

AF Personnel Center news service keeps Airmen informed

by Staff Sgt. Steve Grever
Air Force Personnel Center
Public Affairs

RANDOLPH AIR FORCE BASE, Texas -

An electronic news service featuring the latest Air Force manpower, personnel and services information is available to help Airmen make informed decisions about their careers.

More than 15,000 members subscribe to the Manpower, Personnel and Services News Service. However, Air Force leaders encourage all Airmen to subscribe in order to ensure they keep aware of key program updates, initiatives and other news from the Air Force Personnel Center, the Air Force Manpower Agency and the Air Force Services Agency.

"One of the best ways to stay current on Air Force personnel, manpower and

services programs is through this news service," said Paige Hughes, the AFPC, AFMA and AFSVA chief of public affairs. "It allows subscribers to receive timely e-mails with the latest news releases and articles related to a variety of Air Force-level programs that affect many aspects of Airmen's lives."

For the past six months, the news service has been used to distribute vital information on force management updates, civilian employment and career development opportunities, Air Force-level awards and the new fitness program.

To subscribe, visit the Air Force "subscribe" website at www.af.mil/subscribe and click the radio button next to "Manpower, Personnel, and Services News." Then, enter your e-mail address and name to complete the subscription form.

L & C Fort Mandan Foundation to host "Murdered Family" author

The Lewis & Clark Fort Mandan Foundation will host author Vernon Keel for a book signing and discussion of his novel, *The Murdered Family*. Keel will be at the Lewis & Clark Interpretive Center, Washburn, Friday, July 23 at 5:30 pm.

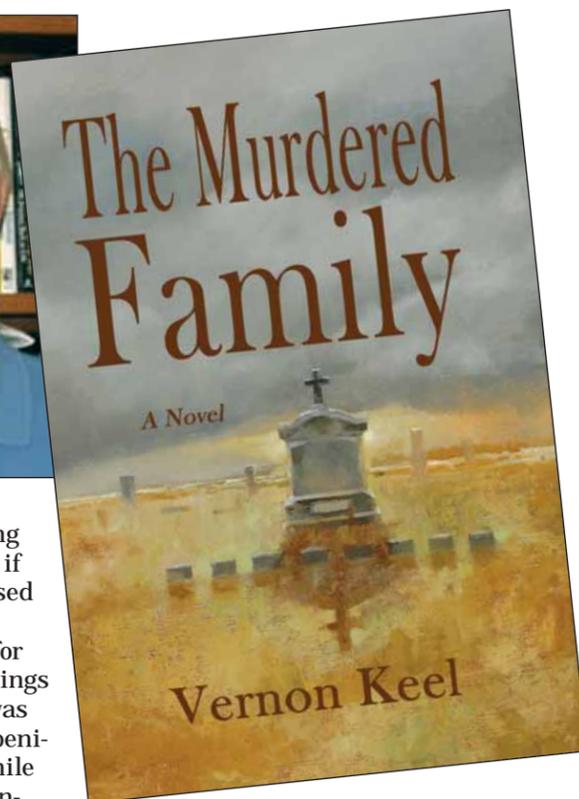
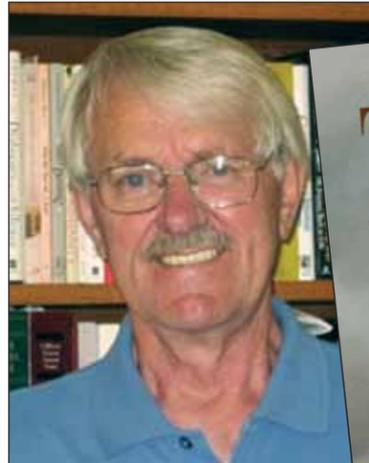
The *Murdered Family* is based on the true story of the 1920 murders near Turtle Lake of Jacob Wolf, a German Russian immigrant, his wife Beata, five of their six daughters, and the hired boy. In the 350-page novel, Keel examines legal and historical records to tell a story that raises question about the guilt of the man sentenced to life in prison only weeks after the brutal murders. Three weeks after the family was found murdered, during an intense statewide election campaign, eager investigators got a signed confession from a neighboring farmer.

From the beginning he denied his guilt and said that his confession was obtained under duress. He argued that he had been beaten by the officers who interrogated him. He claims that the officers told him that an angry mob was outside the jail-

house, waiting to lynch him if he was released and that the safest place for him, until things died down, was in the state penitentiary. While in the penitentiary he could file a change of plea in order to receive a jury trial.

Doubt and questions still remain, who really committed this horrible crime ninety years ago, whether they acted alone, and most importantly why they murdered this prairie farmer and his everyone in his family, except for the youngest girl. People in the area still recall the words that the convicted man was supposed to have said: "My eyes have seen, but my hands are clean."

The book is available at



the Lewis & Clark Interpretive Center, area newspapers, bookstores, and online retailers. For more information about the victims, investigation, and the appeals go to www.TheMurderedFamily.com. The Lewis & Clark Interpretive Center is located in Washburn, just west of the intersection of Hwy 83 and Hwy 200. This week during BNC days, Admission is free!

For more information on this event and other upcoming events, call 877-462-8535 or go to www.fortmandan.com.



Ops Group trumps Bomb Wing staff

(U.S. Air Force photo by Senior Airman Michael J. Veloz)
Tech. Sgt. Paul Nixon, Minot AFB Honor Guard noncommissioned office-in-charge, hits an incoming pitch during a softball game against the 5th Operations Group here July 12. The 5th OG trumped the 5th Bomb Wing staff team 15-11.

Name change for Defense Logistics Agency elements

Defense Logistics Agency

The Defense Reutilization and Marketing Service and the local Defense Reutilization and Marketing Office or DRMO took on a new name today. This is much more than a name change. It's about helping DOD and our customers see the full value of DLA as we enter a time of ever-shrinking resources

The local site is now called DLA Disposition Services. It will provide the same level of service and support to warfighters and other customers in the disposition of excess property and management of hazardous waste as before. No changes

in local operating hours or services will result. The same name will be used worldwide to provide unity.

DLA Disposition Services is part of the Defense Logistics Agency, or DLA, as it was under its former name. All other DLA field activities also took on new names today to bring additional unity to their efforts as well.

In addition to the local operation, DLA Disposition Services is part of a global community that operates field sites in 41 states and 16 foreign countries.

Along with overseas operations in Europe, the Pacific and Africa, it has field sites in Afghanistan, Iraq and

Kuwait.

In Iraq small teams fan out from the field sites to forward operating bases to work with combat units as they clear their bases as part of the responsible drawdown and reflecting a long term commitment to stewardship.

The DLA Director, Navy Vice Admiral Alan Thompson, said he sought a clearer identity for all DLA elements to make it easier for customers to interact with the agency and help service members take advantage of DLA's comprehensive missions, products and services.

For more information, log on to the DLA website at www.dla.mil.



Roasted Tomato & Zucchini Salad

Serves 4
 6 Roma tomatoes
 4 zucchini
 Extra Virgin Olive Oil
 2 garlic cloves, minced
 Salt and pepper (to taste)
 2 6-ounce balls of buffalo mozzarella, cut into 3/4-inch slices
 Approximately 10 large leaves of fresh basil
 Shaved Parmesan cheese

Dressing

1 tablespoon balsamic vinegar
 1/2 cup Bertolli Extra Virgin Olive Oil
 1 clove garlic, minced
 1/2 teaspoon paprika

Cut tomatoes into 1/2-inch slices, and zucchini lengthwise into 1/8-inch ribbons. Season both with minced garlic, salt and pepper and drizzle with olive oil. Roast on grill with cut side up for about 10 minutes, or until nice and evenly roasted.

To assemble the salad:

Place the tomato, zucchini (folded) and mozzarella on top of each other, like a tower, with a basil leaf in between layers. Season layers with salt and pepper and a drizzle of dressing. Sprinkle with shaved Parmesan on top.



Filet with Farro Salad

Serves 4
 1 8-ounce filet mignon
 8 ounces farro or couscous
 10 cherry tomatoes, quartered
 1 zucchini, diced
 2 tablespoons Extra Virgin Olive Oil
 5 to 6 leaves basil, sliced in half lengthwise
 1 cup shaved Parmesan
 1/2 cup pine nuts
 Salt and pepper
 Season filet with salt and pepper and grill to medium rare. Let the meat rest. Slice meat when you are ready to serve.
 Prepare farro by cooking in salted boiling water for 12 minutes and drain.
 Mix farro with the remaining ingredients in serving bowl.
 Serve on plate and place sliced filet on top.

Recipes courtesy of Fabio Viviani, owner and Executive Chef of Firenze Osteria Italian Restaurant and Martini Bar

ND State Fair and KISS pledge donation to the CSRA Wounded Warrior Project

The CSRA Wounded Warrior Project will earn \$1 from every concert ticket purchased for KISS at the North Dakota State Fair on Saturday, July 24. This partnership between KISS and the North Dakota State Fair will directly impact and benefit members of the United States Armed Forces.

"This generous donation to the CSRA Wounded Warrior Care Project in Augusta, Georgia, will allow us to continue our focus on ensuring that the wounded, ill and injured service members who come to us from across America get coordinated care, family reintegration skills and the training and education that leads to employment," stated Laurie Ott, Executive Director of the CSRA Wounded Warrior Care Project.

"The fact that KISS and the North Dakota State Fair recognize the importance of this mission speaks volumes about their interest in our nation's troops and their

families and their support for them." The North Dakota State Fair also seeks to show its appreciation for military members by hosting Military Day at the State Fair on Tuesday, July 27.

"This day serves as our way of saying thanks to those who serve our country," stated Renae Korslien, North Dakota State Fair General Manager.

Military families can take advantage of discounted gate admission, discounted bull-riding tickets, and carnival ride wristbands.

The ND Beef Commission, ND Stockmen's Association, and ND Cattlewomen will sponsor a free beef picnic for Active Military, Reserve, and National Guard Members. This first come, first served picnic will take place in the Pioneer Village.

There's also free carnival rides 1pm to 3pm with Military ID. Coupons are needed

for the various discounts and are available online at <http://www.ndstatefair.com>.

The mission of the CSRA Wounded Warrior Project is to organize and promote a community-based Wounded Warrior Center of Excellence, bringing together a team of dedicated government and community leaders to collaborate, share knowledge and initiatives, and develop best practices to maximize resources and provide world class support for our wounded warriors, veterans and their families.

More information about the CSRA Wounded Warrior Project can be found at <http://www.projectaugusta.org/>.

To purchase tickets to KISS visit www.ndstatefair.com, call (701)857-7620, or stop by the Grandstand.

This year's Fair dates are July 23-31, 2010. For more information visit www.ndstatefair.com.



Minot Farmers Market is now open and runs until the end of October. Mark your calendar for every:

Tuesday - Thursday - Saturday
 9:00 am at Oak Park

Come and browse a quality selection of homegrown produce, flowers, baked goods, jams & jellies at OakPark every Tuesday, Thursday & Saturday, 9:00 am

Why should I buy farm-fresh produce?

- Buying from Farmers Market ensures that your produce is locally grown, fresher and often cheaper!
- Fresh produce does not lose nutrients as fast as canned or frozen fruits & vegetables.
- Fruits & vegetables are low in calories, fat and sodium, and are good sources of fiber, foliate, potassium, vitamin A, vitamin C.
- Eat 5 a day for better health!

What's available at Minot Farmers Market?

- Garlic
- Tomatoes
- Carrots
- Squash
- Fresh Flowers
- Cucumbers
- Potatoes
- Onions
- Berries
- Pumpkins
- Gourds, Indian
- Corn
- Rhubarb
- Beans
- Honey
- Peppers
- Herbs
- Melons
- Leeks
- Beets
- Corn
- Apples
- Baked breads, pies, cookies, muffins
- Much, much more!

Questions or comments?
 Contact Paulette Dailey 838-6822



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Minot Family YMCA Youth Football



Tackle Football

The deadline for 3rd & 4th and 5th & 6th grade tackle football is August 2. Registration forms available at The Minot Family YMCA (852-0141) or ymcaminot.org

Grades 1 & 2 Flag Football

The deadline for Flag Football is September 7.

Anyone interested in officiating or coaching football contact Michael at 852-0141

Saugstad is State Fair Parade Grand Marshal

Who could have predicted 98 years ago that in 2010 Arlene Saugstad would be riding in the 2010 North Dakota State Parade, as the Grand Marshal? Arlene does not drive, but she's "driven" in many ways.

Known to many as the "Hat Lady," it could be said that Arlene indeed has worn many "hats." As she nears the century mark, her favorite song, "This Little Light Of Mine, I'm Gonna Let It Shine," motivates her. She intends to adhere to the motto on her wall, "You Make The Difference," which she honestly recommends to everyone as she and granddaughter Crystal share the third house she's lived in since arriving in this area in 1943. It's high on Saugstad land in Sundre Township, overlooking the Mouse River and the little and big houses she lived in first.

Arlene was born in Bismarck in 1912 and raised and educated there. She attended Dickinson State College, the University of Wisconsin and received a B.A. in English from Jamestown College. Following graduation she taught school in Wilton. She later married her superintendent, Stanley Saugstad. She taught school in Bismarck, and in 1943 they, along with their son, Edward, moved to a farm near Minot and lived in a one-bedroom house without indoor plumbing. They had two daughters, Gail and Linda, while living there.

She joined a homemakers club that was her springboard to involvement in Minot. She also wrote *The Valley News*. They moved into the "big house" on the same farmstead, and their son, Craig, the fourth generation to live on the farmstead, was born.

Arlene started entering

both the culinary and flower divisions at the North Dakota Fair. As a result of winning "Best Of Show" for her loaf of whole wheat bread one year, Arlene was presented a gold pin centered with a very small diamond. A yeast company furnished her with yeast for a year and a publication carried a picture of her and her daughter. Hours of baking experience paid off as it did other times with her angel food cake and cherry pies.

In the mid-1950s Arlene was asked to edit the *Ward County Independent*, something she knew literally nothing about, but wound up enjoying it. It also led to further community involvement, including:

- Member of homemakers clubs.
- Member of Quota International Club (local president and area secretary).
- Organizer of art shows.
- Member of the Minot Area Chamber of Commerce (chairing the annual flower show, active in the Spring Fling activities, served as a Chamber Ambassador).
- Organizer of the Minot Art Association, serving several terms as president. It

later became the Taube Museum of Art and she served on the board. One of her silk screens, "Ah So," is in the Taube's permanent collection.

- Helped organize the Mouse River Players—serving as a board member, fundraiser, and a worker on and off. Last year she appeared on stage as a flapper doing the Charleston (sort of). This organization honored her by placing her in their Hall of Fame and naming their theater after her.

- Member of the PEO Sisterhood for over 50 years and has served her Minot chapter, AV, for 20 years as its recording secretary.

- Several offices in Vincent United Methodist Church, including trustee, Sunday School teacher and several terms as president of the church's women's organization.

- Minot Chapter of the Red Cross.

- Member of and has been honored by the Minot Business Association.

- Member of the YWCA, and they honored her for community services.

- Served on the Minot Symphony board and the Women's Symphony League,

as well as on the board of the Western Plains Opera Association.

- Emeritus member of the Minot Architectural Association (MACA). This organization has honored her for her involvement in the arts. Governor Olson named her to the North Dakota Council of the Arts, which also honored her for promotion of the arts. A similar award was presented to her by the Women's Coalition in North Dakota.

- Honored by the Pioneer Daughters for her patriotism.

- Appointed by a Minot Mayor to the Minot Commission on the Status of Women.

- Helped organize a readers' theater, portraying early life in North Dakota. This group also published "Plum Valley Women" in which she appears.

- Served as President of the North Dakota Press Women.

- President of the North Dakota Horticultural Society.

- Organizer of the Ward County Historical Society and served many years on its board of directors.

- Member of the national organization, Pen Women.

Saugstad was employed by Toivo's Jewelry, Minot Fed-

eral Savings and Loan, and marketing manager of Town & Country, all of Minot. Presently she writes a monthly cultural column for the *Minot Daily News*.

Of all the honors she has received, she considers raising four wonderful children and to have grandchildren and great-grandchildren the most rewarding.

The ND State Fair 'Run the Route' starts at 9:00 am on July 24th. Call 837-6453 or visit the www.ndstatefair.com website for more information or registration forms.

This year is the parade's 30th anniversary with the theme of "Let's Go Retro!" The parade starts at 9:45 am on Saturday, July 24, in Minot. The route follows Burdick Expressway from the intersection with Broadway east to the fairgrounds. Entries are still being accepted. Non-commercial entries are free of charge; however, there is a \$35 fee per unit for commercial entries.

There is also a \$5 charge for entries wishing to be judged. Applications can be downloaded from the www.ndstatefair.com or by contacting the State Parade Committee.



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NDNG shooting team wins 30th straight competition

by Senior Master Sgt.
David H. Lipp
North Dakota Air
National Guard

CAMP GRAFTON TRAINING CENTER, DEVILS LAKE, N.D. — Some of the best shooters in the North Dakota National Guard gathered at the firing range at Camp Grafton South July 17-18 to test their skills in the N.D. National Guard Adjutant General's Combat Marksmanship Match.

The marksmanship match is an annual state competition held "to promote battle-focused marksmanship training and to enhance overall marksmanship proficiency," said Lt. Col. Stephen P. Herda, of Mandan, N.D., who works with the North Dakota National Guard's Joint Force Headquarters. "This match offers Soldiers and Airmen in the North Dakota National Guard an opportunity to test their marksmanship skills and weapon systems in a shoulder-to-shoulder competition. The Adjutant General's Match is designed to test and improve the capabilities of our National Guard forces in a tactically oriented environment."

The competition involves the use of both pistols and rifles in various shooting scenarios. A team from the 817th Engineer Company, in Jamestown, N.D. took top honors in the event and produced the best individual shooter, Sgt. 1st Class Gary Varberg. Varberg and the 817th — which is comprised of many members from the former 141st Engineer Combat Battalion's Company B — are no strangers to the winners' circle. Varberg has been the best individual shooter 29 out of 30 years, by his own account, and his

team has finished first all 30 times that he's competed.

Varberg, of Cooperstown, N.D., has competed on the national-level All-Guard Shooting Team several times and has traveled to places such as Australia, South Africa, France, Germany, Canada and England with the team. "I've qualified to shoot for the Queen's Medal Match, held in three different countries. I've even had dinner with the Queen. Marksmanship has taken me places that I thought I'd never see. It's been awesome," Varberg said.

"It's very important for our members to compete in events like this and to take their experience back to their units so they can mentor young Soldiers and Airmen to become better marksmen, which helps them to be better military personnel," said 1st Lt. Randy A. Jahner Jr., of Bismarck, the North Dakota National Guard state marksmanship coordinator.

"We have had great support from our leadership at the Wing for this contest and we hope to make a better showing next year," said Tech. Sgt. Joshua VonBank, of Fargo, the North Dakota



(Photo by Senior Master Sgt. David H. Lipp)

Sgt Jeffrey Hawn, of the Camp Grafton Training Center, prepares to shoot his weapon on the firing range as North Dakota National Guard Airmen and Soldiers gathered at Camp Grafton South, N.D., for a two day marksmanship contest July 17-18.

Air National Guard's team leader. "The North Dakota Air National Guard can have as many as four teams in the competition. It's a good time

... a good experience." The top scoring team and individuals move on to a regional competition at Camp Guernsey, Wyo., and the top

finishers at that contest will advance to the Winston P. Wilson National Championship, which will be in Little Rock, Ark., later this year.



Gospel Tabernacle Community Church
County Road 19, 4 miles south of MAFB
Eld. James W. Henderson, Pastor
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Dial-A-Prayer: 727-6447
KHRT 1320: 9a.m. Sunday
Sunday School 9:45a.m.
Morning Worship 11:00a.m.
Family Hour/Leadership Training .. 6:30p.m.
Evening Worship 7:30p.m.
Bible Study/
Children Worship (Wed) 7:00p.m.
Prayer (Friday) 7:00p.m.

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114 South Main Street

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- Estates
- Juvenile Law
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852-1602

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Attorney At Law
Former USAF Judge Advocate

Robert S. Thomas
Attorney At Law

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Maximo C. Kiok, MD, FAAN

Dr. Kiok, a board certified neurologist, brings more than 20 years of experience caring for people with the full range of neurological disorders. A fellow of the American Academy of Neurology, he's board certified in Neurology and Clinical Neurophysiology, and fellowship trained in stroke. He has practiced at Pennsylvania and Louisiana hospitals, most recently at St. Francis Medical Center in Monroe, LA.

Education:

- Doctor of Medicine, University of the Philippines College of Medicine
- Neurology residency, University of Pittsburgh
- Chief resident, 1984-85
- Fellowships in stroke, EEG/Evoked Potentials, EMG

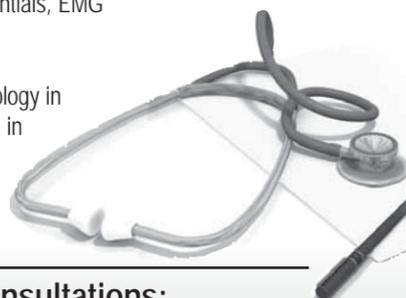
Board Certifications:

- American Board of Psychiatry and Neurology in Neurology and Subspecialty Certification in Clinical Neurophysiology
- American Board of Electrodiagnostic Medicine



Neurological Services:

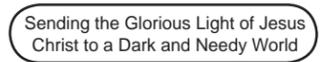
- General Neurology
- Stroke
- Epilepsy
- Neuropathies, e.g., carpal tunnel syndrome, peripheral neuropathy
- Multiple sclerosis
- Alzheimer's disease, dementia
- Movement disorders, e.g., Parkinson's disease
- Chronic headache

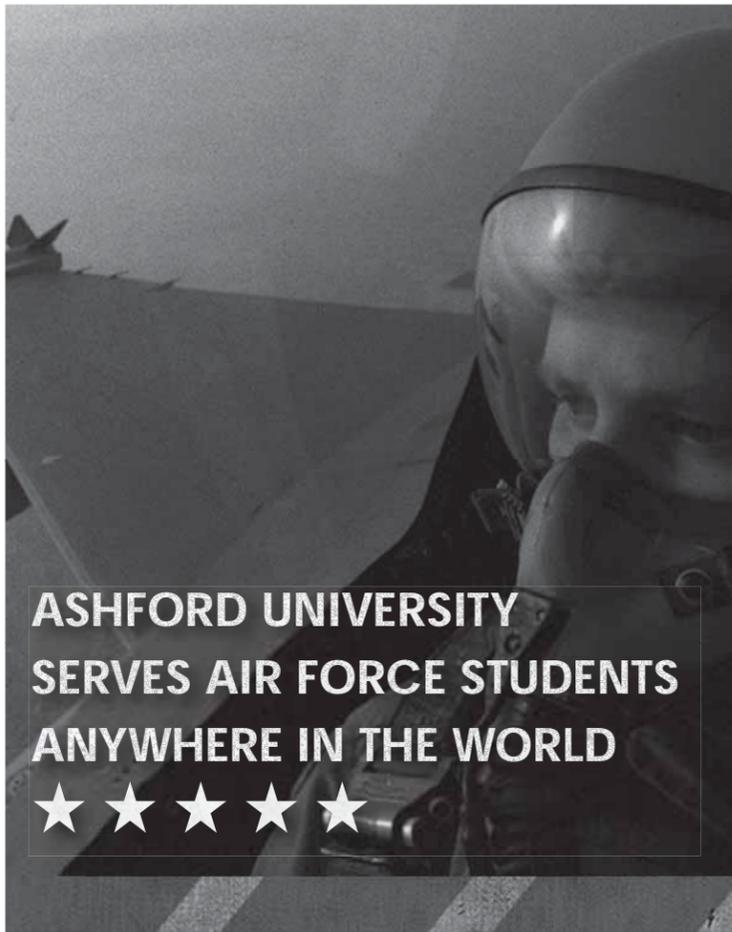


Appointments and Consultations:
Call 701-857-5421

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Suite 303, Health Center – East
20 Burdick Expy. W • Minot, ND 58701



<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Daily M-F8:00 a.m. Saturday5:30 p.m. Sunday 8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p> St. Peter The Aleut Eastern Orthodox Church 109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at the Carnegie Center 105 2nd Ave SE - 833-1798</p> <p>Sunday School9:30 a.m. Sunday Worship10:45 a.m. Sunday Evening6:00 p.m. Wed. Prayer/Bible Study7:00 p.m. Wed. Children's Patch Club.....7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p> Minot Air Force Base Chapel Protestant Services (All Sunday)</p> <p>Traditional Service10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service.....2:00 p.m. (North Plains Chapel) Chapel Sunday School Program: 9:00-9:50 a.m. North Plains Chapel Basement 10:00-10:50 a.m. Base Education Center (Upstairs) Chapel 723-2456</p>	<p> Minot Air Force Base Chapel Catholic Services</p> <p>Eucharist (Mass) Daily Mass12:05 p.m. (Northern Lights) Sunday9:30 a.m. & 5:00 p.m. (Northern Lights) Sunday CCD..... 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship..... 7:00 p.m. Wed. Evening Family Night..... 7:00 p.m. • Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship..... 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> Harvest Reformed Church We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School11:00 a.m. Sunday Worship11:00 a.m. Tuesday Lunch Bible Study..... 12 Noon Wednesday Youth Classes..... 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes9:30 a.m. Worship10:30 a.m. and 6:00 p.m.</p> <p>Wednesday: Bible Classes 7:00 p.m.</p> <p>Ethan Eadens, Minister "Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship8:30 a.m. Sunday School9:30 a.m. Sunday Traditional Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper..... 5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation & Nursery Available www.minotpc.org Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0906</p> <p>Sunday School2:00 p.m. Sunday Worship3:30 p.m. Wednesday Bible Study7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee & Conversation 9:00-9:30 a.m. Sunday School9:30 a.m. Morning Worship10:45 a.m. Evening Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p> First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship5:30 p.m. Sunday Worship9:30 a.m. Friday Soup Kitchen...11:30 a.m. - 12:30 p.m.</p> <p>Radio Broadcast KRRZ 1390 Sun. 9:30 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p> St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship9:30 a.m.</p> <p>Holy Communion is served on the 1st & 3rd Sundays</p> <p>2209 4th Ave. NW • 839-4663 Carlyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND 838-5196 A Member of the ELCA</p> <p>Sunday Worship9:00 a.m. Fellowship Hour10:00 a.m. Wednesday Worship7:00 p.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p> North Hill Baptist Church SBC 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching & Teaching..... 9:30 a.m. Morning Worship11:00 a.m. Evening Worship 6:30 p.m.</p> <p>Pastor Dan Andrus</p>	<p> St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. Wednesday - Friday 9:00 a.m. Saturday 5:00 p.m. Sunday 8:00 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship10:00 a.m. Wednesday Worship5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church of the Lutheran Brethren</p> <p>Sunday Sunday Worship 8:30 a.m. & 11:00 a.m. Bible Classes for all ages9:45 a.m. (Interpreter services for the deaf at 11:00 a.m.) Wednesday: Activities for all ages.....6:30 p.m.</p> <p>700 16th Ave SE • 838-0750 Radio-KHRT 1320 AM - Sun. 11:00 a.m. www.ourredeemers.org</p> <p>Following Christ in Worship, Growth & Service</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal.....9:00 a.m.</p> <p>Pastor Michon Weingartner Home of Campus Pastor Kerri Williamson</p>	<p> Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. Nursery Available</p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Kenneth Park</p>	<p> Cross Roads Baptist</p> <p>Sunday School (all ages)..... 9:45 a.m. Sunday Worship 11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angellnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p> West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Children's Church10:30 a.m. Wednesday Family Training Hour6:30 p.m. Wednesday Kids on the Rock6:30 p.m. Youth Center, Friday7:00 - 11:00 p.m. ABC Child Care & Pre-School Center 852-6352</p>	<p> Bethel Free Lutheran AFLC "Building Followers of Jesus Christ"</p> <p>Sunday School 9:30 a.m. Worship Service 10:30 a.m. Adult Study/WINGS/Youth Wednesday 6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p> River of Life Church 400 22nd Ave NW • Minot</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Sunday Evening Service6:00 p.m. Wednesday Service.....7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p> First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship 8:30 a.m. Sunday School (All ages) 9:45 a.m. Contemporary Worship Service..... 11:00 a.m. Children's Church 11:00 a.m. Wed. AWANA Clubs (Sept. - May)..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p> Church of the Nazarene 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday School9:45 a.m. Morning Worship 11:00 a.m. Evening Worship6:00 p.m. Wednesday Bible Study6:45 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School9:45 a.m. Worship11:00 a.m. Sunday Evening6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship 11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p> Trinity Church An Evangelical Free Church</p> <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Worship Service9:00 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday Worship 10 a.m.</p> <p>Wednesdays Soup Kitchen11:30 a.m. - 12:30 p.m. Liturgical Dance..... 7 p.m. - 8:30 p.m.</p> <p>Pastor Allen Lively Sarah Robers, Youth Director</p>	<p>Grace Evangelical Lutheran Church Wisconsin Synod</p> <p> WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev Carl A. Lindemann</p>	<p> Zion Lutheran ELCA 1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship5:00 p.m. Sunday Worship 8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!</p> <p>Saturday Informal Service 5:00 p.m. Sunday Worship 9:30 a.m. Coffee Fellowship.....10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>



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Cancer survivor takes on challenge of open road

by Maj. Belinda Petersen
Air Force Personnel Center
Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) - A C-130 Hercules flight engineer with more than 700 deployed flying hours who is also a cancer survivor is riding his bike 4,000 miles across the U.S.

Senior Airman Brian Petras from the 50th Airlift Squadron at Little Rock Air Force Base, Ark., is participating in the Sea to Shining Sea ride hosted by World T.E.A.M. Sports and sponsored by State Farm.

The team of 20 riders is composed of primarily wounded, ill, or injured servicemembers cycling across the U.S. The ride started in San Francisco, Calif., and will end at Virginia Beach, Va., July 24.

Last year, Airman Petras was diagnosed with synovial sarcoma, a rare form of cancer that usually occurs near the joints of the arm or leg. In Airman Petras' case, it was found in his right foot.

Because this kind of cancer can spread easily, Airman Petras' leg was amputated below the knee.

After his amputation Aug. 24, 2009, Airman Petras went through several months of chemotherapy, received a prosthetic leg and began

rehabilitation.

"That was pretty rough," Airman Petras said. "The chemo pretty much knocked me out. I felt sick. I could barely take care of myself. Luckily, I was able to get a prosthetic and walk around without crutches and still do certain things, but I was still really tired."

In January, Airman Petras went to the Center for the Intrepid at Brooke Army Medical Center in San Antonio, for rehabilitation.

"It specializes in care for amputees and burn victims," he said. "It's mostly guys coming from Iraq and Afghanistan that are there."

"That place helped put things in perspective because here's me with a below-the-knee amputation, rehabbing and getting done in three months, and there are guys who've been there for years," Airman Petras said. "They're missing both of their legs, they're missing (legs) above the knee, they're missing arms and hands, or 90 percent of their body is burned. My coming in there is like a scratch; it's not a big deal at all." There, Airman Petras met Staff Sgt. Marc Esposito, who was also at the CFI for injuries sustained in Afghanistan. They decided to take up the Sea to Shining Sea challenge together.

The Sea to Shining Sea

team is cycling through deserts, climbing as high as 11,000 feet over mountains, and sometimes traveling more than 100 miles in one day. Along with Airman Petras and Sergeant Esposito, other Air Force riders include Scott Bilyeu, Christopher Frost, and Kevin Sullivan.

"For most people, disabled or not, this is a physically and mentally impossible challenge," said Melissa McKinley, State Farm's public relations specialist for the team. "But for Airman Petras, it is an opportunity to prove to himself and others that he can still do everything he could before."

"At first, I wanted to prove to the Air Force that I can still do my job without any problem," Airman Petras said, "but during this experience, it became something more. The amazing people I have met on the team have inspired me, and now I want to be an inspiration to others and let them know that they can do anything they put their mind to."

"Medical science has really changed lives and perceptions of disabilities," he said. "With prosthetics, you can live a normal life and do the same things you did before. And I want to show others they can still serve their country."

Airman Petras commended team sponsors for their support during the coast-to-coast ride. "They have been there every step of the way, providing us with water breaks, helping with logistics and route planning, and rallying folks to turn out to cheer us on," he said.

"The coolest part of this experience is seeing different individuals coming together as one team, adapting to the challenge, staying flexible and overcoming obstacles," Sergeant Esposito said. "Just like in the special ops world, we can't go into a mission without every single person coming together as a team."

"The best part of the ride is seeing the joy on everyone's faces," Airman Petras said. "Hopefully this experience will show you can still be passionate about what you love to do."

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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. 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.

Lemonade Day

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 more information, call Outdoor Recreation at 723-3648.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on July 24th 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.

Road Closure

A section of Firing Lane on the South side of Bud Ebert Park at the intersection of Minuteman Drive and Firing Lane will be closed off. This

closure will be implemented from July 15 through Oct. 15. Detour signs will be posted and access to the park will not be affected.

Margie's Art Glass Studio & YMCA Climbing Wall Trip

The Youth Center is hosting a trip to Margie's Art Glass Studio and the YMCA Climbing Wall on July 28th from 9 a.m. to 3:30 p.m. Trip is open to Youth Center members ages 9-15; cost is \$10 (unless posted otherwise) and includes lunch. For more information, call the Youth Center at 723-2838.

New Parent's Class & Play Group

- July 28th, 0800-1000 - The New Parent's Class is an informative class designed to give you the confidence to bring home and raise your new baby. This class will help answer your questions as well as give you reliable information about taking care of your baby. Some topics that are introduced in the class are: What you will need for the baby, basic care instructions for your baby, such as bathing and dressing, post-partum mood disorders and health concerns that newborns might face.
- New Parent's Play Group, Every Tuesday, 1000-1100, Youth Center, Gym One - The group is for parents of children ages 0-3 years old. Being involved in this group allows parents to get out of the house and talk with other parents as well as have their children create friend-

ships with other children their age.

Race to Change a Life

Volunteers are needed for set-up or participation in the "Race to Change a Life" walk/run-a-thon July 31 at 9 a.m., sponsored by the Companions for Children organization. For more information, please contact Susan Ewart at susan.ewart@minotredcross.org. Also, the website is: www.companionsforchildren-minot.org.

Federal Resume Workshops

In order to provide everyone a more active workshop on USAJOBS and accommodate ALL DoD civilians for the new way to apply for 'internal civilian' federal jobs, the Airman & Family Readiness Center will be holding a "Federal Resume Workshop" on August 3rd from 5-7 p.m. and August 18th from 9-11 a.m. These workshops are open to all active duty members, spouses, retirees, and DoD civilians. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSA's, and tips on writing the resume. To sign up for the workshop, call the Airman & Family Readiness Center at 723-3950. Seats are limited, so call TODAY for the workshop of your choice!

MAFB Blood Drive

To make an appointment to donate at the MAFB blood drive being held August 5th and Friday August 6th at the Linen Exchange Building

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Base Chapel Happenings

Catholic

- Mass schedule: 9:30 a.m. & 5 p.m. Sunday Daily Mass Monday – Thursday 12:05 p.m.
- Catholic Religious Education Classes takes place at North Plains Elementary from 11:15 a.m. to 12:30 p.m. each Sunday.
- Mary Martha's Woman's Catholic Group meets every Friday for a Bible Sunday. Contact 723-2456 for more information.

Protestant

- AWANA club Sunday from 1600 to 1800 at the Youth Center for ages 3 to high school seniors.
- Mothers of Preschoolers meet the second and fourth Thursday of the month at the North Plains Chapel from 09:15-11:30 or 1900-2030.
- Protestant Men of the Chapel offers a free breakfast and Bible study the third Saturday of each month from 1000-1200 at the Northern Lights Chapel Annex.
- The Protestant Women of the Chapel meet the second Saturday of each month from 1000-1200 at the Northern Lights Chapel Annex for breakfast and a study. Children are welcome but no watchcare is provided. Tuesdays from 0900-1200 at the North Plains Chapel there is also a study with watchcare provided.
- Protestant Bible study for Adults; Tuesday from 1800-2000 at the Community Center. Dinner and watchcare are provided.
- You do not need to attend a Protestant Chapel worship service to participate in the programs listed above - we would love to see you all there! Sincerely Your Chapel Staff, 723-2456.
- Adult Sunday School is from 4-5:30 Sunday evenings at the North Plains Chapel. Current study: Fundamentals of the Faith. Free books and dinner included.
- Transformers! Minot AFB Chapel Youth Group for ages 10-18. Join us every Wednesday night at "Feed Your Faith Night", North Plains Chapel at 5:30 p.m. Also join us Sundays, 9:00 a.m. in the North Plains Chapel basement. We tackle the tough problems you face in today's world while enjoying games, music, friendship, fun trips, growing in God, living life to the fullest. Call Aubrie at (701)578-5930 or email aub4christ@gmail.com for more information or to sign up. Keep up to date on Transformers! events on Facebook.

Mass Schedule for July & August

- Sun., July 18th at 5 p.m. ONLY
 - Sun., July 25th, Aug 1st & 8th at 9:30 a.m. & 5 p.m.
 - August 15th - Catholic Community Annual Picnic Mass at 11 a.m. ONLY Mass in the Grass ~ Bud Ebert Park ~ Lunch immediately follows.
 - August 16th Daily Mass resumes 12:05 p.m. Mon. – Thurs.
- Unless otherwise noted all masses are at Northern Lights Chapel. Contact Colleen Moore for details at 723-6442.

(next to the Bowling Alley), please contact MDSS Logistics Flight at 723-5241 or molly.matthews@minot.af.mil. The blood drive is facilitated by United Blood Services, and sponsored by the 5th Medical Group.

Latin Nite

Gather up your friends and get ready to party during Latin Nite at J.R. Rockers on August 7th. The event is free for club members and \$5 for non-members; the fun starts at 11 p.m. For additional information, call J.R. Rockers at 727-ROCK.

Bowler's Appreciation Night

In appreciation of Minot AFB bowlers, Rough Rider Lanes is hosting a Bowler's Appreciation Night on August 7th from 6-8 p.m. Enjoy bowling for only \$1.50 per game; 3 game limit per person. Call Rough Rider Lanes at 727-4715 for more information.

Sports Physicals

The 5th Medical Group is offering Sports Physical appointments for enrolled children 5 through 18 years of age on Aug. 7 from 9 a.m. to noon. If your child requires a Sports Physical for this fall, please call 723-5633 to make an appointment. These appointments are for Sports Physicals only. Please make a separate appointment to address any concerns. Be sure to bring your child's shot record with you to the appointment. Parents or guardians must accompany the child during the entire physical. Shorts and short-sleeved tops are recommended to expedite the screening process.

Roosevelt Park and Zoo Deployed Families Event

The Airman & Family Readiness Center is hosting their August deployed families event at the Roosevelt Park and Zoo on August 7th beginning at noon. Come out, relax, and see what's

new at the zoo. Active Duty personnel and their families can participate in this free fun-filled event provided the family experienced a deployment separation during the period of 1 Jul 09 to 7 Aug 10. Pre-registration for deployed families is required by August 4th by calling 723-4500. Families need to arrive at the zoo entrance between noon and 1 p.m. the day of the event to pick up their family pass. Limited slots are available. Single participants and other families may participate at regular zoo admission rates with no pre-registration required. For additional information, call the Airman & Family Readiness Center at 723-3950.

Youth Outdoor Soccer & Flag Football Coaches Needed

The Youth Center is in need of volunteer coaches for Youth Outdoor Soccer and Flag Football. For more information or to volunteer, please contact Youth Center Sports Coordinator Andrew Toft at 723-2838.

Today

- **Lemonade Day**, 1300-1900, Outdoor Pool
- **National Hot Dog Day**, 1300, Youth Center
- **Anime Club**, 1630, Base Library
- **Wing Fest**, 1730, JDC
- **Boss & Buddy Night**, 1800-2100, Rough Rider Lanes
- **Vet Appointments Available**, Call 723-6449
- **Youth Center Closes at 6pm**

Saturday

- **Framing Class**, 1000-1600, Arts & Crafts Center
- **Super Turbo Kick Class**, 1000, Fitness Center
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes

Sunday

- **All-Ranks Champagne Brunch**, 1030, JDC

Monday

- **Newbery Book Club**, 1530, Base Library
- **Step Class**, 1700, Fitness Center

• **Last day to register for Margies Art Glass Studio/YMCA Climbing Wall**, Youth Center

Tuesday

- **Club Membership Benefit**, All Day, Rough Rider Lanes
- **Crocheting Class**, 1030-1200, Arts & Crafts
- **Relaxing Yoga Class**, 1200, Fitness Center
- **Spouse Deployment Preparedness Training**, 1800-1900, A&FRC

Wednesday

- **Margies Art Glass Studio/YMCA Climbing Wall**, 0900-1530, Youth Center
- **Party on the Patio w/Brats & Burgers & \$1 Drafts for Members**, 1600, J.R. Rockers
- **Family Games & Chess Club**, 1800-1930, Base Library

Thursday

- **Cardio Dance Class**, 0915, Fitness Center
- **Dinner at the Dak**, 1630, Dakota Inn
- **Appetizer Night for Members, Buy 1 Get 1 Free**, 1700-1900, J.R. Rockers

July 30

- **Ground Zero Lounge**, 1600, JDC
- **Family Bowl-a-Rama**, 1700-1900, Rough Rider Lanes
- **Hip Hop Nite**, 2300-0400, J.R. Rockers
- **Youth Center Closes at 6pm**

July 31

- **LAN Party & X-Box Gaming**, 1000, Community Center
- **Super Turbo Kick Class**, 1000, Fitness Center
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes

Ongoing Events

- **Equipment Orientation Class**, By appointment, Fitness Center
- **On-Base Roadside Assistance**, Auto Hobby

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Dick Hodnefield.....721-0299	Melody Sundbakken.....833-4673
Bernie Pellenwessel.....721-5221	Lucy Tuttle.....240-6707
Mike Pellenwessel.....833-8430	Wayne Tuttle.....240-6667
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<p>LIFE WITH A VIEW! 3 BR & 2 bath home. 1 1/2 story floor plan w/lots of character. Spacious kitchen w/ample oak cabinets. Beautiful master suite. Patio door perfect for entertaining. Call Alecia Berg at 721-5996 \$234,500 #20100554</p>	<p>CHARMING SPLIT LEVEL HOME! 4 BR & 2 bath home. Well designed kitchen, living Rm & dining Rm w/hardwood flring throughout. Inviting daylight basement & gas frplce. Private deck of dining Rm. Call Bryan Knight at 720-0965 NOW \$230,000 #20100838</p>	<p>SMALL COMFORTABLE HOME! 1 BR & 1 bath home. Fenced in backyard. Currently rented. Good potential. SW location between Jim Hill & Edison Schools. Call Larry Sundbakken at 833-7363 \$67,600 #20100897</p>
<p>BEST DEAL IN TOWN! Wonderful 3 BR & 1 3/4 bath home. Nice updated kitchen. Enormous yard w/ a fenced off private area including a hot tub & yard shed. Det dble garage w/covered entry into home. Call Darlene Schnaible at 721-7374 \$164,900 #20100883</p>	<p>BEAUTIFUL VIEW OF LAKE SAKAKAWEA! 3 BR & 2 bath home in mint condition. Large kitchen. All like-new furniture stays. Well & septic, windows, soffit, fascia, shingles & siding new 3 years ago. Call Vonnie Schoenborn at 720-0215 NOW \$168,500 #20090963</p>	<p>EXTREMELY NICE HOME! 4 BR (2 non-egress) & 3 bath home. All brick home. Sunken living Rm. Fireplace in the family Rm. Fenced yard. Call Wayne Tuttle at 240-6667 NOW \$229,900 #20101032</p>
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Alzheimer's Support Group

07/23/10 - The View - 9am. Join us for up-to-date information and education on Alzheimer's disease and dementias. Anyone affected by Alzheimer's is welcome! (No charge.) QUESTIONS? Call Kerry Seidler, LPN or Lori Soltis at 852-7700.

Free Concerts at Oak Park

- Sunday, July 25th - Western Plains Opera/ Grandma Butterfly's Treasurers & Quilts by Jacque Younger / Photography by Brianna Schwan at 4 pm and again at 7 pm.
- Thursday, July 29th - Gentle Winds Orchestra / yard art & "hands on" student art session by Nancy Nauman at 7 pm.
- Sunday, August 1st - Guitar Duo - Gene Putnam and Mark Hamre / calligraphy by Judy Hovde at 4 pm and then again at 7 pm.
- Thursday, August 5th - Tremble Makers "At the Hop" / classic cars by Dakota Cruisers / root beer floats by Sons of Norway / Gyros, Baklava and more by St. Peters at 7pm.

Puttin' for Pets Golf Tournament

The Souris Valley Animal Shelter will be hosting the first annual "Puttin' for Pets" Golf Tournament on Sat., August 7, at the Wildwood Country Club. Registration fee of \$75 includes green fee, steak dinner and prizes. Prizes for longest drive, closest to the pin and all participants have a

chance to putt for \$5000. You must register by July 24, 2010. For registration information, call Susan at 839-6770.

20th Anniversary ADA Celebration

07/26/10 - Oak Park, Shelter #16 - 9:00am-4:00pm. Come celebrate the 20th anniversary of the signing of the Americans with Disabilities Act (ADA). We will be featuring art & music by local artists with disabilities, serving refreshments, & much more. We hope to see you there!

Hero Headquarters VBS

First Baptist Church of Minot would like to invite your children and their friends ages Kindergarten through 6th grade to join them at the Bible School. VBS will be held July 26 to July 30th from 8:45am to 12:00pm Children will have a great time with the music, games, crafts, snacks and Bible stories. Enroll your children now by calling the church office at 852-4533. First Baptist Church is located at 200 3rd St SW, Minot, next to the City Auditorium.

Walk Minot Schedule

• July 29th - meet Dakota Bark Park (HWY. 83 Bypass SW) at 7 p.m.. Walk north to ING. Leader is Ron Merritt, Minot Park District. For more information call 857-6444.

• August 5th - meet in the Parking Lot South of Taube Museum, Main & Central Ave. Walk through Minot Downtown Area. Leader is Bonnie Kemper, Downtown Association. For more information call 857-6444.

Race To Change A Life

The "Race To Change A Life" is a walk/run-athon being held by the mentors from Companions for Children on July 31 at 9 a.m. (308 2nd Ave SW) The goal is to raise \$15,000 to support mentoring youth in the Minot area. You can get involved by going to <http://www.razoo.com/story/Companions-For-Childrens>. Form a fundraising team or fund-raise on your own between now and July 31st and help to change childrens lives for the better!

Minot Optimist Youth Golf Classic

Minot's first ever golf scramble just for kids! Held Sunday, August 1st, 2010 starting at 12 pm at the Jack Hoeven Wee Links Golf Course in Minot. Open to ages 4-14. PRE-REGISTRATION REQUIRED. Download registration form at www.minotoptimists.com and mail it in. Children assigned teams upon arrival. \$5 Entry Fee for golf, food, tshirt and fabulous prizes including flat screen tvs,

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Minot Skeptical Society Presentation

On Thursday, August 5th at 7pm at Center for Family Medicine, 1201 11th Ave SW. Present will be Dr. Adnan Akyuz, ND State Climatologist, Assistant Professor of Climatology ND State University: Presentation of "Climate Change" Is It Normal?

Marvin Mosser Benefit Bus Run For Four Bears Casino

Leave Big Dog Saloon in Surrey at 12:00pm, on August 7. Return to Big Dog Saloon in Surrey, ND at 8pm. Music and Fun upon arrival back to Surrey. \$30.00 per person for package-100% pay back. Must sign up in advance prior to July 31st. For package must provide Name and SSN. This is sponsored by: Big Dog Saloon Surrey, ND, Fantastic Homes and Construction Minot ND.

25th Annual Village Fair in Rugby

The fair will be held on Sunday, August 8th from 8 am to 7 pm at Rugby's Prairie Village Museum. East of Junction Hwy 2 & 3 Rugby, ND 701-776-6414. Admissions: Adults - \$7, 12-15 \$3,

6-11\$1 Under 6 FREE. "Dress in Pioneer clothing and receive a free ice cream cone" Current Memberships will be honored. Proceeds to help with seasonal expenses. Tickets available at Museum.

22nd Annual Great Tomato Festival

The Festival will be held on Wednesday, August 11, 2010. Social: 6pm Dinner: 7pm ND STATE Fair Center 4 H Hall. Gates Open for browsing at 5:30pm Silent Auction Throughout the Evening. Live Music by Dakota Dixie. Tickets \$25 in advance, available at Taube Museum of Art, Artistry, Minot Public Library, and Minot Area Council on the Arts. For more information call 852-2757.

International Country Gospel Music Fest

08/14/10 - International Peace Gardens - Burdick Center for the Performing Arts - The event is a music festival of country gospel with performers from both Canada and the US in an indoor theater that is air conditioned. The event starts at 5 pm Saturday evening until 9. A church service on Sunday morning at 11 and music to start at 1 until 6. Concessions are available on the grounds. See website: www.internationalcountrygospelfest.com.

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Help Wanted



Minot State UNIVERSITY

The ND Center for Persons with Disabilities at Minot State University has successfully obtained additional grant dollars and has two open positions. Details on each below:

Autism Research Professional

Position Description: Specifically, this position will: coordinate, market, and deliver a series of trainings and fact sheets dealing with autism and related disorders; conduct research to determine the effectiveness of community-based treatment models and the efficacy of service delivery via distance technology; serve as an interdisciplinary team member who has expertise in the diagnosis and treatment of autism spectrum disorders; provide diagnostic services, consultation, and recommendations for treatment and technical assistance to families, schools, or other agencies and develop other external funding resources to further disability research, services, training and technical assistance.

Selection Criteria: This position requires a bachelor's degree (master's preferred) in a Special Education, Clinical or related field with working experience in autism spectrum disorders and developmental disabilities. Some travel will be required.

Curriculum Developer

Position Description: Specific responsibilities include: develop community education materials and training curricula; coordinate the purchase of education materials as needed; develop professional partnerships for NDCPD related to NDCPD's main funding goals and activities; assist in conducting community training and education sessions, statewide summits, workshops and conferences; and prepare project-related technical reports and documents as needed.

Selection Criteria: This position requires a bachelor's degree in special education, psychology, or other related human services field with three years work experience in human services arena related to disabilities, and some work experience in creation of curricula and technical reports. Preferred requirements include some work experience related to conference or workshop organization and coordination and some work experience in community programs for children and/or adults with disabilities and/or autism spectrum disorders.

Each position requires a criminal history background check satisfied prior to employment. All positions are 12 month, full time positions and are grant funded.

Application Process: Submit MSU application (www.minotstateu.edu/hr/), resume and references to:

Human Resources Office (2nd Floor, Admin Bldg)
 Minot State University
 500 University Avenue West
 Minot, ND 58707
 (701) 858-3352; (701) 858-3686 fax

Deadline: July 30, 2010

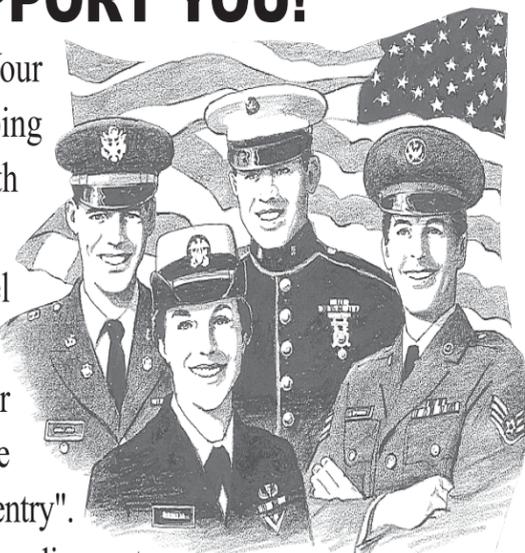
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Help Wanted

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot. tfn

CURRENT POSITIONS available for Cosmetologist, full or part-time, please call 701-833-1136 tfn

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CUSTODIAL WORKERS NEEDED: Looking for friendly, motivated custodial workers at Sakakawea Inn, Minot AFB. 8:00-3:30 5-day/week including weekends/holidays. Duties include guest room and common area cleaning. Great pay \$9.91/hour. Apply online: <http://www.nafjobs.org> or contact Jennie (701)833-2632 31c2x

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

Answers to puzzle on page 10

CREATIVE WRITERS NEEDED

The Northern Sentry is looking for freelance writers to add to our staff writers. We need people interested in writing about community events, features, personal interest, as well as our light-hearted commentary column called the Operation Homefront.

For further information, please email Northern Sentry manager

Sharon Olson at: nsads@srt.com

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www.militarybyowner.com- 2005 Split Level Home in NW Minot cul-de-sac. Open floor plan, 4 bdrms, 3 baths. Living, Dining & Family Rooms. Finished basement, 3 car garage w/RV pad. Kitchen island, Dbl vanities, walk-in closets. Call Lonnie@852-9189 31c6x

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 <p>\$295,000</p> <p>COUNTRY LIVING-5 bedroom, 2 1/2 bath home on 10 acres. Lite-form walkout basement w/family room, double sided electric fireplace on main level. Large deck with view of Souris River valley. Fenced pasture, horse barn & triple garage.</p> <p>MLS #20101008</p>	 <p>\$217,000</p> <p>PRICED TO SELL! 4 BR twin home in Surrey. All bedrooms have large walk-in closets. Master bedroom suite with whirl tub. Lower level family room. Double garage, maintenance free fence and lawn sprinklers.</p> <p>MLS #20100127</p>	 <p>\$179,500</p> <p>ONE LEVEL LIVING - 3 BR, 1 3/4 bath home. Eat-in kitchen w/pantry, family room. Screened porch, lawn sprinklers and attached double garage.</p> <p>MLS #20100798</p>	 <p>\$175,000</p> <p>MINUTES FROM MINOT - 2 BR home on 1.74 acres near Burlington. Lots of updating, includes NEW shingles, vinyl siding, windows, kitchen cabinets, appliances, countertops, bathroom & exterior paint on outbuildings. Horses allowed.</p> <p>MLS #20100935</p>	 <p>\$125,000</p> <p>GREAT BUY! 2 BR, 1 1/2 story home on large lot near the river. Very nice condition. Great potential as a rental.</p> <p>MLS #20100933</p>
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