

Minot Farmer's Market in full bloom

by Maj. Shane Balken
Minot Air Force Base
Public Affairs

It's a beautiful summer morning in Oak Park. The 9 a.m.-sharp whistle has just signaled the start of the Minot Farmer's Market, just like it has for more than 30 years. Some firm squeezes, a little bit of hand-weighing, and a few deals brokered on green beans and cucumbers are just getting underway while customers start gathering around several of the produce vendors. The standard question of "how much?" seems to dominate conversations as swarms of people pick up garlic, onions, zucchini, or any other number of items perfect for summer cooking.

Eating healthy and saving money is on the minds of many families these days. The farmer's market is the perfect place to do both. Three days a week, starting July 13 through Halloween, you can find the hustle and bustle of vegetable aficionados at the farmer's market looking for a good deal on fresh-picked produce. And the Minot vendors are happy to oblige.

On any given day there are approximately 23 spots, with some vendors occupying more than one stand. Market fare ranges from produce and fruits, to flowers, baked goods, syrup and honey. Although some vegetables might not be in season, just ask one of the vendors and they will be happy to give the farm report on whatever one is after.

One of the longest-selling vendors at the market is David Kopp, having started when he was in high school back in the 1950s. Kopp is also the president of the Minot Farmer's Market Association. He said he has seen the

market move to a few different places, finally relocating to its current location in Oak Park for the past 30-plus years.

"There's a lot of interest in eating fresh these days, and the prices are very comparable to what you will see in the supermarket," said Kopp. "Some things are cheaper, others are about the same, and some of the produce is a little more expensive."

Although prices between the market and grocery stores may be close, most patrons at the market seem to agree that locally-grown food just tastes better.

Robert and Alexandra Kibler have been selling their products here for the past five years, and like most vendors, are almost exclusively organic in their production. Kibler and his wife both teach at Minot State University and are firm believers in growing healthy food. They also believe being part of the farmer's market is less about making money, and more about living healthy.

"This [the market] is something we do in the summer and on the weekends for fun when school starts," said Mr. Kibler. "We have a green house at home and grow a variety of vegetables, in addition to making our own bread, and syrup."

In addition to the produce and baking, Kibler recently started extracting honey from his bee hives and will start selling it soon as well.

"I consider myself a bee novice, but it is incredibly fascinating," he said.

Like the Kiblers, Paulette Dailey also has a passion for gardening and growing vegetables. Dailey is the executive director of the Minot Symphony Orchestra and in her spare time, she loves to garden. Dailey has been selling produce at the market for eight years, grown locally from her three gardens. Whatever doesn't sell, Dailey will usually save and can it for later. A skill, she said which came from growing up gardening with her parents. These days, Dailey's son is now helping pick and sell produce at the market.

"He told me he has a new appreciation for what mom does," said Dailey with a big smile.

These days, people looking to eat healthy and save money also have a new appreciation for the farmer's market as well.

The Minot Farmer's Market is located in Oak Park and is open from 9 a.m. to 1 p.m., Tuesday, Thursday, and Saturday. The market opened July 13, and closes at the end of October.

Megan Jones Fraas, homemaker and wife of 1st Lt. Corey Fraas, 23rd Bomb Squadron intelligence officer, visits the Minot Farmer's Market at Oak Park here Aug. 5. Lieutenant Fraas is deployed to Andersen AFB, Guam, and Megan purchased flowers to accompany the blooms her husband sent her recently.



(U.S. Air Force photos by 1st Lt. Kidron B Farnell)
Paulette Dailey, vendor at the Minot Farmer's Market in Oak Park, assists a customer with his rhubarb purchase here Aug. 5. Dailey has been selling produce at the market for eight years. She is also the executive director of the Minot Symphony Orchestra.

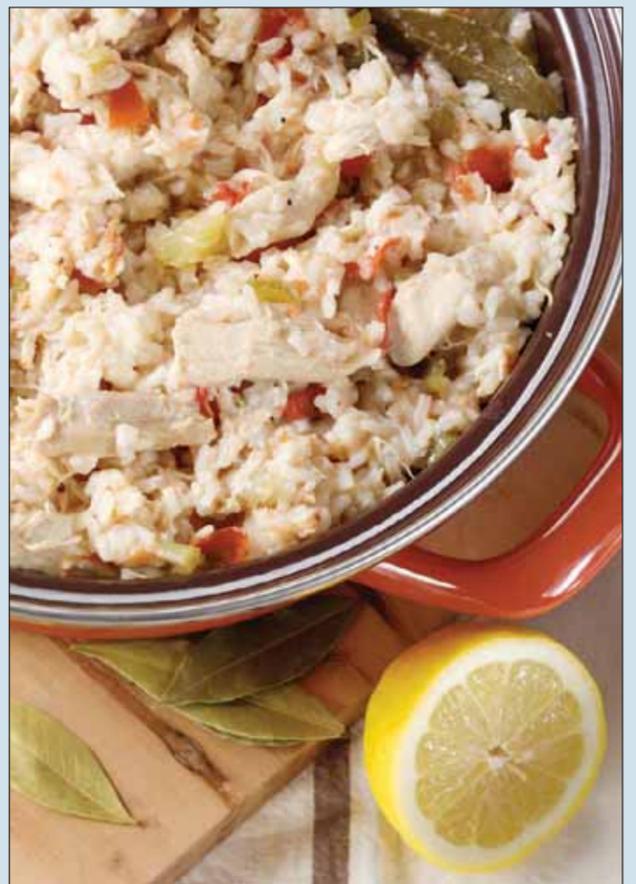


Carolina Pilau

- 4 ounces salt pork, slab bacon or Italian pancetta, cut 1/4-inch thick and diced
- 1 large onion, chopped
- 2 large celery ribs, chopped
- 1 large garlic clove, minced
- 4 cups reduced-sodium chicken broth or water
- 3 1/2 pounds chicken pieces, light and dark meat
- 1 teaspoon each dried thyme, parsley, sage, marjoram (or 1 tablespoon each chopped fresh herbs)
- 2 bay leaves
- 1 whole small hot pepper (optional)
- 2 cups seeded and diced fresh tomatoes, with their juices
- Rind of 1 lemon, removed with a vegetable peeler in 2 or 3 large pieces (optional)
- 1/2 teaspoon salt
- Coarsely ground black pepper
- 2 cups long-grain white rice
- 1 tablespoon chopped fresh parsley

1. Rinse pork well, especially if it is very salty, and pat dry. Place in a Dutch oven or flameproof, lidded casserole and sauté over medium heat until fat is rendered and pork is browned. Spoon off all but 2 tablespoons of fat.
2. Add onion and celery and sauté until soft and translucent, about 5 minutes. Add garlic and sauté until fragrant, about 30 seconds. Add broth and increase heat to medium-high. Bring to a boil, skimming off any scum that rises, and reduce heat to medium.
3. Add chicken, dried or fresh herbs, bay leaves, hot pepper, tomatoes and lemon rind, if using, to the simmering liquid. Continue simmering, covered, until chicken is tender, about 30 minutes. Remove, skin and bone chicken, then cut or shred meat into bite-sized pieces. You may skim off the excess fat, but leave at least 2 tablespoons. Return chicken meat to pot.
4. Wash rice. Drain thoroughly through a wire sieve and add to pot. Increase heat briefly until liquid comes back to a simmer, then reduce heat as much as possible, cover, and simmer gently for 30 minutes.
5. Remove and discard bay leaves, hot pepper pod and lemon rind, if using. Fluff rice with a fork. The grains should be moist but separate and not split. Immediately turn onto a platter or serve directly from pot. Serves 8.

Story and recipe courtesy of Relish magazine.



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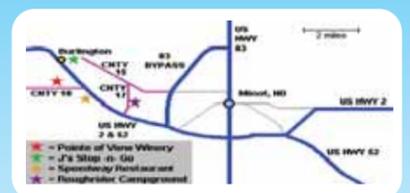
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Know the facts to prevent heat stress

by **Rod Krause**

5th Bomb Wing Ground Safety

Summer means hot, humid weather. The phrase "heat stress" refers to a group of heat-related illnesses that include heat cramps, heat exhaustion and heat stroke. These problems stem from the body not being able to keep itself at its proper operating temperature due to excessive external temperatures.

The potential for problems is present when the environmental temperature is close or exceeds normal body temperature, making it difficult for excess heat to escape the body. In an effort to keep the body at a normal temperature, the blood vessels expand to carry more blood to the upper layers of skin and away from active muscles, the brain and other vital organs. This effort results in fatigue and a decline in alertness.

The problem is compounded when high humidity is added to the situation. The more moisture already present in the air, the more difficult it is for sweat to evaporate. That is why in instances of high humidity, one may feel more uncomfortable than if the temperature is higher and the humidity is lower.

The temperature doesn't have to be hot for these conditions to occur. They can occur in a confined area with little or no air circulation or when one wears protective equipment, increasing the workload and restricting

movement.

Types and treatment of heat stress:

Heat cramps

Heat cramps are painful spasms of the muscles, caused by excessive sweating during strenuous activity, which depletes the body's salt and water. Cramps usually occur in the legs, arms and abdomen. Stop activity, and sit in a cool place. Drink water and liquids, such as sports beverages. Seek medical attention if cramps are not gone in one hour.

Heat exhaustion

Heat exhaustion is the body's response to an excessive loss of the fluids and salt contained in sweat. Signs are pale and cool skin, heavy sweating, heat cramps, tiredness, headache, nausea, weakness, dizziness and giddiness (the victim may appear drunk). Move to a cool place, lie down with feet

elevated and drink fluids such as sports beverages. Seek medical attention when symptoms are severe or not gone in one hour.

Heat stroke

Heat stroke occurs when the body becomes unable to control its temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Signs are red, hot and dry skin (no sweating), rapid pulse, headache, dizziness, nausea and confusion. This is an emergency situation. Call for an ambulance, move to a cool place, cool the victim rapidly with cool - not ice-cold - water, fan, give fluids if conscious and be prepared to give CPR.

Prevention of heat stress:

- Don't exercise, work or stay in high heat environments when the temperature or the humidity is high, especially the hours between

10 a.m. and 4 p.m.

• Allow for regular breaks and pace oneself by starting slowly and gradually picking up the pace.

• Even though a person may not feel thirsty, avoid dehydration by drinking plenty of fluids (water) before, during and after heat exposure and avoid alcohol

• Wear wide-brimmed hat and loose-fitting, long-sleeved, light-colored cloth-

ing.

• Be aware that many medications and illnesses may increase heat-related risks

• Know that infants, children, older adults and overweight people are at higher risks

• Don't use salt tablets; normally salt food instead.

• If feeling symptoms, immediately seek shelter and aid.



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

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

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

Why should I buy farm-fresh produce?

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

What's available at Minot Farmers Market?

- Garlic
- Tomatoes
- Carrots
- Squash
- Fresh Flowers
- Cucumbers
- Potatoes
- Onions
- Berries
- Pumpkins, Gourds, Indian
- Corn
- Rhubarb
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Questions or comments?
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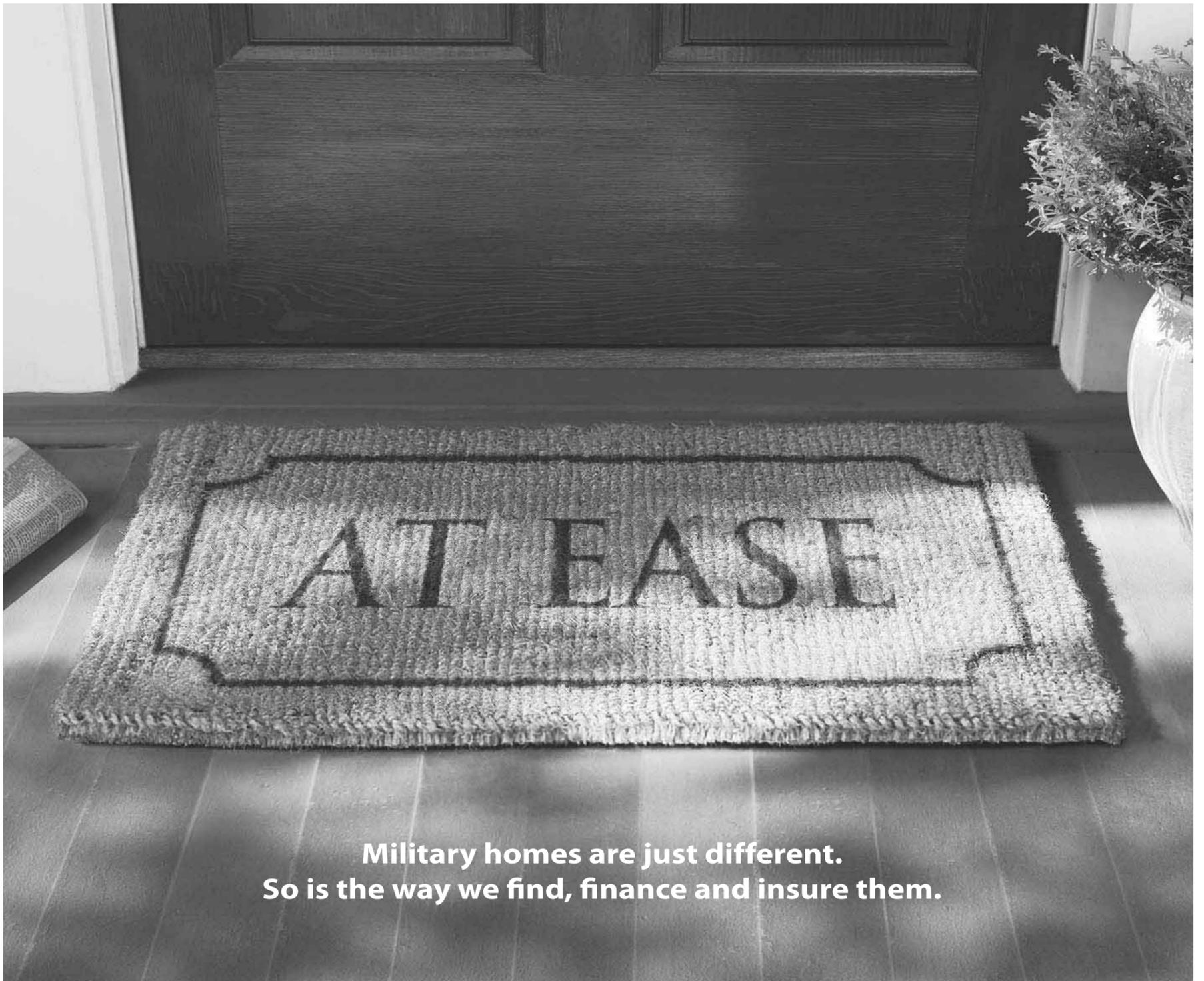
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<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal.....9:00 a.m.</p> <p>Pastor Michon Weingartner Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. Nursery Available</p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Kenneth Park</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages).....9:45 a.m. Sunday 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, Friday7:00 - 11:00 p.m. ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC "Building Followers of Jesus Christ"</p> <p>Sunday School9:30 a.m. Worship Service10:30 a.m. Adult Study/WINGS/Youth Wednesday6:30-8:30 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 An Evangelical Free Church</p> <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Worship Service9:00 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday Worship10 a.m.</p> <p>Wednesdays Soup Kitchen.....11:30 a.m. - 12:30 p.m. Liturgical Dance.....7 p.m. - 8:30 p.m.</p> <p>Pastor Allen Lively Sarah Robers, Youth Director</p>	<p>Grace Evangelical Lutheran Church Wisconsin Synod</p> <p>WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev Carl A. Lindemann</p>	<p>ZION Lutheran ELCA</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 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship9:30 a.m. Coffee Fellowship10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

91st MW command chief stresses standards

by Maj. Shane Balken
Minot Air Force Base
Public Affairs

One week into the job as the 91st Missile Wing command chief, Chief Master Sgt. John Hoffman has already narrowed his focus on one thing for the missile wing - mission success. Actually, this isn't really news. If you step back 26 years and look at Chief Hoffman's career, it's evident the Chief's focus has always been on mission success.

A career-long civil engineer, Chief Hoffman is putting his airborne and air assault ratings to good use as he hits the ground running here learning the mission and meeting the 91st MW Airmen. The chief's desire to be close to the fight has been a constant throughout his career. With numerous deployments and contingency war skills under his belt, the chief's experience has taken him to more than 45 countries, supporting wartime and humanitarian operations throughout the world. The chief said his time in several deployed and austere environments and honing his skills as a contingency engineer are what has paved and cemented his core beliefs as an Airman. Self-described as 'hard-working, dedicated and no-nonsense,' Chief Hoffman said his number one goal is to help Colonel Fred Stoss, 91st MW commander, achieve mission success in the wing.

"I've always leaned toward deployments and 'going to war,'" the chief said. "My advice to any Airman is the most important thing, no matter what we do, is mission

success."

"Since 1962, the 91st MW's 150 ICBMs have been on alert 24/7 in North Dakota protecting the U.S. from global nuclear attack," he continued. "Precision in dealing with nuclear weapons is a strict standard. The American citizens are depending on us to have 100% safe, secure and effective weapon systems. This perfect standard goes right down to everything we do, even our uniforms. We've got an important mission here and that's something I intend to keep our strict focus on."

In addition to Chief Hoffman's vast operations experience, he also brings knowledge of taking care of over 5,000 Airmen from his previous command chief position at the Aeronautical Systems Center and the 88th Air Base Wing at Wright-Patterson Air Force Base, Ohio.

"My lane here is all-things Airman," he said. "Every-

thing from PRP [Personnel Reliability Program], quality of life issues and professional development - all of these issues are essential in keeping our airmen focused on the task at hand. It's something I take very serious."

The Chief said he feels fortunate to be here.

"The older I get, the more I rely on faith," he continued. "I know this might sound a little hokey, but I've been blessed with a wonderful career. At this point in my career, my service is truly to whatever the Air Force needs."

"Prior to my selection for this assignment, the Chief of Staff of the Air Force stated his number one goal is to 'strengthen the nuclear enterprise,'" the chief added. "To me, there is no other assignment more important to our Air Force than this. It must be meant to be, that I've been assigned to serve our Airmen here."



(U.S. Air Force photo by Senior Airman Benjamin Stratton) Chief Master Sgt. John L. Hoffman, 91st Missile Wing command chief, talks with Senior Airman Steven Boatright, 91st Security Support Squadron armorer, about his duties in the armory here Aug. 11.

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Club Championship Golf Tournament Winners



The Rough Rider Golf Course hosted the Club Championship Golf Tournament on August 7th and 8th. Winners of the tournament were (left to right) Ron Solberg, Low Net Club Champion and Mike Guthrie, Low Gross Club Champion. Mike Guthrie also captured Low Gross for the Championship Flight while Steve Berens won Low Net in that flight.



Winners of the first flight in the Club Championship at the Rough Rider Golf Course were (left to right) Ken Septon, Low Gross and Joseph Haddox, Low Net. The tournament was held on August 7th and 8th.

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Kirk Phelps took home the Low Gross crown in the second flight of the Club Championship Golf Tournament. Not pictured is Dave Nelson who was the Low Net winner of the flight. The tournament was held at the Rough Rider Golf Course on August 7th and 8th.



MAC Golf Tournament

(Photo by Debra Vangness, 5 FSS Marketing)

The Military Affairs Committee golf tournament was held at the Rough Rider Golf Course at Minot AFB on August 9th. The winning team consisted of (left to right) Joseph Haddox, Col. Joel Hanson, 91 MXG Commander, Steve Zaun, and Reed Argent.

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Water Carnival

Bring the whole family to the Outdoor Pool 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 is \$5 per person; age 6 and under free. Price includes one plate of food and a beverage. Season passes will not be accepted for this event. Event is open to all ages. For more information, contact Outdoor Recreation at 723-3648.

Base Library Summer Reading Program Wrap-Up Party

The Base Library is wrapping up its Summer Reading Program and going out with a bang on August 14th. The party starts at 1 p.m. and includes the Summer Reading Program grand prize drawing for a camping package valued at over \$250. Children will enjoy stories and a craft. Don't miss out on all the fun! Call the Base Library at 723-3344 for more information.

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.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on August 14th. The fun starts at 11 p.m.; free for members and \$5 for non-members. Call J.R. Rockers at 727-ROCK for additional information.

Family Advocacy Class

• New Parent's Class, Monday, Aug 16th at 0900-1100: The New Parent's Class is an informative class designed to give you the confidence to bring home and raise your new baby. Becoming a parent comes with many obstacles that you may or may not have been aware of. This class with help answer your questions as well as give you reliable information about taking care of your baby. Some topics that are introduced in the class are: what you will need for the baby, basic care instructions for your baby, such as bathing, dressing, health concerns and post-partum mood disorders.

Located in the Family Advocacy Conference Room. Please call 723-5096 to register.

• Breastfeeding Information Class, Wednesday, Aug 18th at 0930-1100: The Breastfeeding Information Class is a class designed to help mothers who have decided they want to breastfeed their child or for mothers who want more information about breastfeeding. This program will educate you on the many advantages of breastfeeding as well as give you techniques to use with your new baby. The information in the class should give you the confidence to start an amazing bond with your baby and give you the accurate information and support that you need.

Located in the Family Advocacy Conference Room. Please call 723-5096 to register.

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 the Airman and Family Readiness Center at 723-3950 to pre-register.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on August 19th, 20th, 26th, and 27th from 8 a.m. to 3 p.m. Anyone whose animals need vaccines or a health certificate should call the Veterinary Treatment Facility for an appointment at 723-6449.

Annual Block Party at J.R. Rockers

Although summer officially ends in September, one of the last big bashes of the season takes place on Friday, August 20th during the FSS Block Party and Show & Shine Car Show. The Block Party is an FSS Dollar Days event for club members and features a wide array of activities and events for both young and old. The Block Party runs from 4:30-8 p.m. The menu features roasted and barbecue chicken and ribs, plus all the fixings. Cost for the meal is \$1 per person for club members and their family members (children under 2 are free). Club cards must be presented to show current membership. Non-club members are invited to take this opportunity to sign-up for membership at this event and then participate in all the festivities. For more information, contact J.R. Rockers at 727-ROCK.

August 5K Run

Don't miss the August 5K Run hosted by the Fitness Center on August 20th at 3 p.m. Runners will compete individually in male and female categories. Prizes awarded for 1st and 2nd place in each category. Deadline for registrations is August 20th. Open to all DoD ID card holders age 16 and older. Contact the Fitness Center at 723-2145 for additional information.

Movie Night in the Park

Outdoor Recreation invites you to bring your family and a blanket to Bud Ebert Park for the FREE Movie Night in the Park on August 20th. Reserve your spot by 8:30 p.m.; movie begins at 9

p.m. The featured movie will be "Princess and the Frog". Concessions will be available for purchase. For more information, contact Outdoor Recreation at 723-3648. In case of inclement weather, Movie Night will take place at Treasure Island.

Street Painting

Contractors will be applying pavement paint to all base-side streets beginning on Friday, Aug. 20 and continuing through the weekend. Motorists are cautioned to avoid driving on wet paint and exercise patience when maneuvering around the affected areas. Contact 5th CES Service Contracts at 723-3766 for additional information.

Open Mic Night

Calling all poets, R & B, country, jazz, gospel, rock, and hip-hop artists. Come show off your talent during Minot AFB's "Open Mic Night" on August 21st at J.R. Rockers. The fun starts at 8 p.m. and runs until 11 p.m.; open to club members and non-members. For more information and to sign-up to perform, contact SSgt Brian Wyche at 723-1421 or TSgt LaToya Stewart at 723-7278.

HeartLink: A Right Start For Spouses

The Airman and Family Readiness Center hosts HeartLink on August 25th from 9:30 a.m. to 2 p.m. at the Doolittle Center. The class is for spouses with less than 8 years of experience with military and/or those new to Minot. This class is designed to provide important information to spouses on protocol, mission, financial readiness, resources, and the local community. It's a great chance to network with other spouses. Additionally, attendees have the opportunity to ask questions directly to a base leadership panel. Lunch and door prizes are provided. Interested spouses must pre-register by close of business on August 24th. For more information or to register, call 723-3950.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on August 27th at 5:30 p.m. There will be a variety of

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wings for bar food culminating into a wing eating contest. There are two categories of wings – spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for additional details.

Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on August 27th from 5-7 p.m. During this affordable, fun family event, you can bowl for 2 hours with up to 6 people on a lane for only \$25. The price includes shoe rental and a pitcher of soda. Call Rough Rider Lanes at 727-4715 for details.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on August 28th 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.

Lights & Strikes Family Night

Rough Rider Lanes is hosting Lights & Strikes Family Night on August 28th from 6-11 p.m. Experience disco lights and music for the whole family. Cost is \$2 per game. Don't miss this enjoyable family event. For details, call 727-4715.

UFC 118 Coming To J.R. Rockers

The UFC Fight Night pay-per-views held at J.R. Rockers have always been a "hit". Well fight fans, it's time to do it again as another Ultimate Fighting Championship is scheduled to take to the "UFC Octagon" on August 28th at 9 p.m. The event, UFC 118: Edgar vs. Penn 2, will be shown live from the TD Garden in Boston, Massachusetts. The lightweight championship is on the line during the UFC 118 when Frankie "The Answer" Edgar battles BJ "The Prodigy" Penn. Plus it's UFC versus boxing as Randy "the Natural" Couture takes on boxing legend James "Lights Out" Toney as Toney makes his mixed martial arts debut. The Ultimate Fighting Championship pay-per-view event is free for club members and \$5 for non-members. Doors open at 5 p.m. with the fight beginning at 9 p.m. A limited bar menu will be available. For more information, call J.R. Rockers at 727-ROCK.

Retiree Scramble Golf Tournament

The Retiree Scramble Golf Tournament will be held August 28th at 9 a.m. at the Rough Rider Golf Course. Teams of four will consist of retirees, active duty, and spouses. The entry fee for the tournament is \$15 per person; green fees and cart rental extra (includes meal). The tournament is sponsored by the David C. Jones Chapter of the Air Force Association. No federal endorsement of sponsor intended. Call the Rough Rider Golf Course at 723-3164 for more information.

Limited Lodging During Summer

TDY and PCS personnel should make summer lodging reservations as soon as it's needed; both on and off-base lodging is "extremely" limited in August. This is high season for Minot AFB and off-base lodging could be as far as 120 miles away.

J.R. Rockers Closed On Mondays

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

Today

- Water Carnival, 1300-1900, Outdoor Pool
- Anime Club, 1630, Base Library
- Lights & Strikes, 2100-2300, Rough Rider Lanes

Saturday

- Summer Reading Program Wrap-Up Party, 1300, Base Library
- 9 Pin No Tap Tournament, 1800-2300, Rough Rider Lanes
- Hip Hop Nite, 2300-0400, J.R. Rockers

Sunday

- All-Ranks Champagne Brunch, 1030, JDC

Monday

- Framing Class, 1000-1600, Arts & Crafts
- U.S. Kids Golf & Link Up 2 Golf, Aug 16-27, M, W, F, 1700-1800 or 1800-1900, Rough Rider Golf Course
- Step Class, 1700, Fitness Center

Tuesday

- Club Membership Benefit, all day, Rough Rider Lanes
- Relaxing Yoga Class, 1200, Fitness Center
- Resume Writing & Interview Skills Workshop, 1130-1300, A&FRC

Wednesday

- Federal Resume Workshop, 0900-1100,

A&FRC

- Gateway to Science/Raging Rivers Field Trip, 0930-2030, Youth Center
- Taco Bar & \$1 Drafts for Members, 1600, J.R. Rockers
- 4-Day Childbirth Class (3 of 4), 1900-2100, A&FRC
- Last day to register for Operation HEROES, A&FRC

Thursday

- Creative Kids, 1030-1130, Arts & Crafts
- Empowering Parent Class – Youth & Drugs, 1630, Youth Center
- Veterinary Appointments Available, call 723-6449, Vet Clinic

August 20

- August 5K Run, 1500, Fitness Center
- Show & Shine Car Show, 1630, Auto Hobby, located in the J.R. Rockers parking lot
- Block Party FSS Family Event, 1630-2000, J.R. Rockers
- Movie Night in the Park – Princess & the Frog, 2100, Bud Ebert Park
- Veterinary Appointments Available, call 723-6449, Vet Clinic

August 21

- Give Parents a Break, 1300-1700, CDC/SAP
- Otaku Minot, 1600-1800, Base Library
- Moonlight & Music, 1800-2300, Rough Rider Lanes
- Open Mic Night, 2000-0100, J.R. Rockers

Ongoing Events

- Equipment Orientation Class, By appointment, Fitness Center
- On-Base Roadside Assistance, Auto Hobby
- Youth Employment Skills, for ages 13-18, Youth Center
- U.S. Kids Golf & Link Up 2 Golf, Aug 16-27, M, W, F, 1700-1800 or 1800-1900, Rough Rider Golf Course



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<p>SERENE VIEWS! 3 BR & 2 bath home. Great open floor plan with 9' ceilings. Natural sunlight w/large insulated vinyl windows. Main floor laundry & attached double garage. Located between the river & secluded bluffs. Call Alecia Berg at 721-5996</p> <p>NOW \$179,900 #20101122</p>	<p>A MOVE IN THE RIGHT DIRECTION! 2 BR & 2 bath home in NW Minot. Well maintained ranch w/lots of curb appeal. Oversized garage & beautiful yard. Great starter home or rental. Call Bryan Knight at 720-0965</p> <p>\$139,900 #20101125</p>	<p>ONE OF A KIND CONDO! End unit w/ vaulted ceilings. 2 BR & 1 3/4 bath condo in SW Minot. Newer carpets in the living room & bedrooms. Large master bedroom w/walk-in closet. Call Dick Hodnefeld at 721-0299</p> <p>\$187,500 #20101114</p>
<p>REMOTE COUNTRY! Well maintained 5 BR (2 non-egress) & 1 3/4 bath home located on 4 acres of land. Large custom oak kitchen w/portable island & stainless steel appliances. Newer flooring in kitchen, dining & living room. 40'x32' heated, att garage w/40'x48' shop. Call Jeff Stremick at 721-2584</p> <p>\$235,000 #20101084</p>	<p>GREAT POTENTIAL! 3 BR (1 non-egress) & 1.75 bath home. Att single garage. Includes a duplex on the corner of Valley & Hiawatha. Great potential as 2 fix-up homes or leave "As Is" for 3 rentals. Call Kristen Boen at 340-5592</p> <p>NOW \$99,000 #20100756</p>	<p>ALL BRICK HOME IN GREAT LOCATION! 2 BR & 1 bath home located in NW Minot. Includes dining room addition w/full basement. 3 garage stalls plus 6'x12' storage area. Call Larry Sundbakken at 833-7363</p> <p>\$139,700 #20101102</p>
<p>GREAT HOME & RENTAL PROPERTY! 2 BR & 2 bath home located in NE Minot. Large kitchen & formal dining room add to the space on main floor. Home includes an office w/a 2 BR apartment. Apartment has separate entrance w/single att grge. Call Mona Prellwitz at 721-5250</p> <p>\$125,900 #20101113</p>	<p>CONDO WITH OPEN FLOOR PLAN! 4 BR & 3 bath newly updated condo. Kitchen includes granite counter tops, hardware on cabinets, interior doors, light fixtures & carpet. Daylight lower level includes large family Rm w/wet bar. Condo fees include water, garbage, cable, lawn care & snow removal. Call Vonnie Schoenborn at 720-0318</p> <p>\$234,000 #20101085</p>	<p>A SMALL SNUG SETTING! 2 BR & 1 1/2 bath home located in SE Minot. Att single car garage w/fenced in backyard & shed. Great starter home or rental. Call Linda Zimbelman at 721-9308</p> <p>\$114,900 #20101112</p>
<p>CLASSY OLDER HOME! 2 BR & 1 bath home. With a little TLC & cleaning this home will be ready for your 1st home or a great rental. Call Gene Eggen at 721-9595</p> <p>\$69,900 #20101138</p>	<p>LUXURY TOWNHOUSE! 3 BR & 2 bath one owner home. Open kitchen w/ custom oak cabinets, center island & built-in china cabinet. Comfy living room w/fireplace & bay window. Heated att 3 car grge. Call Bernie Pellenwessel at 721-5221</p> <p>\$223,300 #20100938</p>	<p>NEXT TO NEW CONDO! 3 BR & 3 bath condo. Master bedroom w/master bath. Nice finished porch. Large finished daylight lower level. Quick & easy access to shopping & restaurants. Call Brian Berg at 833-4867</p> <p>\$233,000 #20100863</p>

International Country Gospel Music Fest

The event is a music festival of country gospel with performers from both Canada and the US at the International Peace Gardens in the Burdick Center for the Performing Arts, Dunseith. The event starts Saturday, August 14 at 5 pm until 9 p.m. A church service on Sunday, August 15 at 11 a.m. and music to start at 1 p.m. until 6 p.m. Concessions are available on the grounds. Visit www.internationalcountrygospelfest.com for more information.

Block Party

North Hill Baptist Church 524 21st Ave. NW is having a Block Party on August 14th from 12 until 3. These same merchants and services have come together to provide give aways and prizes for the event. Sandwich certificates, personal pan pizza, buy one get one free bowling coupons, an oil change, haircut and beauty salon certificates. The grand prizes will be a E- 100 RAZOR (electric skooter) and two MP3 players. Call 839-7283 for information.

Youth Shooting Sports Event

Instruction offered in the following shooting disciplines by Certified 4-H Shooting Sports Instructors: Air Rifle – Ages 8 & up, Archery – Ages 8 & up, .22 Rifle – Ages 11 & up, Shot Gun – Ages 11 & up and Muzzle Loader – Ages 11 & up. Event is open to all youth ages 8 to 18 years. Saturday, August 14, 2010, Registration at 9:30 a.m. There is no charge for this event. Noon meal, all equipment and ammunition will be furnished.

Prairie Arts Show and Sale

The show will be held August 14-15 at the Metigoshe Christian Center, north of Bottineau. The hours are from 10 am to 4:30 pm on both days. Marion Nelson of Rugby is the Featured Artist. Paintings in various media, needlework, gemstones, decorative and china painting, jewelry,woodworking, clocks, willow furniture, bag and aprons are some of the items to be shown. Only hand-made items are allowed at this show. Call Joyce at 701-228-2805 for more information.

Memorial Rodeo

The Triple R Saddle Club and the Roughrider Rodeo Association presents the 11th Annual Bennie Schimmelfenning Memorial Rodeo, August 14th and 15th at the rodeo grounds south of Ruthville. Slack will start at 10 a.m. on Saturday, August 14th with the performances at 4 p.m. and at 1 p.m. on Sunday, August 15th. Events included are bareback broncs, saddle broncs, calf roping, barrel racing, steer wrestling, goat tying and bull riding. Contact Bonnie Goldschmidt, 833-2404, for more information.

Auditions for "On Golden Pond"

Paula Lindekugel-Willis will direct auditions on August 16th and August 17th at 6:30 p.m. at the theater. The cast calls for five adults and one youth. Off-stage help is also needed. Call 838-3939 for more information.

Rummage & Bake Sale

Vincent United Methodist Women will hold a Rummage Sale and Bake Sale on Tuesday, August 17 from 9 am - 2 pm. Featured on Tuesday will be lunch of homemade soup and sandwiches beginning at 11 am and served until gone, homemade sweet treats all day and Bag Bargains from 1 - 2 pm. A bake sale will be held in conjunction with the rummage sale. The church is located at 1024 2nd St. SE, four blocks east of Toads. Customers are asked to use the south entrance to the church.

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<p>\$123,000</p> <p>New listing! 30x80 Man. home on beautiful treed lot in Velva. Super garage perfect for business, toys, or vehicles. Large new deck. Call Sharon Jensen at 721-7701 #20101106</p>	<p>\$182,000</p> <p>Great SW location near 3 schools. 2 BR + 1 large non egress in bsmnt. Double 24x26 garage + extra parking pad. Newer appliances & water heater. Large deck & garden spot. Call Jani Thomas at 721-0259 #20101126</p>	<p>\$109,900</p> <p>Here is a great little one level 3 BR home located just 20 minutes from Minot. Call Mary Shelkey at 240-7355 #20101004</p>	<p>\$19,900</p> <p>Only 30 mins. from MAFB. 3 BR, 1 full bath and lots of original woodwork. Good shingled roof. Does need TLC. Very cute home and nice lot. Call Holly Nelson at 833-2185 #20100903</p>	<p>\$97,900</p> <p>Why rent when you can own this 2 BR, 1.75 bath condo. Tons of updating throughout including new appliances & jacuzzi tub. 1 stall garage - VA approved. Call Connie Lord at 389-8869 #20100975</p>
<p>\$30,000</p> <p>Looking for affordable living? Need a place for hunting season? Make this 3 BR, 1 bath home yours. On 4 beautiful city lots. Call Connie Lord today at 389-8869 #20100902</p>	<p>\$199,000</p> <p>Cowboys Corner Cafe - turn key business includes equipment, inventory, liquor license and has an established cliental for catering business. Call Petra Drouin at 721-2506 #20100648</p>	<p>\$239,000</p> <p>Beautiful 3 BR home w/2 car garage being built in Stanley. Scheduled to be finished near end of Aug. 4 more to be built in all. Come early & pick colors & carpet. Call Petra Drouin at 721-2506 #20100950</p>	<p>\$199,900</p> <p>Gorgeous 4 BR, oversized 2 car w/ over 3500 sq ft in a "todie for" neighborhood. Hardwood flooring & crown molding galore. Well kept & even has cnetral air. Call Petra Drouin at 721-2506 #20101124</p>	<p>\$150,000</p> <p>Roto Rooter Business - includes training, equipment, vehicle & all the area rights. Many established accounts - Be your own boss! Call Petra Drouin at 721-2506 #20100309</p>
<p>\$234,900</p> <p>5 year old 3 BR home with 2 baths & double car garage sitting on 2 acres just minutes from Minot and the MAFB. Call Trip at 340-1636 #20101060</p>	<p>\$79,000</p> <p>Great fixer upper located in SW Minot, beautiful yard, real hardwood floors, 2 baths, 28x20 garage. Sold as is. Call Donna Verland at 720-4451 #20101117</p>	<p>Greg Aasmundstad 720-5748 Jane Mayer 833-7420 Noreen Bahn 228-3979 Bob Nelson 833-2035 Donna Berland 720-4451 Holly Nelson 833-2185 Ruth Denny 833-8757 Lisa Olson 340-8177 Petra Drouin 721-2506 Tony Overlie 240-4944 Tom Drouin 578-0061 Dawn Rasmussen 833-1770 Donna Grilley 721-0209 Linda Reynolds 509-3790 Sheldon Gudmunson 240-8464 Shay Romich 833-7815 Bryan Hanson 763-300-2741 Jacque Rutten 721-6404 Lyle Heide 720-1666 Dianna Rylander 721-2682 Sharon Jensen 721-7701 Mary Shelkey 240-7355 Chanda Klug 340-2957 Jani Thomas 721-0259 Lori Knutson 720-2017 Chris Tietz 425-2032 Connie Lord 389-8869 L.E. Triplett 340-1636 Dorothy Martwick 721-0937 Jan Tucker 340-6664 Michael Unhjem 340-2024</p>		

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Kindergartners Party at the Library

All children entering kindergarten this fall is invited to a kindergarten party to be held on Wednesday, August 18th at 2 pm in the Imagination Station of the Minot Public Library. Children MUST be pre-registered by August 17th. For more information or to register your child, call the Children's Library at 701-838-0606.

ILS Class "Cooking"

Summer is here, and what better way to kick off the season than taking advantage of the amazing foods that come along with this time of year? Independence, Inc., a resource center for independent living, will be offering a class intended to teach you the skills you need to cook these delicious dishes on Thursday, August 19th at 1:30 p.m. For more information or if you would like to sign up for the class, contact Kami at 701-839-4724 or by email at kami@independencecil.org. We hope that you will join us!

"Corn Feed" in Surrey

On Thursday, August 19th at the Surrey Senior Center from 5 pm to 8 pm. Menu: Corn (all you can eat), sausage, coleslaw, buns, bars and beverage. Cost: Adults \$8, ages 5-12 \$5 and children under 5 eat free. Entertainment provided.

Picnic & Norwegian Golf

Independence, Inc., a resource center for independent living, will be offering new & exciting events as part of our recreation program & outings. Join us for an exciting afternoon of playing Norwegian golf, eating pizza, and meeting new friends Friday, August 20 at 11 a.m. at Shelter #9 in Oak Park. For more information or to sign up for the event, contact Kami or Colleen at 701-839-4724.

Fall Festival

Saturday, August 21, 10 a.m. to 5 p.m. Fun activities for all ages on Main Street Minot. For more info call 839-8928 or email gourmet@minot.com.

"Why Not?! Music and Arts Festival

Pangea House & 62 Doors Art Gallery will host a 3-day music and arts festival. A variety of events are scheduled to take place Friday-Sunday, August 20-22 including a Skate Demo, an arts and crafts sale at The Carnegie Center, open studios at 62 Doors Art Gallery, concerts featuring punk rock, folk and indie bands from WI, MN, MT, SD, and ND. All bands will play an all ages venue throughout the week! Tickets for the entire event are available online for \$15 or

individual show admission can be bought at \$7. For more information visit www.pangeahouse.org/whynot or call Jazmine at 720-0308 or jazmie@srt.com.

Encampment at Fort Buford

The 29th Annual Encampment at Fort Buford will be held August 20-22 at 10 am, 22 miles southwest of Williston (Highway 2 West to 1804 West).

Rock the Leaves

This is a yearly benefit concert featuring both local and nationally renowned performers, is slated for Saturday, August 28th in Minot's Oak Park from 12 Noon to 10 pm. All funds donated will go to defray the medical expense of Trish Cantone, a young Minot woman who is soon undergoing heart surgery. For more information, daniel.hansen@my.minotstateu.edu or call 701-833-6868.

Beach Party 2010

On Saturday, August 28th from 5 pm to Midnight at Fort Stevenson State Park in Garrison, ND. Dance to "Billy D & The Crystals" 7:30 pm to 12 am. Games for kids, inflatables, beach party store, food concessions and karaoke by Funtyme. Tickets: \$10 Adults, \$5 children, Wristbands: \$10 Unlimited, \$5 for 10 games.

Gospel Concert

On Sunday, August 29th - Saron and Peace Lutheran Churches - 9 a.m. - 11 a.m. Recording artist Steve Desmond will present a Gospel concert during the worship services. A Free will offering will be taken.

SVAS Furry Scurry Walkathon

The Souris Valley Animal Shelter is having their annual Furry Scurry Walkathon 2010 on Saturday, September 4th at Oak Park Shelter #9. Bring your pets, show off their talent and have a great time!! Pick up your registration forms now and start collecting donations! Forms can be picked up at the shelter, area vet clinics or on our website at www.svaspets.com. For information, call Susan 839-6770.



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

Answers to puzzle on page 10

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