

Northern SENTRY

Serving the Minot Air Force Base Community • Vol. 49 No. 30 • Friday, July 23, 2010

Minot earns Strategic Command Antiterrorism Award

by Maja Z. Stevanovich
Air Force Global Strike
Command Public Affairs

BARKSDALE AIR FORCE BASE, La. - Both of the two Air Force Global Strike Command wings at Minot Air Force Base were jointly recognized recently as U.S. Strategic Command's 2010 Large Fixed Installation Best Antiterrorism Program.

The combined 5th Bomb Wing and 91st Missile Wing antiterrorism program was lauded for exemplifying a "one team, one fight" model, STRATCOM officials said.

"Even while facing Minot's incredible operations and inspection tempo, the leadership, antiterrorism officers, representatives and personnel assigned to Minot always place a high level of importance on antiterrorism," said Mr. P.J. Pallotta, 5th BW antiterrorism officer.

This award shows antiterrorism personnel that what they do every day is "important and appreciated," Mr. Pallotta said.

"We're a small community in comparison to many larger cities, but we're a pretty tight team," Mr. Pallotta said, praising the relationship with area civilian authorities. "Joint recognition gives



(U.S. Air Force photo by Staff Sgt. Miguel Lara III)

Lt. Col. Monte Harner, 5th Civil Engineer Squadron commander, and Senior Master Sgt. Brian Nolan, 5th CES superintendent, go over checklists during a joint antiterrorism exercise here June 3. The exercise involved several agencies, including the base, Bismarck Army National Guard, Minot Fire and Rescue Service, and the Minot Police Department. The teamwork and coordination between base agencies during exercises like these are why the Minot AFB antiterrorism program won the Air Force Global Strike Command's Best Installation Antiterrorism Program of the Year for 2009.

us something to take pride in together and fuels us for success in the future."

Military Appreciation Day set for July 27 at State Fair

The North Dakota Beef Commission, the North Dakota Stockmen's Association and the North Dakota CattleWomen will salute active servicemen and service-women and their families at the North Dakota State Fair at the Beef Industry Military Appreciation Day. The free beef dinner will be held from 11 a.m. to 1 p.m. CT (or until the food runs out) on Tuesday, July 27, in the Pioneer Village on the state Fairgrounds in Minot.

In addition to the free

beef meal, the event will include children's activities, face painting, roping lessons and door prize drawings. The North Dakota State Fair is also offering reduced gate admission for military personnel (with military ID and coupon), and free carnival rides from 1 p.m. to 3 p.m. with a military ID. This is the seventh year the beef industry has hosted the Military Appreciation Day picnic. More than 1,600 military and military family members were honored last year.

Teams were evaluated in seven categories and Minot had multiple achievements in each. The Minot antiterrorism team pioneered a North Dakota integrated threat working group and orchestrated the installation's first-ever multi-agency, dual-wing major antiterrorism exercise, according to the award package.

Local law enforcement and homeland security organizations contribute to the antiterrorism office's success, Mr. Pallotta said, including the Minot Police Department and Emergency Management team, the North Dakota State and Local Intelligence Center, the 81st Civil Support Team, and the North Dakota Military Installation Threat Working Group.

Minot is unique in that

it's an installation with two separate global strike missions under two different task forces, explained Mr. Tim Allen, 91st MW antiterrorism officer.

Because of this, its antiterrorism program requires a great deal of innovation and a significant amount of teamwork, he said.

Air Force antiterrorism personnel monitor current local, national and global events to analyze the potential impact on the local

installation. Antiterrorism teams regularly assess core vulnerabilities of local bases as well as review potential threat information, Mr. Pallotta said.

Editor's Note: The Department of Defense Antiterrorism Awards Program recognizes significant achievements in the antiterrorism field and those who work behind the scenes to protect Department of Defense personnel, family members, facilities, installations, and ships.

Welcome Home Deployers!

The following Airmen have recently returned from deployment:

91st Maintenance Operations Squadron
Airman 1st Class Patrick Cosby

5th Bomb Wing
Staff Sgt. Daniel Brasfield

Air Combat Command promotes CCAF degree

by **Harry J. Lundy**
Air Combat Command
Public Affairs

LANGLEY AIR FORCE BASE, Va. - Although having a Community College of the Air Force degree is important for all Airmen, Air Combat Command is encouraging its technical sergeants to achieve this educational goal.

Currently, the command is seven points below the Air Force average of 42 percent, but the goal is to have 50 percent of its technical sergeants degreed before being eligible for promotion to the senior NCO ranks.

"For NCOs and career progression, a CCAF degree is a requirement for senior rater endorsement, and that is a key factor and a weighted factor on the senior master sergeant promotion board," said Chief Master Sgt. Mark Cormier, ACC Public Affairs functional manager.

According to the chief,

today's Airmen are better educated, and to be leaders who lead by example, Airmen should have a CCAF degree. That education can help Airmen achieve a special unit job or further their Air Force career.

"Your CCAF degree is essentially free," Chief Cormier said. "Back in the day when I was an Airman, it was 75 percent paid, but now it's 100 percent, so there's no reason not to go to school."

Enrolling is automatic upon completion of basic training, fulfilling the four-semester-hour requirement of physical education.

"CCAF has 67 degree programs in five general areas of study, and you need a minimum of 64 semester hours to complete your degree," said Alice Jessup, ACC director of education and training.

Additionally, members can earn up to 24 semester hours through their technical school. More credits are

awarded when earning five- and seven-skill levels.

Professional military education, comprised of airman leadership school, NCO academy and Air Force Senior NCO Academy provide another six semester hours, fulfilling the leadership and management training requirements.

To accelerate the degree acquisition process, Airmen can go to their education center to earn up to 30 semester hours through CLEP and Defense Activity for Non-Traditional Education Support exams.

"When you talk to a counselor they will tell you what tests apply," Ms. Jessup said. "You sched-

ule and take the test and it's added to your progress report."

Airmen can log onto <http://www.au.af.mil/au/ccaf/index.asp> to see the checklist for their career field and visit with a counselor at the education office to develop a plan to

complete their CCAF.

"It's important for an Airman to get their CCAF degree because education develops critical thinking skills, and in the Air Force we need Airmen who can see problems and find creative ways to fix them," Chief Cormier said.



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Chief master sergeant of the AF visits Grand Forks AFB

by Airman 1st Class
Rachel Martinez

319th Air Refueling Wing
Public Affairs

GRAND FORKS AIR FORCE BASE, N.D.

(AFNS) - The Air Force's top enlisted leader visited Airmen here July 14 through July 16.

Chief Master Sgt. of the Air Force James A. Roy met with Airmen from the 319th Air Refueling Wing and toured base facilities, which allowed him to witness firsthand how Grand Forks Air Force Base is preparing for its transition to a new unmanned aerial systems mission.

The visit began with a mission briefing from Col. Don Shaffer, the 319th ARW commander, and continued with stops at the 905th Air Refueling Squadron, base honor guard, 319th Security Forces Squadron, 319th Medical Group, 319th Communications Squadron and 319th Logistics Readiness Squadron.

"Our Airmen today are absolutely focused on fighting our mission," Chief Roy said. "I want our Airmen to know they are making a difference, a difference in the security of our nation. They are also making a difference in the quality of life for people in

other nations as well."

Chief Roy also attended the base's quarterly awards ceremony.

The chief said he believes all Airmen, not just the ones who were recognized, are helping build a better Air Force for the future.

"Sixty-six percent of the total Air Force enlisted after 9/11," Chief Roy said. "This tells us that many, if not most of them, have a sense of patriotism. The fact that they would serve in their nation's military during a time of war, knowing the potential for danger is very high, says something about the character of these individuals. And it is these individuals that continue to shape our Air Force in a positive light."

After a lunch with the first sergeants, Chief Roy held an all-call to meet the rest of the wing and discuss his priorities as the Air Force's top enlisted Airman.

Those priorities include being ready for joint and coalition operations, deliberately developing our Airmen, and building resilient Airmen and families.

Chief Roy said that supporting Airmen and their families who are deployed to overseas contingency operations is very important to him.

"Combat Airman resil-



(U.S. Air Force photo/Tech. Sgt. Johnny Saldivar)

Chief Master Sgt. of the Air Force James A. Roy addresses Airmen from the 319th Air Refueling Wing during an All-Call July 15, 2010 at Grand Forks Air Force Base, N.D.

ency is kind of new terminology to us, but it's something we really need to focus on," he said.

Chief Roy told the Airmen that our mission in Iraq and

Afghanistan is ongoing, and the Air Force's presence will remain strong to help Iraq continue to recover.

"It was a great opportunity for me to visit Grand

Forks and meet the many fine Airmen here that are doing a superb mission, which is directly influencing the battle space downrange," Chief Roy said.

Aerial Spraying on MAFB

Minot Air Force Base has requested assistance from the 910th Airlift Wing's Air Force Aerial Spray Squadron to conduct aerial spraying for mosquito control July 20-22 for Minot Air Force Base and the cities of Minot, Surrey and Burlington. Due to uncertain weather conditions, the exact time and areas to be treated cannot be determined in advance.

The Air Force Aerial Spray Squadron will apply U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 7 p.m. and 10:30 p.m. The applications will be made using a modified C-130H cargo aircraft at 150 feet above ground level.

We understand the importance of a healthy environ-

ment and are committed to ensuring compliance with all environmental procedures. Our programs involve continuous cooperation and input from the local community.

The purpose of the aerial spraying for mosquitoes is to protect public health, ease working conditions and improve the quality of life for members working at Minot AFB and living in the surrounding area. Again, due to uncertain weather conditions, the exact time and areas to be treated cannot be determined in advance. Concerned citizens should contact the Minot AFB Public Affairs Office at 701-340-4098. Additionally, the base's road condition hotline, 723-1190, will be updated by 6:15 p.m. nightly with the most current information.

Thanks to 2 Special Airmen!

Yesterday while eating breakfast at a local restaurant my wife and I were pleasantly surprised by our waitress when she informed us that 2 young airmen had paid for our breakfast. They did not identify themselves but it was a wonderful blessing. Today, we surprised a couple of our own by doing the same thing.

Thank you so very much to whoever you were. God bless the USA and servicemen and women.

- Tom and Debbie Greer
Jacksonville, Florida

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Local Weather

Fri
7/23 73/56 
Scattered thunderstorms possible.

Sat
7/24 79/58 
Partly cloudy. Highs in the upper 70s and lows in the upper 50s.

Sun
7/25 87/63 
Mostly sunny. Highs in the upper 80s and lows in the low 60s.

Mon
7/26 84/62 
Times of sun and clouds. Highs in the mid 80s and lows in the low 60s.

Tue
7/27 78/59 
Cloudy. Highs in the upper 70s and lows in the upper 50s.

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Tornado Safety... Are You Prepared!

Commentary by TSgt Rhonda Armstrong-Penney
5 BW Ground Safety

Tornadoes can occur without warning. That's why it's important to be alert to changing weather, and use both broadcast information and your own senses and experience to know when to take cover.

Tornado Watch

A Tornado Watch simply means that conditions are favorable for tornadoes to develop. In this case you should be alert to changes in the weather and take precautions to protect you and your property.

During a Tornado Watch:

- Move cars inside a garage or carport. Keep your car keys and house keys with you.
- Move lawn furniture and yard equipment such as lawnmowers inside if time permits.
- Account for family members at home.
- Have your emergency kit ready.
- Keep your radio or TV tuned into the weather reports.

Tornado Warning

Tornado Warning means that a tornado has actually been sighted. Tornadoes can be deadly and devastating storms, with winds up to 260 miles per hour. If a Tornado Warning is issued for your area, seek shelter immediately! There is little time for closing windows or hunting for flashlights. It's a good idea to know where things are, and to have an emergency storm kit already prepared. Tornado Preparedness:

• Learn the warning signals used in your community. If a siren sounds, that means stay inside and take cover.

• Consider setting up a neighborhood information program through a club, church group or community group. Hold briefings on safety procedures as tornado season approaches. Set up a system to make sure senior citizens and shut-ins are alerted if there is a tornado warning.

• Put together an emergency storm kit including a transistor radio, flashlight, batteries and simple first-aid items in a waterproof container.

• Make a complete inventory of your possessions for insurance purposes.

• Conduct drills with your family in the home; make sure each member knows the correct procedures if they are at work or school when a tornado hits.

During the Tornado

The safest place to be during a tornado is underground, preferably under something sturdy like a work bench.

If there's no basement or cellar in your home, a small room in the middle of house -- like a bathroom or a closet -- is best. The more walls between you and the outside, the better.

Mobile Home Dwellers/Owners
Residents in mobile homes, even those with tie-downs, should seek safe shelter elsewhere at the first sign of severe weather.

Go to a prearranged shelter or talk to a friend or relative ahead of time to see if you can go to their house when

the weather turns bad.

If you live in a mobile home park, talk to management about the availability of a nearby shelter.

As a last resort, go outside and lie flat on the ground with your hands over your head and neck. Be alert for flash floods that often accompany such storms.

If you are driving during a tornado

Tornadoes can toss cars and large trucks around like toys. Never try to outrun a tornado.

If you see a funnel cloud or hear a tornado warning issued on the radio or by siren, get out of your vehicle and seek a safe structure or lie down in a low area with your hands covering the back of your head and neck; keep alert for flash floods.

Office Buildings/Schools

Learn emergency shelter plans in office buildings and schools you and your family frequent. If a specific shelter area does not exist, move into interior hallways or small rooms on the building's lowest level. Avoid areas with glass and wide, free-span roofs.

If you can't get into a basement or designated shelter, move to the center of the lowest level of the building, away from windows, and lie flat.

If you are in a store or shopping mall

Go to a designated shelter area or to the center of the building on a low level. Stay away from large, open rooms and windows. Never seek shelter in cars in the parking lot.

Avoiding the vertical pronoun

Norton Schwartz, to illustrate what Airmen bring to the joint fight. But I'd like to use his actions off the battlefield to illustrate another principle.

Even noted news personality Glen Beck couldn't get Sergeant Rhyner to talk about himself.

"You make this sound like it was just, you know, another day at the office," Mr. Beck said in a Fox News interview. "But there are only -- what is it? - 192 people who have ever received the Air Force Cross... How do you put that together in your head? I mean, you are in a very elite group."

Sergeant Rhyner's response?
"Any other combat controller put in the same situation would have performed in the same, exact way" he said. "Credit that to the training we receive and the process that we go through to become a combat controller."

No other Airman would have been more justified in basking a little in the light of fame. Yet given the ultimate opportunity to make it "all about me," Sergeant Rhyner chose instead to make it all about "we."

That is a great, great lesson for all of us. "It's all about me" sometimes seems to be the mantra of our time, but that attitude has no place in our Air Force. We are taught from the first day we don our uniforms to subordinate our personal ambitions and desires to the needs of our unit, our service and our nation.

We can't allow ourselves to get puffed up because of rank or position, or to let awards and accolades go to our heads.

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 July 15 to July 17 are from the 5th Security Forces Squadron.

Saves through July 13: 574

Commentary by Brig. Gen. Darryl W. Burke

82nd Training Wing commander

SHEPPARD AIR FORCE BASE, Texas (AFNS) - Staff Sgt. Zachary Rhyner is one of only three Airmen since Sept. 11, 2001, to receive the Air Force's highest honor, the Air Force Cross, and the only one who did not receive it posthumously. A combat controller, Sergeant Rhyner saved countless lives by calling in more than 50 "danger close" air strikes, many virtually on top of his own position, after his special operations team was caught in a 360-degree ambush in Afghanistan's Shok Valley in April 2008. Even as he controlled eight Air Force fighters and four Army attack helicopters while perched on the side of a cliff, he laid down suppressing fire so wounded teammates could be extracted from the line of fire.

Sergeant Rhyner's actions that day were truly heroic, and his story has been rightfully used by many, including Air Force Chief of Staff Gen.

operation homefront

Commentary by **Martina Kranz**
Northern Sentry Writer

Write Tight!

We all use informal e-mail to communicate with family and friends, but in business, we must use e-mail etiquette. When writing an e-mail message on the job, we often forget the basic rules. Here's a refresher:

1. **Use proper spelling, grammar, and punctuation.** Poor spelling, grammar, and punctuation give a bad impression and annoy readers. Correct spelling, grammar, and punctuation communicate the message properly and look professional. Use the spell check on your computer or a good, old-fashioned dictionary.

2. **Always proofread.** When you correct mistakes, you might avoid misunderstandings and possibly an inappropriate comment.

3. **Use proper structure and layout.** Reading from a screen is

more difficult than reading from paper. Use short paragraphs and blank lines between each paragraph. When you make points, number them to keep the overview.

4. **Write "tight" (concise).** Your sentences shouldn't be more than 15-20 words. E-mail is a quick communication medium. Don't send e-mails that are too long. If someone receives an e-mail that looks like *War and Peace*, mostly likely that person won't read it.

5. **Don't use abbreviations or emoticons.** Don't assume the reader knows the meaning of abbreviations or symbols. Don't use a cute or suggestive e-mail address for business communication.

6. **Use active instead of passive.** When possible, use the active

voice of a verb. For instance, 'I sent the letter yesterday,' sounds better than 'The letter was sent yesterday'. Active verbs are clear and direct and cause less confusion for the reader.

7. **Don't discuss confidential information.** Never send confidential information, i.e., a Social Security number in an e-mail. **Never** make any libelous, sexist, or racial comments in e-mails.

8. **Don't omit the message thread.** When you reply to an e-mail, include the original e-mail in your reply. If you receive many e-mails, you can't remember each and every e-mail. A 'threadless e-mail' doesn't provide enough information. When it's time to respond, you waste time searching your inbox for the related e-mail. The thread takes a fraction

longer to download, but it saves you time and frustration.

9. **Don't write in capitals or use flames.** If you write in capitals, the reader might think you're shouting. "Flames" in cyber speak are antagonistic words or critical comments. Flames hurt people and cause awkward situations.

10. **Answer quickly.** People send e-mails because they want a quick response. Reply to each e-mail within at least 24 hours; preferably within the same work day.

If the e-mail is complicated, send an e-mail stating that you received it and that you will respond as soon as possible. So, when you compose e-mail on the job, be sure to keep these basic rules in mind. You'll keep your reader's interest and look professional.

Safety and health at the North Dakota State Fair

Commentary by
Rod Krause
5 BW Ground Safety

There's no better way to enjoy the summer celebration than the North Dakota State Fair – for the most part it's the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only to be found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities... being prepared ensures your family's experience is fun, healthy and safe by considering these tips as you plan your family outing.

Be realistic

Everyone goes to the fair for all kinds of "forbidden" foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there



are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced

and filling meal before you leave and getting a good night's sleep the night before.

Drink Water

Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overeating.

Dress Appropriately

Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of mobility assistance.

Practice Safety

Do your children have identification should they become separated? Remind your children about strangers, for assistance, Ward County Sheriff officers are accessible throughout the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.

OPERATION HOMEFRONT WANTS YOU!

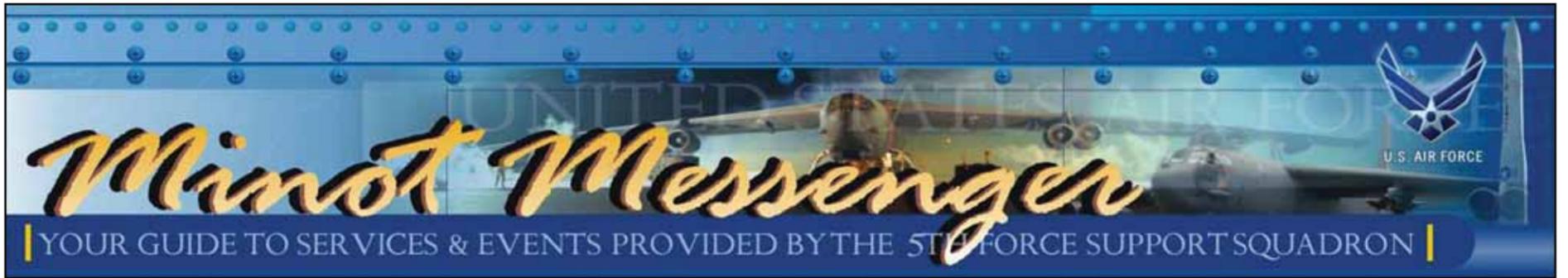
We are looking for writing talent to serve as guest writers for our Operation Homefront column. We especially want to hear from military spouses. Have you always thought that you had a story to tell? What do you have to write about?

The most common activities can turn into humorous stories that our readers would love to read. These are columns to provide inspiration and share your look into military family life. You have a unique perspective and we want to hear from you.

Please submit your columns by email to: nsads@srt.com Put Operation Homefront in the subject line.

We will contact you if your article is picked for publication.

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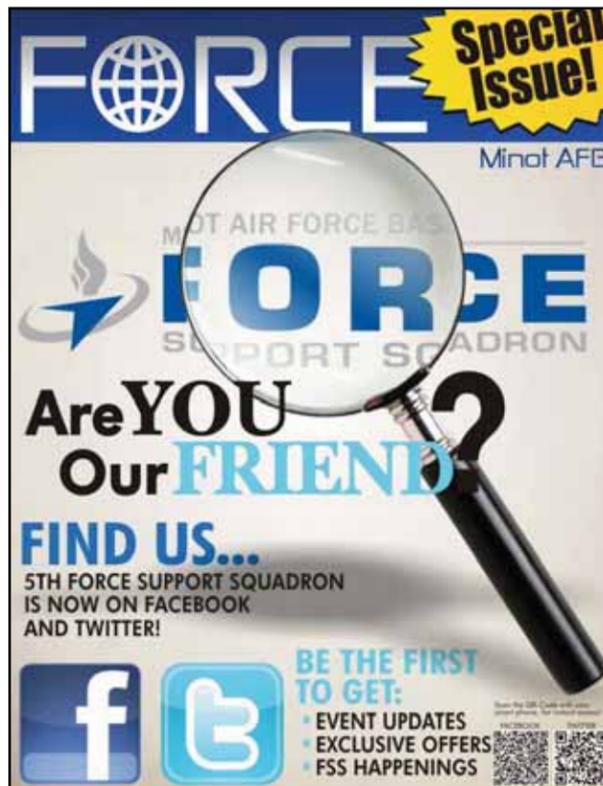


Force Support Squadron Wants You To Be Their Friend

Minot AFB personnel now have new opportunities to discover upcoming events and programs hosted by 5th Force Support Squadron facilities. Based on recent Department of Defense policy regarding social media, the 5th Force Support Squadron has established a presence on both Facebook and Twitter. These sites provide personnel with the latest updates on a variety of 5 FSS events and happenings.

"These new social networking sites were developed to provide base personnel with easy, convenient access to information regarding Force Support Squadron events and programs," said Dave Freuer, 5 FSS Marketing Director. "With the large amount of interest in social networking avenues, it makes sense for us to provide our customers with the latest 5 FSS event information utilizing a media they are interested in".

Personnel can become a "friend" of the 5th Force Support Squadron by visiting their website at www.5thforcesupport.com and clicking on the Facebook or Twitter icons. The 5 FSS website contains event calendars, hours of operation, volunteer opportunities, detailed information re-



garding FSS facilities, and more.

Show Off Your Ride During Show & Shine Car Show

If you're a car enthusiast, make plans now to attend the Show & Shine Car Show scheduled for August 20th. From muscle cars to antiques, from the hottest new rides to classic cruisers, this 5th annual event is a must see for the automotive aficionado. The car show will be held in the J.R. Rockers parking lot from 4:30-8 p.m. in conjunction with the annual Block Party at J.R. Rockers.

This year's show will feature five different classes including: Car (1976 and newer), Car (1975 and older), Truck (1976 and newer), Truck (1975 and older), and Motorcycle. Each class will be judged by the public with the top 2 vehicles in each class receiving "People's Choice" awards for their respective division. In addition, special "Kid's Choice" awards will be given to the top 2 vehicles overall as determined by the votes of the children age 12 and under attending the show.

Car enthusiasts interested in entering their vehicle in the 5th Annual Show & Shine Car Show should contact Jay at Auto Hobby, 723-2127 to receive an entry form. There is no entry fee for the car show; numerous door prizes will be given away.

Airmen Appreciation Meal Scheduled For July 29th

The Dakota Inn dining facility looks forward to the challenge when they prepare for a quarterly Airmen Appreciation Meal. Although these meals require three times more preparation time than a normal meal, the staff enjoys preparing the delicious menu to show appreciation for all the hard work Airmen do on a daily basis at Minot AFB.

The Airmen Appreciation Meal requires full staff participation with its specialized menu. Base leadership helps serve this special meal to show their appreciation for the efforts each Airman contributes to the success of the mission.

The next Airmen Appreciation Meal is set for Thursday, July 29th from 4:30 p.m. to 7 p.m. at the Dakota Inn. The tasty menu includes delicious entrees such as T-bone steak, chicken Cordon Bleu, lobster tails, as well as baked potatoes, macaroni and cheese, corn on the cob, desserts, and more.

The meal is free to Essential Messing (meal card holders) customers. Price for cash customers is extremely reasonable when compared to similar meals at Minot restaurants. For more information, contact the Dakota Inn at 723-3503.

Year of the Air Force Family



Event Update

Veterinary Appointments

July 23 • 8 a.m. to 3 p.m. • Vet Clinic

Lemonade Day

July 23 • 1 p.m. • Outdoor Pool

National Hot Dog Day

July 23 • 1 p.m. • Youth Center

Anime Club

July 23 • 4:30 p.m. • Base Library

Wing Fest

July 23 • 5:30 p.m. • Doolittle Center

Boss & Buddy Night

July 23 • 6 p.m. • Rough Rider Lanes

Lights & Strikes Bowling

July 23 & 24 • 9 p.m. • Rough Rider Lanes

Framing Class

July 24 • 10 a.m. • Arts & Crafts Center

Newbery Book Club

July 26 • 3:30 p.m. • Base Library

Crocheting Class

July 27 • 10:30 a.m. • Arts & Crafts Center

Spouse Deployment Preparedness Training

July 27 • 6 p.m. • A&FRC

Margie's Art Glass Studio & YMCA Climbing Wall Trip

July 28 • 9 a.m. • Youth Center

Deadline for registration is July 26th

Weekly Story Time

July 28 • 10:30 a.m. • Base Library

Family Bowl-a-Rama

July 30 • 5p.m. • Rough Rider Lanes

Hip Hop Nite

July 30 • 11 p.m. • J.R. Rockers

Swimming Lesson Enrollment

August 2 • 10 a.m. • Outdoor Pool



MINOT AIR FORCE BASE

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Visit our website at www.5thforcesupport.com

Kenosee Superslides Day Trip

If you're in the mood for a fun-filled excursion, enjoy the fast paced family adventure of the Kenosee Superslides Day Trip on August 7th. Join Outdoor Recreation as they travel to Kenosee Lake in Saskatchewan, Canada which features tube slides, kid slides, the Lazy Canal, and more. Cost is \$40 and includes transportation and admission to the Kenosee Superslides. Registration deadline is August 5th; age 17 and under must be accompanied by an adult and all participants must have a passport. Call 723-3648 for more information.

Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on July 30th 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.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on July 31st 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 or call the Community Center at 723-4670.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on July 30th. The fun starts at 11 p.m.; free for members and \$5 for non-members. Call 727-ROCK for additional information.

Lemonade Day At The Outdoor Pool

Cool off with a refreshing dip in the outdoor pool along with ice cold lemonade during Lemonade Day on July 23rd from 1-7 p.m. Enjoy delicious free lemonade plus a chance to win door prizes with your paid admission to the pool. Bring the whole family and enjoy a splashing good time. For details, call Outdoor Recreation at 723-3648.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on July 23rd from 8 a.m. to 3 p.m. Anyone whose animals need vaccines or a health certificate should call the Veterinary Treatment Facility for an appointment at 723-6449.

Winnipeg Casino With Dinner Theater Trip

Feeling lucky? Then you won't want to miss the Winnipeg Casino with Dinner Theater trip on September 10th to September 12th. You'll love this weekend getaway to beautiful Winnipeg, Manitoba featuring three casino stops, free city tour, local nightlife, and the option of attending an entertaining dinner theater. Cost is \$219 per person single occupancy, \$154 per person double occupancy, or \$149 per person triple/quad occupancy. Price includes transportation, 2 nights lodging, mini city tour, and meal discounts at the hotel. The "Celebrations Dinner Theatre with a Difference" featuring Tom Jones and the Temple of Doom is an additional \$55 per person. Registration deadline is August 2nd; participants must be 18 years of age or older and have a passport. For details or to reserve your spot, call Outdoor Rec at 723-3648.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on July 23rd at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. There are two categories of wings – spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for additional details.

Boss and Buddy Night

Grab a co-worker, employee, or friend and enjoy Boss and Buddy Night at Rough Rider Lanes on July 23rd from 6-9 p.m. The first bowler in the party bowls for \$1.75 per game and the other bowlers bowl for \$1.50 per game. This promotion is also open to families. Call 727-4715 for details.

Club Championship Golf Tournament

Golfers can "tee it up" on August 7th and 8th during the Club Championship Golf Tournament at the Rough Rider Golf Course. Tee times assigned by foursomes beginning at 8 a.m. each day. Entry fee is \$25 plus green fees and includes a meal on the second day of the tournament; cart rentals are \$15. Deadline for registration is August 4th. Call the Rough Rider Golf Course at 723-3164 to reserve your team's entry or for additional details.

Swimming Lesson Open Enrollment

Swimming lesson open enrollment will be held at the outdoor pool on Monday, August 2nd at 10 a.m. The swimming lesson session runs from August 2nd to August 13th. Cost of the lessons are \$30 per person. Participants must be 5 years of age or older. Call Outdoor Rec at 723-3648 for details.

J.R. Rockers Closed On Mondays

J.R. Rockers is now closed on Mondays. Due to this change in hours of operation, Family Night is moving to Tuesday nights from 1700-2100 and 2-4-1 Burger Night moved to Wednesday nights. We look forward to seeing you.

Family Child Care Pre-Orientation

Would you like to work in your home, be your own boss, and make a difference on Minot AFB and in the life of a child? Then attend the Family Child Care Pre-Orientation on August 9th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. Call the Family Child Care office at 723-6662 or 723-6783 to make your reservation to attend.

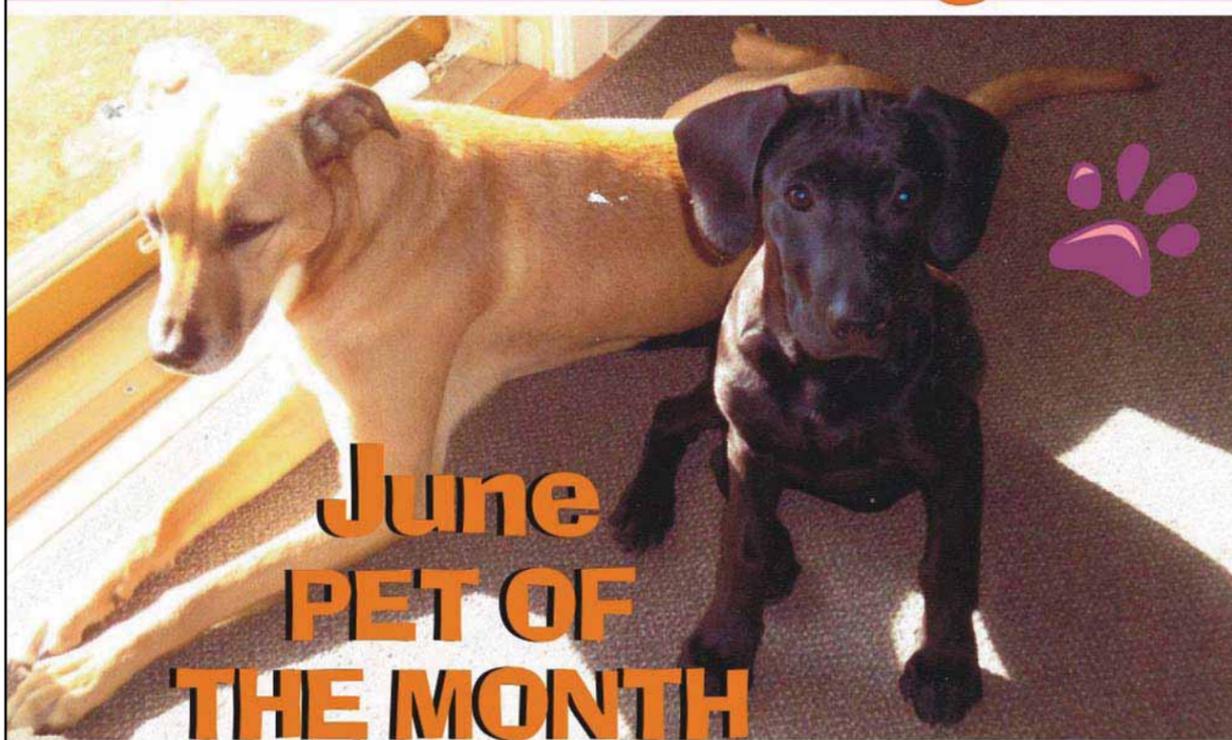
Texas Hold'Em Tournament

J.R. Rockers invites you to the Texas Hold'Em tournament scheduled for Friday, August 6th. \$20 for club members and \$25 for non-members; play begins at 7 p.m. Call 727-ROCK to register.

Four For Two Special

Bowl 4 games for the price of 2 during the Four For Two Special at Rough Rider Lanes on August 6th from 5-9 p.m. Cost is \$2.25 per game. Call Rough Rider Lanes at 727-4715 for additional details.

Mini & Midnight



Proud Owners: TSgt Chad & Mrs. Tammy Benjamin

Winner receives a \$20 gift card to R&J's World of Pets and \$15 Darby Dollars which can be used at any Force Support (formerly Services) facility. No Federal Endorsement of Sponsor Intended

Prairie Adventures

by Patricia Stockdill

Sometimes they're sad. Other times it's funny.

Oftentimes, you just want to shake your head at things that come across a news wire desk.

Here's the latest peek at some serious, funny, bizarre, and fascinating things that come across an outdoors news desk:

The AuCoin Report collects a potpourri of outdoor news, including a story from the Wall Street Journal about how most state natural resource managing agencies are moving away from actual stamps for things such as a trout, big game or conservation stamps. Nowadays, it's just a computer-generated line item stating the buyer paid for their required "stamp", albeit a nonexistent one. Wisconsin's trout stamp, required of all anglers fishing, is one of the latest to meet its demise.

The stamps all raise funds for management purposes. But rather than an artsy, lick-em stamp adhering to the back of a license, there's only words saying it's paid for.

As long as we're discussing water-related outdoor activities, here's something for water enthusiasts: Even as popular as boating and fishing is in North Dakota, it's probably our low population that keeps us from making the National Marine Manufacturers Association list of Top 10 Boating States. Based on sales, Florida, with its \$1.2 billion in sales, tops the list. Minnesota ranks 10th, according to the ESPN article.

From water to the desert: When visiting California's Imperial Sand Dunes, don't forget to put or keep your clothes on. The Bureau of Land Management, which manages the area, will prohibit nudity in the popular desert recreation area. That means no more nude motorcycling or nude dune buggy riding. The once-common practice created major problems between the clothed families making up a majority of the area's users and the unclothed. So the BLM decided to add more teeth to an already existing state law, reported a California newspaper, the Press-Enterprise.

Still out west but onto different topics, the controversy over wolves continues in Rocky Mountain states. For example, the AuCoin Report carries a report from the Idaho Statesman newspaper discussing changes made by the Idaho Fish and Game Commission designed to help hunters attain that state's 220-wolf quota established by the commission.

Elk populations in six of Idaho's 29 elk units are below management objectives and at or above in the remaining units. It's estimated Idaho has about 835 wolves since their re-introduction in 1995-1996.

Montana also increased its wolf quota for 2010.

While hunters may welcome opportunities for more chances at bagging a wolf, wolf advocates aren't as excited. "We think any wolf hunt is premature," said Matt Skoglund, Natural Resources Defense Council spokesman, adding the organization feels wolf populations haven't fully recovered.

Speaking of the Natural Resources Defense Council, the U.S. Fish and Wildlife Service announced July 12 that Gabriela Chavarria, Natural Resources Defense Council Science Center director, was named science advisor for the Fish and Wildlife Service.

And, finally, a couple of North Dakota news tidbits: Ruffed grouse surveys point towards an overall 10 percent increase in population. That's the good news. The bad news is antelope numbers fell so much since the winter of 2008-09 with winter mortality and poor reproduction the N.D. Game and Fish Department proposes canceling 2010 rifle and archery seasons.

Quote of the Week:

"The last thing pronghorn need is another severe winter."
— Bruce Stillings, N. D. Game and Fish Department big game biologist.

Record number of walleye fingerlings stocked in state waters

North Dakota Game and Fish Department fisheries crews stocked a record number of walleye into state waters, according to Jerry Weigel, fisheries production and development section leader. The Garrison Dam (10 million) and Valley City (1.5 million) national fish hatcheries produced 11.5 million fingerlings, besting the record of 10.9 million in 1991. "Fish quality and stocking conditions were great, with really nice fish and lots of cool water and flooded vegetation at the stocking sites," Weigel said. "The federal hatchery system really delivered given the record walleye request this year."

The record total was driven by a higher than normal request of 10.1 million fingerlings, with 4 million targeted for Lake Sakakawea. "We had another 440,000 requested if surplus production occurred, and all of those requests were filled with most getting up to an additional 10 percent," Weigel said.

Altogether, 114 lakes and rivers were stocked in North Dakota, Weigel said, covering every corner of the state. "Coupled with natural reproduction, we have set the stage for a phenomenal walleye year," Weigel continued.

Game and Fish Agencies Increase CWD Surveillance Efforts

The North Dakota Game and Fish Department, Standing Rock Sioux Tribe Game and Fish, and South Dakota Game, Fish and Parks are coordinating efforts to increase surveillance in and around the location where a mule deer taken last fall in southwestern North Dakota tested positive for chronic wasting disease. According to officials, all three agencies

will sample hunter-harvested deer, elk and moose, road kills and sick-acting animals.

The increased surveillance area includes North Dakota deer hunting unit 3F2 (eastern Adams County, southeastern Hettinger County, southern Grant County, south central Morton County and all of Sioux County), the Standing Rock Reservation, and South Dakota deer units 53A (northern Perkins County) and 20A (Corson County). The majority of collections will occur during each agency's deer rifle season, with coordinated collection efforts from hunter harvested animals planned for November. Additional details regarding collection points will be distributed prior to this fall's deer rifle seasons.

North Dakota Game and Fish officials were notified in March that a sick-looking mule deer taken last fall in western Sioux County tested positive for CWD, the first time an animal has tested positive in North Dakota.

Since the location is near the South Dakota border, SDGFP will expand their monitoring efforts to the northwest. CWD efforts had been concentrated in southwestern South Dakota where the disease is established – the Black Hills and Custer and Fall River counties. In addition, SDGFP has a state-wide surveillance program that samples sick deer when they are reported.

In addition to targeted

surveillance, the North Dakota Game and Fish Department has sampled the entire state twice by annually collecting samples taken from hunter-harvested deer in specific regions of the state. Since sampling efforts in North Dakota began in 2002, more than 14,000 deer, elk and moose have tested negative for CWD. CWD affects the nervous system of members of the deer family and is always fatal. Scientists have found no evidence that CWD can be transmitted naturally to humans or livestock.

For additional information regarding CWD sampling in these areas, or to report a sick acting deer, contact the appropriate agency: North Dakota Game and Fish Department, Bismarck – (701) 328-6300; Standing Rock Sioux Tribe, Fort Yates – (701) 854-7236; South Dakota Game, Fish and Parks, Rapid City – (605) 394-2391, or Moberly – (605) 845-7814.

Fall Turkey Lottery Held, Remaining

Licenses Issued Aug. 4
The 2010 fall wild turkey lottery has been held and more than 1,800 licenses remain in 14 units. Unsuccessful applicants who applied online will have a refund issued directly to their credit card. Beginning Aug. 4, all remaining licenses will be issued on a first-come, first-served basis. Hunters are allowed a maximum of 15 licenses for the fall season.

Game and Fish at State Fair

The North Dakota Game and Fish Department will host thousands of visitors to its Conservation and Outdoors Skills Park July 23-31 at the State Fair in Minot.

Visitors will be treated to an array of exhibits and use-

ful information as the park will be staffed from 1-7 p.m. daily. Pathways to Hunting, Fishing and Trapping are major attractions where fishing, shooting, archery and furtaking are taught to interested kids and adults. Of course, the opportunity to catch a fish brings excitement to the littlest angler.

Don't forget to check out the live fish display, or stop by the furbearer exhibit and discuss trapping with the experts, or relax and enjoy native prairie plantings.

The Conservation and Outdoors Skills Park is located on the north end of the grounds adjacent to the All Seasons Arena.



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Friday Evening July 23, 2010

WDAY/ABC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Wife Swap		Primetime: What	20/20			Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	48 Hours Mystery		Medium	Flashpoint			Local	Late Show Letterman	Late	
KMOT/NBC	Friday Night Lights		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	House		The Good Guys	Local						
Cable Channels										
AMC	Pulp Fiction			Enter the Dragon						
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360				Larry King Live			
DISC	Man, Woman, Wild	Man, Woman, Wild	Dual Survival	Man, Woman, Wild	Man, Woman, Wild	Man, Woman, Wild				
DISN	Deck	Wizards	Phineas	Phineas	Hannah	Hannah	Deck	Wizards	Phineas	Hannah
ESPN	Softball	Baseball Tonight			SportsCenter			Baseball	NFL Live	
FAM	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	The 700 Club	Who's?	Who's?				
FX	The Da Vinci Code			Rescue Me			The Grudge 2			
LIFE	Reba	Reba	The Break-Up			Will	Will	Frasier	Medium	
NICK	Penguins	The Troop	Chris	Chris	George	G. Martin	Chris	Chris	Chris	Chris
SPIKE	CSI: Crime Scene	Knockout	Knockout	Knockout	Knockout	Knockout	Knockout	MANswers	Trailers	
TBS	Fam. Guy	Fam. Guy	The Heartbreak Kid			Neighbors From Hell				
TNT	Lord of the Rings			Memphis Beat			Scorpion			
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	40-Year-Old Vir						
WGN	Analyze This	MLB Baseball								
Premium Channels										
HBO	What Happens			The Hangover			Hung	Neistat	Sports	
MAX	Role	Gothika	Brüno	Co-Ed-4	Zane's Sex Chron.					
SHOW	Quantum of Solace	The Real L Word	Teller	Teller	Strikeforce Chall.					

Tuesday Evening July 27, 2010

WDAY/ABC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Primetime: Fam		Local	Nightline	Jimmy Kimmel Live				
KXMC/CBS	NCIS		NCIS: Los Angeles	The Good Wife	Local	Late Show Letterman	Late				
KMOT/NBC	Breakthrough		America's Got Talent		Local	Tonight Show w/Leno	Late				
KNDX/FOX	Hell's Kitchen		MasterChef	Local							
Cable Channels											
AMC	The Specialist			Executive Decision							
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360				Larry King Live				
DISC	Deadliest Catch	Deadliest Catch	The Colony	Deadliest Catch	Deadliest Catch	Deadliest Catch					
DISN	The Shaggy Dog	Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah	Hannah		
ESPN	2010 Poker	2010 Poker	Baseball Tonight	SportsCenter	Baseball	NFL Live					
FAM	Pretty Little Liars	Make It or Break It	Pretty Little Liars	The 700 Club	Who's?	Who's?					
FX	Enemy of the State			Rescue Me			Louie	Louie	Rescue Me		
LIFE	Reba	Reba	Cheerleader Nation	Cheerleader Nation	Will	Will	Frasier	Medium			
NICK	Matters	Matters	Chris	Chris	George	George	Matters	Matters	Matters	Matters	
SPIKE	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior	Pros vs. Joes	Pros vs. Joes	Sports	Sports	Sports	Sports		
TBS	Fam. Guy	Office	Office	Office	Office	Lopez Tonight	My Boys	My Boys	My Boys		
TNT	Bones	HawthoRNe	Memphis Beat	HawthoRNe	Memphis Beat						
USA	Law & Order: SVU	White Collar	Covert Affairs	Psych	White Collar	White Collar	South Pk	South Pk	South Pk		
WGN	MLB Baseball	News/Nine			Scrubs	Scrubs	South Pk	South Pk	South Pk		
Premium Channels											
HBO	Get Smart	Terminator Salvation			Entourage	True Blood	Torino				
MAX	Diary Dea	Four Christmases	A Perfect Getaway								
SHOW	At First	The Life Before Her Eyes	The Real L Word	Life Is Ho							

Saturday Evening July 24, 2010

WDAY/ABC	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	Castle	Local						
KXMC/CBS	The Bridge		CSI: Crime Scn	48 Hours Mystery	Local						
KMOT/NBC	Persons Unknown		Law Order: CI	Law Order: CI	Local	Saturday Night Live					
KNDX/FOX	Cops	Cops	Amer. Most Wanted	Local	The Wanda Sykes Show	Brothers	Local				
Cable Channels											
AMC	One Flew Over			One Flew Over							
CNN	Campbell Brown	Larry King Live	Newsroom	Campbell Brown	Larry King Live						
DISC	Behind Bars	Behind Bars	Gang Wars	Behind Bars	Behind Bars						
DISN	Sonny	Hannah	Deck	Wizards	Deck	Deck	Sonny With a Chance	Hannah	Hannah		
ESPN	NASCAR Racing	Baseball Tonight			SportsCenter			Baseball Tonight			
FAM	Ratatouille	Willy Wonka									
FX	The Bourne Identity			Man on Fire							
LIFE	Deadly Honeymoon	The Client List			Army Wives			Drop Dead Diva			
NICK	iCarly	Jackson	Big Time	Victoriou	Lopez	Lopez	Malcolm	Malcolm	Malcolm	Malcolm	
SPIKE	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior	Pros vs. Joes	Pros vs. Joes	Pros vs. Joes					
TBS	The Holiday	Hitch			Jerry Maguire						
TNT	Collateral	Collateral									
USA	Juno	Hairspray	Royal Pains			Action Sports					
WGN	No Country	News/Nine			Scrubs	Scrubs	Sideways				
Premium Channels											
HBO	Terminator Salvation	True Blood			Gran Torino						
MAX	He's Just Not	(500) Days of Summer			Co-Ed Confid. 4 PLAY			Life-Top			
SHOW	Scary Movie 2	Saw V	Scream 3			Teller					

Wednesday Evening July 28, 2010

WDAY/ABC	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	Big Brother		Criminal Minds	CSI: NY	Local	Late Show Letterman	Late			
KMOT/NBC	Minute to Win It		America's Got Talent	Law & Order: SVU	Local	Tonight Show w/Leno	Late			
KNDX/FOX	So You Think		Local							
Cable Channels										
AMC	The Mummy			Troy						
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360				Larry King Live			
DISC	MythBusters	MythBusters-	Dirty Jobs	MythBusters	MythBusters-					
DISN	Motocrossed	Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah	Hannah	
ESPN	MLB Baseball	Baseball Tonight			SportsCenter			Baseball Tonight		
FAM	Charlie & Chocolate	Funnest Home Videos			The 700 Club	Who's?	Who's?			
FX	Men of Honor			Men of Honor						
LIFE	Reba	Reba	P.S. I Love You	Will	Will	Frasier	Medium			
NICK	Matters	Matters	Chris	Chris	George	George	George	George	George	
SPIKE	UFC Unleashed	Ultimate Knockouts 8			Pros vs. Joes	Pros vs. Joes	Players	MANswers	Sports	Sports
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight	Name/Earl	Name/Earl	
TNT	Law & Order	Law & Order	Law & Order	CSI: NY	CSI: NY	Leverage				
USA	NCIS	NCIS	Psych	Burn Notice	Royal Pains	Royal Pains				
WGN	The Goonies	America's			Scrubs	Scrubs	South Pk	South Pk	South Pk	
Premium Channels										
HBO	True Blood	True Blood	True Blood	Countdown	Lucky					
MAX	Tropic Thunder	(500) Days of Summer			Zane's Sex Chronicles					
SHOW	Valkyrie	Punisher: War Zone	Inside NASCAR	Teller	Teller	Inside NASCAR				

Sunday Evening July 25, 2010

WDAY/ABC	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	Big Brother		Undercover Boss	Cold Case	Local					
KMOT/NBC	Law Order: CI		America's Got Talent	Local	Dateline NBC					
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Fam. Guy	Local					
Cable Channels										
AMC	Michael Clayton			Mad Men			Rubicon: Pre			
CNN	State of the Union	Larry King Live	Newsroom	State of the Union	Larry King Live					
DISC	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch					
DISN	Hannah	Jonas L.A	Hannah	Hannah	Hannah	Jonas L.A	Jonas L.A	Hannah	Hannah	
ESPN	MLB Baseball	SportsCenter								
FAM	Ratatouille	The Goonies			J. Osteen	Ed Young				
FX	Mr. & Mrs. Smith	Louie			Rescue Me	70s Show				
LIFE	The Client List	Drop Dead Diva			Army Wives					
NICK	Victoriou	iCarly	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny
SPIKE	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	MANswers	MANswers				
TBS	Hitch	My Boys			My Boys	Miss Congeniality 2				
TNT	Lord of the Rings	Leverage			Memphis Beat	Leverage				
USA	NCIS	NCIS	NCIS	Burn Notice	Covert Affairs	Covert Affairs				
WGN	Newhart	Newhart	BarneyM	BarneyM	News/Nine	Replay	Cheers	Cheers	Becker	Becker
Premium Channels										
HBO	Terminator Salvation	True Blood			Hung	Entourage	Hung	True Blood	Entourage	
MAX	Jennifer'	(500) Days of Summer			Miss March	Jennifer's Body				
SHOW	The Real L Word	Dexter	The Real L Word	The Real L Word	The Real L Word	How to Lose Friends				

Thursday Evening July 29, 2010

WDAY/ABC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Shark Tank		Rookie Blue	Boston Med	Local	Nightline	Jimmy Kimmel Live			
KXMC/CBS	Big Brother		CSI: Crime Scene	The Mentalist	Local	Late Show Letterman	Late			
KMOT/NBC	Community	30 Rock	Office	Parks	Law & Order: SVU	Local	Tonight Show w/Leno	Late		
KNDX/FOX	Glee		So You Think	Local						
Cable Channels										
AMC	Eraser			The Negotiator						
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360				Larry King Live			
DISC	River Monsters	River Monsters	Deadliest Catch	River Monsters	River Monsters	River Monsters				
DISN	Underdog	Deck	Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah	
ESPN	X Games	SportsCenter								
FAM	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	The 700 Club	Who's?	Who's?				
FX	White Chicks	White Chicks			Little Man					
LIFE	Legally Blonde	Project Runway			Road	Will	Will	Frasier	Medium	
NICK	Matters	Matters	Chris	Chris	George	George	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Ways Die	Ways Die	TNA Wrestling	Jail	Jail	MANswers	MANswers	MANswers	MANswers	
TBS	Step Up 2 St.	Browns			Browns	Lopez Tonight	Name Earl	Name Earl	Name Earl	
TNT	Bones	Bones			Starsky & Hutch	CSI: NY				
USA	Burn Notice	Burn Notice			Royal Pains	White Collar	Burn Notice			
WGN	WWE Superstars	Funnest Home Videos			WGN News at Nine	Scrubs	Scrubs	WWE Superstars		
Premium Channels										
HBO	The Invention of Lying	Hung			Entourage	Entourage	Downtown Girl	Neistat	Homeless	
MAX	The Flock	Dragonball: Evolution			Jennifer's Body					
SHOW	Quantum of Solace	Teller	Teller	Kevin Pollak	The Real L Word					

Monday Evening July 26, 2010

WDAY/ABC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	The Bachelorette		20/20	Local	Nightline	Jimmy Kimmel Live				
KXMC/CBS	How I Met	Rules	Two Men	Big Bang	CSI: Miami	Local	Late Show Letterman	Late		
KMOT/NBC	America's Got Talent		Last Comic Standing	Dateline NBC	Local	Tonight Show w/Leno	Late			
KNDX/FOX	Lie to Me		The Good Guys	Local						
Cable Channels										
AMC	Tin Cup			Mad Men			For Love of the Game			
CNN	Campbell Brown	Larry King Live	Anderson Cooper 360				Larry King Live			
DISC	Ulti. Car Build-Off	Ulti. Car Build-Off	Cars	Cars	Ulti. Car Build-Off	Ulti. Car Build-Off				
DISN	Starstruck	Deck	Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah	
ESPN	MLB Baseball	Baseball Tonight			SportsCenter			Baseball	NFL Live	
FAM	Secret-Teen	Huge	Secret-Teen	The 700 Club	Secret-Teen					
FX	Armageddon	The Sum of All Fears								
LIFE	Reba	Reba	The Two Mr. Kissels			Drop Dead Diva	Frasier	Medium		
NICK	Matters	Matters	Chris	Chris	George	George	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Entourage	Entourage	The Transporter			MANswers	MANswers	Sports	Sports	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Neighbors	Lopez Tonight	Neighbors	Name/Earl	Name/Earl
TNT	The Closer	The Closer			Rizzoli & Isles	The Closer	Rizzoli & Isles			

crossword puzzle

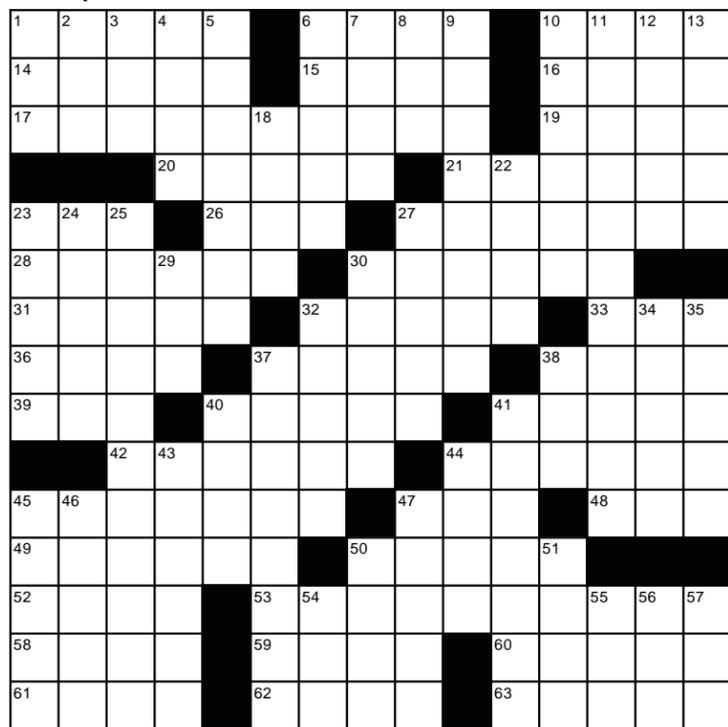
ACROSS

1. Sierra Nevada resort lake
6. Séance sounds
10. One who raised Cain
14. Fields of expertise
15. Soothing lotion
16. Stubborn sort
17. Jenny Craig headquarters topper?
19. Wall St. debuts
20. "Rumor ___ ..."
21. Ryder of "Beetlejuice"
23. "Silent ___" (presidential nickname)
26. ___ XING
27. South Pacific wraps
28. Brought a smile to
30. "Touché!" elicitor
31. Lacking zest
32. Witches' gathering
33. Source of syrup
36. Geraint's lady
37. Word before tie or lunch
38. "Buzz off, fly!"
39. Dapper guy?
40. Olympics distance unit
41. The Rockies' ___ Field
42. Readied for print
44. Subject of the play "Tru"
45. Puts forward as evidence
47. Voting "nay"
48. Roofer's need
49. Tuition collector
50. "___, I'm Adam"
52. "In memoriam" item
53. Pasta topping with a watery texture?
58. Enthusiastic thumbs-up
59. Sheriff Taylor's boy
60. "___ Andronicus"
61. Neck and neck
62. Socially clueless sort
63. On one's toes

DOWN

1. Little bit
2. Onassis, informally
3. Half a bray
4. Inaugural event
5. Went over the wall
6. Part of BART

Get Up



7. Jillions
8. Smoke-filled-room figure
9. Desalination input
10. Key of Beethoven's "Für Elise"
11. Photo session at a chemicals giant?
12. "Moving right ___ ..."
13. Badlands formations
18. No longer mint
22. Rock's ___ Maiden
23. Yielded to pressure
24. Name on a range
25. Wolf's tee shot?
27. Break off
29. Tom Sawyer's half-brother
30. Used a kind of fitness machine
32. Pigeons' pads
34. Left ventricle outlet
35. Tough nut to crack
37. Jazz pianist Oscar
38. ___ up (absorb)
40. Mineral that's easily split
41. Two-deck game
43. Checked for prints
44. Buffalo Bill ___
45. Pull the plug on
46. Persian Gulf emirate
47. Like many superheroes
50. John of the Sierra Club
51. Check's place, in a promise
54. Unfold, in poetry
55. Sport ___ (versatile truck)
56. Mangy mutt
57. Body shop fig.

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

Solution to puzzle from July 16.

movies

for more information, call the movie line at 723-3802.

Jonah Hex

Friday, July 23, at 7 p.m.

(Josh Brolin, John Malkovich)

Jonah Hex is a scarred drifter and bounty hunter of last resort, a tough and stoic gunslinger who can track down anyone...and anything. The U.S. military makes him an offer he can't refuse: in exchange for his freedom from the warrants on his head, he must track down and stop the dangerous terrorist Quentin Turnbull.

Rated PG-13 (intense sequences of violence and action, disturbing images and sexual content)
81 min

The Karate Kid

Saturday, July 24, at 7 p.m.

(Jaden Smith, Jackie Chan)

Twelve-year-old Dre Parker could've been the most popular kid in Detroit, but his mother's latest career move has landed him in China. With no friends in a strange land, Dre has nowhere to turn but maintenance man Mr. Han, who is secretly a master of kung fu. Dre realizes that facing down the bullies will be the fight of his life.

Rated PG-13 (bullying, martial arts action violence and some mild language)
132 min

sudoku

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

Solutions to puzzle on page 25

Work to Spend Smarter

By Hannah Searle
Northern Sentry

Tip of the Week:

Frugal Guide to the State Fair

It's State Fair time, and if you're like me, you can't wait to indulge in cheese curds and funnel cakes. But, there is so much more to do than just eat your way through this fun event. There are parades, great entertainment, talent contests, crafts and so much more. Many families may opt to skip out on fair in order to save on money. But, if you plan ahead, take advantage of discounts and consider a few tips, you can cut back on fair costs and still have a great time!

1. Go on a discount day & use coupons. Attending the fair on a discount day is a great way to save a few dollars. This year, military families can take advantage of discounted gate admission, bull riding tickets and carnival ride wristbands with military ID and coupons. Be sure to check out the Minot Chamber page in this issue's special State Fair section for coupons or check out the State Fair's website (<http://www.ndstatefair.com/coupons/>) to print them off yourself.

2. Make a full day of it. While this can be difficult if you have small children who need naps, making a full day of the fair will maximize the value of your admission, since you'll get many hours of entertainment out of your tickets instead of just a few. If you do some advance planning, you can make sure you see all the booths and events at the fair in one day. The State Fair's website is a great resource and has a list of all the daily events. There is also a list and map included in this week's paper that can help you plan your day.

3. Eat up before you go. The best trick for making it through a whole day at the fair without spending lots of cash is to eat a filling meal before you go. If you're full when you get to the fair, you'll be less likely to spend on snacks, you'll also save on some calories, too!

4. Share treats. However, as most of us are well aware, one of the big features of the North Dakota State Fair is the abundance of fun and tempting foods everywhere. If you do decide to indulge at the fair (as many of us do, and look forward to...), buy one item and share. You'll get to taste a few different items and will save money in the process.

5. Always get stamped for readmission. Even if you think you're done for the day, get stamped anyway. You never know why you might need to go back into the grounds – you may have left something inside, forgot to take that essential family photo or won something at the silent auction and forgot to pick up your prize! In the end, whatever the reason, you'll be happy you won't have to pay for another ticket.



Pet Fair winners

Connie Lynch shows off her dog Lucky who won Best of Show during the annual Pet Fair. This year's Pet Fair was sponsored in part by Hills Pet Nutrition, Home Again Microchipping, Pet Food Direct, Merial, 4 Paws Pet Grooming, North Country Mercantile, Paw Prints Pet Grooming, Pet Parade, R & J's World of Pets, and Wild Things Gallery.



A1C Ashley Work, 5 CPTS, posed at left, with her cat named Aero after winning the Best Feline category.



SSgt Sean Christensen, 5 AMXS, pictured at right with his dog Ares who won the Best Canine category.
No Federal Endorsement of Sponsors Intended.

Minot housing market is underway

Great discounts from Homes for Heroes

Homes for Heroes® offers large savings to local community heroes when buying or selling a home: A different approach to affordable home ownership.

With the Minot housing market underway and so many military personnel moving to the area, Homes for Heroes is gearing up to serve as many Heroes as possible. Homes for Heroes is a FREE service aimed to help close the gap between the cost of housing for: military personnel, police officers, firefighters, teachers, first responders, and others who serve our community and nation.

Homes for Heroes, is celebrating its ninth year of

bringing big savings to everyday heroes. Inspired by the home-town heroes who serve and protect their communities and our country, a partnership of Realtors, mortgage lenders, title companies, and other affiliated service providers created Homes for Heroes, Incorporated. This collaboration of real estate professionals' sole purpose is to offer FREE savings when buying or selling a home.

Homes for Heroes is proud to announce their newest market affiliates: WATNE Realtors is the Realtor Affiliate and Lisa Mosser with American Bank Center is the lender affiliate. Additionally, in the near future there will be additional local businesses

who team up with Homes for Heroes to provide discounts to the Heroes involved with the FREE program.

While the programs genesis and primary concentration was originally intended to serve the Minnesota real estate market, word of the Homes for Heroes benefits unpredictably spread throughout the country. With the far-reaching power of the Internet, this small-dedicated local effort spiraled into a growing nationwide program.

If you would like more information about Homes for Heroes, or to schedule an interview, please call Jessica Silva (701) 852-1156 or email via Jessica@jmodernreal-estate.com.



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