

Minot Airman graced with special gift

by Senior Airman Benjamin Stratton
Minot Air Force Base Public Affairs

The very first comic book to hit U.S. newsstands was a culmination of various stories from "The Adventures of Obadiah Oldbuck." It first appeared in New York during the year 1842. This first comic book fueled the fire of adventure and creativity for many artists throughout history, including Minot's very

own Staff Sgt. Eric Henson. Sergeant Henson is the 5th Force Support Squadron's base personnel reliability program noncommissioned officer-in-charge, who is dedicated to his mission, his Airmen and his family. But when he goes home, the most likely place one would find him is at his desk sketching up something new and amazing in the comic world with his daughter, Nevaeh, at his side.

"He has a gift and has it



(Courtesy graphic)

Staff Sgt. Eric Henson, 5th Force Support Squadron base personnel reliability program noncommissioned officer-in-charge, sketched a self-portrait of himself as part of his art. Sergeant Henson attended the San Diego Comic-Con from July 22 through 25 to showcase to the entire industry his hard work and dedication to the art of comics.



(Courtesy graphic)

Staff Sgt. Eric Henson, 5th Force Support Squadron base personnel reliability program noncommissioned officer-in-charge, sketched a drawing of the comic, "Venom." Venom, or the Venom Symbiote, first appeared in Marvel Comic's Spiderman comic in 1984. This work was just one of many Sergeant Henson had on display at the San Diego Comic-Con from July 22 through 25.

for a reason," said Sergeant Henson's wife, Jamillah, who has been very supportive of her husband, especially when it comes to his art.

"Everybody can't say their husband went to the San Diego Comic-Con to show off his artwork," Jamillah said.

Sergeant Henson attended the San Diego Comic-Con from July 22 through 25 to showcase to the entire industry his hard work and dedication to the art of comics. Sergeant Henson received

several deals where he will draw for production companies.

But everyone starts somewhere and Sergeant Henson began his love affair with comics when he was five years old after his father gave him his first comic book, "The Silver Surfer."

"My family has always encouraged me to draw," Sergeant Henson said. "When you do something good once, you try it again and again."

The sergeant's parents en-

sured their son had the best schooling available. Sergeant Henson attended an arts program available in his hometown of Jackson, Miss., from fourth grade through 12th grade. His parents called it, "an exceptional program."

Sergeant Henson's wife Jamillah noted his mother said it was an exceptional program for an exceptional son. Jamillah said his mother often says, "Eric is the great-

see **AIRMAN'S GIFT** on page 3



(Courtesy photo)

It's that time of year again to wash and pack up the bike and make way to the Annual Sturgis Motorcycle Rally in Sturgis, S.D. Aug. 9 to 15.

Pack your bags for the Sturgis Motorcycle Rally

**Commentary by
Rod Krause**

5th Bomb Wing Ground Safety

Finally... it's that time of year again to wash and pack up the bike and make way to the Annual Sturgis Motorcycle Rally in Sturgis, S.D. Aug. 9 to 15. Whether you're a first timer or a long time veteran of the event, hopefully this article will be a useful document providing a wealth of information including a brief history of the event, safety tips and travel tips.

The Sturgis Motorcycle Rally was organized by Clarence "Pappy" Hoel and members of the Jackpine Gypsies Motorcycle Club. The first Sturgis Rally was held in August 1938 and featured the Black Hills Classic, an event which featured nine participants and a few spectators. It was determined that the event would be held annually

on the first week after the first full weekend in August to avoid conflicts with other nearby events. By 1961 the event expanded to include Hill Climb and Motocross races and in 1963 the event expanded to three days. The Sturgis rally continued to grow and in 1975 it included a seven day event and by the year 2000 the event attracted over half a million visitors annually, in fact the 2000 rally attracted over 600,000 visitors.

An unfortunate aspect of Sturgis is the frequent occurrence of the disappearance of motorcycles during the event. Estimates indicate approximately \$250,000 worth of motorcycles are stolen each year during the event. Motorcycles on the higher end of the price spectrum as well as custom bikes and show models are those most likely to be stolen, but all participants should

take precautions to avoid becoming a victim. Care should be taken to park in well lit, high traffic locations as opposed to dark areas. Additionally, participants should avoid leaving valuables such as cameras, leathers and of course helmets on their bike. Those who will be attending the event should also invest in a high quality lock to secure their bike. Even higher quality locks are not fool-proof to experienced thieves but they are a definite deterrent.

Participants who will be traveling long distances to the event on their motorcycle should also be aware of safety issues while traveling.

At the present time there is construction on Interstate 90 through the Rapid City-Sturgis area. Even those experienced with long distance rides should take safety precautions to ensure

a smooth trip. One precaution is to create a copy of your detailed itinerary to leave in the possession of a friend or relative who will not be traveling with you. Riders and visitors alike are also warned against traveling alone. Whenever possible, have at least one other rider accompany them on their trip. Taking frequent stops to rest and retiring for the night before fatigue sets in is also advisable. Of course, we cannot forget to mention required personal protective equipment. Military members

are required to wear all required gear IAW AFI 91-207 and DODI 6055.4.

Above all, don't drink and ride, with the amount of other vehicles large and small passing through the area, the curvy roads, and the other riders not paying attention, you are asking for a death warrant.

So please ride safe and ride smart... Have a game plan set before you go and stick to it! Ride Safe and I'll see you at the rally! For additional information visit www.sturgismotorcyclerrally.com.



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General Alston returns to Malmstrom for orientation visit at the 20th AF/CC

by Valerie Mullett

341st Missile Wing Public Affairs Office

MALMSTROM AIR FORCE BASE, Mont. - The commander of 20th Air Force visited Malmstrom Monday and Tuesday to meet the men and women of Wing One and share his visions for the future of the mission set here.

Maj. Gen. C. Donald Alston and Chief Master Sgt. Tammy Elliott, 20th Air Force command chief, spent time visiting various areas around the installation before conducting an all-call prior to their departure.

In describing why he was making this visit, the general said he felt it was important to get a first-hand look early into his command so he could see if there were specific areas he needed to provide assistance to.

"It's more important for me to get to spend some time and see you in your work area and to try and get a connection from you; to get a feel for how things are going," said General Alston. "That way I can learn what I can do personally to help ensure this mission gets done better."

General Alston's tour included meeting with the Tactical Response Force and witnessing a training demonstration at their shoot house. He also spent time with the maintenance personnel before attending a PRP briefing the first day.

The second day he flew with a 40th Helicopter Squadron crew to visit a missile alert facility and witness operations in the field before conducting his all-call at the base theater.

In his abbreviated visit, he was able to cover a lot of territory and meet a good number of people in varied career fields that make up Team Malmstrom.

"Everyone in this room contributes to our deterrent value," he told the standing-room-only crowd. "There are no extra Airmen in the Air Force; there are no extra civilians in the Air Force. If we didn't need you, you wouldn't be here."

He explained his background and what he's been working on at the Pentagon for the past two years that has strengthened his insight on the importance of the Air Force's top priority. He hopes to instill that sense of importance in the Airmen of 20th Air Force.

"Everything you do, no matter where you work in this wing, contributes to our credibility and when you do it with precision and reliability, you are value-added to deterrent," General Alston said. "I'd like to create conditions where you take such personal ownership at the individual level you're so into this mission set that you're trying to find a better way to do it all the time."

This was the first orienta-



(U.S. Air Force photo/Beau Wade)

Maj. Gen. C. Donald Alston, 20th Air Force commander, addresses members of the 341st Missile Wing during an all-call July 20 at the Malmstrom Air Force Base auditorium.

tion visit by the new 20th AF commander. Prior to visiting

Malmstrom, General Alston made stops at F.E. Warren

AFB, Wyo., Minot AFB, N.D., and USSTRATCOM.

AIRMAN'S GIFT continued from page 1

est son a mom could ever have."

She also added how much Sergeant Henson loves his parents and how everything he does, particularly in his art, is done in love for his parents and to make them proud. The sergeant said he can't take credit for his gift though. He said he thanks God everyday for gracing him with the ability to bring imagination to life.

"I love drawing so much," he said. "When I draw, I can literally look into the mind of God and ask, 'Why did he make that nose to look the way it does?'"

Sergeant Henson aids

Capt. Eddie Rubero, 5th Bomb Wing protestant chaplain, by Leigh preaching during the Sunday morning protestant service at the Northern Lights Chapel. A Leigh preacher is someone who volunteers to give sermons, but is not an ordained minister. Sergeant Henson said his work helps in his ministry as well.

"I really love connecting comic book superheroes to the Bible," Sergeant Henson said. "Most great stories always follow the greatest story ever told - the story of Christ."

The Henson family ensures they incorporate devotionals and Bible read-

ings into their daily schedule as often as they are able. The sergeant said if it weren't for God's grace, he wouldn't be where he is today.

His wife added, "If it weren't for God, we wouldn't have ever met." But what keeps bringing Sergeant Henson back to the drawing table day after day? Find out in the next story of this series highlighting his road to the sketchpad and his art.

[Editors note: This story is part one of a three part series highlighting Sergeant Henson's gift in comics and how he incorporates them and what they mean into his everyday life and family.]

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 Maintenance Squadron

Staff Sgt. Steven Bailey

91st Missile Maintenance Squadron

Airman 1st Class Joseph Mercurio

5th Logistics Readiness Squadron

Tech. Sgt. David Dobra
Airman 1st Class Andrew Buckley

23rd Bomb Squadron

Capt. David Davis

Northern Sentry

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warbird journal

Commentary by Col. Douglas Cox
5th Bomb Wing commander



Safe, Secure, Effective - how do we get that way?

We've all heard the words Safe, Secure, and Effective. It's the way we do our mission every day. But how do we get there? We get there through knowledge and attitude, for starters. Rock solid technical expertise, in depth familiarity with technical order requirements, and proficiency in our assigned tasks build the foundation of knowledge that we need.

Attitude is formed with a positive mental outlook, toughness in the face of adversity, and the dedicated professionalism I see each day around this base and out in the missile field. Indeed, knowledge and attitude will carry us very far, if we are dedicated to keeping both in tip top condition.

We can't get all the way to safe, secure and effective, however, without an additional element. That element is the Personnel Reliability Program. Those of us on PRP know individual reliability is essential to ensure no unreliable person is working on or around the weapons placed in our

charge. Even someone whose reliability is not in question might not have the right capability on any particular day - perhaps a temporary medical issue or a family problem is getting in the way.

It's imperative that we report a condition that would prevent us from giving our full attention to our duties. And as wingmen, we have to take care of our friends and neighbors on the PRP - if you see that something isn't right in your wingman's life it's your responsibility to notify the chain of command, whether you are on PRP or not.

Family members and spouses can help the mission in this way too: if there's a concern on your mind share it with the squadron commander, first sergeant or key spouse. They'll know how to handle it properly and discretely to keep us safe, secure and effective.

PRP is a unique requirement many aren't familiar with until

they arrive at Minot AFB. It's important to remember the point of PRP isn't to stick your nose in someone else's business. On the contrary, it's a tool all of us depend on to make sure we're doing our jobs the way we must.

Our nation's trust has been placed in each of us in a very important way. We can be proud of our responsibility to deliver deterrence and assurance to the American people and to our allies; it's a mission the vast majority of people could not do.

Yet you do it superbly every day - with knowledge and attitude - enabled by the Personnel Reliability Program. That's the daily path to safe, secure and effective combat capability.

Remember, if you're underage don't drink. If you're of age don't drink and drive. And never, ever leave your wingman.

Air Force Global Strike Command Anniversary

Commentary by Lt. Gen. Frank Klotz
Commander, Air Force Global Strike Command



BARKS-DALE AIR FORE BASE, La. - August 7 marks the first anniversary of the stand-up of Air Force

Global Strike Command. On that day, the Chief of Staff of the Air Force, Gen. Norton Schwartz, officially activated our Command, providing a single organization responsible for the oversight of two-thirds of the Nation's nuclear capabilities-the first completely new major command in the Air Force in 27 years.

Our Command was founded on the premise that no mission is more important than the responsibility for operating, maintaining, securing and supporting the nuclear enterprise. Over this year it has become clear our mission is important and will endure for many years to come. Now, a year later, we can say that we've begun to make a difference in the Air Force nuclear enterprise, thanks to the impressive work that you have accomplished.

Let me just state it clearly up front: any success we have had so far helping to reinvigorate the nuclear enterprise is due almost entirely to the tireless, skilled and dedicated efforts of you, our Airmen-active-duty, Guard, Reserves, civilians and

contractors.

As we move step-by-step toward Full Operational Capability, we remain focused on our original mission: to reinvigorate and continue to strengthen the nuclear enterprise. Still ahead, we have the opportunity to recapture our heritage, to raise the bar of performance and to ensure nuclear deterrence forces are effectively maintained and sustained. We will make sure the nuclear enterprise is appropriately trained and manned. We will aggressively improve the infrastructure and services at our bases and in our missile fields. These are opportunities we willingly and eagerly accept as we build a model command, comprising elite and highly disciplined Airmen.

As we continue to strengthen the nuclear enterprise and standup this Command, we continue to support today's fight with nearly 1,200 Global Strike Airmen deployed worldwide. We are proud of their service, and the service of those who will deploy in the months ahead. And, we cannot forget the real sacrifices of our Air Force families, who persevere through deployments, alerts and long hours-demonstrating the same "Service Before Self" values we ask of our Airmen.

We will continue to build on this year's momentum and step into our second year with the vitality, urgency

and deliberate speed that will allow us to continue to focus our Command on our Nation's strategic deterrence and global strike capabilities.

With every sortie, every alert, every dispatch and every post, you set the conditions that help deter potential adversaries and assure our allies and friends around the world. You are doing your jobs extraordinarily well, and I can relay to you that the Nation's senior leadership is very proud of you.

[Editor's note: The following is a letter written by the commander to the Airmen of Air Force Global Strike Command.]

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 Aug. 5 to Aug. 7 are from the 91st Maintenance Operations Squadron.

Saves through August 3: 599

Local Weather

Fri 8/6 86/60 Abundant sunshine. Highs in the mid 80s and lows in the low 60s.

Sat 8/7 88/61 Scattered thunderstorms possible.

Sun 8/8 89/63 Mostly sunny. Highs in the upper 80s and lows in the low 60s.

Mon 8/9 88/62 Partly cloudy with a stray thunderstorm.

Tue 8/10 86/59 Scattered thunderstorms possible.

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operation homefront

Commentary by Hannah Searle
Northern Sentry Sales Representative



Summer Sanctuary

Summer always seems to have a way of breezing by without so much as a notice that fall is on its way. Being a Midwesterner, I covet these last few weeks of warm weather and sunny skies, and even manage the humidity, knowing the cold snap of September is right around the corner.

Growing up, August meant the last few visits to our family cabin on the North Shore of Lake Superior, in Finland, Minnesota. This was, and has always been, my summer sanctuary - a place where I could stay up late to catch fireflies, make plenty of s'mores and pick blueberries.

I have happy memories of picking blueberries on August mornings. My mom would dress my sister and I in long-sleeve shirts with rolled-up sleeves, long pants, hats and plenty of sunscreen. An old straw hat would

droop over my eyes, and if the bugs were bad, we'd wrap a bandana around our necks. We may have not been the best-dressed berry picking team, but we didn't mind because we all looked the same. With large ice cream buckets and plastic pails in hand, we'd venture out to Palisades Head, which overlooks the lake.

Powered by a little bit of competition and high hopes of picking gallons of berries to bring home, we would each find our own picking spot and get to work.

One-by-one, we'd collect our beautiful berries, being so careful as to not damage these delicate, natural works of art. I remember the twigs of the bushes tugging at my shirtsleeves and the gravelly earth under my shoes. We'd try and fill our buckets to brim, although on occasion, more ber-

ries would make it into our mouths than into our pails. The sunshine, cool lake breeze and special company always made for a perfect day. My mom would start singing from across the way, and soon enough, the two of us would pipe in:

"Mares eat oats and does eat oats and little lambs eat ivy..."

There is something special about wild blueberries and picking them yourself. They are petite, rather finicky about the weather, and particularly hard to find since they only grow in very special places. You have to have the patience to seek out only the ripe ones and pick them with gentle hands. While the act of picking berries may seem a little monotonous, to me, there is something incredibly rewarding about connecting with dear Mother Nature, spending time

with family and enjoying the fruits (pun intended) of our labor.

Looking back, those August mornings spent picking blueberries with my sister and mom made for the perfect end to summer. It was something we could only do up north and together. Now living in Minot, I buy my blueberries at the grocery store.

Those blue, round, familiar berries, still beckon to be taken home, although now in a plastic pint container, and not an ice cream bucket. Sometimes, I wonder if I really love the taste of the berries themselves, or the precious memories of those berries that give me such joy. I think it's a little of both.

AFGSC command chief's words on leadership

Commentary by
Tech. Sgt. Keith Camferdam
Executive Assistant to the
AFGSC Command Chief

BARKSDALE AIR FORCE BASE, La. - I'm a fuels guy. It's what I've done my whole Air Force career- until now. I currently serve as the Executive Assistant to the Command Chief at Air Force Global Strike Command-Chief Master Sgt. Jack Johnson, Jr.

Recently, the Chief gave a speech during the Airman Leadership School graduation at Minot Air Force Base, N.D., entitled "Never Forget Where You Came From." I would like to share an excerpt which really hit home for me, in terms of my past experience with and core beliefs about leadership.

"Tonight, you will become responsible for our most important resources: America's sons and daughters, their sisters and brothers, and their mothers and fathers," Chief Johnson said. "Effective tomorrow, there will be people all over the world who will not know your name, nor who you are, nor what you look like, but will hold onto a prayer that you will train,

lead, and care for their loved one."

The Chief then invited the Airmen to pause for a moment to think about what this responsibility meant.

"There is no greater calling than to take responsibility for another human being, but that is what this evening's graduation represents- your official transition to becoming a leader," he said. "Many of you will have a subordinate effective tomorrow, and many may not, but the reality is...you will one day supervise," the Chief said.

Then he asked the new graduates "What kind of a supervisor will you become?" In answering that important question, the Chief encouraged the future leaders to properly meet and sponsor Airmen, to provide training and maintain open communication to foster professional development, and ensure their Airmen feel a part of the Air Force family.

And the Air Force family is a concept close to the Chief's heart. He and his wife, a retired master sergeant, have three children in the Air Force and will soon have a fourth child serving. He explained how his expectations of their supervisors translate to the expectation of the ALS gradu-

ates' Airmen and that of their families:

"Of our three kids serving, one is a senior airman, one a non-commissioned officer and one is an officer... and in many cases, it was an ALS graduate who once supervised them, trained them, led them or supported them, so I submit to you that tonight is a big deal and I put my own children in your hands. Now, I ask again-truly-do you really know how important you are?"

He then challenged the Airmen: "Do you feel that you are that important, or capable, of supervising the Command Chief's children? Or for that fact, anyone's child? Not only are we responsible for putting bombs on target, we are also responsible for bringing those loved ones home, safe and sound."

Our most important responsibility as supervisors is taking care of our Airmen. When I worked on the flightline, we were so busy we would sometimes lose sight of this. All of us have been there-we stay busy fulfilling our inspections, deployments, exercises, temporary duty assignments, computer-based training, and numerous other things. But are these

really excuses for us to not know our subordinates?

Airmen notice when their supervisors care about them. They remember when their commander visited them at the First-Term Airman Center or Airman Leadership School, or when their supervisor checked the quality of their dorm or helped resolve a housing issue. They remember that pat on the back for a job well done.

Every Monday morning, when I arrive on duty, Chief Johnson asks how my weekend was, how my family is doing, and I ask him the same. Do you do this with your Airmen? Do you know about their lifestyles, their habits, their families? Being a supervisor not only gives you the power to empower and enable Airmen on duty, but also off duty.

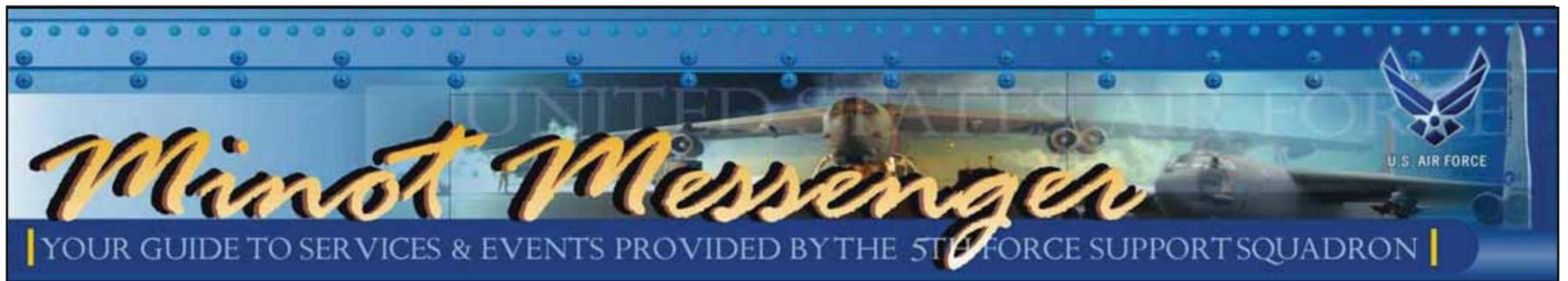
I ask you to get to know your Airmen, your non-commissioned officers, your senior non-commissioned officers, and other members of your team. Know their lives, know how to recognize if there is a problem or a change...which goes hand in hand with the Wingman concept. The time you invest will pay off for our Air Force and our Airmen. I challenge you to make a difference.

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Register For Operation HEROES Family Deployment Event

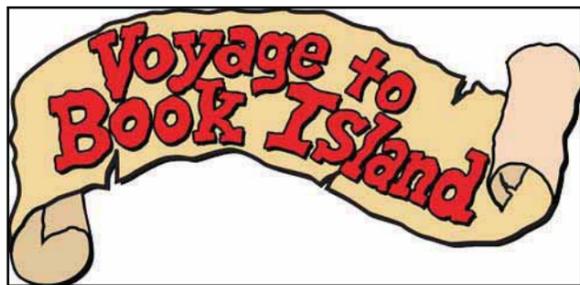
Children at Minot AFB have a chance to deploy to “Ali Isa Crème” as part of the annual Operation HEROES event organized by the Airman and Family Readiness Center. Last year, almost 400 family members attended the family deployment experience designed to foster communication and provide participants an opportunity to understand what it is like to deploy.

The 4th annual Operation HEROES is scheduled for Saturday, August 28th beginning at 10 a.m. Children must pre-register for the event no later than August 18th by visiting the Airman and Family Readiness Center during normal business hours from 7:30 a.m. to 4:30 p.m., Monday - Friday. Then the week of August 23rd through August 27th, children who are “deploying” will visit the Airman and Family Readiness Center to receive their orders, uniform (T-shirt), dog tags, mobility bag, mobility folder with checklist, and Operation HEROES ID card. On



August 27th, all deployers will be recalled and told to report to the Base Theater on August 28th no later than 9:50 a.m. The Operation HEROES event is free for Minot AFB personnel and their families. For details, call 723-3950.

Library To Host Summer Reading Program Wrap-up Party



The Base Library is wrapping up its “Voyage to Book Island” Summer Reading Program and going out with a bang on August 14th. The Summer Reading Program Wrap-up Party starts at 1 p.m. and includes a drawing for the grand prize of a camping package.

Children and adults who participated in the Summer Reading Program simply needed to read six books to qualify for the grand prize drawing. Each time a participant read an additional six books, they were given another entry for that drawing. The grand prize includes a Coleman Sundome 5-person tent, Coleman two burner stove, two Wenzel sleeping bags, binoculars, lantern, outdoor safety tools, games and more. Total value of the camping supply package is \$250; need not be present to win. Winner is responsible for claiming prize at library.

In addition to the grand prize drawing, children attending the Wrap-up Party will enjoy stories and a craft. Call the Library at 723-3344 for details.

Enjoy Splashing Good Time At Annual Water Carnival



Bring the whole family to the Outdoor Pool for a splashing good time on August 13th from 1-7 p.m. for the annual Water Carnival. There will be lots of games and prizes for all ages.

Cost for the Water Carnival is \$5 per person; age 6 and under free. Your admission price includes one plate of food and a beverage. Season passes will not be accepted for this event. The Water Carnival is open to all ages.

Don't miss the Discover Scuba class coming to the Outdoor Pool on August 21st. Cost is \$35; must be 10 years of age or older. For details, contact Outdoor Recreation at 723-3648.

Year of the Air Force Family



Event Update

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

Lights & Strikes Bowling

August 6 & 7 • 9 p.m. • Rough Rider Lanes

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

Sunday Champagne Brunch

August 8 • 10:30 a.m. • Doolittle Center

Sunday Escapes Book Club

August 8 • 1:30 p.m. • Base Library

FREE Total Dance Experience Camp

August 9-13 • Youth Center

Ages 9-12: 9:30 a.m.-12:30 p.m. Ages 13-18: 1:30-4:30 p.m.

FCC Pre-Orientation

August 9 • 6 p.m. • Family Child Care

College Financial Planning Workshop

August 10 • 5 p.m. • A&FRC

Beginning Knitting Class

August 11 • 10:30 a.m. • Arts & Crafts Center

Bundles For Babies

August 12 • 9 a.m. • A&FRC

Airmen Only Night

August 12 • 8 p.m. • Community Center

Water Carnival

August 13 • 1-7 p.m. • Outdoor Pool



Visit our website at www.5thforcesupport.com

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.

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.

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.

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 18th from 9-11 a.m. This workshop is 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.

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.

Airmen Only Night

Need to get out of the dorms? Feel like having some fun and friendly competition? The Community Center invites you to the Airmen Only Night to be held on August 12th from 8 p.m. to midnight. Come on over to the Community Center and challenge your friends to a classic board/video game or a friendly game of poker. Bring your appetite as there will be free food and door prizes. Enjoy a night out at no cost. For additional information, call the Community Center at 723-4670.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on August 12th at 9 a.m. The class offers information on Air Force Aid Society community enhancement programs and the financial impact and family stressors of having a baby. For additional information, call the Airman and Family Readiness Center at 723-3950.

9 Pin No Tap Tournament

Rough Rider Lanes will host a 9 Pin No Tap Tournament on August 14th at 6 p.m. Patrons must be 18 years of age or older to participate in this tournament. Cost is \$20 per person. For more information, call Rough Rider Lanes at 727-4715.

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.

Resume Writing & Interview Skills Workshop

Get the tools to write a resume and brush up on your interviewing skills during the Resume Writing and Interview Skills Workshop on August 17th from 11:30 a.m. to 1 p.m. at the Airman and Family Readiness Center. This fact filled 90 minute seminar has great information to assist you in writing your resume to get the interview you want. Additionally, you'll learn interviewing skills to make that impression which will help you get the job. Call 723-3950 to pre-register.

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Prairie Adventures

by Patricia Stockdill

"...since 1964, winter has been far tougher on pronghorns than it has on any other big game animal."

Those words by "Big Game in North Dakota, a Short History" author Joseph Knue in his 1989 book chronicling big game species and their management ring hauntingly true more than 20 years later.

"Based on winter history of the Northern Great Plains, we were certainly due (for a pronghorn die-off)," N.D. Game and Fish Department big game biologist Bruce Stillings sadly described. Even after the killer winter of 1996-1997, there were enough stronghold pockets of pronghorn populations so a 1997 hunting season was held – albeit with a significant license reduction.

Not so this time.

Big game management is divided into regions, explained Stillings, differing from hunting units. Currently, the state's pronghorns are below population objectives in every region except the northern Badlands, which includes hunting units 1A, 1D, and 10A.

North Dakota is on the northeastern fringe of pronghorn range, Stillings described. The state will never have pronghorn populations like that of nearby Wyoming.

The state's pronghorn numbers won't even mirror neighboring Montana or South Dakota, for that matter. Not even close.

Simply put, North Dakota doesn't have enough prime pronghorn habitat – never had and never will. And when you're on the fringe, you're more vulnerable when bad things happen. The last time North Dakota's pronghorn season was closed was after winters of 1977-78 and 1978-79 reduced populations more than 85 percent. However, winter die-offs aren't unusual.

They occurred after the winter of 1964-65, 1977-1979, 1996-97, and again from 2008-2010.

The lack of animals isn't because they simply decided to take winter refuge in South Dakota and Montana and stay there this year.

A North Dakota pronghorn study confirms they will cruise around the region in the fall and winter, but "if they summered in North Dakota, pick your spot...you could bet the bank that they are going to be back within a few miles of where they summered the year before," Stillings said.

The Game and Fish Department issued 732 pronghorn licenses when the 1982 season re-opened after its four-year hiatus. The 1997 season had only 630 licenses in three units. The 2009 season also reflected winter's harsh reality when 2,360 licenses were issued in 16 units – virtually sliced in half from 4,640 licenses in 2008.

It took a few years but pronghorn populations rebounded so well after the winter of 1996-97 so 6,069 were issued in 2007. The years between 2005 and 2008 were pronghorn "glory years" when many units were at or near management objectives. "At no other time in North Dakota pronghorn hunting history have we had more hunting opportunities than that five-year stretch," Stillings said.

The first factor influencing when pronghorn season re-opens will be milder winter weather, which translates into higher adult survival with animals healthy enough to produce good numbers of healthy fawns.

North Dakota's pronghorn need more than a year of good weather, Stillings said.

"The long-term reality for recovery, though, is there are major changes occurring to the landscape in our better pronghorn range," he described.

Quote of the Week

"In 1977-1979, back-to-back winters cut the pronghorn population from an estimated 9,200 animals to 1,200 – an 87 percent loss, which caused the season on antelope to be closed for the first time in a quarter of a century." - "Big Game in North Dakota, a Short History" by Joseph Knue.

Small game and furbearer regulations set

North Dakota's 2010 small game and furbearer regulations have been set and most season structures and bag limits are similar to last year. The only significant changes involve closing the prairie chicken season and increasing the mountain lion quota.

The combination of the past two severe winters and wet springs has reduced the prairie chicken population by up to 50 percent. Spring booming counts on leks, an index to male abundance, have shown a gradual decrease in the number of

males each spring.

The mountain lion season opens statewide Sept. 3 and continues through March 31, 2011. Zone 1 will have a season quota of 10 lions, an increase of two from last year. Other small game and waterfowl licensing details are similar to last year.

Only North Dakota residents are permitted to hunt waterfowl from Sept. 25 – Oct. 1. Nonresidents will be allowed to hunt waterfowl in North Dakota beginning Oct. 2. Other waterfowl season details will be finalized in mid-August in the waterfowl

amendment to the small game and furbearer proclamation.

In accordance with state law, nonresidents are not allowed to hunt on Game and Fish Department wildlife management areas or conservation PLOTS (Private Land Open To Sportsmen) areas from Oct. 9-15.

Hunters should refer to the North Dakota 2010-11 Small Game and Furbearer guides (available mid-August) for more details on small game and furbearer seasons. Waterfowl regulations will be available in early September.

Species	Opens	Closes	Daily Limit	Poss Limit
Crows (fall)	Aug. 14	Oct. 24	No limit	No limit
Early Canada Goose	Aug. 15	Sept. 15 (Sept. 7 Missouri River Zone)	5	10
Doves	Sept. 1	Oct. 30	15	30
Hungarian partridge	Sept. 11	Jan. 2	3	12
Sharp-tailed grouse	Sept. 11	Jan. 2	3	12
Ruffed grouse	Sept. 11	Jan. 2	3	12
Sandhill crane (unit 1)	Sept. 18	Nov. 14	3	6
Sandhill crane (unit 2)	Sept. 18	Oct. 24	2	4
Snipe	Sept. 18	Dec. 5	8	16
Woodcock	Sept. 18	Nov. 1	3	6
Tundra swan (2,200)	Oct. 2	Jan. 2	1	1
Pheasants	Oct. 9	Jan. 2	3	12

Early Canada goose season opens Aug. 15

North Dakota's early Canada goose season opens statewide Sunday, Aug. 15.

This year's early season will have a daily limit of five Canada geese and a possession limit of 10. Shooting hours are one-half hour before sunrise to sunset daily.

Limits and shooting hours are different from the regular season, as the proposed regular season bag limit is three daily and six in possession.

Normal licensing requirements for the regular season, including a federal duck stamp, apply to the early

season. Nonresidents who hunt in Sargent and Richland counties during the early season may do so without counting against their 14-day regular season license.

All migratory bird hunters must register with the Harvest Information Program prior to hunting. Hunters who purchase a license through the North Dakota Game and Fish Department's website (gf.nd.gov) or instant licensing telephone number (800) 406-6409 can easily get HIP certified. Otherwise, hunters can call (888) 634-4798 and record the HIP number on their fishing, hunting and furbearer certificate. Those who registered to hunt the spring light goose season in North Dakota do not have to register with HIP again, as it is required only once per year.

Waterfowl rest areas, closed to hunting during the regular season, will be open during the early season. Most land in these rest areas is private, so hunters may need permission to hunt.

For additional information and regulations, hunters should visit www.gf.nd.gov.

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Friday Evening		August 6, 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	Bones		Bones		Local						
Cable Channels											
AMC	Charlie Wilson's War				Blood Work						
CNN	Rick's List	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	10 Deadliest Sharks	10 Deadliest Sharks			MythBusters			10 Deadliest Sharks			
DISN	Phineas and Ferb	Good Luck Wizards			Suite Life on Deck	Phineas and Ferb		Good Luck Wizards			
ESPN	2010 ESPY's				Baseball Tonight	SportsCenter		Baseball	NFL Live		
FAM	Another Cinderella				Funniest Home Videos	The 700 Club		Whose?	Whose?		
FX	American	Jarhead			Rescue Me			The One			
LIFE	Reba	Reba	Sydney White			How I Met	How I Met	Frasier	Medium		
NICK	Big Time	The Troop	Chris	Chris	George	G. Martin	Chris	Chris	Chris		
SPIKE	CSI: Crime Scene Investigation	Knockout			Knockout	Knockout SportsWorld	Knockout	MANswers	Trailers		
TBS	Meet the Browns				Meet the Browns			My Boys	Ace Vent.		
TNT	Men in Black				Men in Black			Lara Croft-Life			
USA	NCIS		NCIS					The Contract			
WGN	Shanghai Noon				WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk		
Premium Channels											
HBO	Harry Potter-Prince				Scott	Eastbound	Hung	Street Kings			
MAX	Spider-Man				Spider-Man 2			Co-Ed-4			
SHOW	Private-Pippa	The Real L Word			Teller	Teller	Boxing	NASCAR			

Tuesday Evening		August 10, 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: What		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	Assassins				Fallen						
CNN	Rick's List	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	MythBusters	Swords: Life			The Colony			MythBusters	Swords: Life		
DISN	Sky High				Good Luck Good Luck	Sonny	Sonny	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 Rundown				Rescue Me			Louie	Louie	Rescue Me	
LIFE	Reba	Reba	Wife Swap			Cheerleader Nation		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	The Wild				MLB Baseball						
Premium Channels											
HBO	X-Files: Believe		Night-Smithsonian		Entourage	True Blood		Espiritu			
MAX	Notorious	Bulletproof			Jennifer's Body						
SHOW	Sell Dead	Killshot			The Real L Word	Women in Trouble		Extreme			

Saturday Evening		August 7, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Red Eye				Rookie Blue		Local				
KXMC/CBS	Cold Case		CSI: Crime Scene		48 Hours Mystery		Local				
KMOT/NBC	Persons Unknown		WrestleMania XXVI		Law Order: CI		Local	Saturday Night Live			
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local			The Wanda Sykes Show	Brothers	Local	
Cable Channels											
AMC	McLintock!							Cahill-Marshall			
CNN	CNN Presents	Larry King Live			Newsroom			Larry King Live			
DISC	Ultimate Air Jaws	Croc Attack			When Fish Attack			Ultimate Air Jaws	Croc Attack		
DISN	Phineas	Hannah	Jonas L.A	Jonas L.A	Deck	Phineas and Ferb	Hannah	Jonas L.A	Jonas L.A		
ESPN	Induction				Baseball Tonight	SportsCenter		Baseball Tonight			
FAM	Mean Girls				Step Up			Prince			
FX	Terminator 3		Doomsday			Sons of Anarchy		Anarchy			
LIFE	Serious Moonlight		Mad Money			Project Runway		Road			
NICK	iCarly	Jackson	Big Time	Victoriou	George	George	Malcolm	Malcolm	Malcolm	Malcolm	
SPIKE	Driven to Kill		A Dangerous Man			Urban Justice					
TBS	Fam. Guy	Fam. Guy	Meet the Browns			Meet the Browns					
TNT	Deep Impact				Volcano			Rizzoli			
USA	Oceans 12	Pretty Woman				Royal Pains		Covert Affairs			
WGN	MLB Baseball				WGN News at Nine	Scrubs	Shanghai Noon				
Premium Channels											
HBO	Night-Smithsonian				Boxing			True Blood			
MAX	Gran Torino				The Box			Co-Ed-4	Right		
SHOW	Scream 3				Extreme Movie			I Hope They Serve Beer in Hell			

Wednesday Evening		August 11, 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	Out for Justice				On Deadly Ground			Rubicon			
CNN	Rick's List	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	MythBusters	Man vs. Wild			Man vs. Wild			MythBusters	Man vs. Wild		
DISN	Adventures of Sharkboy	Deck			Good Luck Good Luck	Sonny	Sonny	Hannah	Hannah		
ESPN	MLB Baseball				Baseball Tonight	SportsCenter		Baseball	NFL Live		
FAM	Wild Chil	Raising Helen				The 700 Club		Whose?	Whose?		
FX	Rocky Balboa				Rocky Balboa			Charlie's Angels			
LIFE	Reba	Reba	Message in a Bottle			Will		Frasier	Medium		
NICK	Matters	Matters	Chris	Chris	George	George		George	George	George	George
SPIKE	UFC Unleashed		Ultimate Knockouts 5		Pros vs. Joes			Knockout	Knockout	Knockout	Sports
TBS	Meet the Browns				Browns	Browns		Lopez Tonight	Name Earl	Name Earl	
TNT	Bones		Dark Blue		Law & Order			Dark Blue	Leverage		
USA	NCIS		NCIS		Psych			Burn Notice	Royal Pains		
WGN	MLB Baseball					News/Nine	Scrubs	South Pk	South Pk		
Premium Channels											
HBO	The Unborn		True Blood		Hard Knocks			Hard Knocks	Terminator Salvation		
MAX	Observe	12 Rounds			The Box			Right to Bare			
SHOW	Big Fan	Bangkok Dangerous			Inside NASCAR	Teller	Teller	Inside NASCAR			

Sunday Evening		August 8, 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	NFL Football						Local	Dateline NBC			
KNDX/FOX	Simpsons	Cleveland	Family Guy		Local						
Cable Channels											
AMC	Inside Man		Rubicon		Mad Men			Mad Men	Rubicon		
CNN	State of the Union	Larry King Live			Newsroom			State of the Union	Larry King Live		
DISC	Speed of Life		Speed of Life		Speed of Life			Speed of Life			
DISN	Hannah	Sonny	Jonas L.A	Good Luck	Good Luck	Good Luck	Deck	Deck	Hannah	Hannah	
ESPN	MLB Baseball					SportsCenter		SportsCtr			
FAM	Wild Child				Wild Child			J. Osteen	Ed Young		
FX	Alien vs. Predator	The Ruins				Louie	Rescue Me	'70s Show			
LIFE	Amish Grace	Drop Dead Diva			Army Wives			Drop Dead Diva	Army Wives		
NICK	Victoriou	iCarly	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny	
SPIKE	Rambo II	Rambo			Rambo Part II			Platoon			
TBS	Meet the Parents				My Boys	Meet the Parents		Eurotrip			
TNT	Rush Hour 3		Leverage		Rush Hour 3			Leverage			
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU			The Condemned			
WGN	Newhart	Newhart	BarneyM	BarneyM	News/Nine	Replay	Cheers	Cheers	Becker	Becker	
Premium Channels											
HBO	Night-Smithsonian		True Blood		Hung	Entourage	Hung	True Blood	Entourage		
MAX	The Box				X-Men Origins						
SHOW	The Real L Word	Dexter			The Real L Word	The Real L Word	Bangkok Dangerous				

Thursday Evening		August 12, 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	Golf		
KMOT/NBC	Community	30 Rock	Office	Parks	Law & Order: SVU		Local	Tonight Show w/Leno	Late		
KNDX/FOX	So You Think				Local						
Cable Channels											
AMC	Pale Rider				Unforgiven						
CNN	Rick's List	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	River Monsters	Man vs. Fish			Swords: Life			River Monsters	Man vs. Fish		
DISN	Wizards-Waver				Good Luck Good Luck	Sonny	Sonny	Hannah	Hannah		
ESPN	NFL Football					SportsCenter		NFL Live	Baseball		
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		Funniest Home Videos	The 700 Club		Whose?	Whose?		
FX	X-Men: Last				X-Men: Last			Elektra			
LIFE	Project Runway		Project Runway			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	Action	MANswers		
TBS	Daddy's Little Girls				Fam. Guy	Fam. Guy		Lopez Tonight	Name Earl	Name Earl	
TNT	Bones		Bones		The Bourne Supremacy			Dark Blue			
USA	NCIS		Burn Notice		Royal Pains			White Collar	Burn Notice		
WGN	WWE Superstars	Funniest Home Videos			WGN News at Nine	Scrubs	Scrubs				

crossword puzzle

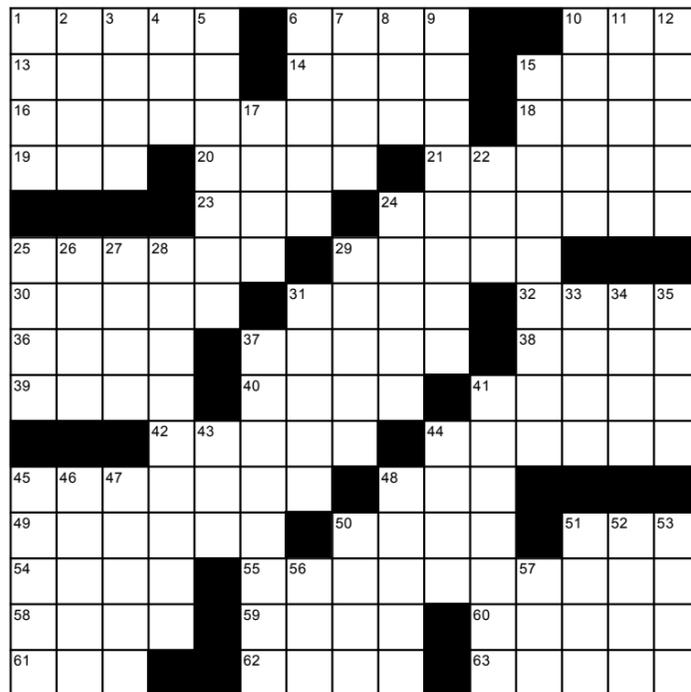
ACROSS

1. Astrological ram
6. Painter of wilting watches
10. "___ 'nuff!"
13. Titled one
14. Plowman's team
15. Use UPS, say
16. Sharply creased fold
18. Boat's trail
19. Tucked away
20. Acted the fink
21. In need of rehab, maybe
23. "You, there!"
24. Handfuls for babysitters
25. Microwave button
29. Brought on board
30. Some roasts
31. Highly collectible
32. List heading
36. Jim Davis dog
37. Carried on, as war
38. All fired up
39. Greek salad cheese
40. Fateful time for Caesar
41. Pageant wear
42. Aired again
44. Green Giant's home
45. Bottle cap affixer
48. Lobster eater's need
49. Dogie catcher
50. La ___ Tar Pits
51. Use a Toro
54. Score after deuce
55. Sinclair Lewis novel
58. Spray finely
59. Burnable bog product
60. À la ___
61. "Annabel Lee" poet
62. Pageant wear
63. Popular theater name

DOWN

1. Hippie's cross
2. Rice-A-___
3. Bibliographic abbr.
4. Keebler worker
5. Does a slow burn
6. Cloned sheep of 1996
7. Pink-slipped
8. Shepherd's domain
9. Debt-ridden
10. Drum major's topper

Stickers



11. Trail mix eater
12. Opinion pieces
15. Popular aquarium fish
17. Yeats or Keats
22. Bonanza find
24. Runs out of steam
25. TA's boss
26. Ill-bred
27. Give off
28. Common gum flavor
29. Duvall role in "The Godfather"
31. "M*A*S*H" clerk
33. Shape of some mirrors
34. In ___ straits
35. Jazz singer Anita
37. Surveillance aids
41. Hot sauce
43. Clean air org.
44. Penthouse plus
45. Workbench gripper
46. Fireside Chat medium
47. Angelou's "Still ___"
48. Bouillon
50. Victoria's Secret buys
51. Bog down
52. Grid great
53. "___ do we eat?"
56. Stephen of "V for Vendetta"
57. Neuman's mag



Solution to puzzle from July 30.

movies

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

Grown Ups

Friday, August 6, at 7 p.m.

(Adam Sandler, Maria Bello)

The death of their childhood basketball coach leads to a reunion for some old friends who gather at the site of a championship celebration from years ago. Picking up right where they left off, the buddies, with their wives and children in tow, discover why age does not necessarily equal maturity.

Rated PG-13 (crude material including suggestive references, language and some male rear nudity)

90 min

Knight & Day

Saturday, August 7, at 7 p.m.

(Cameron Diaz, Tom Cruise)

A wholesome, Midwestern woman accidentally gets involved with an international super spy and is forced to flee the country with him while he protects a dangerous new piece of technology.

Rated PG-13 (brief strong language and sequences of action violence)

130 min

sudoku

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

Solution to puzzle on page 20.

Airman Against Drunk Driving

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>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</p> <p>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 <i>Meeting at the Carnegie Center</i> 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 Service.....10:00 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)</p> <p>Chapel 723-2456</p>	<p>Minot Air Force Base Chapel Catholic Services</p> <p>Eucharist (Mass) Daily Mass12:05 p.m. (Northern Lights) Sunday 9:30 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 Worship7:00 p.m. Wed. Evening Family Night.....7:00 p.m.</p> <p>• <i>Pioneer Club • Youth Club</i> • <i>Women's Bible Study • Adult Bible Study</i></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 Evening7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p> <p>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 Classes.....9:30 a.m. Worship5:00 p.m.</p> <p>Wednesday: Bible Classes.....7:00 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></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</p> <p>www.minotfpc.org <i>Visitors Welcome</i></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><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee & Conversation9:00-9:30 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 <i>Missouri Synod</i></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 Worship6:30 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: Tuesday7:00 p.m. Wednesday - Friday9:00 a.m. Saturday5:00 p.m. Sunday8:00 and 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> 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 Worship8:30 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><i>Following Christ in Worship, Growth & Service</i></p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship8:00 & 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. <i>Nursery Available</i></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 Worship11:00 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, Friday.....7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ"</i></p> <p>Sunday School9:30 a.m. Worship Service10:30 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</p> <p>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 Worship8:30 a.m. Sunday School (All ages)9:45 a.m. Contemporary Worship Service.....11:00 a.m. Children's Church11:00 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 Worship11:00 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 Worship11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p>Trinity Church <i>An Evangelical Free Church</i></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 Worship10 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 <i>Wisconsin Synod</i></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</p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship5:00 p.m. Sunday Worship8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship9:30 a.m. Coffee Fellowship.....10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

Behavioral health options for military couples

FALLS CHURCH, Va. – It's important for military couples to talk to someone about marital struggles or stress they may be experiencing. Marital, couples and family therapy, often referred to as counseling, are all types of professional behavioral health interventions available to eligible married couples enrolled in TRICARE Prime, TRICARE Prime Remote and TRICARE Prime Overseas.

"Military life can often cause stress for couples and families," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "Long deployments, worries about job-related danger, and frequent moves can take their toll. For these reasons, TRICARE considers marital therapy an essential part of

behavioral health care."

Marital therapy or counseling can be covered by TRICARE Prime when it's based on a behavioral health diagnostic evaluation by a TRICARE provider. TRICARE Prime-enrolled spouses of active duty service members can seek marital therapy or counseling in the U.S. or overseas as part of the first eight outpatient behavioral health care visits allowed per fiscal year.

This can be done without a referral from a primary care manager or prior authorization from their regional health care contractor. Active duty service members need a referral for all behavioral health care received in the TRICARE network.

Professionals in the TRICARE network authorized

to provide marital therapy include psychiatrists, psychologists, certified psychiatric nurse specialists, clinical social workers and certified marriage and family therapists. TRICARE-authorized pastoral and mental health counselors can provide therapy or counseling services under a physician's supervision.

After the first eight visits, non-active duty beneficiaries must get authorization from their regional health care contractor to continue treatment. To reduce their out-of-pocket expenses, beneficiaries are encouraged to use a TRICARE network provider.

Non-medical marital and family counseling services that do not require a medical referral and are not recorded in a beneficiary's medical

record are robust and flexible to meet the needs of service members and their families. These confidential services are largely staffed by professional mental health providers and include programs such as Military One Source, with counselors near military installations and in communities of Reserve families; the services' family support programs; military family life consultants; family advocacy and chaplain programs.

Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote can call their regional Behavioral Health Care Provider Locator and Appointment Assistance Line for help locating and making

appointments with network behavioral health care providers in their area. The toll-free numbers are: North Region, 1-877-747-9579; South Region, 1-877-298-3514; and in the West Region, 1-866-651-4970. Hours vary according to region. TRICARE Prime Overseas beneficiaries can get information about host nation providers from their local military treatment facility or TRICARE Service Center. The nearest TRICARE Service Center can be found at www.tricare.mil/overseasTSC.

To view TRICARE's behavioral health options visit our Mental Health Resource Center at www.tricare.mil/mentalhealth.

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Out with the old, in with the new

(U.S. Air Force photo by Senior Airman Michael J. Veloz)
Construction crew members tear down an old dormitory building here July 27. In a continued effort to improve the quality of life for Minot Airmen, the Air Force has put forth a plan to either replace or remodel existing dormitories on base. The demolition of this dorm helped to make room for newer living quarters for incoming Airmen.

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