't happen.

This coming weekend, I have a girlfriend coming up to visit and the scenario I described above is certainly the case. So, while my apartment might be somewhat of a natural disaster-zone, I have a stellar chocolate chip cookie recipe I like to keep as my "Hail Mary." My hope is that the sweet smell of warm chocolate and vanilla straight out of the oven will make up for the mess in the other room. No one will notice piles of paper and magazines if they're happily eating cookies, right?

This recipe I'm sharing with you today is not only super delicious, but also completely fool-proof. The cookies come out perfectly crisp around the outside and soft and chewy on the inside. Even better, the dough can be portioned out and frozen ahead

of time, which bodes well for individuals who wouldn't otherwise have time to bake a batch right before guests arrive. Or for those of you like me, who would otherwise eat

the entire sheet of cookies in a matter of minutes. Whatever your situation is this summer, I hope you make these cookies for your family, weekend visitors or yourself!

## Hannah's Big, Fat Chocolate Chip Cookies

(makes about a dozen large cookies, or 18 smaller cookies)

2 cups all-purpose flour	1/2 teaspoon baking soda
1/2 teaspoon salt	3/4 unsalted butter, melted
1 cup brown sugar, packed	1 teaspoon vanilla extract
1 egg & 1 egg yolk	2 cups chocolate chips

Sift flour, baking soda & salt into a medium bowl. Set aside. In large bowl, cream together the melted butter, white & brown sugars until well incorporated. Beat vanilla & eggs into sugar & butter mixture and mix until light & creamy.

Gently combine dry ingredients into wet, being careful not to over mix. Stir in chocolate chips. Using an ice cream scoop, portion out dough onto a cookie sheet and freeze for an hour. Once the dough is firm, remove from cookie sheet and store in an airtight container or freezer bag in the freezer.

When ready to bake, preheat oven to 325. Put dough on a parchment-lined cookie sheet. For smaller cookies, bake for 13-14 minutes. For larger cookies, bake for 16-17 minutes.

## Signs, cones keep you safe in the zone

### Commentary by Mr. Rod Krause

5th BW Ground Safety office

With nearly 40 percent increase in work zone fatalities between 1998 and 2006, work zone safety is growing roadway safety concern. In 2008, there were 831 work zone fatalities, a decline of 13% from 2007.

Also, four out of every five work zone fatalities were motorists. One work zone fatality happens every 8.2 hours (three a day) and one work zone injury every nine minutes (160 a day).

Here are 10 tips for driving safely in work zones:

- Expect the unexpected. Normal speed limits may be reduced, traffic lanes may be changed and people may be working on or near the road

- Slow down. Speeding is one of the major causes of work zone crashes.

- Don't tailgate. Keep a safe distance between you and the car ahead of you. The most common crash in a highway work zone is the rear end

collision.

- Pay attention to the signs. The warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see the one that says you've left the work zone.

- Obey road crew flaggers. The flaggers know what is best for moving traffic safely in the work zone. A flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.

- Stay alert and minimize distractions. Dedicate your full attention to the roadway and avoid changing radio stations or using cell phones while driving in a work zone.

- Keep up with traffic flow. Motorists can maintain traffic flow and posted speeds by merging as soon as possible. Don't drive right up to the lane closure and then try to barge in.

- Scheduling enough time to drive safely and check radio, TV and Web sites for traffic information. Expect delays and leave early so you



(Photo by Rod Krause)

Work zones like this one outside of Rapid City, S.D., can be confusing and dangerous for the traveling motorist. Follow posted signs and directions to ensure driver and worker safety.

can reach your destination on time. Check the National Work Zone Safety Information Clearinghouse for information on work zone delays through-

out the country, [www.fhwa.dot.gov/trafficinfo/index.htm](http://www.fhwa.dot.gov/trafficinfo/index.htm).

- Be patient and stay calm. Work zones aren't there to personally inconvenience you.

Remember, the work zone crew members are working to improve the road and make your future drive better.

# Hanscom major accomplishes goals, honors fallen troops through running

by Meredith March  
66th Air Base Wing  
Public Affairs

HANSCOM AIR FORCE BASE, Mass. (AFNS) - On February 14, 2007, three victims of an Improvised Explosive Devisive explosion were rushed into the hospital where Maj. (Dr.) Derek Speten, the 66th Medical Group Diagnostics and Therapeutics flight commander, worked.

Doctor Speten's patient, while severely burned, initially appeared to be in better condition than his two friends, one of whom arrived with a tourniquet on each leg. However, as Doctor Speten commenced his examination, it was quickly apparent that his patient's internal injuries were grave.

After Doctor Speten made the man as comfortable as possible, he sat with him for a moment in the critical care unit, where another of the victims was recovering.

The servicemember who had arrived in the trauma bay with tourniquets on his legs told the doctor that the burned man, who was the one who had applied the tourniquets while they waited for help, had been an avid runner who dreamed of running the

Boston Marathon.

Two hours later, Doctor Speten's patient died.

"I thought some of his dreams died as well," the doctor said.

As he thought about this servicemember and his friends throughout the rest of his deployment, Doctor Speten said he began reprioritizing some of his own goals.

"When I came back, I wanted to start running for anyone who had had that desire and no longer had the opportunity to do it," Doctor Speten said.

Realizing he didn't necessarily want to sacrifice precious time with his family to pursue his desire to run, Doctor Speten said he and his wife bought a jogging stroller so he could take their children, ages 7 and 4, with him while he trained.

"That was really difficult because when you're not conditioned to run with a stroller, not only are you slow, but your heart rate goes up faster," Doctor Speten said. "It's definitely more challenging."

"Most people think I'm crazy for pushing a 100-pound stroller, but it allowed me to spend time with my children, which I had missed during my deployment," he said.

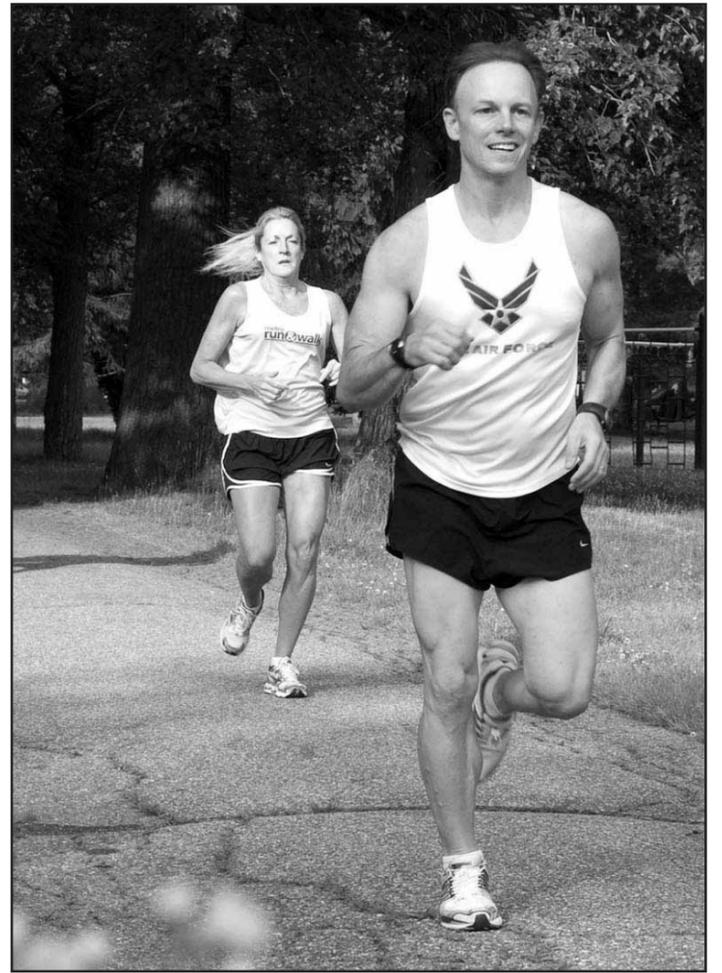
Doctor Speten ran his first

marathon in December 2008. He said that beyond the physical accomplishment of finishing the race was the healing he felt by allowing himself, uninterrupted, to reflect on his deployment and think of those who couldn't be there with him. "When I wondered if I could finish, I had my jersey that said, 'In honor of all our fallen Soldiers,' so I couldn't quit," the doctor said.

"While I ran, it was like a three-hour personal therapy," he said. "I felt free and I thought about accomplishing something, not just for myself, but for others that couldn't be there that day. Toward the end, when my body started to shut down, I would think of those people that I was running for. It was challenging physically, but mentally, you have to have a strategy for when your body wants to quit. I kept thinking, 'I can do this,' because what I was asking of my body was nothing compared to the heroic acts those servicemembers had performed to save each other before they got to that trauma bay."

Over the course of the next year, Doctor Speten completed six additional marathons, among other races, and he qualified for the Boston Marathon, which he ran alongside another Airman from Hanscom Air Force Base, Mass., who was running his first marathon.

Finishing that race was an incredible personal accomplishment for a number of rea-



(U.S. Air Force photo/Mark Wyatt)

Col. Mary McRae (left) and Maj. (Dr.) Derek Speten run in the Summer Thunder 10K race, which began and finished at the Fitness and Sports Center June 16, 2010, at Hanscom Air Force Base, Mass. Colonel McRae is the Electronic Systems Center chief of staff. Doctor Speten is the 66th Medical Group Diagnostics and Therapeutics flight commander.

sons, Doctor Speten said.

"Not only had I accomplished something for someone that I had set in motion years ago, but suddenly I was also able to help support another Airman and friend," he said.

Doctor Speten said he subsequently mailed his Boston Marathon jersey, T-shirt and medal to the parents of the servicemember who had inspired him to run it.

"He accomplished this through me," the doctor said. "I've learned from these experiences not to drop your dreams, and if someone else can't accomplish theirs, you can accomplish them in their place."

While he's achieved his Boston Marathon goal, Doctor

Speten continues to race competitively. He and his brother, Shane, participated in an Ironman 70.3 event in New Found Lake, N.H., on June 6.

He also recently ran alongside his wife during her first marathon, and his training and competitions often include pushing his children in the jog stroller.

Involving his family has made the experience not only possible, but more enjoyable, Doctor Speten said.

"When you deploy, you really wish you had spent more time with your family," he said. "You will always have personal goals you want to accomplish, but involving your family and receiving their support is what keeps you going."

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# New officer course boosts cyberspace transformation

by **Susan Griggs**  
81st Training Wing  
Public Affairs

**KEESLER AIR FORCE BASE, Miss. (AFNS)** - A new undergraduate cyber training course for officers launched here June 15.

Air Force officials allocated \$11.7 million to establish the course, and about \$7.6 million has already been spent to upgrade facilities and purchase the computer infrastructure, simulators and laboratory networks to enhance Keesler AFB's classroom capabilities, said Lt. Col. Scott Solomon, the 333rd Training Squadron commander.

Although Keesler AFB of-

officials have trained officers and enlisted members in communications, computer technology, air traffic control and electronics for decades, technical training is transitioning to support the Air Force's new roles in cyberspace operations. The training is intended to bolster the unfolding organizational, technical and security demands of a network-centric Air Force operating in the cyberspace domain.

"When the Air Force's mission changed to fly, fight and win in air, space and cyberspace, we didn't have the pipeline in place to train the new skills needed to operate in the cyberspace domain," Colonel Solomon said. "It's the one do-

main for which we didn't have an initial skills course.

"For years, we've done fundamental training in telecommunications, radar, radio, long-haul infrastructure, microwave and air traffic control systems, but now most of these things are connected at the Internet protocol level via the Internet," he said. "Our new cyberspace operators are going to be trained to operate looking through the lens at that IP level.

"In addition, we're not just teaching point A to point B communications connectivity," Colonel Solomon continued. "We're teaching our operators how to connect the dots for operational effect, a fundamental change in how we've conducted our training in the past."

The new course provides initial training for 17DX cyber operations officers, a ca-

reer field that replaces 33SX communications officers. The course is intended to provide a foundation on which officers can build their skill sets.

Graduates will have the fundamental training to establish, secure, operate, assess and actively defend seven types of networks, including command and control systems, IP, telephony, satellite and mobile telecommunications.

"What we'll be producing for the Air Force coming right out of initial skills training is an officer that is a full-up loaded round who can actually fly, fight and win in cyberspace," Colonel Solomon said. "In the past, there have been training gaps because of the evolving nature of cyberspace, a man-made domain that's changing all the time."

Because of the fluid nature of that domain, the colonel

said it's essential to keep pace with changes in cyberspace technology, tactics, techniques and procedures.

"We've built into the program the capability to update course material as the technology changes," Colonel Solomon said. "We must ensure that we stay relevant and keep pace with the threats that are out there. The only way to do that is to incorporate changes as quickly as possible within the course curriculum standards."

"Every '17 Delta' active-duty officer that comes through the schoolhouse will (make a permanent change of station) and be here for six months," Colonel Solomon said. "The first phase of the course is at the unclassified level, where students earn their Security + certification which is a commercial standard in industry."



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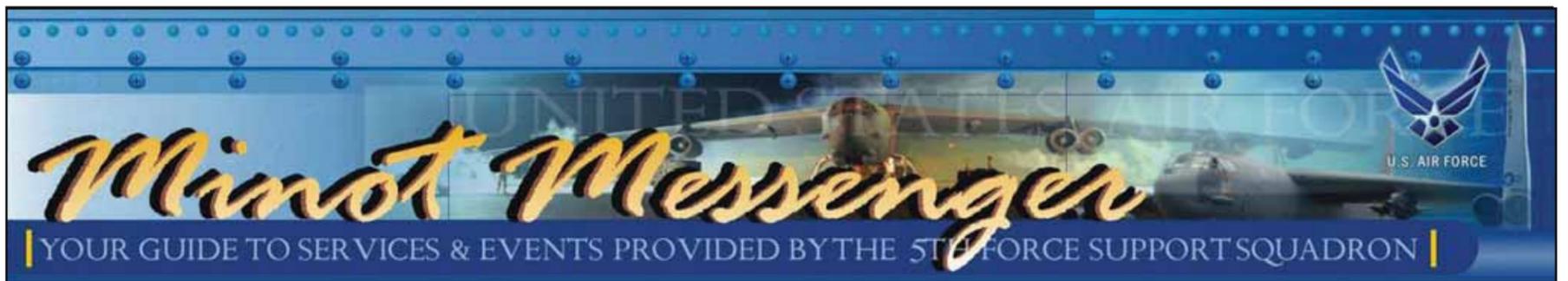
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## Celebrate Independence Day With A Variety Of Fun Events

Independence Day is just over a week away and the 5th Force Support Squadron has a wide array of fun-filled events planned for people of all ages. The July 4th holiday celebration at Minot AFB provides a great opportunity to spend quality time with family, enjoy a leisurely picnic in the park, witness a spectacular fireworks display, and more.

To kick off your July 4th, the Outdoor Pool offers everyone a chance to cool off with free swimming or to simply lounge around the pool. The free swim day runs from 10 a.m. to 7 p.m. and is open to all ages. Children age 12 and under must be accompanied by an adult. For details, call Outdoor Recreation at 723-3648.

The Dakota Inn has a tasty menu planned for Independence Day, July 4th from 10:30 a.m. to 12:45 p.m. Enjoy mouth watering entrees including loin strip steak, BBQ spareribs, and herbed baked chicken. Make your meal complete with yummy delights such as rice pilaf, baked potatoes, summer squash, brussels sprouts, salads, breads and rolls, plus a variety of tasty desserts. For additional information, call the Dakota Inn at 723-2359.

The Fourth of July Appreciation Picnic hosted by the Community Center at Bud Ebert Park is a great way to celebrate your holiday. The event salutes Minot AFB personnel for a job well done, as well as recognizing our nation's birthday. The fun-filled event begins at 5 p.m. with activities for children. The Independence Day celebration continues at 6 p.m. with a delicious picnic offering plenty of scrumptious free food. The menu



includes summer favorites such as hot dogs, hamburgers, chips, cookies, and beverage.

The Independence Day holiday wouldn't be complete without a fantastic fireworks display to cap off the evening. The magnificent display provides a spectacular finale to a day filled with fun for the entire family. For more information, contact the Community Center at 723-4670.

## Register Now At Youth Center For Outdoor Soccer

Youth Sports is holding registration for Youth Outdoor Soccer now through July 6th at the Youth Center. Cost is \$26 for youth age 5 and older if registered by July 6th; \$31 after July 6th. Youth Center membership is required. Current physicals and H1N1 are required upon registration or you may pay a non-refundable deposit while acquiring those items. Players receive a medal and certificate of participation. The season is scheduled for August-September.

Coaches and assistants for Outdoor Soccer are needed; mandatory training will be provided. Interested persons may apply at the Youth Center. For details, call 723-2838.

## Missoula Children's Theater Registration At Youth Center

The Youth Center is hosting the Missoula Children's Theatre on July 12-16 for a week filled with auditions, rehearsals, and a public performance of the Missoula Children's Theater production of "Princess and the Pea". All students entering first grade through age 18 are encouraged to sign up now through July 9th to audition. The tour team will hold auditions on July 12th and has casting space for up to 60 youth to perform in the production. The auditions will be held at the Youth Center with times to be announced. Youth selected for parts in the production must commit to being a part of the program for the entire week. Call the Youth Center at 723-2838 to register.

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Family



## Event Update

### Youth Soccer Registration

Now - July 6 • Youth Center

### Family Bowl-a-Rama

June 25 • 5 p.m. • Rough Rider Lanes

### Movie Night in the Park

June 25 • 9 p.m. • Bud Ebert Park

### Lights & Strikes Bowling

June 25 & 26 • 9 p.m. • Rough Rider Lanes

### Framing Class

June 26 • 10 a.m. • Arts & Crafts Center

### LAN Party & X-Box Gaming

June 26 • 10 a.m. • Community Center

### Give Parents A Break

June 26 • 1 p.m. • CDC/SAP

### Lights & Strikes Family Night

June 26 • 6 p.m. • Rough Rider Lanes

### Hip Hop Nite

June 26 • 11 p.m. • J.R. Rockers

### Newbery Book Club

June 28 • 3:30 p.m. • Base Library

### Beginning Knitting Class

June 29 • 10:30 a.m. • Arts & Crafts Center

### Dakota Dinosaur Museum /

### Pioneer Village Trip

June 30 • 7 a.m. • Youth Center

### Firecracker 5K Run

July 1 • 8 a.m. • Fitness Center

### Latin Nite

July 3 • 11 p.m. • J.R. Rockers

### FREE Swim Day

July 4 • 10 a.m. - 7 p.m. • Outdoor Pool

### Independence Day Meal

July 4 • 10:30 a.m. • Dakota Inn

### 4th Of July Appreciation Picnic

July 4 • 5 p.m. • Bud Ebert Park



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### U.S. Kids Golf

The Rough Rider Golf Course has just the program you need to teach your child the game of golf. The U.S. Kids Golf Program has two sessions remaining allowing children age 6 and up to choose the time period that best suits their schedule. Dates include: July 12-23 and August 16-27. The program consists of five one-hour lessons and a Parent/Child golf outing at the conclusion of each session. Cost is only \$69.95 and each child receives their very own set of starter golf clubs, a U.S. Kids golf shirt and cap. Call the Rough Rider Golf Course at 723-3164 for more information.

### Limited Lodging During Summer

TDY and PCS personnel should make summer lodging reservations as soon as it's needed; both on and off-base lodging is "extremely" limited in July and August. The ND State Fair, held in the City of Minot, makes commercial lodging "impossible" from 20-31 July 2010. Consider rescheduling inbound TDYs to alternate dates. Sponsors please advise inbound personnel to avoid these dates if at all possible. This is high season for Minot AFB and off-base lodging could be as far as 120 miles away.

### Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on June 26th. The fun starts at 11 p.m.; free for members and \$5 for non-members. Call 727-ROCK for additional information.

### Dakota Dinosaur Museum Trip

Youth Center members ages 9-15 can enjoy a great day at the Dakota Dinosaur Museum and Pioneer Village on June 30th. The trip departs from the Youth Center at 7 a.m. and returns at 6 p.m. Cost is \$10 and includes lunch. For more details, call the Youth Center at 723-2838.

### LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on June 26th beginning at 10 a.m. at the Community Center. Children 16 and under must be accompanied by an adult. For more information, visit [www.dakrats.net](http://www.dakrats.net) or call the Community Center at 723-4670.

### Lights & Strikes Family Night

Rough Rider Lanes is hosting Lights & Strikes Family Night on June 26th from 6-11 p.m. Experience disco lights and music for the whole family. Cost is \$2 per game. Don't miss this enjoyable family event. For details, call 727-4715.

### Firecracker 5K Run

Don't miss the Firecracker 5K Run hosted by the Fitness Center on July 1st at 8 a.m. Runners will compete individually in male and female categories. Prizes awarded for 1st, 2nd, and 3rd place in each division. Deadline for registrations is July 1st. Open to all DoD ID card holders age 18 and older. Call 723-2145 for additional information.

### Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on June 25th from 5-7 p.m. During this affordable, fun family event, you can bowl for 2 hours with up to 6 people on a lane for only \$25. The price includes shoe rental and a pitcher of soda. Call Rough Rider Lanes at 727-4715 for details.

### Lawn Mower Service

Throughout the month of June, Auto Hobby is offering a lawn mower service special. Auto Hobby will change the oil, spark plug, clean the air filter and sharpen the blades. Cost for walk behind equipment is \$20 plus parts and riding mowers and garden tractors are \$45 plus parts. This special is available to all active duty, dependents, DoD civilians, and contractors with proper ID. Contact Auto Hobby at 723-2127 for details.

### Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on July 8th at 9 a.m. The class offers information on Air Force Aid Society community enhancement programs and the financial impact and family stressors of having a baby. For additional information, call the Airman and Family Readiness Center at 723-3950.

### No Sunday Brunch On July 4th

Due to the holiday, there will be no Sunday Brunch at the Doolittle Center on July 4th.

**Movie Night in the Park**  
**June 25 - 9 p.m. - Bud Ebert Park**  
 Movie will be:  
**"Cloudy With A Chance Of Meatballs"**

Outdoor Recreation invites you to bring your family and a blanket to Bud Ebert Park for the FREE Movie Night in the Park. Reserve your spot by 8:30 p.m.; movie begins at 9 p.m. Concessions will be available for purchase. For more information, contact Outdoor Recreation at 723-3648.

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For an application, visit J.R. Rockers, Doolittle Ctr., or [www.afclubs.com](http://www.afclubs.com).

No Federal Endorsement of Sponsors Intended **Deadline is July 1, 2010**

## 'Best Warriors' place runner-up in Region 6 competition

FARGO, N.D. — Two North Dakota National Guard Soldiers have been named runners-up in an intense "Best Warrior" competition in Fort Richardson and Fort Greely, Alaska, that concluded Monday.

Staff Sgt. Jason P. Lothspeich, of Minneapolis, and Spc. Nathan J. Svihovec, of Bismarck, were North Dakota's Best Warriors and competed against National Guard Soldiers from throughout Region 6, which also includes Alaska, Idaho, Montana, Oregon, South Dakota, Washington and Wyoming.

"After three grueling, rain-soaked, mosquito-swatting, sleep- and food-deprived days, I was amazed at our Soldiers' exceptional stamina and performance," said State Command Sgt. Maj. Gerald Miller, who traveled to Alaska with the Soldiers. "Both of them continue to prepare to compete, as it is possible they could represent Region 6 at the All-Guard competition in

July, should the winners not be able to compete."

Both Lothspeich and Svihovec had advanced to the regional competition after beginning at their unit levels, Lothspeich with the 817th Engineer Company (Sapper) and Svihovec with the 816th Engineer Company (Horizontal).

Svihovec had placed runner-up at the state level to Spc. Justin A. Huber, of Jud, N.D., who serves in the 191st Military Police Company. Just as Svihovec stepped up when Huber could not compete, both Lothspeich and Svihovec may represent Region 6 if the winner in either category cannot take part in the national All-Guard competition.

"The states sent the best of the best that they had, and the competition was intense," said Brigade Command Sgt. Maj. Guy V. Boschee, of Eureka, S.D., who also traveled to Alaska with the Soldiers.

He said some Soldiers were stronger in certain areas, but that the North Dakota Sol-

diers "were very well-rounded in all subject areas."

There was no shortage of areas for the Soldiers to prepare for, either. The competition began June 10 with a safety brief during which competitors were reminded they were fifth in the food chain — with polar bears taking top billing — in the Alaskan wilderness.

They were assigned an essay topic that evening, and by the following morning, they had it completed to turn in at 5:30 a.m. The morning also began with an Army Physical Fitness Test, which Lothspeich said "went really well for both of us." Then came a 25-question exam and a two-mile obstacle course followed by a late-night flight from Fort Richardson to Fort Greely, Alaska.

The Best Warrior Competition always works in a surprise event, and the Soldiers encountered that upon arriving at Fort Greely — a five-mile march with full rucksacks in

the pouring rain. They finished at 1 a.m., caught a few hours of sleep and started at 5 a.m. Saturday with a variety of weapons' qualification ranges and lanes training on "Warrior Skills" such as first aid and tossing grenades. That was followed by a land navigation course.

"This land navigation site has been known, we were told, as one of the most difficult navigation courses the Army has to offer," Lothspeich said.

It was the end of a long road for the Soldiers, who began preparations months ago. Both Soldiers spent many hours readying for the competition by reviewing manuals and memorizing military facts, as well as taking part in refresher training on medical tasks and hand-to-hand combat.

Svihovec even hiked North Dakota's Badlands with a weighted backpack, which turned out to be great preparation for the surprise ruck march in Alaska.

Both Lothspeich and Svihovec made clear that despite all of the training, they didn't do this alone. Spc. Adam Walsvik, of Hazen, N.D., and Sgt. Levi Long, of Dickinson, N.D., won last year's North Dakota Best Warrior title.

This year, they served as sponsors on a support team for their 2010 counterparts. They did more than yell words of encouragement; they ran alongside the competitors they were mentoring, bunked next to them at night, helped pack their rucksacks, and ensured they had fresh water and snacks.

"There's no better feeling than during the award ceremony for us, the brigade command sergeant major and state command sergeant major, to find out that both of our competitors were runners-up," Boschee said.

"It feels great to be in the North Dakota National Guard knowing that we have such great Soldiers representing us."



(U.S. Air Force photo by Senior Airman Ashley N. Avecilla) Staff Sgt. James Force, 5th Security Forces Squadron Charlie flight response force leader, hits the ball to left field here June 16. The 5th SFS Charlie flight crushed the 5th Medical Operations Squadron team 15-6.

## Play ball!

Minot Air Force Base intramural softball began here June 7 and will end July 28. Teams from squadrons all across the base play against each other every Monday, Wednesday and Friday. Multiple games are played at once on fields 1 and 2, across from

the Dakota Inn Dining Facility. Games start at 5:30 p.m. The games not only boost morale, but also teamwork and communication.

These qualities help to improve the success of both the 5th Bomb Wing and the 91st Missile Wing's mission here.



## Teamwork prevails in intramural soccer games

(U.S. Air Force photo by Airman 1st Class Aaron-Forrest Wainwright) A 91st Operations Group intramural soccer team member head butts the ball during their game versus the 5th Civil Engineer Squadron team here June 15. The 5th CES team defeated the 91st OG team 4-2. Different squadrons on Minot Air Force Base participate in intramural soccer matches at the field in front of the McAdoo Sports and Fitness Center as a way of increasing unit cohesiveness and boosting base morale.

# Prairie Adventures

by Patricia Stockdill

Today, they're probably considered not much more than quaint little surprises dotting roadsides or the prairie landscape with a dash of delicate aroma.

But wild native roses do more than brighten the scenery on a given summer day.

North Dakota's official state flower served a vital purpose for early Plains dwellers. When food was scarce wild rose fruit sufficed as an emergency food, providing enough nourishment until other foods were found or wild game secured. Rose hips were especially important during times of drought because their deep roots allowed the plant to survive harsh, dry conditions when other plants withered.

Cheyenne Indians, however, cautioned against overindulging in rose hips, suggesting an excess of them caused "itchy buttocks".

Despite that potential dilemma, roses, rose hips, and other parts of the prairie rose were vital to Indians throughout the Great Plains. Rose hip tea is abundant in vitamin C. Just a word of caution, though – strain rose hips when making tea to remove hairs and seeds because they can irritate the stomach.

However, the Hidatsa didn't hold rose hips in as high esteem as others in the Great Plains according author Kelly Kindscher in "Edible Wild Plants of the Prairie". A traditional Hidatsa story reads in part, "... We Hidatsa eat rose berries sometimes, but we never dry them for winter. We think they are food for wild men."

However, others such as the Assiniboin gathered rose hips during the summer lull prior to buffalo hunting in early fall. They would wash the hips, adding tallow, and allowing the mix to dry. It was then served as part of a regular meal.

Blackfoot ate rose hips fresh or roasted after removing the seeds.

And long before beads became available, dried rose hips were used to adorn

some necklaces.

Today, several parts of the wild prairie rose are considered edible: the fruit (rose hip) can be eaten raw or stewed as well as made into jelly. Young shoots in the spring can be cooked. Young leaves and stalks can be used for tea, and flower petals aren't just for pretty looks – they can be eaten raw in salads.

While rose hips didn't rank high on the Hidatsa's most desired food list, tea made from its inner bark was highly appreciated.

Kindscher's book describes how the Hidatsa made rose hip tea by removing the red outer bark and boiling the inner bark. The tea is described as tasting similar to modern commercial black tea.

Rose hips are best when picked ripe, although a light frost may sweeten them a bit. However, their taste varies greatly among plants.

Like their taste, the vitamin C content in rose hips varies, as well. However, researchers found up to 1,750 milligrams of vitamin C per 100 grams of rose hips compared to only 71 milligrams of vitamin C in the equal amount of oranges. It's estimated that three rose hips have as much vitamin C as one entire orange.

Rose hips might not have been the choice of the Hidatsa, except for rose bark tea – or the food of choice among many other tribes only in times of necessity – but if one can develop a palate for rose hips, it might be a natural way to get all the vitamin C a person needs.

Just follow the advice of the Cheyenne and don't overindulge.

### Quote of the Week:

*"I will tell you of something I know, And you can't half imagine how good; It's the song of wild roses that grow in the land the Dakota-folk love." – Narrator's introductory first stanza of "Song of the Wild Rose", traditional song sung by Dakota Sioux Nation members praising the wild rose.*

# Spring duck index, water conditions up

The North Dakota Game and Fish Department's annual spring breeding duck survey showed an index of more than 4.5 million birds, an increase of 12 percent from last year and 107 percent above the long-term average (1948-2009). The 2010 index is the third highest on record.

All species, except for wigeon (-9 percent), showed an increase from last year. Pintails were up 10 percent and were at the highest level since 1970. Mallards were up 12 percent and were the fourth highest on record. The most significant increases were ruddy ducks (+162 percent), green-winged teal (+91 percent), scaup (+54 percent), and redhead (+33 percent).

In addition, all species were above the long-term average. The spring water index was up 5 percent from 2009 and 76 percent above the long-term average. It was the fifth highest in survey history and the highest since 1999.

Mike Johnson, game management section leader, cautions that the water index is based on basins with water, and does not necessarily represent the amount of water contained in wetlands.

"Water conditions were generally good throughout the state, with the abundant snow cover and significant spring rains filling most basins," he added.

"The large number of ducks tallied during our survey is consistent with the well-above-average populations we have been carrying since 1994. These high numbers are the result of abundant Conservation Reserve Program nesting cover combined with the wet conditions that have been in place since the summer of 1993."

Additionally, reports indicate that much of the Prairie Pothole Region in South Dakota and Montana was in good shape this spring. While much of prairie Saskatchewan and Manitoba were dry at the time of spring migration and

settling, Johnson said Saskatchewan has since experienced significant improvement in water conditions that should benefit renesting and brood survival for those birds that did settle.

However, nesting cover in North Dakota continues to decline. Since the beginning of 2007, North Dakota has lost more than 700,000 CRP acres, and projections for the next two years indicate up to another 1.7 million acres could be converted to cropland.

"This loss of our critical nesting cover will be disastrous for breeding ducks and hunting opportunities in North Dakota," Johnson said.

The July brood survey will provide a better idea of duck production and insight into what to expect this fall. Observations to date indicate that production will be improved across the state due to improved water conditions and increased wetland availability for brood production.

### Fall turkey applications due June 30

Prospective turkey hunters are reminded that applications for this fall's season must be in the mail and postmarked before midnight June 30.

Interested hunters can submit a lottery application online, or print out an application to mail, at the North Dakota Game and Fish Department website, [gf.nd.gov](http://gf.nd.gov). Applications are also available at Game and Fish offices, county auditors and license vendors, or by calling (800) 406-6409. Only North Dakota residents are eligible to apply in the first lottery.

Individuals mailing applications to the department are advised to mail early because some post offices use the following day's postmark for parcels received after regular

hours. The department's online application feature will be deactivated June 30 at midnight.

### Family fishing days at Bismarck OWLS

Family Fishing Days are returning to the North Dakota Game and Fish Department's Outdoor Wildlife Learning Site. Trout, bluegill, and maybe another fish species or two, await.

Family Dishing Days are Saturdays and Wednesdays through the end of August. Fishing equipment can be checked out at the OWLS Pond, located adjacent to the department's Bismarck office, on Wednesdays from 9 a.m. – 7 p.m., and Saturdays from 9 a.m. – 4 p.m. Fishing rods and basic tackle are available for use free of charge.

Trained volunteers on Game and Fish staff will be in the area to answer questions and check out equipment, but there will be little or no direct supervision.

The OWLS area is fairly primitive, with only a picnic shelter and benches upon entering the site. The area has no restroom facilities or running water. Users should bring water, sunscreen, folding chairs and appropriate clothing. The Game and Fish Department is seeking volunteer instructors to assist with the program. Individuals at least age 18 with an interest in teaching kids to fish should contact the Game and Fish Department at 328-6300.

The OWLS pond is open to fishing year-round during daylight hours. There are no bait restrictions and anglers must practice catch-and-release only. The area is designed for wheel chair accessibility. Pets, glass bottles and alcohol are not permitted on the site.





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MINOT AIR FORCE BASE



2009 WATER QUALITY REPORT

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. Minot AFB buys all of its water from the City of Minot who draws the water from the Minot and Sundre aquifers. Because of the excellent quality of Minot water, the only treatments required are chlorine for disinfection purposes and fluoride for dental health purposes.

I ask your support in protecting and conserving our water resources. They are critical to the continued well-being of our community, our way of life, and our children's future.



Colonel Douglas A. Cox  
Commander, 5th Bomb Wing

WHERE DOES OUR WATER COME FROM?

Minot has two sources of water: the Minot Aquifer and the Sundre Aquifer. The Minot Aquifer follows the Souris River in this vicinity, and the wells are in the valley in the west part of Minot. The Sundre Aquifer comes from the north, travels under Minot, turns and goes southeast to the county line. The wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Plant is located beside the Souris River at 900 16th Street Southwest. Minot used approximately 60% Sundre Aquifer and about 40% Minot Aquifer water in 2009.

Minot is currently working on what is called the NAWA or Northwest Area Water Supply project. This will bring Missouri River water from Lake Sakakawea to Minot where it will be treated and sent out to satisfy the water needs of much of northwest North Dakota, including Minot AFB.

WELLHEAD PROTECTION

The City of Minot participates in North Dakota's Wellhead Protection Program. The City of Minot has completed the delineation and contaminant/land use inventory elements. Based on information from these elements, our source water has been determined to be moderately susceptible to potential contaminants. Copies of the Wellhead Protection plan and other relevant information regarding this program can be obtained from the City of Minot Engineers Office, Public Works during normal office hours.

THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments all customers must receive a report on the quality of their drinking water. This report covers the calendar year 2009. These results represent the latest tests performed on our water. Also included in the report are pertinent subjects such as water sources, water quality, and a description of terms used.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800-426-4791).

ANALYSIS OF MINOT AFB DRINKING WATER

There are 83 substances that are regulated by the EPA, all regulated substances found in our water are well within the established limits and are listed in Table 1. There are a number of components common in all water. Since Minot has 14 different water sources, these components can vary, but their averages are listed in Table 2. In addition to the regulated substances Minot also test for turbidity (clarity) and disinfection by-products. Soon to be added are radon, sulfates, and more disinfection by-products.

A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

**Microbial contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

**Inorganic contaminants**, such as salts and metals, which can be naturally-occurring or result from urban storm runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

**Pesticides and herbicides**, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

**Organic chemicals**, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

**Radioactive materials**, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Minot AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. **Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.** If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.



If you have questions regarding this report, please contact Minot AFB Bioenvironmental Engineering at 723-5151. You may also attend the Minot City Council Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4152. Also, if you are aware of non-English speaking individuals who need help with the appropriate language translation, please call Darla Schaeffer at (701) 852-0333

Table 1. Detected/Regulated Contaminants

Contaminant	MCLG	MCL	Level of Range	Date Tested	Source of Contaminant
<b>INORGANIC CONTAMINANTS</b>					
Arsenic (ppb)	0	0	1.63	10/07	Erosion of natural products; runoff from croplands; runoff from gas and electronics products wastes
Nitrate + Nitrite (ppm)	0	0	0.02	2/09	Runoff from fertilizer use; leaching from septic tanks; sewage; erosion of natural deposits
<b>DISINFECTION BYPRODUCTS</b>					
Total Halocetic Acids (ppm)	0	60	0 to 10.61 to 11.45	3/09	Byproduct of drinking water chlorination
Total Trihalomethanes (ppb)	0	80	50 to 252.1 to 60.11	3/09	Byproduct of drinking water chlorination
<b>DISINFECTANTS</b>					
Chloramine residual (ppm)	MRLGL	MRLGL	1.1 to 1.1 to 1.5	3/09	Water additive used to control microbes
<b>OTHER CONTAMINANTS</b>					
Copper (ppm)	13	A L-13	0.031	9/09	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (ppb)	0	A L-6	1.03	9/09	Corrosion of household plumbing systems
Total Coliforms	0	5% of monthly samples	0	2009	Naturally present in the environment
<b>RADIOACTIVE CONTAMINANTS</b>					
Gross Alpha (pCi/l) / Gross Beta (pCi/l)	15	15	1.52	11/09	Erosion of natural products
Radium, combined (226,228) (pCi/l)	0	5	0.00919	11/09	Erosion of natural products
Uranium, combined (ppb)	0	30	0.722	11/09	Erosion of natural products

\*This value represents the 90th percentile value of the most recent round of sampling.

Table 2. Other Parameters

Hardness	150 mg/l or 8.8 grains per gallon
Total dissolved Solids	733 mg/l
Conductivity	1220 µmhos/cm
Sodium	223 mg/l
Fluoride	1.95 mg/l
pH	8.9
Calcium	53 mg/l

Friday Evening June 25, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wife Swap		20/20				Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Medium		Flashpoint		Miami Medical		Local	Late Show Letterman	Late Late		
KMOT/NBC	Friday Night Lights		Dateline NBC				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Bones		House		Local						
<b>Cable Channels</b>											
AMC	Thunderheart						Outbreak				
CNN	M. Jackson	Larry King Live	Anderson Cooper 360	M. Jackson	Larry King Live						
DISC	American Loggers	American Loggers	Dual Survival	American Loggers	American Loggers						
DISN	16 Wishes	Wizards	Wizards	Hannah	Phineas	Deck	Good Luck	Deck			
ESPN	Track and Field		Baseball Tonight	SportsCenter	Baseball	NFL Live					
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		The 700 Club	Whose?	Whose?				
FX	There Will Be Blood		There Will Be Blood								
LIFE	Reba	Reba	Rumor Has It ...		Will	Frasier	Medium				
NICK	Big Time	The Troop	Chris	Chris	Lopez	Lopez	Lopez	Lopez	Lopez		
SPIKE	CSI: Crime Scene Investigation		The Ultimate Fighter								
TBS	Rush Hour 3		Rush Hour 3				Neighbors	Name Earl			
TNT	War of the Worlds		War of the Worlds								
USA	NCIS		NCIS		Royal Pains	I Now Pronounce You					
WGN	Usual Suspects		WGN News at Nine	Scrubs	Scrubs	S. Park	South Pk				
<b>Premium Channels</b>											
HBO	Baby Mama		Harry Potter-Prince		Knight	Neistat	State of				
MAX	Big	Ghosts of Girlfriends Past	Harold & Kumar								
SHOW	The Tudors	The Real L Word	Teller	Green	The Real L Word	Green	Teller				

Tuesday Evening June 29, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Downfall		Mind Games		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	NCIS		NCIS: Los Angeles		The Good Wife		Local	Late Show Letterman	Late		
KMOT/NBC	Losing It-Jillian		America's Got Talent		Last Comic Standing		Local	Wimbledon	Tonight Show w/Leno		
KNDX/FOX	Hell's Kitchen				Local						
<b>Cable Channels</b>											
AMC	Pearl Harbor						Hamburger Hill				
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360						Larry King Live		
DISC	Deadliest Catch	Deadliest Catch	After the Catch		Deadliest Catch				Deadliest Catch		
DISN	Wendy Wu: Warrior		Phineas	Hannah	Wizards	Deck	Suite	So Raven			
ESPN	College Baseball				SportsCenter			Baseball	NFL Live		
FAM	Pretty Little Liars	Huge	Secret-Teen		The 700 Club	Whose?	Whose?				
FX	21		Rescue Me		Louie	Louie	Rescue Me				
LIFE	Reba	Reba	Grey's Anatomy		Grey's Anatomy		Will	Frasier	Medium		
NICK	Matters	Matters	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny	
SPIKE	Good Pets-Bad	Prisoners/Control	Deadliest Warrior		BlueMount	BlueMount	DEA				
TBS	Fam. Guy	Office	Office	Office	Lopez	Tonight	My Boys	My Boys			
TNT	Bones	Hawthorne	Memphis Beat		Hawthorne		Memphis Beat				
USA	Law & Order: SVU		Law & Order: SVU		Law Order: CI		In Plain Sight	House			
WGN	MLB Baseball				News/Nine	Scrubs	S. Park	South Pk			
<b>Premium Channels</b>											
HBO	Yes Man	Funny People			Entourage	True Blood		Wolverine			
MAX	XChange	Whiteout			Fast & Furious						
SHOW	Disaster Movie	Pride: Gay Comedy	The Real L Word	Zack and Miri Make							

Saturday Evening June 26, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Funniest Home Videos		Castle		Rookie Blue		Local				
KXMC/CBS	Three Rivers		48 Hours Mystery		48 Hours Mystery		Local				
KMOT/NBC	America's Got Talent		Law & Order: SVU		Local	Saturday Night Live					
KNDX/FOX	MLB Baseball		Local		The Wanda Sykes Show	Brothers	Local				
<b>Cable Channels</b>											
AMC	Magnificent 7						Magnificent 7				
CNN	Gary & Tony	Larry King Live	Newsroom	Gary & Tony	Larry King Live						
DISC	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch						
DISN	16 Wishes	Sonny	Good Luck	Jonas L.A.	Hannah	Deck	Jonas L.A.	Good Luck			
ESPN	College Baseball		Baseball Tonight	SportsCenter	Baseball Tonight						
FAM	Edward Scissorhands		Beetlejuice				Fresh Pr.				
FX	Superbad		Damages		Damages						
LIFE	Hush		Army Wives		Drop Dead Diva						
NICK	iCarly	Big Time	Victoriju	Jackson	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny	
SPIKE	UFC Unleashed	UFC Unleashed	UFC Machida/Shogun				U.S. Navy				
TBS	Rush Hour 3		Rush Hour 3		Blades of Glory						
TNT	Transformers		War of the Worlds								
USA	NCIS		NCIS		NCIS		Action Sports				
WGN	Gone Baby Gone		WGN News at Nine	Scrubs	Scrubs	The Full Monty					
<b>Premium Channels</b>											
HBO	Funny People		True Blood		Death Race						
MAX	Transfmr	The Day the Earth Stood Still	A Perfect Getaway								
SHOW	Punisher: War Zone		Strike							NASCAR	

Wednesday Evening June 30, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Middle	Middle	Family	Cougar	Castle		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	How I Met	Rules	Criminal Minds		CSI: NY		Local	Late Show Letterman	Late		
KMOT/NBC	America's Got Talent		America's Got Talent		Law & Order: SVU		Local	Wimbledon	Tonight Show w/Leno		
KNDX/FOX	So You Think				Local						
<b>Cable Channels</b>											
AMC	Heartbreak Ridge						The Hunted				
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360						Larry King Live		
DISC	MythBusters	MythBusters-	Dirty Jobs		MythBusters				MythBusters-		
DISN	The Wild		Phineas	Hannah	Wizards	Deck	Suite	So Raven			
ESPN	College Baseball				SportsCenter			Baseball	NFL Live		
FAM	Ice Age		Funniest Home Videos		The 700 Club	Whose?	Whose?				
FX	The Italian Job		The Italian Job								
LIFE	Reba	Reba	Dave		Will	Frasier	Medium				
NICK	Matters	Matters	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny	
SPIKE	UFC Unleashed	Best of PRIDE	UFC Unleashed		Half Pint	Half Pint	DEA				
TBS	Payne	Payne	Are We Th	Are We Th	Browns	Browns	Lopez Tonight	Name Earl	Name Earl		
TNT	Law & Order	Law & Order	Law & Order		CSI: NY		Leverage				
USA	NCIS		NCIS		In Plain Sight		NCIS				
WGN	Batman		America's		Scrubs	Scrubs	South Pk	South Pk			
<b>Premium Channels</b>											
HBO	True Blood	True Blood	True Blood	REAL Sports Gumbel	Harry Potter-Prince						
MAX	Twins		A Perfect Getaway		Bikini Frankenstein						
SHOW	Soul Men	Teller	Green	Inside NASCAR	Teller	Green	Inside NASCAR				

Sunday Evening June 27, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Extreme Makeover		Scoundrels		The Gates		Local				
KXMC/CBS	I Get That a Lot		Daytime Emmy Awards				Local				
KMOT/NBC	Dateline NBC		Law Order: CI		Law Order: CI		Local	Dateline NBC			
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Amer. Dad	Local						
<b>Cable Channels</b>											
AMC	Cold Mountain						Cold Mountain				
CNN	Gary & Tony	Larry King Live	Newsroom	Gary & Tony	Larry King Live						
DISC	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters						
DISN	Jonas L.A.	Good Luck	16 Wishes	Wizards	Wizards	Hannah	Good Luck	Jonas L.A.			
ESPN	MLB Baseball		SportsCenter								
FAM	Charlie & Chocolate Factory	Willy Wonka		J. Osteen	Ed Young						
FX	The Waterboy		The Waterboy		The Wedding Singer						
LIFE	Mad Money		Drop Dead Diva		Drop Dead Diva		Army Wives				
NICK	Victoriju	Jackson	News	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Band of Brothers		Band of Brothers		Band of Brothers		Jail				
TBS	Blades of Glory	Ellen's-Special	Team Coco Presents	Ellen's-Special	Team Coco Presents						
TNT	Transformers	Leverage	Leverage	Bones	Leverage						
USA	NCIS		The Bourne Ultimatum		Nat'l Treasure						
WGN	Newhart	Newhart	BarneyM	BarneyM	News/Nine	Replay	Cheers	Cheers	Becker	Becker	
<b>Premium Channels</b>											
HBO	12 Rounds	True Blood	Hung	Entourage	Hung	True Blood	Entourage				
MAX	A Perfect	Night-Smithsonian	Street Kings								
SHOW	The Tudors	The Real L Word	The Real L Word	The Real L Word	Teller	Green					

Thursday Evening July 1, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Rookie Blue		Boston Med		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	The Mentalist		CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late		
KMOT/NBC	Community	Questions	Office	30 Rock	Office	Parks	Local	Wimbledon	Tonight Show w/Leno		
KNDX/FOX	Glee		So You Think		Local						
<b>Cable Channels</b>											
AMC	Hondo						Rio Bravo				
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360						Larry King Live		
DISC	River Monsters	River Monsters	MythBusters		River Monsters				River Monsters		
DISN	Sky High		Phineas	Hannah	Wizards	Deck	Suite	So Raven			
ESPN	World Cup Primetime		Baseball Tonight	SportsCenter	Baseball	NFL Live					
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		The 700 Club	Whose?	Whose?				
FX	27 Dresses		27 Dresses								
LIFE	Reba	Reba	Legally Blonde		Will	Will	Frasier	Medium			
NICK	Matters	Matters	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny	
SPIKE	UFC Unleashed	TNA Wrestling			Half Pint	MANswers	MANswers	MANswers			
TBS	Failure to Launch		Fam. Guy	Fam. Guy	Lopez Tonight		Name Earl	Name Earl			
TNT	Bones		Bones		John Q		CSI: NY				
USA	NCIS		Burn Notice		Royal Pains		White Collar	Burn Notice			
WGN	WWE Superstars	Funniest Home Videos	WGN News at Nine	Scrubs	Scrubs	WWE Superstars					
<b>Premium Channels</b>											
HBO	Gran Torino		Hung	Entourage	Real Sex						
MAX	Duplicity	John Carpenter's	Eagle Eye				Life Top	Renegades			
SHOW	Superhero	Extract	Teller	Green	Teller	Green	The Real L Word				

Monday Evening June 28, 2010											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	The Bachelorette		True Beauty		Local	Nightline	Jimmy Kimmel Live				
KXMC/CBS	How I Met	Rules	Two Men	Big Bang	CSI: Miami		Local	Late Show Letterman	Late		
KMOT/NBC	Last Comic Standing		Persons Unknown		Local	Wimbledon	Tonight Show w/Leno				
KNDX/FOX	Lie to Me		The Good Guys		Local						
<b>Cable Channels</b>											
AMC	The Client						Fear				
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360								

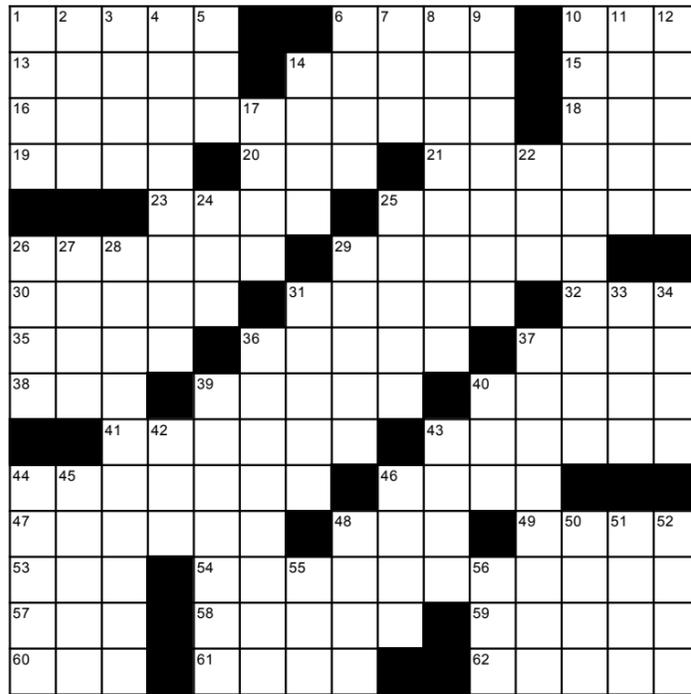
# In the Race

**ACROSS**

- 1. Cruise accommodation
- 6. Beast's abode
- 10. "Cheers" bartender
- 13. Single-handedly
- 14. Captain Nemo's creator
- 15. New Haven collegian
- 16. Cocktail sauce ingredient
- 18. Suffix with beat or refuse
- 19. In an array
- 20. Those with clout
- 21. Bridge player's combo
- 23. Hourly wage
- 25. Doggoned
- 26. Read carefully
- 29. Twist and squirm
- 30. Geological span
- 31. Services partner
- 32. Sock sound
- 35. Place in the House
- 36. Metric weight
- 37. Hemingway moniker
- 38. Rock's Nugent
- 39. \_\_\_ du jour
- 40. Walkie-talkie acknowledgment
- 41. Feeds, as a fire
- 43. Report card signer
- 44. In fetters
- 46. Transvaal trekker
- 47. "Johnny Eager" Oscar winner Van \_\_\_
- 48. Costa del \_\_\_
- 49. "Picnic" playwright
- 53. Grand \_\_\_ Opry
- 54. Low-ranking mafioso
- 57. Poker payoff
- 58. One of the Coen brothers
- 59. Lecherous looker
- 60. Sloppy digs
- 61. \_\_\_ Martin (cognac brand)
- 62. Sneaks a look

**DOWN**

- 1. "All the Way" lyricist Sammy
- 2. Burn soother
- 3. Afghanistan's Tora \_\_\_ region
- 4. Give a lesson to
- 5. Alumna bio word
- 6. Watch readouts, for short
- 7. Jackie O's second



- 8. Way to take things
- 9. Cooks, as leftovers
- 10. Hill gofer
- 11. Mad Hatter's guest
- 12. Amplified, in a way
- 14. It may sport the letters NEWS
- 17. Baptism, e.g.
- 22. To the \_\_\_ degree
- 24. Baseball bat wood
- 25. Hive denizen
- 26. Irksome sort
- 27. Olympics blade
- 28. Driver ed topic
- 29. Habitual ways
- 31. Wounded at Pamplona
- 33. Ready for business
- 34. Toad feature
- 36. "Pay attention"
- 37. Meal for Goldilocks
- 39. Pine or spruce, e.g.
- 40. Actress \_\_\_ Dawn Chong
- 42. "Shop \_\_\_ you drop"
- 43. Sport you can't play left-handed
- 44. Pork servings
- 45. Ancient serf
- 46. Petty officer, for short
- 48. Hang out
- 50. Aswan Dam's river
- 51. Social goofball
- 52. Goes astray
- 55. Resistance unit
- 56. Hack off



Solution to puzzle from June 18.

# This week's movies

Call the movie line at 723-3802

**Friday, June 25, at 7 p.m.  
Macgruber**

(Starring Will Forte, Kristen Wiig)  
Only one American hero has earned the rank of Green Beret, Navy SEAL and Army Ranger. Just one operative has been awarded 16 purple hearts, 3 Congressional Medals of Honor and 7 presidential medals of bravery. In the 10 years since his fiancée was killed, special op MacGruber has sworn off a life of fighting crime with his bare hands. But when he learns that his country needs him, MacGruber figures he's the only one tough enough for the job.  
Rated R (strong crude/sexual content, violence, language, nudity)  
90 min

**Saturday, June 26, at 7 p.m.  
Just Wright**

(Starring Queen Latifah, Common)  
Leslie Wright, a straight-shooting physical therapist, gets the gig of a lifetime working with NBA All-Star Scott McKnight. Leslie finds herself falling for Scott, forcing her to choose between the gig of a lifetime and the tug-of-war inside her heart. Oblivious to her romantic overtures, McKnight is instead drawn to the affections of Leslie's gorgeous childhood friend Morgan, who has her sights set on being an NBA trophy wife.  
Rated PG (some suggestive material and brief language)  
101 min

# SuDoKu

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

Solutions to puzzle on page 21

# Work to Harder Spend Smarter

By Morgan Bauer  
Northern Sentry

## Tip of the Week: The Art of Affordable Road Trips

After taking a road trip last week, I feel as though I now have an expert opinion on making it an affordable vacation option for just about anyone. Here are a tricks I discovered along our way:

### Food:

It is really easy to save money by having meals out of a cooler along the way, but sometimes that can also make you bored of only eating cold things. By the time you are well into your trip, the next best option is to just eat out the rest of your journey, which can be very expensive.

Try mixing up your dining options. Maybe eating a big breakfast before embarking on your trek and then take snacks from your cooler while on your drive. By mixing it up from the start (and controlling where and what you eat), you will save money.

### Lodging:

On my latest road trip, I "visited" family along the way...which means free lodging. If that is not an option for you, try camping along scenic byways and staying at inexpensive hotels. If the weather is nice, camping can be a great experience. Stay along a lake or river and try fishing for lunch if you really want to "rough" it. If camping is not your cup of tea, finding deals on hotels is easy.

Web sites like priceline.

com, cheaprooms.com, orbitz.com or travelocity.com are great places to find a bargain.

### Entertainment:

Always make a point to take the ten minutes to stop at the visitor centers when entering a new state. They are often found at the first or second off-ramp past a state's border on the Interstates. They always have publications that contain any information on the area you are traveling through. Try hitting up a local craft fair or car show. There is something going on almost everywhere you look in the summer months.

Carry your student, military or senior card for discounts. Locals are a great source for information such as where to find free parking, the best restaurant or club in town, etc. But the best entertainment on a road trip is chatting with people. It doesn't cost a thing...and creates the best memories!

### Fuel:

Usually, gas is cheaper at truck stops. For big chains, ask for a "frequent fueler" card, which will get you a rebate. Drive with fuel economy in mind, and you'll save on gasoline. Hold a steady speed, use cruise control, and keep speeds lower.

Happy Road-Tripping!



## MAC honors veterans at zoo

(U.S. Air Force photo by Senior Airman Michael J. Veloz)

Bill Dennis, member of the Military Affairs Committee and 741st Missile Squadron honorary commander, prepares food on the grill for Military Appreciation Day at Roosevelt Park Zoo here June 16. Sponsored by the Minot Chamber of Commerce and the Military Affairs Committee, military members and their families were able to visit the zoo free of charge as a form of "thanks" for their service.



(Photo by Heather Middlebrooks)

Children enjoying the monkeys playing at the zoo during the Military Appreciation Day



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