

Sentinel

Serving the Minot Air Force Base Community • Vol. 49 No. 31 • Friday, July 30, 2010

Minot's AFREP team saves AF time, money

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

The Airmen of the Minot AFB Air Force Repair Enhancement Program were recognized by Ms. Ann Mitchell, Air Force Global Strike Command's Director of Logistics, Installations and Mission Support, here July 20 for their repair efforts on a vital piece of safety equipment.

Master Sgt. Jeremy Grotte, AFREP superintendent, and Staff Sgt. Sergio Aguilar, AFREP circuit card repair technician, were both coined by Ms. Mitchell for their work repairing Personal Alarm Systems used by missile maintenance and missile security forces personnel.

The PAS is designed so security forces person has a unit on top, and maintenance personnel have a transmitter down in the missile tube. If the maintenance person gets into trouble, they can talk to the person up top. Furthermore, if the person downstairs has an accident of some sort rendering them unconscious and laying down, the transmitter would automatically send an alert tone after a few seconds.

"Without this Personal Alarm System, the maintenance squadron had to get waivers to do work at the missile sites," said Sergeant Grotte. "Or they had to send out extra maintenance people and security forces to compensate for the lack of the PAS box."

A few months ago, Sergeant Grotte gave an AFREP briefing over at the 91st Missile Wing's Wednesday "Stand up" briefing. A maintenance person heard his brief at the meeting and told him how the PAS units they were being broken so often. Sergeant Grotte had the person bring a unit to the AFREP shop so they could inspect one and see what they

could do.

"As we've found out, the fixes were simple and very inexpensive compared to the cost of a new system, which is about \$7,000 per unit," said Sergeant Grotte.

Once the AFREP crew realized how easy and cheap it would be to fix the units in house, they began repairing them as fast as they could for pennies on the dollar of what it originally cost.

"That's a prime example of how we are saving the Air Force money," said Sergeant Aguilar. "These units are \$7000 apiece, and we are fixing them for dollars. Sometimes it's just [the cost of] some solder."

It wasn't just money the Airmen of the Minot AFREP shop saved the Air Force. They were saving an even more valuable asset -- time. When the units were being sent off to be repaired, it would often take the company anywhere from 6 to 12 months to repair them.

"We've seen a number of units here that have been tagged as 'broken' since as far as back 2007," said Sergeant Grotte. "We're averaging about 30 minutes per repair."

As it turns out, there are only approximately 200 of these units available Air Force-wide. The AFREP shop here has already repaired and sent 25 units back to their respective bases, and have another 122 of them on base ready to be repaired.

"When all is said and done, we'll likely be repairing about \$1.03 million worth of equipment at a cost of around \$5,000 in parts," said Sergeant Grotte. "But more importantly, we'll be getting units 'back into business' rather than having to get waivers or worry about broken equipment."

It is these very reasons why Sergeant Aguilar said he volunteered to be part of the AFREP program.

"We are here to save



(U.S. Air Force photo by Airman First Class Aaron-Forrest Wainwright)

Ms. Ann Mitchell, Air Force Global Strike Command's Director of Logistics, Installations and Mission Support, receives a hard case with repaired Personal Alarm Systems from Staff Sgt. Sergio T. Aguilar, Air Force Repair Enhancement Program Circuit Card Repair Technician, and Master Sgt. Jeremy Grotte, AFREP superintendent, here July 20. The Airmen of Minot's AFREP shop saved the Air Force both time and money by repairing the PAS units in house. Ms. Mitchell was brought the repaired units with her on her trip to Malmstrom AFB.

the Air Force money," said Sergeant Aguilar. "That's the

entire reason why I came in. It keeps me motivated and it

validates everything I have wanted to do in AFREP."



(U.S. Air Force photo illustration)

Current and former Airmen who were involuntarily held on active duty beyond an approved separation or retirement date as a result of stop-loss between Sept. 11, 2001, and Sept. 30, 2009, may be eligible for a retroactive stop-loss special pay compensation of \$500 for each whole or partial month they were affected.

DoD's Retroactive Stop Loss Special Pay deadline draws near

Airman and Family Readiness Center

The Department of Defense is launching a push this week to remind service members and veterans who may be eligible for Retroactive Stop Loss Special Pay to submit their claim before the October 21st deadline, which is less than 3 months away.

DoD and the Services have conducted extensive outreach

campaigns using all mediums of communication, and would like to see more service members who are eligible claim this benefit, which on average has amounted to a \$3700 payout. The Department of Defense web special on Stop Loss can be found at this link: <http://www.defense.gov/stoploss>. It includes Service points of contact and information needed to submit a claim.



Base joins Minot community in ND State Fair parade

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

Members of the Minot Air Force Base honor guard march in a formation during the North Dakota State Fair parade here July 24. The 2010 North Dakota State Fair is open to the public until July 31.

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MAFB improves base physical security capability

Minot Air Force Base Antiterrorism Office

After 15 months of planning and construction, Minot AFB's new barrier system at the Magic City Gate is complete. "The new system will be used at our installation entry control point to deter and prevent individuals from attempting unlawful or unauthorized entry," said P.J. Pallotta, 5th Bomb Wing Antiterrorism Officer.

The first line of defense in any physical security system is usually some form of perimeter protection system. The new system is designed primarily to prevent unauthorized vehicles from entering or exiting the base. The denial barrier can stop a 15,000 pound vehicle, traveling up to 50 mph with minimal damage to the vehicle and facility making it a reduced risk barrier system.

Additionally, the base recently implemented and upgraded its physical security barrier plan. This plan, when implemented, provides a capability to prevent high speed vehicle approaches and breaches to the installation perimeter and facilities.

"Ensuring we have sufficient numbers and proper



(U.S. Air Force photo by Airman 1st Class Joe Rivera)

Senior Airman Nicholas Richardson guides the tines of a 10k forklift operated by Steve Zimmy under a concrete barrier following the bases's barrier plan here April 9. The main purpose of this plan is to deny high-speed vehicle penetrations at the installation perimeter and at on-base facilities.

placement is something we always have to validate. An inadequate barrier plan is something you do not want to discover during a real-world threat," said Alexander D'Ambrosio, 91st Missile Wing ATO.

The main purpose of this plan is to deny high-speed

vehicle penetrations at the installation perimeter and at on-base facilities. It also serves as a way to prevent vehicles from parking too close to facilities on base. The 5th Civil Engineer Squadron's barrier team implements this plan on a regular basis and has become very efficient in

their efforts. Staff Sgt. Jeremy Thomas, 5th CES barrier team Leader, has been the implementation team lead for two years now and has perfected the process.

"Minot's static anti-ram vehicle barriers, mobile force protection barrier systems and perimeter security barriers are essential aids to our

overall antiterrorism and integrated base defense plans," said Pallotta.

Implementation of barrier plans and upgrading barrier systems is one of the key factors allowing Minot's highly disciplined Airmen protect our nation, and assuring our allies and friends, 24 hours a day, every day.

DoD announces MyCAA resumption plans

5th Force Support Squadron

The Department of Defense announced recently the long-term strategy for the resumption of the military spouse career advancement account program, known as MyCAA, following a comprehensive review. The program will be available to spouses of service members in the pay grades of E1-E5, W1-W2 and O1-O2 beginning October 25 at 8 a.m. EDT.

Eligible spouses will receive a total of \$4,000 in DoD-funded financial aid, with an annual cap of \$2,000 per fiscal year; funding must be used within a three-year time period from the start date of the first class; and must be used to obtain an associates' degree, licensure or

certification. A waiver may be granted when fees for licensure or certification require an up-front fee greater than \$2,000 and up to the total maximum assistance of \$4,000.

The changes announced today reflect a return to the original intent of the program - to assist spouses of service members in the paygrades of E1-E5, W1-W2, and O1-O2 achieve portable careers. The changes also align the program with responsible fiscal planning by the Defense Department.

Under the new guidelines, education counselors will work with all military spouses to help develop career and education goals and plans, and assist them in navigating all available federal education benefits toward these goals.

Additional new guidelines are as follows:

- Spouses must use their funding within a three-year time period from the start date of the first class;
- Funds must be used in support of an associates' degree, licensure or certification;
- Regardless of their participation in the funding component of MyCAA, education and career counseling will be available to all military spouses in pursuit of portable careers in high-demand, high-growth occupations.

DoD is committed to investing in military families. We believe the new program guidelines will help sustain the program.

Spouses can learn more about MyCAA on Military OneSource at 1-800-342-9647 or <http://www.militaryonesource.com>.

Welcome Home Deployers!

Minot Air Force Base welcomes home its deployers! Family and friends, coworkers and commanders, all share in the warm-hearted feeling when their Airmen return safely from their deployed location, wherever in the world this may have been. The following Airmen have recently returned from deployment:

5th Contracting Squadron

Tech. Sgt. Dana Jones

5th Mission Support Group

Lt. Col. Robert Schutt

5th Bomb Wing

Staff Sgt. Kristi Gray

5th Logistics Readiness Squadron

Maj. Joseph Muhlberger

2nd Lt. Andy Le

Master Sgt. Charles Fetterolf

Tech. Sgt. Larry Sexton

Tech. Sgt. Shannon Pruett

Tech. Sgt. Kinginga Brown

Tech. Sgt. Chad Benjamin

Staff Sgt. Aaron Hardy

Staff Sgt. Cynthia Chanlatte

Staff Sgt. Christopher Knoll

Staff Sgt. Sean Rooney

Senior Airman Allen Simms

Senior Airman Zachary Podrecca

Senior Airman Bryan Goetsch

Airman 1st Class Zachary Bauman

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**Commentary by
Lt. Col. Randy Huiss**
14th Airlift Squadron

JOINT BASE CHARLESTON, S.C. (AFNS) - "In looking for people to hire, you look for three qualities: integrity, intelligence and energy. And if they don't have the first, the other two will kill you."

• Warren Buffet, the chief executive officer of Berkshire Hathaway.

A number of years ago, while interviewing for a flying assignment, I was asked a simple question, "Which Air Force core value do you consider the most important?" I immediately thought to myself, "Finally, an easy question."

Then answered with a simple "Integrity first."

That interview was approximately 12 years ago, but my response today would be exactly the same.

Why integrity first? While I expanded my answer during the interview, I simply pointed to a few different examples that all revolved around being able to trust the word of those around you without having to question whether or not what was said was true.

For example, a simple question to the crew chief asking, "How's the jet?" and getting a response, "Good to go, sir." Is it? I sure hope the maintainer has integrity when he tells me this as my life and those on board with me

Why integrity first?

are counting on him and the rest of the maintenance team each and every time I strap the jet onto my back.

The same holds true with the pilot sitting next to me or my loadmaster in the back. How about the weight of the cargo being loaded? It is imperative that the "port dawg" does his job correctly and avoids cutting corners. Otherwise, I may be unknowingly handed a jet that is out of "balance," which could have deadly consequences. Our profession is a dangerous one, but most of all, it is one that requires teamwork and trust to be successful.

Integrity goes well beyond answering simple questions honestly though. Your personal "integrity meter" should have absolutely nothing to do with whether or not you get caught. If it is wrong, it is wrong ... period. Is the Article 15 and \$1,500 fine worth the \$65 cab ride that you supposedly "lost" the receipt for? I think not, but integrity issues go well beyond any monetary figure associated with them. Once you have lost the trust of those around you, you may never gain it back.

Additionally, there is always the "man in the mirror" who will be looking at you every day knowing the true story. I need to be able to count on the honesty and integrity of those around me as they require the same of me. Otherwise, we are merely fooling ourselves and destined to fail.

I have been extremely lucky

throughout the course of my career to work with some absolutely incredible people. I have witnessed way more good examples of integrity than bad, as we are held to a higher moral and ethical standard than our civilian counterparts ... and we should be. We should never sacrifice our own standards or integrity because "everyone else is doing it." We should be setting the example and making those around us better.

Maria Razumich-Zec said, "Your reputation and integrity are everything. Follow through on what you say you're going to do. Your credibility can only be built over time, and it is built from the history of your words and actions."

As your integrity and reputation are built over time, they can also be destroyed in an instance of weakness. Never allow this to happen. It always takes less time to do the right thing, then to have to explain why you chose to do it wrong.

Finally, I leave you with a quote I found by Francis Bacon Sr. whose meaning is really quite simple ... with integrity you are judged on your actions, not simply your words: "It's not what we eat, but what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess, but what we practice that gives us integrity."

Officials recommend Eglin as preferred alternative F-35 base

by Master Sgt. Russell P. Petcoff
Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) -- Air Force officials announced July 28 its proposal for basing 59 F-35 Lightning IIs at Eglin Air Force Base, Fla.

The draft supplemental environmental impact statement, which Air Force officials plan to release in September, includes the preferred alternative of basing the 59 F-35 aircraft at Eglin AFB. Flight operations will also be conducted at Duke and Choctaw Auxiliary fields.

"The Air Force has completed its initial analysis of a full range of alternatives and determined that basing 59 F-35s at Eglin main base is the preferred alternative," said Kathleen Ferguson, the Air Force deputy assistant secretary for installations.

"This is not a final basing decision; it is the alternative we believe will fulfill our mission responsibilities while considering economic, environmental and technical factors," Ms. Ferguson said. "The community will be invited to comment on the alternatives presented in the SEIS."

This decision, approved by Air

Force Secretary Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz, supports the recommendation of the 2005 Base Realignment and Closure Commission to establish the F-35 Initial Joint Training Center at the base located on the far western end of the Florida panhandle.

The decision to limit the number of F-35s to 59 was based on airspace limitations highlighted in the modeling efforts of the Gulf Region Airspace Strategic Initiative, Ms. Ferguson said. The GRASI modeling indicates Eglin-managed mission airspace couldn't accommodate aircraft above that number.

"However, once GRASI is completed and recommendations are implemented there is potential to increase airspace capacity in the future," Ms. Ferguson said.

Air Force officials will conduct half of the flight operations from Duke and Choctaw fields. This will minimize the effect on other missions on Eglin Reservation while also taking advantage of the Initial Joint Training Site, Ms. Ferguson said.

"This alternative minimizes the impact on the Air Force Special Operations Command mission, 7th

Special Forces Group and preserves the critical test and training missions," Ms. Ferguson said. "Further, this alternative minimizes operations, to the maximum extent practicable, to reduce noise impacts on the surrounding communities," Ms. Ferguson said. The record of decision is anticipated to be announced spring 2011 following the completion of the final SEIS, Ms. Ferguson said.

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 29 to July 31 are from the 5th Maintenance Squadron 5th Maintenance Operations Squadron.

**Saves through
July 24: 587**

Local Weather

Fri 82/57 

Partly cloudy. Highs in the low 80s and lows in the upper 50s.

Sat 82/61 

Times of sun and clouds. Highs in the low 80s and lows in the low 60s.

Sun 82/58 

Partly cloudy with a stray thunderstorm.

Mon 79/57 

Slight chance of a thunderstorm.

Tue 79/53 

Mix of sun and clouds. Highs in the upper 70s and lows in the low 50s.

operation homefront

Commentary by **Martina Kranz**
Northern Sentry Writer

Cooking from the Can

When I was a kid, my mother cooked hot, fresh suppers every day. I have five sisters and four brothers; so my parents never took us to restaurants. When I had a bad day, the delicious aromas and wonderful taste of the meal helped me feel better. Because I had a healthy home-cooked supper every day, I learned to enjoy cooking and I developed my own style.

Sometimes I "cook from the can." I like to look on the back of Del Monte vegetable cans and read the recipes. In this cooking style, you take some shortcuts, but you also add some fresh ingredients for a healthier meal.

For military families, this cooking style is handy on those busy days when eight hours and two hands aren't enough. The meal doesn't come totally from the box or the can and you add your own personal touch.

On one particular day when I searched for a chicken cacciatore recipe, I was frustrated because I couldn't find a recipe I liked. So, I bought a can of tomatoes and tomato sauce and

created my own semi-fresh and tasty sauce. You may use this sauce for

chicken cacciatore or use it with just pasta. I received the coveted comment

that the meal smelled delicious and my family absolutely enjoyed it.

Rustic Pasta Sauce

- 1 14.5 oz. can of Del Monte Petite Cut Tomatoes with Garlic and Olive Oil
- 1 14.5 oz. can of Del Monte Tomato Sauce
- 1 8 oz package of Baby Bella mushrooms (whole)
- 2 cloves of garlic
- 1 small white onion
- 1 ½ tsp. Italian seasoning
- 1 tsp. course ground black pepper
- 2 tbsps. fine virgin olive oil
- Parmesan cheese (optional)

1. Preheat a large skillet over medium high heat.
2. While the skillet is on the heat, wipe the mushrooms with a soft towel to remove any dirt. Remove the stems and slice the mushrooms. Put them in a bowl.
3. Dice the onion and put it in the bowl with the mushrooms.
4. Peel and mince the garlic and put it in a small bowl.
5. Put the olive oil in the skillet and tip the skillet to coat the bottom. Heat the oil for about 30 seconds.
6. Add the mushrooms and onions to the skillet and sauté about 2 minutes. Add the garlic and sauté another minute.
7. Add the tomatoes, tomato sauce, Italian seasoning, and the black pepper. Stir, cover, and simmer the sauce for at least 20 minutes to let the flavor develop. Serve with hot spaghetti or fettuccine. Sprinkle with Parmesan cheese.

Taking the 'Air Force family' to a new level

Commentary by
Chaplain (Capt.) Gregory Brunson
Joint Base Charleston Chaplain

JOINT BASE CHARLESTON, S.C. (AFNS) -- "Someone's knocking at the door again! Is it really time to go to breakfast?"

Those words crossed my mind many times, early in the morning as I woke to find the "Air Force mafia" standing outside my room. I would quickly grab my cover and step outside into the hazy Afghanistan morning.

Every morning five company grade officers would go from room to room knocking on each other's doors trying to guess who was going to breakfast and talking about who stayed up to watch the Florida State University game to the early hours of the morning.

We called ourselves the "mafia" because we were five Air Force CGO's living in a predominantly Army world. We were more than just a

group of co-workers. We were more than friends. You would be more correct to call us a "family." Together we celebrated each other's birthdays and anniversaries. More importantly, we created a team, a community, a place to belong.

We didn't always share the same interests. One captain served as the Air Force chair on an all Army morale, welfare and recreation committee. My chaplain assistant, who was an honorary sixth "mafia" member, and I joined the camp's all volunteer fire department.

Some might be surprised to find that we didn't share similar political ideas or even religious beliefs. We were a diverse group, made up of Democrats and Republicans; Jews, Roman Catholics and Protestants.

Those categories did not keep us from forming a community. They made us even stronger. We had created a culture of caring and a new way to connect with our Air Force family.

Air Mobility Command officials released a concept July 1, called Comprehensive Airman Fitness. The news release described it as a new approach and not a new program.

What I like about Comprehensive Airman Fitness is that it recognizes the need for a cultural change, a total shift in the way we think and act. We need to connect with each other and build a more resilient Air Force community that can stand up to the challenges we're facing.

Those stressors are real. High operations tempo, continued downsizing, deployments and the economy can take a toll on us. The good news is we are stronger than all of those challenges put together.

As a chaplain, I visit with Airmen who are dealing with real stress, but don't always have the resources to lean upon. They are hungry for connection. They want to be closer to their friends and family and are missing out on the greatest support system that's available. They want

deeper relationships.

I admire the commanders and first sergeants who take risk and discover new ways to increase the bonds within their organization. They often try new things: adding a spin to their commander's calls, working with booster clubs to increase community, and celebrating their unit's heritage and their accomplishments.

For the Airmen who are reading this, I want to encourage you to reach out and find ways to get involved.

Join a private organization like the Air Force Association, the Company Grade Officer's Council, the Air Force Sergeant's Association or the junior enlisted council.

I am grateful for the friendship of five CGO's who became my adopted family. Make those connections that will last for a lifetime, beyond your Air Force career.

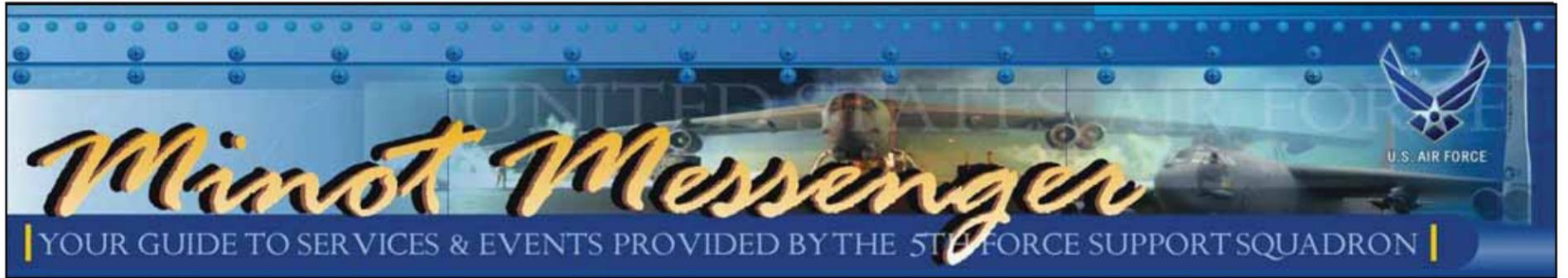
You will be stronger for it, more resilient.

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Register Now For 5th Annual 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. Registration deadline for civilians who do not have clearance to enter Minot



AFB is August 6th. Active duty personnel, DoD employees, and military retirees who have clearance to enter Minot AFB have until August 13th to register.

There is no entry fee for the car show; numerous door prizes will be given away. The 5th Annual Show & Shine Car Show is sponsored in part by Tires Plus, Jim Ryan Chevrolet, Jerome's Collision Center, and Fisher Motors. *No Federal Endorsement of Sponsors Intended.*

Registration Deadlines Nearing For Outdoor Rec Trips



Reservation deadlines for two upcoming trips offered by Outdoor Recreation are quickly approaching.

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 ad-

mission 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.

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 for the Kenosee Superslides Day Trip or the Winnipeg Casino trip, call Outdoor Recreation at 723-3648.

Operation HEROES Family Deployment Event - Aug. 28th

Register Now Through August 18th at the Airman & Family Readiness Center

Year of the Air Force
Family



Event Update

Family Bowl-a-Rama

July 30 • 5p.m. • Rough Rider Lanes

Lights & Strikes Bowling

July 30 & 31 • 9 p.m. • Rough Rider Lanes

Hip Hop Nite

July 30 • 11 p.m. • J.R. Rockers

LAN Party & X-Box Gaming

July 31 • 10 a.m. • Community Center

Sunday Champagne Brunch

August 1 • 10:30 a.m. • Doolittle Center

Swimming Lesson Enrollment

August 2 • 10 a.m. • Outdoor Pool

National Watermelon Day

August 3 • 4 p.m. • Youth Center

Federal Resume Workshop

August 3 • 5 p.m. • A&FRC

Weekly Story Time

August 4 • 10:30 a.m. • Base Library

Kenosee Superslides Trip

August 7 • Outdoor Recreation

Deadline for registration is August 5th

Beginning Scrapbooking Class

August 6 • 10:30 a.m. • Arts & Crafts Center

4 for 2 Special

August 6 • 5 p.m. • Rough Rider Lanes

Give Parents A Break

August 6 • 6 p.m. • CDC/SAP

Texas Hold'Em Tournament

August 6 • 7 p.m. • J.R. Rockers

Club Championship Tournament

August 7 & 8 • 8 a.m. • Rough Rider Golf Course

Bowler's Appreciation Night

August 7 • 6 p.m. • Rough Rider Lanes

Latin Nite

August 7 • 11 p.m. • J.R. Rockers



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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.

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.

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.

Total Dance Experience

Do you wanna dance? The Youth Center is hosting Total Dance Experience August 9th-13th. This free full week of dance instruction is open to Youth Center members and non-members. Participants will learn hip hop, country & western, ballroom, and swing. There are two classes: ages 9-12 are from 9:30 a.m. to 12:30 p.m. and ages 13-18 are from 1:30-4:30 p.m. Register now by calling the Youth Center at 723-2838.

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.

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 727-4715 for more information.

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.

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; sign in by 6:30 p.m. with play beginning at 7 p.m. Call 727-ROCK to register.

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.

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.

FORCE Special Issue!

Minot AFB

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Prairie Adventures

by Patricia Stockdill

History is repeating itself on Lake Sakakawea. Few – if any – imagined the Missouri River System and its reservoirs could recuperate from a multi-year drought in one year back in 1993. And it's unlikely anyone expected it could happen twice – but it did. Now the trick is to try to catch fish in a reservoir vastly different from what it was less than a year ago. The situation is eerily similar to what occurred nearly two decades ago. Earlier this spring anglers were understandably wondering where Lake Sakakawea's walleye were lurking in its ever-increasing waters. Even the Van Hook Arm, well-known for what is typically a nice spring and early summer walleye bite, was slow – and that's probably putting it kindly. One reason for the slow bite was cold water temperatures, explains Rick Folden with Van Hook Bait and Tackle. With so much water coming into the system, even back bays and shallow areas like much of the Van Hook Arm didn't warm up as early as they normally would. Plus, the water was unusually clear – anglers could see down to 10 to 12 feet, which doesn't happen often on the lake. "The water clarity makes such a difference," he adds. With Lake Sakakawea almost 20 feet higher than last year, not only are there lots more places for fish to hide but there's such an abundance of vegetation for anglers to get entangled in when fishing shallower, warmer water. Nowadays it takes getting out in 20 feet of water – and more – in order to get out of the weeds, trees, and whatever else lurks beneath the water's surface. "You can't fish in a lot of that because it's just too thick. Yet we do have trees and rubbish down to 20 feet and more," Folden says. Folden suggests working inside of the weeds with jigs or slip bobbers, much like Devils Lake anglers are doing with their flooded vegetation and high water levels. As the water warms and fish seek deeper, cooler water, move out deeper, as well, using a variety of presentations. It might be tougher to fish with crankbaits, Folden describes, just because of the abundant vegetation. However, it wasn't too many years ago that running deep-diving crankbaits proved successful in unlocking deep, late summer walleye. That late summer bite could mean it's time to break out those deep-diving crankbaits again, especially if smelt go deeper, as well. With the lake finally stabilizing in elevation, anglers could expect to find more consistent walleye success – if weather fronts stabilize, too. Folden anticipates a nice late July and early August walleye bite. Perhaps the best news, though, is the flooded vegetation bodes well for coming years with northern pike, walleye, perch, and white bass populations likely to take advantage of good spawning conditions. It's going to take a few years, Folden says, but fishing on the Big Lake has the potential for a bright future.



Team Minot participates in base triathlon

(U.S. Air Force photo by Airman 1st Class Aaron-Forrest Wainwright) Alex Boeckel, a Minot local, takes off swimming at the sound of the whistle during a triathlon here July 16. Boeckel finished second in the swim. Civilian and military members from across the base participated in the triathlon, which consisted of a one-half mile swim, a 10 kilometer bicycling route and a five kilometer run. The 5th Force Support Squadron organized the event to promote physical fitness and team building.

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Friday Evening July 30, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|----------------------|----------------------|----------------------|---------------------|------------------|------------------|-----------------|---------------------|-------------------|----------|
| WDAY/ABC | Wife Swap | | 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 | | Bones | Local | | | | | | |
| Cable Channels | | | | | | | | | | |
| AMC | JFK | | | | | | | | The Ninth Gate | |
| 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 | | | | |
| DISN | Deck | Wizards | Phineas | Phineas | Deck | Deck | Deck | Wizards | Phineas | Deck |
| ESPN | X Games | | | | SportsCenter | | | | Baseball Tonight | |
| FAM | Funniest Home Videos | Funniest Home Videos | Funniest Home Videos | | The 700 Club | Whose? | Whose? | | | |
| FX | 27 Dresses | | | | Rescue Me | Austin Powers | | | | |
| LIFE | Reba | Reba | Held Hostage | | How I Met | How I Met | Frasier | Medium | | |
| NICK | iCarly | The Troop | Chris | Chris | George | G. Martin | Chris | Chris | Chris | Chris |
| SPIKE | CSI: Crime Scene | Knockout | Knockout | Knockout | Knockout | Knockout | Knockout | Knockout | MANswers | Trailers |
| TBS | Fam. Guy | Fam. Guy | Forrest Gump | | | | My Boys | My Boys | | |
| TNT | Walking Tall | | Walking Tall | | | | Memphis Beat | The Kingdom | | |
| USA | Law & Order: SVU | | Law & Order: SVU | | Law & Order: SVU | | Good Luck Chuck | | | |
| WGN | Funniest Home Videos | MLB Baseball | | | | | | News/Nine | South Pk | |
| Premium Channels | | | | | | | | | | |
| HBO | Mummy | Terminator Salvation | | | True Blood | | Hung | Neistat | Public En | |
| MAX | Cyborg | Scoby-Doo | | Taken | | | Co-Ed-4 | Naked Lust | | |
| SHOW | What Just Happened? | The Real L Word | Teller | Teller | The Real L Word | Teller | Punisher | | | |

Tuesday Evening August 3, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|----------------------|---------------------|-----------------------|---------------------|--------------------|----------------------|------------------|---------------------|-------------------|---------|
| WDAY/ABC | Wipeout | | Shaq VS | | 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 | On Deadly Ground | | | | | | | | Thunderheart | |
| CNN | Rick's List | Larry King Live | | Anderson Cooper 360 | | | | | Larry King Live | |
| DISC | Top Five Eaten Alive | Shark Bite Beach | | The Colony | | Top Five Eaten Alive | Shark Bite Beach | | | |
| DISN | Charlie & Chocolate | | | Deck | Deck | Wizards | Wizards | 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 | Whose? | Whose? | | |
| FX | The Ruins | | | 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 | Ways Die | Ways Die | Ways Die | Ways Die | Scrappers | Scrappers | Scrappers | Scrappers | Knockout | Sports |
| TBS | Office | Office | Office | Office | Office | Office | Lopez Tonight | My Boys | Sex and t | |
| TNT | Bones | | HawthoRNe | | Memphis Beat | HawthoRNe | Memphis Beat | | | |
| USA | Law & Order: SVU | | White Collar | | Covert Affairs | Psych | White Collar | | | |
| WGN | Frida | | | | Videos | Scrubs | Scrubs | South Pk | South Pk | |
| Premium Channels | | | | | | | | | | |
| HBO | The Dark Knight | | The Final Destination | | Entourage | True Blood | | Ghosts | | |
| MAX | Waiting to Exhale | | Private Parts | | | | | | | |
| SHOW | You Can Count on Me | | The Real L Word | | Maze | | | | | |

Saturday Evening July 31, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|-----------------------|--------------------|--------------------|-----------|--------------------|-----------------|----------------------|---------------------|------------------|---------|
| WDAY/ABC | Flightplan | | | | Rookie Blue | | 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 | Pearl Harbor | | | | | | | | Michael Clayton | |
| CNN | Campbell Brown | Larry King Live | | Newsroom | Campbell Brown | Larry King Live | | | | |
| DISC | MythBusters | MythBusters | MythBusters | | MythBusters | MythBusters | | | | |
| DISN | Hannah | Deck | Jonas L.A | Jonas L.A | Deck | Wizards | Jonas L.A | Jonas L.A | Hannah | Deck |
| ESPN | X Games | | | | SportsCenter | | | | Baseball Tonight | |
| FAM | Grease | | Grease 2 | | | | | | | |
| FX | Enemy of the State | | | | Sons of Anarchy | Sons of Anarchy | | | | |
| LIFE | The Eye | | Within | | Army Wives | Drop Dead Diva | | | | |
| NICK | iCarly | Big Time | Victoriou | Jackson | George | George | Malcolm | Malcolm | Malcolm | Malcolm |
| SPIKE | The Joe Schmo Show | The Joe Schmo Show | The Joe Schmo Show | | Pros vs. Joes | Knockout | Knockout | | | |
| TBS | My Big Fat | | Runaway Bride | | | | | | Bewitched | |
| TNT | The Matrix Reloaded | | Matrix Revol. | | | | | | Rizzoli & Isles | |
| USA | Pirates-Worlds | | | | Royal Pains | Covert Affairs | | | | |
| WGN | MLB Baseball | | | | News/Nine | Scrubs | Bridget Jones | | | |
| Premium Channels | | | | | | | | | | |
| HBO | The Final Destination | | True Blood | | Fast & Furious | | | | Final | |
| MAX | Outrageous | Role Models | | 9 | | | Co-Ed-4 | Sex Games Cancun 3 | | |
| SHOW | Superhero Movie | Extract | | | Zack and Miri Make | | | Teller | | |

Wednesday Evening August 4, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|----------------------|-----------------|----------------------|---------------------|----------------------|---------------|---------------|---------------------|-------------------|-----------|
| WDAY/ABC | Middle | Middle | Family | Cougar | Castle | | Local | Nightline | Jimmy Kimmel Live | |
| KXMC/CBS | 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 | Assassins | | | | | | | | Undisputed | |
| CNN | Rick's List | Larry King Live | | Anderson Cooper 360 | | | | | Larry King Live | |
| DISC | Air Jaws II | | Ultimate Air Jaws | | Best Bites: Hits | | Air Jaws II | | Ultimate Air Jaws | |
| DISN | Deck | Deck | Jonas L.A | Jonas L.A | Deck | Deck | Wizards | Wizards | Hannah | Hannah |
| ESPN | MLB Baseball | | | | Baseball Tonight | SportsCenter | Baseball | NFL Live | | |
| FAM | Step Up | | | | Funniest Home Videos | The 700 Club | Whose? | Whose? | | |
| FX | Next | | | | Next | | | | Snakes on a Plane | Frasier |
| LIFE | Reba | Reba | Keeping the Faith | | | | Will | | | Medium |
| NICK | Matters | Matters | Chris | Chris | George | George | George | George | George | George |
| SPIKE | UFC Unleashed | | Ultimate Knockouts 6 | | Pros vs. Joes | Knockout | Knockout | Knockout | Knockout | Sports |
| TBS | Payne | Payne | Browns | Browns | Browns | Lopez Tonight | Knockout | Knockout | Name Earl | Name Earl |
| TNT | Bones | | Dark Blue | | Dark Blue | Dark Blue | Dark Blue | | | |
| USA | NCIS | | NCIS | | Psych | Burn Notice | Royal Pains | | | |
| WGN | Superman II | | | | WGN News at Nine | Scrubs | Scrubs | S. Park | South Pk | |
| Premium Channels | | | | | | | | | | |
| HBO | Terminator Salvation | | True Blood | | Invention-Lying | | | | | |
| MAX | The Wash | Mr. Deeds | | 9 | | | Cougar School | | | |
| SHOW | Crossing Over | | Inside NASCAR | | Teller | Teller | Inside NASCAR | | | |

Sunday Evening August 1, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|--------------------|-------------------|----------------------|---------------------|--------------------|-------------------|-----------------|---------------|-----------|-----------|
| WDAY/ABC | Extreme Makeover | | Scoundrels | | The Gates | | Local | | | |
| KXMC/CBS | Big Brother | | Undercover Boss | | The Good Wife | | 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 | Rubicon | | Rubicon | | Mad Men | | Mad Men | | Rubicon | |
| CNN | State of the Union | Larry King Live | | Newsroom | State of the Union | Larry King Live | | | | |
| DISC | Shark/South Africa | Ultimate Air Jaws | | Into the Shark Bite | Shark/South Africa | Ultimate Air Jaws | | | | |
| DISN | Hannah | Good Luck | Jonas L.A | Deck | Wizards | Wizards | Hannah | Hannah | | |
| ESPN | MLB Baseball | | | | SportsCenter | | | | SportsCtr | |
| FAM | Love & Basketball | | | | My Wife | My Wife | J. Osteen | Ed Young | | |
| FX | Enemy of the State | I, Robot | | | Louie | Rescue Me | | | | |
| LIFE | Something's | Drop Dead Diva | | Army Wives | Drop Dead Diva | Army Wives | | | | |
| NICK | Victoriou | iCarly | Chris | Chris | Lopez | Lopez | Malcolm | Malcolm | The Nanny | The Nanny |
| SPIKE | Jesse James | | Rambo | | | | | | | |
| TBS | Failure to Launch | | | My Boys | Failure to Launch | | | | Step Up 2 | |
| TNT | Librarian: Curs | | Leverage | | Memphis Beat | Leverage | | | | |
| USA | House | | House | | 40-Year-Old Vir | | | | | |
| WGN | Newhart | Newhart | BarneyM | BarneyM | News/Nine | Replay | Cheers | Cheers | Becker | Becker |
| Premium Channels | | | | | | | | | | |
| HBO | Street Fighter | | True Blood | | Hung | Entourage | Hung | True Blood | | Entourage |
| MAX | Spider 2 | 9 | | | Land of the Lost | | | | | |
| SHOW | The Real L Word | Dexter | | | The Real L Word | | The Real L Word | Transporter 3 | | |

Thursday Evening August 5, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-------------------------|--------------------------------|----------------------|------------------|---------------------|-----------------------|----------------|-------------------------------|---------------------|-------------------|-----------|
| WDAY/ABC | Wipeout | | Rookie Blue | | Boston Med | | Local | Nightline | Jimmy Kimmel Live | |
| KXMC/CBS | 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 | Out for Justice | | | | Pulp Fiction | | | | | |
| CNN | Rick's List | Larry King Live | | Anderson Cooper 360 | | | | | Larry King Live | |
| DISC | Jaws of the Pacific | River Monsters | | Into the Shark Bite | Jaws of the Pacific | River Monsters | | | | |
| DISN | Ice Age | | | Deck | Deck | Wizards | Wizards | Hannah | Hannah | |
| ESPN | Homecoming | | Nation | Baseball Tonight | | SportsCenter | Baseball | NFL Live | | |
| FAM | Sixteen Candles | Freaky Friday | | | | The 700 Club | Whose? | Whose? | | |
| FX | Superbad | | | | Superbad | | | | | |
| LIFE | Project Runway | | Project Runway | | Road | Road | Road | Road | Road | Medium |
| NICK | Matters | Matters | Chris | Chris | George | George | The Nanny | The Nanny | The Nanny | The Nanny |
| SPIKE | Jail | Jail | TNA Wrestling | | | | Scrappers | Scrappers | MANswers | MANswers |
| TBS | Talladega Nights: | | | Fam. Guy | Fam. Guy | Lopez Tonight | Name Earl | Name Earl | | |
| TNT | Bones | | Bones | | Kill Bill: Vol. 1 | | Dark Blue | | | |
| USA | NCIS | | Burn Notice | | Royal Pains | White Collar | Burn Notice | | | |
| WGN | WWE Superstars | Funniest Home Videos | | WGN News at Nine | Scrubs | Scrubs | WWE Superstars | | | |
| Premium Channels | | | | | | | | | | |
| HBO | My Life in Ruins | | Hung | | Entourage | Entourage | Real Sex | | Neistat | Delaware |
| MAX | Land | Anaconda | | | What Happens in Vegas | | Sin City Diaries: Neon Nights | | | |
| SHOW | The White Stripes: Under Great | Penn | Teller | Teller | Body | Beach | The Real L Word | | | |

Monday Evening August 2, 2010

| | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9: |
|--|------|------|------|------|------|----|
|--|------|------|------|------|------|----|

crossword puzzle

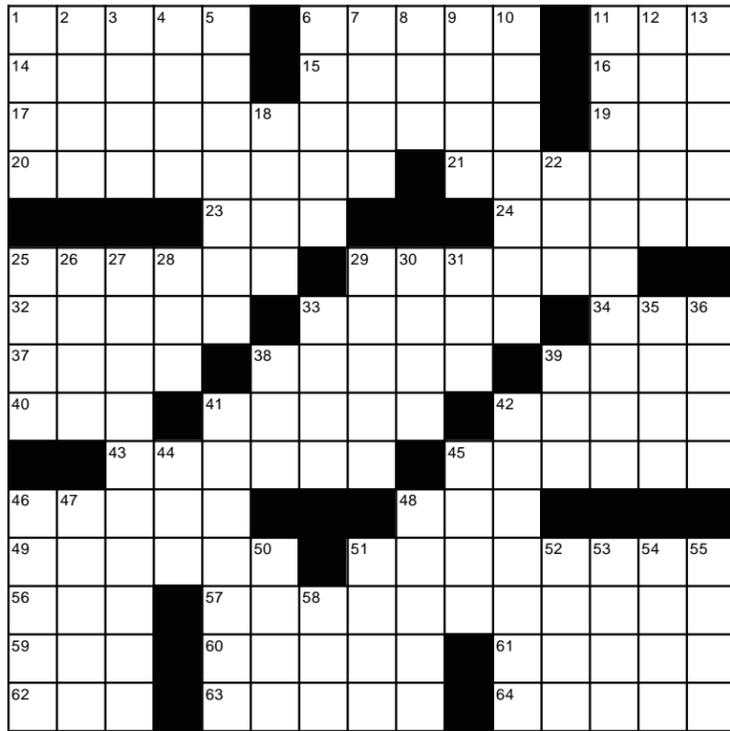
movies

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

ACROSS

1. Gives a fig
6. Recurring Woody Allen feeling
11. ___-Caps (Nestlé brand)
14. Call off, in a way
15. Two-door auto
16. Soprano's boys
17. Item contemplated by Aristotle, in a painting
19. Broke fast
20. More intense, as a stare
21. Suitable for evening wear
23. Terhune dog
24. A Musketeer
25. Chicken's heart, e.g.
29. Online video source
32. Ohio rubber hub
33. Brett who was a longtime Packer
34. "Alley ___"
37. Vintner's sediment
38. Hobbes, in "Calvin and Hobbes"
39. Word before root or steak
40. High bond rating
41. Dish with onions
42. Pi, for one
43. Ruby of "42nd Street"
45. Mad critter, in a saying
46. About half of these clues
48. US fighters, in WWI
49. Friday signature line
51. Little Italy brew
56. Rat-a-___
57. Foul-mouthed hoopster, e.g.
59. "Evita" role
60. Derby entrant
61. "Crazy" singer Patsy
62. Kramden guffaw syllable
63. "___ a Grecian Urn"
64. Looks after

Wrecking Crew



- say
7. Jordan's Queen
 8. Popular treat in a pack of baseball cards, once
 9. Floored it
 10. Penthouse amenity
 11. "All Star" band
 12. "On the contrary!"
 13. Does as told
 18. Via Veneto car
 22. LAX info
 25. Big bash
 26. Build-it-yourself chain
 27. Protection from shore erosion
 28. ___ Cabos, Mexico
 29. Visit the \$2 window, say
 30. "Did you ___?"
 31. "It's c-c-cold!"
 33. Quitting time for many
 35. Big Apple award
 36. Lowly laborer
 38. Up to, colloquially
 39. Persian or Siamese
 41. Basutoland, today
 42. Bend with a prism
 44. Env. stuffer
 45. Had a bawl
 46. Deep-six
 47. Cornhusker State city
 48. Visibly terrified
 50. Cattle zapper
 51. Flying "A" competitor, once
 52. "Legally Blonde" role
 53. Potato appetizer
 54. Put on cloud nine
 55. Prospectors' finds
 58. "You ___ There"

DOWN

1. Street fleet
2. Touch on
3. Climbed the ranks
4. Harper's Bazaar illustrator
5. Fruity German bread
6. Needed Tylenol,



Solution to puzzle from July 23.

The A Team

Friday, July 30, at 7 p.m.

(Liam Neeson, Bradley Cooper)

A group of Iraq War veterans looks to clear their name with the U.S. military, who suspect the four men of committing a crime for which they were framed.

Rated PG-13 (intense sequences of action and violence throughout, language and smoking)
117 min

Toy Story 3

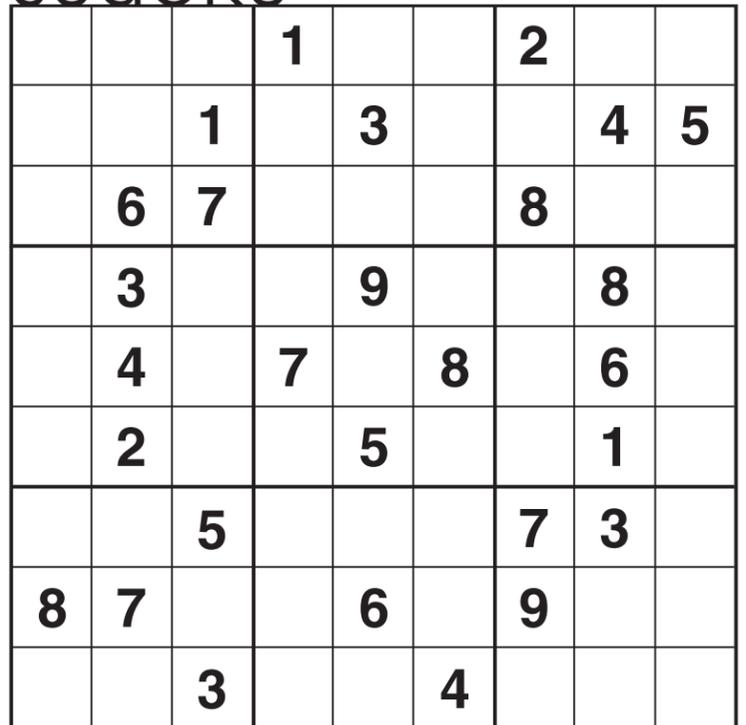
Saturday, July 31, at 7 p.m.

(Tom Hanks, Tim Allen)

Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that day arrives? In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future.

Rated G
103 min

sudoku



Solutions to puzzle on page 24

Airman Against Drunk Driving

Think Before You Drink
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(AADD)

A Free and Anonymous Ride Home For Military, Their Family & DOD Civilians.

Work to Spend Smarter

By Hannah Searle
Northern Sentry

Tip of the Week: Seasonal Savings

If it's one thing I love about this time of year besides the beautiful sunshine and warm temperatures, it's all the gorgeous produce at the farmers market. What's better, is that eating seasonally is not only healthy and nutritionally rich, but also a great way to get a bang for your buck.

Seasonal eating is based on purchasing foods during their natural, or seasonal, growing periods. Not only are seasonal foods incredibly fresh, but also are more flavorful because they are picked at their peak maturity or ripeness. In addition, they also pack more nutritional value because they don't be stored or travel long distances to get to the market.

So, seasonal food tastes better. But, did you also know that eating fresh, in-season foods can also save you money? If you buy an item that isn't in season, you pay a hefty premium. For example, those sub-par, under ripe strawberries you buy in the winter can cost twice as much as they would be if you bought them in the spring, when they are in season. Paying for fruit to be transported half way around the country, if not the world, ends up being quite expensive when you factor in transportation costs. Not to mention, environmentally unfriendly.

If you take a look around your local supermarket, you will notice that in-season fruits and vegetables are usually the most inexpensive products available. In fact, most stores' weekly ads list some fruit or vegetable on sale every week, like sweet corn in the fall, because it is locally available and abundant.

While the supermarket is a great place to get a few of the most popular seasonal produce items on sale, the best place to check out what is being grown in-season is at the local farmers market. Unlike the grocery store, the farmers market often has a larger selection of fruits and vegetables, especially heirloom and special varieties.

A great tip to saving a few dollars at the farmers market is to shop before they are getting ready to close. If it is the last market of the day, most farmers don't want to have to take produce back to the farm and are more than happy to sell you something at a bargain price. In addition, many growers will negotiate on price at any time the market is open, especially if you buy more than one product from their stand.

The Minot Farmers Market is open Tuesdays, Thursdays and Saturdays beginning at 9 a.m. from mid-July through October at Oak Park. Be sure to check out what tasty items are for sale this summer and enjoy the savings!

28 Airmen graduate from ALS

Minot Air Force Base Public Affairs

Congratulations to the Airmen who graduated from Airman Leadership School here July 21.

ALS is a six week-long course designed to develop Airmen's leadership and supervisory capabilities.

After ALS, Airmen are better prepared for the increased responsibility as they ascend the rank as they become non-commissioned officers.

Upon graduation, awards are given to the Airmen who were top in their class, including the John L. Levitow award, which is presented to the top professional military education graduate. Levitow is the only Air Force enlisted man to be awarded the Medal of Honor during the Vietnam War.

The top graduate was Staff Sgt. Curtis Wiersma, 5th Operations Group, who won the John L. Levitow award. Craig Helma, 17th Munitions Squadron and Colin McLaughlin, 791st Missile Security Forces Squadron, were Distinguished Graduates. Lorry Arellano, 5th Medical Support Squadron earned the Leadership award and Colin McLaughlin earned the Academic award.

Other graduates were:

5th Munitions Squadron

Benjamin Evenson
Jonathan Lewis

5th Aircraft Maintenance Squadron

Steven Helms

5th Logistics Readiness Squadron

Christopher Metcalf
Christopher Meredith

91st Maintenance Operations Squadron

Kevin Roberts

5th Medical Operations

Squadron Hayley Gorski 5th Civil Engineer Squadron

Thomas Toepper
5th Security Forces Squadron

Joel Brooks

Justin Meece

Cheng Thao

Jeffrey Grootaert

Matthew Kline

5th Munitions Squadron

Alex Johnson

91st Missile Security Forces Squadron

Jordan Resch

Aaron Briley

Tremayne Maxwell

Steven Fulks

791st Missile Security Forces Squadron

Ryan Pfeifer

Joshua Dillman

John Darker

Matthew Vann

Curtis Fisher

17th Munitions Squadron

Donald Derusha

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OR \$315**



2010 Hyundai Accent
M8962, Black, PW, PL, Keyless
MSRP \$14,360
NOW PRICED \$16,750
After Rebate



2010 Hyundai Elantra
M8850, GLS, Tan, PW, PL, Air
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NOW PRICED \$13,066
After Rebate

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5-Year/Unlimited Miles (24-hr. Roadside Assistance)
See dealer for LIMITED WARRANTY details. America's Best Warranty, the Hyundai Advantage



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08 Hyundai Sonata
#M17624, NADA Book \$14,300
~~\$12,995~~ **\$12,495**



09 Pontiac G6 GXP
#M18390, NADA Book \$20,800
~~\$18,995~~ **\$18,495**



08 Chrysler Sebring
#M18371, NADA Book \$13,925
~~\$12,995~~ **\$12,495**



09 Ford Explorer
#M18266, NADA Book \$31,275
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06 Mazda MX5
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~~\$15,995~~ **\$15,495**



08 Pontiac G5
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~~\$10,995~~ **\$10,495**



05 Nissan Altima
#M17661, NADA Book \$12,800
~~\$11,495~~ **\$10,995**



08 Buick Lucerne
#M17465, NADA Book \$24,275
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08 VW Beetle
#M17632, NADA Book \$18,450
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~~\$17,795~~ **\$17,295**



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