

Comics depict heroes, Airmen are heroes

by Senior Airman Benjamin Stratton
Minot Air Force Base
Public Affairs

[Editors note: This story is part three of a three part series highlighting Staff Sgt. Eric Henson's gift in comic art and how he incorporates them and what they mean into his everyday life and family as an Airman.]

He does it all. He draws, sketches and inks and when given the opportunity, he Lay leads protestant Sunday morning worship at the base chapel. He's also a great father and husband to a devoted family. But what ties it all together? Why did he join the Air Force?

"I originally came into the Air Force because I was searching for a profession that would bring about a huge change in my life," said Staff Sgt. Eric Henson, 5th Force Support Squadron base personnel reliability program monitor. "I had been in college and then went into law enforcement, but I still hungered to do something on a grander scale. So I prayed and sought the wise counsel of my father, who is prior Army, and he led me to the Air Force. I'm grateful he did. Things have been incredible ever since."

While the Air Force has made an impression on Sergeant Henson, he has made his own impression on his leadership here at Minot AFB.

"Sergeant Henson has proven himself to be the subject matter expert for all matters PRP related," said Marc Green, 5th FSS base PRP manager. "He is the focal point for all questions, be it from unit monitors, commanders and in some cases, HAF/A10 (HQ Air Force PRP Office). All successes the installation PRP office has enjoyed have been a direct re-

flection of Sergeant Henson's efforts."

Everyone has their reasons for joining, but all Airmen learn their service's core values. These values instill a sense of dedication and commitment to the Air Force's mission, which Sergeant Henson holds close to his heart.

"To me, the Air Force core values are a tremendously important foundation of being an effective Airman and a great person," Sergeant Henson said. "I really believe if we embrace those values and live them out versus merely reciting them, then we would see an enormous change in the quality of our service and ourselves."

The core values are one thing, but how does he fit all he does into his career as an Airman?

"Time management is always tough," he said. "I used to try to prioritize by what needs to be accomplished first. However, over the years I have learned I must be careful not to make them 'compete' with one another. In other words, I try to incorporate each activity together instead of compartmentalizing my life. In essence, I actually do all of them at the same time."

Great time management skills are especially important in the eyes of his leadership. He said his chain of command recognizes his devotion to Minot's unique mission.

"For two years, Sergeant Henson has been the noncommissioned officer-in-charge of the Minot AFB Personnel Reliability Program, the largest in the DoD," Green said. "He is one of the most spiritual and family oriented individuals I have had the pleasure of working with. I would have to say, without a doubt, knowing him has had a profound impact on myself, both professionally and personally. He is a reflection of how we should



(U.S. Air Force photo by Senior Airman Benjamin Stratton)

Staff Sgt. Eric Henson, 5th Force Support Squadron base personnel reliability program monitor, inputs information into the Minot AFB PRP tracking database here Aug. 16. Minot is home to the largest PRP program in the Defense Department and home to the only dual-wing, nuclear base in the Air Force.

all strive to carry ourselves."

With this kind of support, one can really see what makes this Airman a blessing to the only dual-wing, nuclear capable base in the Air Force.

"Being at this base has taught me about professionalism and meeting deadlines," said Sergeant Henson. "It has taught me to endure and to finish the missions I start. All of these things are of great value both inside and outside of the military."

As one of five bases in Air Force Global Strike Command, Minot AFB is home to a unique mission. The base proudly hosts two wings, the

5th Bomb Wing and the 91st Missile Wing. Each wing has members enrolled in the PRP program. This program is essential to the success of the base's mission as it ensures those working with the nation's nuclear defense weapons always maintain their reliability through constant monitoring, by commanders, supervisors, the military treatment facility and individual's peers.

"As a base PRP monitor I ensure the integrity of the program is upheld and it is executed properly," Sergeant Henson said. "I provide the training to those who make

the PRP function and do my best to help ensure only the most reliable individuals perform duties associated with nuclear weapons and their critical components."

"Safety, security, control and effectiveness of nuclear weapons are of paramount importance to national security," he added.

Comic artist, Lay minister and Airman all rolled into one exceptional team player.

"As a comic artist I get to depict heroes," the sergeant said. "As Airmen, we get to be those heroes. One helps me better understand the other. It's as simple as that."

Pedestrian safety, situational awareness

by Rod Krause

5th Bomb Wing Ground Safety

Approximately 5,900 pedestrians in America are killed by automobiles every year. Almost one-third of these victims are children under the age of 15. Everyone is obligated to abide by the same traffic laws that assure the safety of walkers, bicyclers and motorists alike.

Parents are also obligated to teach their children the importance of traffic safety, especially in housing areas where streets have a tendency of being smaller. Here are a few pedestrian safety tips to follow:

Walk on the sidewalks - Stay on the sidewalks and crosswalks. Avoid walking in traffic if there are no sidewalks or crosswalks. If no other choice is available, walk facing the traffic.

Look LEFT, RIGHT and LEFT for vehicles - Stop at the curb and look LEFT, then RIGHT, then LEFT again. Stopping at the curb signals drivers of an intention to cross. Cross in marked crosswalks and obey the signals.

See and be seen - Stay out of the driver's blind spot. Make eye contact with the driver when crossing busy streets. If walking at dusk

or dark, wear reflective gear and carry a flashlight. Vision is more impaired at night.

Watch the children - Do not let the children play in streets or close to roads. Do not let them cross the roads without supervision. While walking through the housing area, ensure to be aware of any cars pulling out of their driveways, especially if they are backing out. These cars may not always be aware of who is walking behind them. Children are small, unpredictable and cannot judge vehicle distance and speeds. Start teaching children at an early age on traffic safety. Teach the colors of all of the traffic lights and the vehicle lights and what they mean. Educate the importance of not darting out on the road, even to chase a ball.

As a motorist on Minot AFB, do not always assume the people around are paying attention. Sometimes their attention can be diverted especially if they're children. All people are unpredictable and as a motorist, being alert comes with the territory.

Pedestrians can be encountered anytime and anywhere, even in places where they are not supposed to be. They can be hard to see, especially at night or while it's



raining. Drive slowly through these areas if visibility is reduced. Stop for pedestrians who are in the crosswalks and when stopping for a pedestrian in the crosswalk, make sure there is enough distance between you and the pedestrian for cars in the other lane to see them and stop in time. If vehicles are stopped in the street ahead, do not just assume passing them is the best option, maybe they're waiting for a pedestrian to cross the road.

When turning right on a

red right, always look to the right as well as the left to make sure pedestrians are not crossing in the crosswalk. If there is a pedestrian wearing headphones or using a cellular phone, be attentive for they may not hear vehicle in their immediate area.

Remain vigilant at all times, especially in areas where children may dart out unexpectedly into traffic areas. These include base housing and school areas, near school buses and around ice cream trucks. While backing

out of the driveway, always look in the back window as well as mirrors to ensure no kids are behind the car.

One last tip to keep in mind, if a child is seen in the front yard or near a curb, always assume they will dart out on the road. If this is always kept in the forefront of the mind, this will lessen the chances of a child being struck. Keep situational awareness in mind, whether in the shoes of the pedestrian or the motorist. It could be a matter of life or death.

DoD childcare fees will soon change

by Ian Graham

Department of Defense

WASHINGTON (AFNS)

- The Department of Defense announced recently the school year 2010/2011 child care fee policy that will help pay for childcare services, including staff for child development centers and school-age care programs.

The policy, a change in the income and fee ranges, is designed to have as little impact as possible on families. Whether the change is a decrease or an increase depends on their income, said Barbara Thompson, director of DoD's office of family policy/children and youth.

The new fee policy will be implemented on or before September 30 of this year. The department has broadened child care fee ranges,

raised the income cap on each fee range, and established the top range at \$125,001 a year and above to adjust for higher salaries in the military and to better represent different income groups. Previously, families earning \$70,001 a year and above all paid the same fee for child care.

"What are the economic realities of providing high quality child care?" We recognized that our families' incomes were not in sync with our current fee ranges," Thompson said.

Salary range is based on total family income, not rank, Thompson said. Each service will still have its own guidelines for installations in addition to the department-wide policy. Installation commanders can set the price for each salary segment within a range, depending on local

economy and what he or she sees is needed at the installation level.

"If you look at what you're getting for your childcare fee, it's a wonderful opportunity to take care of your child in a high-quality environment," Thompson said.

Defense Department childcare facilities provide families with 50 hours weekly of care, including two meals daily and up to two snacks. The increased fees amount to a small hourly increase, Thompson explained.

"[Under the current fees] if you're in the lowest income category at your installation, you're paying 86 cents an hour for childcare. At the high end, you're paying \$2.52 an hour," Thompson said.

"The next iteration of our fee ranges, if you're in the very lowest range, you'll be pay-

ing 88 cents an hour, and the very high end will be paying \$2.78 an hour."

The policy comes as costs for providing childcare are on the rise. Caregivers' salaries have risen, and there is increased demand for well trained and professional staff.

In addition more than half of the children in the department's child care programs are under the age of three - an age group that requires a higher ratio of staff to child to meet their needs.

Thompson said there has been some concern that parents who see a fee increase will opt to have their child placed in a non-DoD program. She said that could be problematic for parents, because there's no uniformity of care between states; a highly rated center in one state

may be considered subpar in another state. The Defense Department's program meets or exceeds most standards.

Ninety-eight percent of DoD's child development centers are nationally accredited, a rate which dwarfs the eight to ten percent accreditation rate among community childcare centers. Accreditation ensures the highest quality services, environment, curriculum and staffing.

"We have a childcare program that's called 'the model of the nation' because of our commitment to quality and level of oversight," she said.

"It's the department's commitment to provide that for our children. We're hoping our families recognize that it is a partnership between the DoD and parents as well as their investment in their child."

Being ready for FPCON surges

Minot Air Force Base Antiterrorism Office

By its very nature, Force Protection Condition (FPCON) DELTA dictates that all missions halt except base security. This includes training, administrative functions and most day-to-day operational activities.

What is required if the base surges to FPCON DELTA in response to a terrorist attack? If the base locks-down, what do Airmen and their families do if on base? What if they are off base? What should be done to support the unit and/or installation in the event of an attack? These are critical questions every Airman, contractor, civilian employee, family member and installation guest must ask themselves.

If a terrorist attack occurred at Minot AFB, security forces will be fighting to protect personnel and resources. Simultaneously, the base will be implementing appropriate FPCON measures. Among many other requirements, base residents

of Minot AFB can expect rigid security at base gates and immediate restrictions on their movements. Many base gates will be closed, and strict security checks at others could result in long lines of traffic. Base residents classified as non-mission essential can expect orders to stay home; but be ready!

"If we go to FPCON DELTA there will be very little available in the way of services on the base," said P.J. Pallotta, 5th Bomb Wing antiterrorism officer. "Everything shuts down and most of us will sit in our residences and wait it out. We will work through the issues and hopefully restore essential services quickly to enable us to continue our missions."

"The elevated security measures will not last forever," Pallotta added. "If we do ever go to FPCON DELTA there will be overt inconveniences. But hopefully, it will last only a very short time."

As a result of limited services while in higher FPCONs, all base residents should keep extra supplies such as non-perishable foods,

diapers, formula, medicines and bottled water on-hand (typically at least a two to three day supply). Avoid coming on the base unnecessarily, as the lines will be long. Visit www.ready.gov to create your own plan and build a disaster kit.

Implementing FPCON CHARLIE or DELTA is extremely difficult. Everyone's help is required to allow security forces to protect base personnel and secure critical war-fighting resources. These FPCON measures will create hardship and most certainly affect activity both on- and off- base. During increased FPCONs, the major concern is positively controlling access to the installation. Non-mission essential movement on, off and around base must immediately halt. In DELTA, installation gates will immediately close and no one will be allowed to enter or leave. After the event is quelled, base entry and exit may resume. Security personnel will conduct complete searches on all vehicles entering the installation.

If DELTA is implemented,



(U.S. Air Force photo by Senior Airman Sharida Jackson)

Force Protection Condition, FPCON, is a Department of Defense threat system that describes measures taken in response to various threat levels. The highest level, FPCON DELTA, is initiated when an attack is in progress or has just occurred.

the entire base will likely hear the audible wavering tone and verbal instructions over the installation emergency broadcast system (giant voice). At this time, all personnel should go inside the nearest building or house and lock the doors. This is absolutely necessary to neutralize the threat and allow first responders to save lives. Once secured in the nearest shelter, await further guidance from the commander and if possible, contact family members to implement your emergency plan. A good communications plan helps determine loved ones' whereabouts while staying in place. Loved ones should know the plan and be ready to follow announcements from authorities both on- and off-base.

Follow-up announcements will be broadcasted over the base's giant voice system, through electronic battle staff directives, on the commander's access channel and through unit control centers.

"The FPCON system is

placed in effect to protect, not inconvenience Airmen, families and visitors," said Timothy Allen, 91st Missile Wing antiterrorism officer. "Everybody plays a vital role during increased FPCONs. Whether you are a first responder or person behind a desk we must all work as a cohesive team."

"Reacting appropriately is the key to security and survival during any situation. FPCONs are no different," added Allen.

These tools will provide accurate and up-to-date information as the base and local community work together to mitigate the incident and threat at hand.

This year marks the ninth anniversary of the Sept. 11 terrorist attacks. Terrorist attacks across the globe continue to occur and no one knows who, when or where the next tragedy will occur. The threats we face today as a nation and a community are very real and very dangerous.



CJCS hosts virtual town hall meeting

(DoD Photo by Mass Communication Specialist 1st Class Chad J. McNeeley/Released)

Navy Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff, addresses students at the Naval Postgraduate School in Monterey, Calif. on Aug. 10, 2010. Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff, is answering video questions posted to his YouTube site, titled Ask the Chairman: A Virtual Town Hall II, between now and Aug. 30. Visit the site at <http://www.youtube.com/watch?v=1aRAzhQwJh8> to upload a question to Admiral Mullen and view other service-member's questions.

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 Logistics Readiness Squadron

Senior Airman Gregory Carreon
Senior Airman William McDowell

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i. Identification of the editorial staff by name and position, and description of content from Minot Air Force Base will include: "Stories and photos contributed by BHG News Service and Minot Air Force Base Public Affairs". Visual information is no longer a recognized career group in the Air Force.

ii. Submissions: We welcome your stories and photos if interest to the readership of the Northern Sentry. E-mail articles and photos for possible publication in the Northern Sentry to nsads@srt.com. Minot Air Force Base Public Affairs reserves the right to not authorize publication.

Submissions: We welcome your stories and photos of interest to the readership of the Northern Sentry. E-mail articles and photos for possible publication in the Northern Sentry to nsads@srt.com.

Photos: Photos must be 4"x6" or at least 200 pixels in order to assure print quality. If questions, please e-mail nsads@srt.com.

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To view the paper online go to www.northernsentry.com.

Local Weather

Fri
8/20 88/55 

Mostly sunny. Highs in the upper 80s and lows in the mid 50s.

Sat
8/21 88/64 

Abundant sunshine. Highs in the upper 80s and lows in the mid 60s.

Sun
8/22 96/63 

Sunny. Highs in the mid 90s and lows in the low 60s.

Mon
8/23 78/53 

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

Tue
8/24 72/51 

Partly cloudy. Highs in the low 70s and lows in the low 50s.

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operation homefront

Commentary by Martina Kranz
Northern Sentry Writer



Boxes, Bags and Newspapers

Last week, when I was downstairs in my house, I looked through a folder full of different recipes and the 2009 Christmas gift articles from the Northern Sentry supplements. I had a special idea for a homemade cookbook as my daughter's wedding gift.

As I looked over at my husband's pile of belongings, I saw my cardboard boxes. The boxes and the Christmas gift articles gave me an idea about an article to write for Operation Homefront. I thought about what I do to put together care packages, birthday boxes, and Christmas packages.

Paper and bows in every shade and pattern make presents special, but don't forget about the package materials. For a long time, I always had a hard time when I sent packages; the worst part was the package

materials. I shopped for and wrapped up the gifts, but then I didn't have a box or paper to put them in the mail. Then, I went on frantic searches for these items in order to get the packages in the mail on time.

I began to save cardboard boxes all year long in anticipation of special occasions, such as birthdays, and the holidays. I ask personnel at department stores or the commissary for any empty boxes. Most of the time, personnel are very helpful and you might get a choice of sizes. I also save boxes from purchases.

At year's end, I save my newspapers to use for packing material. I just crinkle or fold the newspapers and stuff the empty spaces so the gifts don't bang around.

Large brown grocery bags are fantastic for book covers, but they also

make wonderful postal paper. If you need a super large piece to wrap your box, just tape together several sheets from the bags.

I buy rolls of clear plastic tape. I not only use it to seal the box, but I put the tape over the address and the return address. If rain or snow gets on the box, the addresses won't smear or wrinkle and are still readable.

I ordered gifts online before, but nothing beats hand-picked presents. You pay for shipping costs when you order online anyway; so why not package the gifts by hand and add your own personal touch.

If you save package materials during the year, it gives you more time to choose personal gifts and less time to worry about package supplies.

Compassionate Air Force steps up

Commentary by Maj. Joel Neeb
12th Operations Group

RANDOLPH AIR FORCE BASE, Texas (AFNS) - Last summer I remember hearing that this was the "Year of the Air Force Family", but it really didn't mean anything to me. Privately, I even wondered if it was just lip service paid to whitewash the toll that increased deployments were having on servicemembers. I went on with my daily routine and pretty much forgot about it.

Then, in February, my life changed forever. I was diagnosed with stage three appendix cancer, and I needed major surgery immediately, followed by six months of chemotherapy. One day I was fighting to become a Thunderbird pilot and the next I was quite literally fighting for my life.

Unbelievably, at this same time, a dangerous quarter-sized lump was discovered in my three-year-old son's left lung, and we were both under the knife within weeks of each other. My worst nightmares were coming true, and I was terrified. My life was turning upside down, and I didn't know where to turn.

That's when the Air Force stepped in. When I woke up from surgery, I was surrounded by members of my squadron who came to be by my side. Within days of my diagnosis, wives

of military members I had never even met before were beating down my door with meals for my family. My wing commander and operations group commander visited to find out what they could do to help. The co-workers in my office got together and split up my duties so I wouldn't be burdened with any unfinished work. My parents were flown out to be at my side. My medical travel, bills and future appointments were all taken care of by an Air Force medical liaison.

I was truly humbled by how quickly and passionately my brothers-in-arms moved to help out my family. But, when I thought about it, I realized that this was no different than how I've seen them respond to others during stressful times in the past. I've witnessed countless meals made for parents of newborn children, help and support for families of deployed members, and squadrons band together to care for the grieving family of a loved one lost. That's just what we do in the Air Force.

I don't know if we realize how special this is. I can think of no corporation in the civilian sector where the CEO would personally visit to find out how he could help during a tragedy, as my wing commander did for me. There's no other community in the world that takes care of each

other like we do. We may have to deal with long periods away from home and the stress of combat, often for less money than our civilian counterparts, but we are all in this together.

The truth is, we are a family, and I couldn't have made it through the last six months without you. I hope you never have to go through what I did, but if you do, rest assured that your Air Force family will be there covering your "6" along the way, too.



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. 19 to Aug. 21 are from the 5th Medical Group.

Saves through August 14: 619

Northern Sentry
839-0946 or email us at nsads@srt.com.

A contractor's perspective on the Air Force

Commentary by David W. Roberts
Defense Media Activity-San Antonio

SAN ANTONIO (AFNS) -

"Where's Sergeant Thompson?"

"He's TDY until Wednesday at oh-six-hundred, but then he has his PT test, and he starts out-processing next week for his PCS to a new AOR."

"Oh. I thought he was going to help me with the CSAF and SecAF stories, but I guess I'll have to check with my NCOIC to see what the plan is."

"Well, if you need help with the photos, you can call the MAJCOM with the VIRINs, and they should be able to get you the cutlines ASAP."

While this hypothetical conversation may be an exaggeration, it captures the essence of the dialogue I heard on my first day as a contractor for the Air Force News Service at Defense Media Activity-San Antonio.

Prior to my arrival, I was unaccustomed to working with members of the military. As a result, my first days working alongside my Airmen colleagues were both humbling and enlightening.

In addition to my cluelessness about the countless acronyms being constantly banded about, I was also largely unaware of the sacrifices made by those with whom I was working.

While I had always respected servicemembers' role in protecting our nation, I didn't fully realize that the mission to protect and defend extended at all times to each and every member of the military.

Like many civilians who have seldom crossed paths professionally with men and women in uniform, I always assumed that wars were fought by designated combat troops, with other military members supporting the mission, but otherwise leading "ordinary" quasi-civilian lives. I figured that outside of combat operations, other military members worked 9 to 5 jobs, and went about their day-to-day routines outside the office as any civilian would.

In some regards, this is true. Many servicemembers do work in an office environment similar to their civilian counterparts. They spend time off with friends and family, and are continuously working to grow in their careers.

That said, however, I have learned that the life of a servicemember requires a unique set of challenges and sacrifices not often faced by civilians.

Perhaps the most poignant of these is the fact that many current servicemembers have, at some point in their careers, deployed to Iraq or Afghanistan, in support of operations Iraqi

Freedom and Enduring Freedom.

The stories of the dangers, trials and triumphs of deployment, as told by my coworkers and in countless news articles and commentaries read during the course of my daily responsibilities as an editor, have been both touching and heart-wrenching.

Additionally, when servicemembers deploy, they leave behind loved ones and the comforts of home. They spend holidays, birthdays and anniversaries in far-away places, sometimes in dangerous situations and environments, and they do and have done so willingly, so that civilians like me can sleep safely at night without fear.

Moreover, in addition to the challenges of deployment, I have learned that servicemembers also face a unique set of circumstances at home.

For instance, when my work day is finished, my time is essentially my own until the start of the next work day. However, for military members, the duty day never ends. Servicemembers are on duty 24/7, and as a result, they must be prepared to report to work whenever they are needed. This means that they face restrictions on conduct, travel and personal freedom that those of us in the civilian world often take for granted.

As a result of this constant dedica-

tion, our homeland is safe, and our nation remains strong.

Because of this, I am both privileged and proud to have the opportunity to work beside my Airmen counterparts, and to gain a perspective on both the Air Force and the greater U.S. military that many civilians may never encounter. Each day on the job is a learning experience, and the more I learn, the more I am able to contribute, within my function, to the Air Force's mission, which in a small way is my mission.

This mission has changed the way I think. Where I previously seldom noticed Air Force planes in the sky, I now try to identify them.

Where the operations in Iraq and Afghanistan used to be news stories on television, now I sit up and take a personal interest in what is going on there and how it affects our men and women in uniform.

And, where I used to bristle at the copious use of acronyms, I now use them on a regular basis, though I sometimes forget that DEERS does not refer to an animal, and OIC is not an expression to indicate understanding. Most importantly, though, I appreciate the men and women of the U.S. military for their hard work and dedication.

Thank you for your service.

Into the deep blue sea ... of social media

Commentary by
Staff Sgt. Patrice Clarke
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE

BASE, Colo (AFNS) - My mother is on Facebook. Yes, I said it ... the woman who can't set the time on her DVD player without having the offended machine shoot angry DVD's at her is now able to go online and poke, prod and update at her leisure. I tell you this only to say that if you haven't heard of social media, you're probably living at the bottom of the deep blue sea.

There is resounding evidence that Air Force members are using social media with great abundance. According to the Air Force Social Media Use Survey, 69 percent of Airmen use YouTube, 48 percent use MySpace and 50 percent currently participate on Facebook. There are also numerous Airmen out there "tweeting," blogging and photo sharing.

As a public affairs professional, I am all for this. We want more Airmen empowered to be spokespersons for the Air Force. Gone are the days when only the commander or senior enlisted members were the ones telling folks about what's going on in the

Air Force.

With this empowerment comes responsibility. With the world just a Facebook friend away, Airmen need to know that what they put on these social media Web sites is looked at ... a lot.

Just ask the young Air Force Academy cadet whose roommate taped him dancing after class his sophomore year. That video received more than 500,000 different views on YouTube but then it really went viral. CNN worldwide picked up the story and did a feature on the dancing cadet. This same cadet even got a shout out from Secretary of Defense Robert Gates during the cadet's Academy graduation.

The then cadet was embarrassed by the attention his dancing skills received, even though it in no way showed the Air Force in a disparaging light. Airmen must remember that they are military members at all times. The things you post on these sites can always be linked back to you ... and the fact that you're a military member.

Remember, this Air Force is pretty small and you are a representative of the Air Force 24/7. There is a good chance that even though your im-

mediate supervisor isn't one of your Facebook friends, one of his friends probably is.

Social media isn't rocket science. If at any point you are worried about what your mom or your supervisor or your commander would say about a post, blog, picture or tweet, don't post it. Things posted to the internet are everlasting, and once posted, they're out there for everyone, including our adversaries, to see forever. Though you may think that you're just telling 549 of your closest Facebook friends that you are flying out from your deployed location at 9 a.m. on such and such a date, and you have a layover in Germany before flying out again three hours later, you've also just given out vital operational security information to those 549 friends and all of their friends as well.

You may think you're just letting everyone know so they can have the

bells and whistles ready for your return, but in reality, you just put all the other redeployers lives in jeopardy as well.

Social media isn't going anywhere. With the technological advances that occur every day, you can rest assured that Facebook, Twitter and all those other sites are just the beginning of an information evolution. With every Airman being a spokesperson these sites help the ultimate goal of telling the Air Force story. Airmen just need to remember that they should tell the story the smart, secure way.

If You Have Any Problems Concerning The Delivery Of The Northern Sentry On Base, Please Call Michelle Bock at 838-5937



Dover Reserve aircrew supports Canada's Operation Boxtop

by Capt.
Marnee A.C. Losurdo
512th Airlift Wing Public Affairs

DOVER AIR FORCE BASE, Del. (AFNS) - The Air Force Reserve Command's 326th Airlift Squadron put another "pin" on the map due to its recent support of Canadian Operation Boxtop.

The aircrew's mission was to deliver a Halverson 25K-loader to Thule Air Base, Greenland, for transport to a Canadian air base referred to as Canadian Forces Station Alert, in the Arctic, 507 miles from the geographic North Pole.

The C-17 Globemaster III crew hauled the piece of equipment, which lifts and transports pallets up to 25,000 pounds, to support the Canada Command resupply mission. The operation is conducted twice a year to provide fuel, food, dry goods and other supplies to the personnel stationed at the world's northernmost bases, CFS Alert and CFS Eureka on Ellesmere Island in the Canadian territory of Nunavut.

The bi-annual shipments are an essential lifeline for the 55 people stationed at CFS Alert who endure extreme weather to include temperatures as low as -40 degrees Fahrenheit, said Col. Craig LaFave, the 326th AS commander.

"The Boxtop mission allowed us to help out the Canadians and also provided us with an opportunity to get some polar operations training," the colonel said.

Flying in the Arctic can be a challenge for aviators, Colonel LaFave said. The earth has a true north and a magnetic north. The magnetic north, which tends to shift, refers to the poles of the Earth's magnetic field. Compasses are attracted to the

magnetic North Pole, which is 596 miles northwest of the true north, or geographic North Pole. When flying in the Arctic, pilots have to account for this error and correct their headings to the true north.

Maj. Mark Chagaris, 326th AS director of operations, was on the mission and said he benefited from this experience.

"We recently did training where we talked about polar flying so it was nice to have the real-world application of that training," he said.

The trek to the Arctic began Aug. 12, when the Reserve crew flew to 8 Wing at Canadian Forces Base Trenton in Ontario. The next day, the reservists loaded the cargo and made the trip to Thule AB. The K-loader was off-loaded by the Canadians who transported the equipment the remaining 400 miles to CFS Alert. For Operation Boxtop, supplies are staged at Thule AB, where Canadian C-130 Hercules crews deliver the cargo to CFS Alert and CFS Eureka.

The people at CFS Alert, originally established as a weather station, gather signals intelligence in support of military operations. They also maintain radio facilities to support research and rescue operations, according to the Canada Command website.

Originally, the 326th AS crew was hoping to fly the cargo all the way to CFS Alert. But, the remote station has a semi-improved runway made of gravel on permafrost and U.S. Air Force officials don't have a landing zone survey for that type of runway, so U.S. Air Force C-17s are not yet allowed to land there, Colonel LaFave said.

Currently, Canadians are validating the runway's usability for C-17s with mis-

sions to the Arctic station, Major Chagaris said. In fact, according to a Canadian news report, a CFB Trenton aircrew landed a C-17 loaded with 100,000 pounds of fuel and cargo Aug. 15 using only 3,100 feet of CFS Alert's 5,100-foot runway. Typically, about 30 C-130 flights are required to transport supplies to the station. C-17s can transport the same amount of cargo in 10 flights.

The idea to support Operation Boxtop came about from earlier efforts in August and September 2009 to initiate a sister squadron program with the 8 Wing, the heart of Canada's air mobility forces and located at one of the largest air force bases in Canada.

Colonel LaFave said he came up with the idea of pairing up with the Canadians while working as the 512th Airlift Wing program integration officer when the 326th AS transitioned to the C-17 in 2007 and 2008.

"It's a way to allow our crews and unit personnel to exchange unclassified tactics, techniques and procedures



(U.S. Air Force photo/Capt. Marnee A.C. Losurdo)

Staff Sgt. James Grove, a C-17 Globemaster III loadmaster with the Air Force Reserve Command's 326th Airlift Squadron at Dover Air Force Base, Del., marshals a Halverson K-loader being delivered to Thule Air Base, Greenland, Aug. 13, 2010, as part of the Canadian Operation Boxtop. Supplies are staged at Thule AB and Canadian C-130 Hercules crews then deliver the cargo to people at Canadian Forces Station Alert and CFS Eureka on Ellesmere Island, Nunavut, 400 miles north of Thule.

while building camaraderie with our Canadian allies," Colonel LaFave said.

Plans are in the works for future partnering opportunities. As it stands, the C-17 flight to Greenland is the farthest north a 326th AS C-17

aircrew has traveled, Major Chagaris said. The major said he hopes they can assist the Canadians again next year with Boxtop, but rather than stop in Greenland they hope to make the trek all the way to CFS Alert.

TRINITY MEDICAL GROUP WELCOMES

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A certified nurse midwife, Shawn Brooking provides general obstetric and gynecological care for women, as well as contraception counseling and preventive medicine. She has practiced the last five years at Palomar Medical Center, Escondido, CA, as part of a busy Ob/Gyn practice.

Education:

- Master's degree in Nursing and certificate of Nurse Midwifery, Frontier School of Midwifery and Family Nursing, Hyden, KY
- Bachelor of Science in Nursing, California State University, San Bernardino
- Extensive labor & delivery work in California hospitals, including Naval Hospital, Camp Pendleton.
- Dickinson (ND) High School graduate
- Member, American College of Nurse Midwives



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- Contraception counseling
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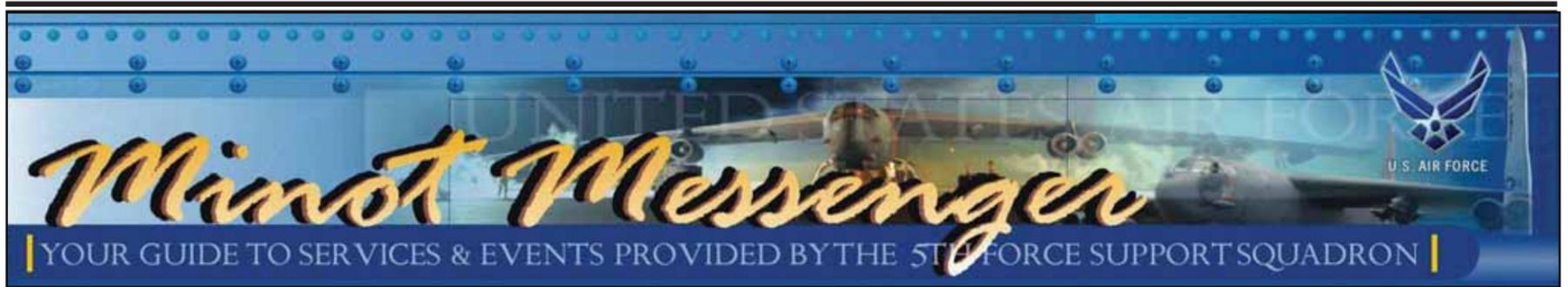
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UFC Fight Night Returns To J.R. Rockers On August 28th

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 beginning at 9 p.m. The event, UFC 118: Edgar vs. Penn 2, will be shown live from the TD Garden in Boston, Massachusetts.

The Ultimate Fighting Championship is a series of international competitive mixed martial arts events televised several times yearly and are available live or tape delayed on pay-per-view and other formats. Ultimate Fighting is defined as mixed martial arts competition between high level professional fighters who utilize the disciplines of jiu-jitsu, karate, boxing, kickboxing, wrestling, and other forms.

After a back-and-forth instant classic at UFC 112 in April which saw Frankie Edgar shock the mixed martial arts world and take the UFC lightweight strap from around BJ Penn's waist, the two will square off again during UFC 118. Also on this card, it's The UFC versus Boxing as Randy "The Natural" Couture takes on boxing legend James "Lights Out" Toney as Toney makes his mixed martial arts debut.

In other bouts, Rousimar Palhares takes on Nate Marquardt, and Gary Maynard and Kenny Florian battle for the next top lightweight contender spot. These are just a sampling of the explosive



action Ultimate Fighting Championship fans will enjoy during the UFC 118 event.

The Ultimate Fighting Championship pay-per-view event is free for club members and \$5 for non-members. A limited bar menu will be available. For more information, call J.R. Rockers at 727-ROCK.

Plans Ready For 4th Annual Operation HEROES Event

Children at Minot AFB will have a chance to deploy to "Ali Isa Crème" on August 28th as part of the annual Operation HEROES event organized by the Airman and Family Readiness Center. Children who have pre-registered for the event should visit the Airmen and Family Readiness Center the week of August 23-27 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.

Beginning at 10 a.m., a mission brief will be given to the deployers at the Base Theater. Participants will be loaded on "Air Buses" and transported to Dock 9 for PDF processing, view displays of chemical and flight gear, see a mobile tech lab, B-52 bomber, helicopter, and more.

Children age 9 and older can participate in up to 3 separate secret missions that are tentatively scheduled. Participants in the secret missions must have parental consent.

At noon, children will depart for their deployed

Continued on Page 9

Movie Night in the Park

August 20th - 9 p.m.

Bud Ebert Park

Movie will be:

"Princess & the Frog"

Outdoor Recreation invites you to bring your family and a blanket to Bud Ebert Park for the FREE Movie Night in the Park. Reserve your spot by 8:30 p.m.; movie begins at 9 p.m. Concessions will be available for purchase. In case of inclement weather, event will be moved to Treasure Island. For more information, contact Outdoor Recreation at 723-3648.

Year of the Air Force Family



Event Update

August 5K Run

August 20 • 3 p.m. • Fitness Center

Show & Shine Car Show

August 20 • 4:30 p.m. • Rockers Parking Lot

Family Reunion Block Party

August 20 • 4:30 p.m. • J.R. Rockers

Movie Night In The Park

August 20 • 9 p.m. • Bud Ebert Park

Lights & Strikes Bowling

August 20 • 9 p.m. • Rough Rider Lanes

Give Parents A Break

August 21 • 1 p.m. • CDC/SAP

Moonlight & Music Bowling

August 21 • 6 p.m. • Rough Rider Lanes

Open Mic Night

August 21 • 8 p.m. • J.R. Rockers

Sunday Champagne Brunch

August 22 • 10:30 a.m. • Doolittle Center

Newbery Book Club

August 23 • 3:30 p.m. • Base Library

Lake Metigoshe/Pioneer Skills & Weather You Like It Or Not! Trip

August 25 • 7:45 a.m. • Youth Center

Counted Cross Stitch Class

August 25 • 1 p.m. • Arts & Crafts Center

Mongolian Barbecue

August 25 • 5-8 p.m. • Doolittle Center

Veterinary Appointments

August 26 & 27 • 8 a.m. - 3 p.m. • Vet Clinic

Family Bowl-a-Rama

August 27 • 5 p.m. • Rough Rider Lanes

Wing Fest

August 27 • 5:30 p.m. • Doolittle Center

Retiree Scramble

August 28 • 9 a.m. • Rough Rider Golf Course



Visit our website at www.5thforcesupport.com

OPERATION HEROES

from Page 8

location at "Ali Isa Creme" where they will enjoy lunch featuring hot dogs and chips. A variety of displays will be available as well as K9 demonstrations at 12:45 p.m. and 1:15 p.m., an obstacle course, bouncy castle, and more.

At approximately 2 p.m., reintegration is scheduled to occur when all deployers are transported back to the Base Theater where volunteers will line the streets with flags and welcome home signs. Participants will be served Ali Isa Creme treats upon their arrival. For more details, call the Airman and Family Readiness Center at 723-4500.

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 close; 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.

No Lunch at Doolittle Center on August 26th

The Doolittle Center will not be open for regular lunch on August 26th as they will be hosting the Base Quarterly Awards luncheon.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on August 28th. 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.

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.

Moonlight & Music Bowling

Enjoy bowling to great music and lighting during Moonlight and Music at Rough Rider Lanes on August 21st from 6 p.m. to 11 p.m. Cost is \$2 per game. If there is a waiting list, there will be a 3 game limit per bowler. Gather your friends or bring the entire family and have some fun. For more information, call Rough Rider Lanes at 727-4715.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on August 26th and 27th from 8 a.m. to 3 p.m. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

Enjoy Mongolian Barbecue At Jimmy Doolittle Center



Make plans now to enjoy the Mongolian Barbecue at the Jimmy Doolittle Center on August 25th from 5-8 p.m. Build your bowl with white rice, beef, pork, shrimp, or chicken, a variety of vegetables, and your choice of sauce. Cost of this delicious dining experience is \$9.95 for club members, \$12.95 for non-members, \$4.95 for children ages 6-11, and free for children under age 5. For additional details, call the Doolittle Center at 723-3731.

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J.R. Rockers
MINOT AFB CLUBS

FAMILY REUNION BLOCK PARTY

AUGUST 20, 2010 • 1630-2000

Come to J.R. Rockers 5 FSS Family Reunion Block Party. Enjoy food from 1700-1900, dunk tank, bouncy castle, kids games, DJ, prizes and lots of family fun!

Cost \$1.00 per person ages 2 & older. (for club members)

Sponsored By: **WELLS FARGO**

Rockers will be closed for regular business to prepare for this event. Club members only. Location of event will be J.R. Rockers parking lot.

727-ROCK
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FORCE
5th Force Support Squadron

Minot AFB 5th Annual

SHOW & SHINE
CAR SHOW

AUTO HOBBY

FRIDAY - AUGUST 20, 2010
4:30PM-8:00PM

The Car Show will be held in the parking lot located between J.R. Rockers and the Community Center. Persons interested in exhibiting vehicles please contact Jay at Auto Hobby 723-2127.

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College student spends summer launching jets at Vance

by Joe B. Wiles
71st Flying Training
Wing Public Affairs

VANCE AIR FORCE BASE, Okla. (AFNS) -

There are many ways a college student can spend his or her summer break. Working on the flightline here as a crew chief, launching and recovering T-38 Talon jet trainers, was Aven Sanders' choice.

An Oklahoma State University sophomore and Air Force ROTC cadet, Aven is the daughter of Lt. Col. Patrick Sanders, a T-38 instructor pilot with the 5th Flying Training Squadron, an Air Force Reserve unit at Vance AFB. More than once during her time on the flightline this summer, Aven launched her father's aircraft.

Aven heard from a family friend that the support contractor at Vance AFB was offering temporary summer jobs working with the T-1 Jawhawk, T-6A Texan II and T-38 Talon.

"I knew I would love being around the airplanes, so I figured, why not, and applied," she said.

Aven developed a love for flying early. She started flying at 15 and earned her private pilot license by 17. Her goal is to fly for the Air Force. She started the temporary crew chief job May 24, followed by a week of computer-based training and two weeks shadowing an experienced crew chief.

She performed her first unassisted aircraft launch June 9, a T-38 crewed by an instructor pilot and a student.

"I was a little nervous, but confident," she said. "It went okay with no problems."

Aven's job as a crew chief is to prepare the aircraft for flight. She assists the aircrew with the external inspection of the aircraft, gets them strapped in, operates the compressor that starts the jet's engines and ensures all the control surfaces are responding. And finally, she gives the go for the aircraft to taxi.

When recovering the aircraft, she guides it into wheel chocks, secures the safety pins and helps the aircrew exit the aircraft.



(U.S. Air Force photo/Joe B. Wiles)

Aven Sanders, a summer-hire crew chief at Vance Air Force Base, Okla., conducts a T-38 Talon pre-flight inspection on the flightline Aug. 10, 2010, with her father, Lt. Col. Patrick Sanders, a T-38 instructor pilot with the 5th Flying Training Squadron. Aven had the opportunity to launch her father's jet several times during her temporary summer job.



Warbirds, Rough Riders celebrate AFGSC anniversary

(U.S. Air Force photo by Senior Airman Michael J. Veloz)
Brig. Gen. Sandra Finan (center), Air Force Global Strike Command Inspector General, Col. Douglas Cox (left), 5th Bomb Wing commander, and Col. Fred Stoss (right), 91st Missile Wing commander, participate in a cake-cutting ceremony at the Jimmy Doolittle Center here Aug. 12. The ceremony celebrated the first anniversary of Air Force Global Strike Command's activation on Aug. 7, 2009.

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Attorney At Law
Former USAF Judge Advocate

Robert S. Thomas
Attorney At Law

on September 11th

FOOTIN'-IT for FIREFIGHTERS

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Register at **Market Pharmacy** (located inside Marketplace Foods)

The first 200 people to register receive a free t-shirt

September 11, 2010 9:11 A.M.

At the beginning of the race all Military Personnel will be honored.

Friday Evening August 20, 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	Medium		CSI: NY		Flashpoint		Local	Late Show Letterman	Late	
KMOT/NBC	Who Do You		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	NFL Football						Local			
Cable Channels										
AMC	On Deadly Ground				Thunderheart					
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Dual Survival		Man, Woman, Wild		Dual Survival				Man, Woman, Wild	
DISN	Deck	Wizards	Phineas	Phineas	Good Luck	Good Luck	Jonas L.A	Deck	Deck	Deck
ESPN	NASCAR Racing						SportsCenter		Baseball	NFL Live
FAM	Harry Potter-Azkaban						The 700 Club		Whose?	Whose?
FX	Big Daddy		The Waterboy				Rescue Me		The Benchwarmers	
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Frasier	Medium
NICK	Big Time Rush		Chris	Chris	George	G. Martin	Chris	Chris	Chris	Chris
SPIKE	CSI: Crime Scene Investigation		Entourage	Entourage	Entourage		Entourage	Entourage	MANswers	Trailers
TBS	Fam. Guy	Fam. Guy	Foot's Gold				Name Earl	Stomp the Yard		
TNT	3:10 to Yuma							Tombstone		
USA	House		House				Next Friday			
WGN	The Whole Nine Yards				WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Terminator Salvation		Night-Smithsonian				Eastbound	Hung	Hard Knocks	
MAX	12 Rounds	Jennifer's Body			The Last Samurai				Co-Ed-4	
SHOW	Weeds	The Big C	The Real L Word		Kevin Pollak		The Real L Word		Inglourious Basterds	

Tuesday Evening August 24, 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	Minute to Win It		America's Got Talent				Local	Tonight Show w/Leno	Late	
KNDX/FOX	Glee						Local			
Cable Channels										
AMC	The Pledge								Inside Man	
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Swords: Life		Swords: Life		The Colony				Swords: Life	Swords: Life
DISN	Deck	Deck	16 Wishes		Video				Hannah	Hannah
ESPN	30 for 30		2010 Poker		2010 Poker				SportsCenter	Baseball
FAM	Melissa	Melissa	Make It or Break It		Funniest Home Videos				The 700 Club	Whose?
FX	Live Free-Die				Rescue Me				Louie	Louie
LIFE	Reba	Reba	Wife Swap						Will	Will
NICK	Back-Future II				Kirstie	Kirstie	Lopez	Chris	Chris	Matters
SPIKE	DEA		DEA		Scrappers	Scrappers			The Comedy Central Roast	Chappelle
TBS	Office	Office	Office	Office	Office	Office			Lopez Tonight	My Boys
TNT	Bones		HawthoRNe		Memphis Beat				HawthoRNe	Memphis Beat
USA	Law & Order: SVU		White Collar		Covert Affairs				Psych	White Collar
WGN	MLB Baseball				WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Hard Knocks		If God Is Willing				Entourage		True Blood	Distance
MAX	The Box				(500) Days of Summer				Co-Ed Confid. 4 PLAY	Taken
SHOW	Private-Pippa		Weeds	The Big C	Weeds	The Big C	The White Stripes: Under Great			Scream 3

Saturday Evening August 21, 2010

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	NASCAR Racing						Local			
KXMC/CBS	Cold Case		CSI: Crime Scn		48 Hours Mystery		Local			
KMOT/NBC	Persons Unknown		Law Order: CI		Law Order: CI		Local	Saturday Night Live		
KNDX/FOX	Cops	Cops	Amer. Most Wanted				Local	The Wanda Sykes Show	Brothers	Local
Cable Channels										
AMC	Rio Bravo								Hondo	
CNN	New Orleans Rising		Larry King Live		Newsroom		New Orleans Rising		Larry King Live	
DISC	River Monsters		River Monsters		River Monsters		River Monsters		River Monsters	
DISN	Good Luck	Deck	Wizards	Hannah	Good Luck	Good Luck	Deck	Deck	Jonas L.A	
ESPN	Little League				Baseball Tonight		SportsCenter		Baseball Tonight	
FAM	Harry Potter						O Brother, Where Art			
FX	The Waterboy		Click	Confined			Project Runway		The Wedding Singer	Road
LIFE	Family Sins						Malcolm	Malcolm	Malcolm	Malcolm
NICK	iCarly	Big Time	Victoriou	Jackson	George	George	Malcolm	Malcolm	Malcolm	Malcolm
SPIKE	Gangland		Scrappers	Scrappers	Scrappers	Scrappers	Scrappers	Scrappers	When Stunts Go Bad	
TBS	Foot's Gold				Failure to Launch				Father of the Bride	
TNT	Gladiator								Dark Blue	
USA	Hairspray		Juno						Enchanted	
WGN	MLB Baseball				WGN News at Nine		Scrubs	Scrubs	The Whole Nine Yards	
Premium Channels										
HBO	The Informant!				True Blood		Hard Knocks		The Informant!	
MAX	Enough				Whip It					
SHOW	The Big C	Weeds	Chris Spencer		Strikeforce Chall.				NASCAR	

Wednesday Evening August 25, 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	MasterChef						Local			
Cable Channels										
AMC	Ghost Ship				Virus				Rubicon	
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Man vs. Wild		Man vs. Wild		Surviving the Cut		Man vs. Wild		Man vs. Wild	
DISN	Good Luck	Good Luck	Underdog		Wizards		Hannah	Hannah	Hannah	Hannah
ESPN	Little League				Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	Remember	Remember the Titans			The 700 Club				Whose?	Whose?
FX	Fast & Furious				2 Fast 2 Furious				2 Fast 2 Furious	
LIFE	Reba	Reba	Something's						Frasier	Medium
NICK	Back-Future III				Lopez	Chris	Chris	Chris	Lopez	Lopez
SPIKE	UFC Unleashed		Ultimate Knockouts 3		Pros vs. Joes		Knockout	Knockout	Knockout	Sports
TBS	Payne	Payne	Browns	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	Trading Places				WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	REAL Sports Gumbel		True Blood		Hard Knocks		Hard Knocks		Transformers	
MAX	Red Heat				Whip It					
SHOW	Flawless		Punisher: War Zone		Inside NASCAR		Chris Spencer		Inside NASCAR	

Sunday Evening August 22, 2010

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Funniest Home Videos		Extreme Makeover		The Gates		Local			
KXMC/CBS	Big Brother		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	NFL Football						Local	Dateline NBC		
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Fam. Guy	Local					
Cable Channels										
AMC	Unbreakable		Rubicon		Mad Men		Mad Men		Rubicon	
CNN	New Orleans Rising		Larry King Live		Newsroom		New Orleans Rising		Larry King Live	
DISC	MythBusters		MythBusters		MythBusters		MythBusters		MythBusters	
DISN	Hannah	Jonas L.A	Hannah	Sonny	Sonny	Sonny	Good Luck	Good Luck	Hannah	Hannah
ESPN	MLB Baseball				SportsCenter				SportsCtr	
FAM	Harry Potter-Phoenix				Funniest Home Videos		J. Osteen		Ed Young	
FX	The Wedding Singer		Made of Honor				Louie	Rescue Me	'70s Show	
LIFE	What a Girl Wants		Drop Dead Diva		Army Wives		Drop Dead Diva		Army Wives	
NICK	Matters	Matters	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny
SPIKE	GoodFellas		Die Another Day						GoodFell.	
TBS	Foot's Gold				My Boys	Foot's Gold			Charlies	
TNT	Gladiator		Leverage		Talladega Nights:				The Guardian	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Burn Notice			
WGN	Newhart	Newhart	Newhart	Newhart	News/Nine	Replay	Cheers	Cheers	Becker	Becker
Premium Channels										
HBO	The Informant!		True Blood		Hung	Entourage	Hung	True Blood	Entourage	
MAX	Whip It				Starsky & Hutch					
SHOW	The Real L Word		Dexter		Weeds	The Big C	Extreme Movie		Punisher	

Thursday Evening August 26, 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		NightlinePrime		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Big Brother		CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late	
KMOT/NBC	Community	30 Rock	Office	Parks	Law & Order: SVU		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Bones		Fringe				Local			
Cable Channels										
AMC	Assassins				Unbreakable					
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Cereal: Beyond		Pitchmen		MythBusters				Cereal: Beyond	Pitchmen
DISN	Phineas	Phineas	The Incredibles				Hannah	Hannah	Hannah	Hannah
ESPN	NFL Football				SportsCenter				NFL Live	Baseball
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?
FX	Double Jeopardy				Double Jeopardy				Premonition	
LIFE	Project Runway		Project Runway				Road	Road	Road	Medium
NICK	Matters	Matters	Chris	Chris	Lopez	Lopez	Chris	Chris	The Nanny	The Nanny
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		UFC 118: Countdown	
TBS	Foot's Gold				Fam. Guy	Fam. Guy	Lopez Tonight		Name/Earl	Name Earl
TNT	Law & Order		Bones		Sleepy Hollow				Dark Blue	
USA	Burn Notice		Burn Notice		Royal Pains		White Collar		Burn Notice	
WGN	WWE Superstars		Funniest Home Videos		WGN News at Nine		Scrubs	Scrubs	WWE Superstars	
Premium Channels										
HBO	Night-Smithsonian				Hung	Entourage	Entourage	Real Sex		Hard Knocks
MAX	Wolverine	Fighting			The Hangover					
SHOW	Inglourious Basterds				Penn	Body	Beach		Killshot	

Monday Evening August 23, 2010

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Bachelor Pad				Dating in the					

crossword puzzle

ACROSS

1. Hefty volumes
6. Stops up
10. Clock sound
14. "___ we a pair?"
15. SMU football rival
16. '50s deejay Freed
17. Home of the first pro baseball team
19. Seized auto
20. Stats for Holyfield
21. Soft shoe, for short
22. Getting bombed
24. It's made from "the best stuff on earth"
26. Cajun veggie
27. Affirmative vote
28. Bit of fire and brimstone, maybe
32. Crab morsel
35. ___ 'Pea
39. Tangential remark
40. Instrument in Marx Brothers movies
41. Battleship broadside
43. Pierce's portrayer
44. Shi'ite's faith
46. Watkins ___, NY
47. Superpower until 1991
48. Meteors, en masse
50. Upper-left PC key
52. Argued, as a case
54. "Pencils down!"
58. Cribnote preparer
61. Lupino of film
62. Arafat's org.
63. Sentry's imperative
64. Beach Boys classic
67. ___ the Red
68. Sheriff Taylor's son
69. Musical chord
70. Chips partner
71. Etta of old comics
72. Trig ratios

DOWN

1. Poster fasteners
2. Celestial hunter
3. Top-2% group
4. Bottom-of-letter abbr.
5. Ren's pal
6. Conical-cap wearer
7. ___ snail's pace
8. Copycat's words
9. Ex-heavyweight champ Leon or Michael
10. Seafood go-with
11. It comes in sticks

Double Dealing

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20				21			22		23				
24			25				26						
			27				28			29	30	31	
32	33	34			35	36	37	38		39			
40					41				42		43		
44				45		46					47		
48					49				50	51			
			52			53					55	56	57
58	59	60						61				62	
63					64		65				66		
67					68				69				
70					71				72				

12. Mob kingpin
13. Stomach woe
18. As much
23. Acreage
25. "Way down yonder" location, in a children's song
29. Wire measures
30. Tout's figures
31. In proximity
32. Xenophon's X's
33. Punishment unit
34. Woody's kid
36. "___ the Dog" (De Niro film)
37. Plumbing joint
38. Plumb of "The Brady Bunch"
42. Lake northeast of Syracuse
45. Disappear à la Frosty
49. Nike rival
51. Know-how
53. A tieback ties it back
54. Yak's home
55. Site of a 1936-39 civil war
56. Forearm bones
57. Cold cream name
58. White-hat wearer
59. Mata ___
60. Connecticut Ivy Leaguers
65. Slower, in mus.
66. Jackie's second

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

Solution to puzzle from August 13.

movies

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

Inception

Friday, August 19, at 7 p.m.

(Leonardo DiCaprio, Marion Cotillard)

Dom Cobb is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious during the dream state, when the mind is at its most vulnerable. Cobb's rare ability has made him a coveted player in this treacherous new world of corporate espionage, but it has also made him an international fugitive and cost him everything he has ever loved.

Rated PG-13

(sequences of violence and action throughout)

98 min

Despicable Me

Saturday, August 20, at 7 p.m.

(Steve Carell, Kristen Wiig)

In a happy suburban neighborhood surrounded by white picket fences with flowering rose bushes, sits a black house with a dead lawn. Unbeknownst to the neighbors, hidden beneath this home is a vast secret hideout. Surrounded by a small army of minions, we discover Gru, planning the biggest heist in the history of the world. He is going to steal the moon. Gru encounters the immense will of three little orphaned girls who look at him and see something that no one else has ever seen: a potential Dad. The world's greatest villain has just met his greatest challenge: three little girls.

Rated PG (rude humor and mild action)

98 min

sudoku

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

Solution to puzzle on page 28.

Prairie Adventures

by Patricia Stockdill

Maybe the only consolation is that North Dakota isn't alone when it comes to dealing with resident Canada goose management problems.

Canada geese are smart birds.

They're pretty prolific and pretty adaptable.

And they're thriving in many areas. "This isn't just a North Dakota problem, it's a (United) States problem, Canada problem, and world problem," Mike Johnson N.D. Game and Fish Department Game Management Section Leader described. In many parts of the U.S., waterfowl hunter numbers are declining, so there are fewer hunters harvesting birds. In many countries, Canada geese are a non-native species and population reduction has proven difficult.

In efforts to address nuisance and depredation issues, in 1999 the U.S. Fish and Wildlife Service began allowing states to address the issue, working within parameters of the International Migratory Bird Treaty. In North Dakota, that meant adding an early September season.

The Game and Fish Department has taken a multi-pronged approach as allowed by the Fish and Wildlife Service: issuing kill permits to landowners with depredation issues, providing funding to the U.S. Department of Agriculture Animal, Plant and Health Inspection Service Wildlife Services, which has two staff people in the state working with landowners to deal with depredation, and maximizing the number of hunting days of Canada geese.

More than 120 kill permits were issued to landowners in 2010, Johnson said. Landowners take about 1,000 birds annually, he said. The permit allows them to take adults and goslings, as well as destroy nests.

Initially, the early Canada goose season opened in North Dakota in September. Since 2008, after a Fish and Wildlife Service Environmental Impact Study approved additional hunting opportunities, North Dakota opened its early season Aug. 15.

Currently, the early resident Canada goose season runs Aug. 15 through Sept. 15 with a five-bird daily limit. The agency recognizes it's not an optimum hunting opportunity, Johnson said, because weather is typically hot, mosquitoes outnumber virtually everything else, and crops aren't harvested. But it's another tool to help deal with depredation issues.

After only two years of the expanded early season, it's difficult to say if the extra days translate into additional harvest. "It (harvest) goes up and down," Johnson said.

In the 10 years of the early season, whether it's the earlier 15-day season or the now month-long season, the average hunters spent between 2.5 and 3 days in the field, typically bagging two to three birds throughout the entire year.

In 2000, the first year of the 15-day season, hunters in North Dakota took an estimated 37,046. In 2008, the first year the season was a month long, hunters took 24,090 geese. Peak harvest occurred in 2001, when hunters bagged an estimated 44,958. The lowest early season harvest was in 2007 when 19,278 birds were taken.

Sargent, Barnes, Ramsey, Stutsman, and Cavalier counties led the state in early season harvest and hunting activity in 2009.

The early Canada goose season ends Sept. 15, except in the Missouri River Zone, which closes Sept. 7. That area is open to Canada geese hunting an additional week at the end of the regular waterfowl season. Refer to 2010 hunting regulations for details.

Quote of the Week:

"We doubled the numbers of days (in the early Canada goose season), we didn't double the harvest, it floats along."

— Mike Johnson N.D. Game and Fish Department Game Management Section Leader.

Dove season opens Sept. 1, hunters reminded of HIP

North Dakota's dove season opens statewide Sept. 1, and hunters need to register with the Harvest Information Program prior to hunting.

The daily limit is 15 and possession limit is 30. Shooting hours are 30 minutes before sunrise to sunset. The season is open through Oct. 30.

All dove hunters must possess a fishing, hunting and furbearer certificate and a general game and habitat license, regardless of age. In addition, hunters ages 16 and older need a small game license.

Hunters who purchase a hunting license through the state Game and Fish Department's electronic licensing system (gf.nd.gov) or instant licensing telephone number at (800) 406-6409 can easily get HIP certified.

Otherwise, hunters can access the department's website, or 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. However, hunters must HIP register in each state for which they are licensed before hunting migratory game birds.

Project to Keep Carp from Devils Lake Begins in Fall

The North Dakota Game and Fish Department is funding a small project in Cavalier County to keep carp in the Pembina River drainage from entering the Devils Lake basin.

For the past few years the Game and Fish Department has been working with landowners and water boards in Cavalier and Ramsey counties in developing a plan that will keep carp out of Devils Lake. If carp were to enter Devils Lake, the carrying capacity of game fish populations would suffer dramatically and the nationally-renowned walleye and northern pike fishery would decline.

This fall, an existing road grade near Loma will be raised to serve as a permanent barrier. In addition, water flow through the area will be enhanced. All permits and approvals have been procured, and construction should be completed prior to next spring's runoff.

Fur Harvester Classes Scheduled

The North Dakota Cooperative Fur Harvester Education program is sponsoring fur harvester education classes in Minot and Watford City for anyone interested in learning about trapping or

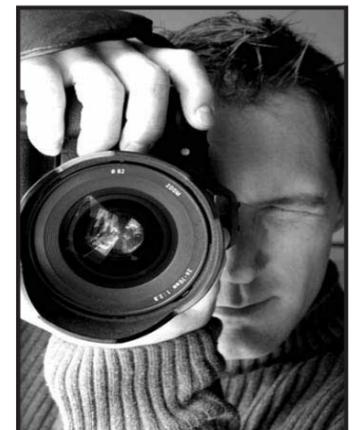
furbearer hunting.

The free 16-hour course is set for Minot Aug. 19, 26 and 28 at the Minot Rifle and Pistol Club (Trestle Valley). The class in Watford City will be held Sept. 25 and Oct. 2 at the Civic Center.

Students will learn about trapping and fur hunting, furbearer biology, tracking, fur handling, regulations, responsible and ethical behavior, land and water sets, predator calling, hound hunting and wildlife management.

Upon completion, graduates are issued a certification card that is recognized by any state requiring trapper education prior to purchasing a license.

Anyone interested in signing up for the class should access the Game and Fish Department website at gf.nd.gov, click on the online services link, and "online course enrollment" under the hunter education heading.



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<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Daily M-F 8:00 a.m. Saturday 5:30 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 School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening 6:00 p.m. Wed. Prayer/Bible Study 7:00 p.m. Wed. Children's Patch Club 7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i> Protestant Services (All Sunday)</p> <p>Traditional Service 10:00 a.m. (North Plains Chapel) Gospel Service 11:30 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><i>Minot Air Force Base Chapel</i> Catholic Services</p> <p>Eucharist (Mass) Daily Mass 12:05 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 School 9:45 a.m. Sunday Worship 10:45 a.m. Sunday Evening Worship 7:00 p.m. Wed. Evening Family Night 7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</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 School 11:00 a.m. Sunday Worship 11:00 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. Worship 5:00 p.m.</p> <p>Wednesday: Bible Classes 7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship 8:30 a.m. Sunday School 9:30 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 Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0906</p> <p>Sunday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee & Conversation 9:00-9:30 a.m. Sunday School 9:30 a.m. Morning Worship 10:45 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 Worship 5:30 p.m. Sunday Worship 9:30 a.m. Friday Soup Kitchen ... 11:30 a.m. - 12:30 p.m.</p> <p>Radio Broadcast KRRZ 1390 Sun. 9:30 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p>St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 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 Worship 9:00 a.m. Fellowship Hour 10:00 a.m. Wednesday Worship 7:00 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 Worship 11:00 a.m. Evening Worship 6:30 p.m.</p> <p>Pastor Dan Andrus</p>	<p>St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. Wednesday - Friday 9:00 a.m. Saturday 5:00 p.m. Sunday 8:00 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship 10:00 a.m. Wednesday Worship 5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church of the Lutheran Brethren</p> <p>Sunday Sunday Worship 8:30 a.m. & 11:00 a.m. Bible Classes for all ages 9:45 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.ouredeemers.org</p> <p>Following Christ in Worship, Growth & Service</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal 9:00 a.m.</p> <p>Pastor Michon Weingartner Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. Nursery Available</p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angelinet.net/crossroads email: crbc@srt.com</p> <p>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 School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church 10:30 a.m. Wednesday Family Training Hour 6:30 p.m. Wednesday Kids on the Rock 6:30 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 "Building Followers of Jesus Christ"</p> <p>Sunday School 9:30 a.m. Worship Service 10:30 a.m. Adult Study/WINGS/Youth Wednesday 6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p>River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service 6:00 p.m. Wednesday Service 7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship 8:30 a.m. Sunday School (All ages) 9:45 a.m. Contemporary Worship Service 11:00 a.m. Children's Church 11:00 a.m. Wed. AWANA Clubs (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Church of the Nazarene 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Bible Study 6:45 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Sunday Evening 6:00 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 Worship 8:30 a.m. Sunday School 10:00 a.m. Morning Worship 11:00 a.m. Evening Worship 6:30 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 Service 9:00 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday Worship 10 a.m.</p> <p>Wednesdays Soup 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 Worship 5:00 p.m. Sunday Worship 8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!</p> <p>Saturday Informal Service 5:00 p.m. Sunday Worship 9:30 a.m. Coffee Fellowship 10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincetumc.com</p>

Father, daughter share aircraft heritage

by Greg Allen

27th Special Operations Wing
Public Affairs

CANNON AIR FORCE BASE, N.M. (AFNS) - While many daughters may share similar interests with their fathers, one NCO here relates the challenges of her job with an understanding dad. He's been there and done that.

When retired Coast Guard Chief Warrant Officer 3rd Class William Seibt learned that his daughter, Jennifer, was going to be promoted from technical sergeant to master sergeant July 30, he made the trip from Hillsboro, Ore., to Cannon Air Force Base to share the event with her. As a retired avionics officer for a Coast Guard C-130, he got the opportunity to revisit his old airframe, albeit a 73rd Special Operations Squadron MC-130W Dragon Spear, courtesy of his loadmaster daughter.

"We had a different philosophy in the Coast Guard," said Mr. Seibt, as he looked at the electronic panels of the aircraft. "I fixed the equip-

ment on the ground and was a navigator in the air."

He recognized most of the electronic panels as if it had not been 20 years since he retired, pointing his finger and said, "That's the same, and that's the same, but over there, that's different."

He then tapped the frame holding the electronic components and said, "This used to be all mine."

After he had satisfied himself with a personal self-inspection, Sergeant Seibt steered him through the rest of the aircraft, explaining its various configurations and capabilities. When she approached the back of the plane, she waved her hand over the neatly stacked pallets of equipment and announced, "This is all mine."

Sergeant Seibt grew up in a military environment. She was with her dad as he did three tours in Alaska, two in Kodiak, and one in Sitka. She lived in Astoria, Ore., and Elizabeth City, N.C. When her time came to serve, she joined the Air Force. Initially she worked in vehicle

operations, but has been a loadmaster for the last seven years.

"When I was at Ramstein (Air Base, Germany) in vehicle ops, I was told that my personality might be better suited for that of a loadmaster," Sergeant Seibt said. "I took this as an incentive to crosstrain. I'm glad I did."

She said that perhaps the family tie to flying in airplanes was genetic. Her grandfather was a member of one of the first Army Air Forces units that became today's Air Force.

"He would tell me the stories about when he was a loadmaster during the Berlin Blockade," she said.

Although the two served in different services, their common bond with the venerable C-130 airframe has made their personal relationship grow stronger over the years.



(U.S. Air Force photo by Greg Allen)

Master Sgt. Jennifer Seibt, and her father, retired Coast Guard Chief Warrant Officer 3rd Class William Seibt, stand in front of an MC-130W Dragon Spear July 30, 2010, at Cannon Air Force Base, N.M. Mr. Seibt is a former avionics and navigator for C-130 aircraft, while Sergeant Seibt has been a loadmaster for the venerable airframe for seven years. Sergeant Seibt is assigned to the 73rd Special Operations Squadron.

Current, former Airmen eligible for stop loss special pay

by Daniel P. Elkins

Air Force Personnel Center
Public Affairs Office

RANDOLPH AIR FORCE BASE, Texas - Thousands of current and former Air Force members remain eligible to receive \$500 in retroactive special pay for each month they were affected by stop loss. Airmen have until Oct. 21 to apply through the Air Force Personnel Center here.

Air Force people eligible include active, retired and former members as well as Reserve component members who served on active duty while their enlistment or period of obligated service was involuntarily extended, or whose eligibility for separation or retirement was suspended as a result of stop loss. Those who accepted a selective re-enlistment bonus subsequent to being affected by stop loss are not eligible for the special pay.

Air Force officials used stop loss for Operation Enduring Freedom from Oct. 2, 2001, through Jan. 31, 2003, and Operation Iraqi Freedom from May 2 through Dec. 31,

2003. Individuals who were deployed during either operation may be eligible beyond the inclusive dates depending on their Air Force specialty and deployment return date. The 2009 War Supplemental Appropriation Act set aside \$534.4 million for the retroactive stop loss special pay compensation authority.

Personnel officials are encouraging those who were involuntarily held on active duty during either of the stop loss periods to contact AFPC to determine if they might be eligible for the special pay compensation.

"We want to exhaust all efforts in our attempts to reach as many eligible members as possible while the authority is in place to compensate them for their extended duty," said Col. Bill Foote, the AFPC director of personnel services. "Of course, many of those eligible to receive this special pay are no longer in our ranks, so we're opening channels to reach out to veterans to help spread the word about this valuable benefit throughout their communities."

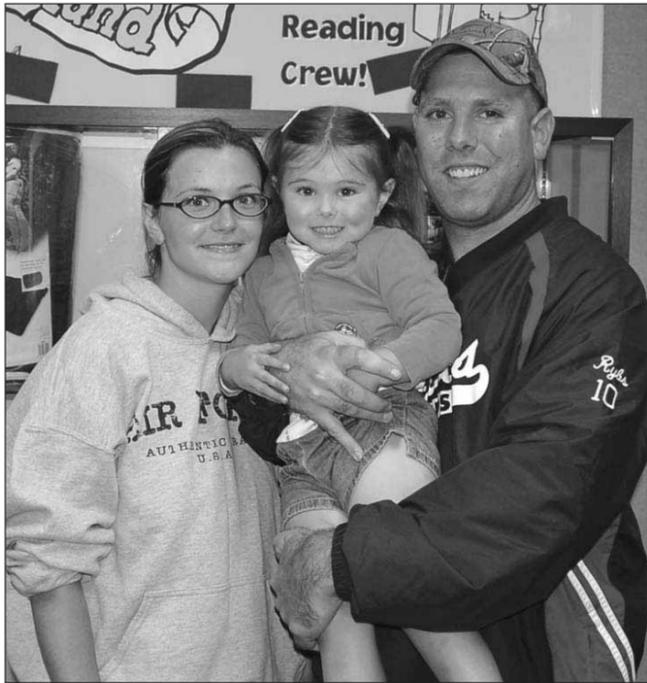
More than 3,000 claims

by Airmen have been approved for retroactive stop loss special pay since officials here began accepting claims in September 2009. Officials estimate an additional 13,000 current and former Air Force members may be eligible for the compensation.

Whether or not Air Force veterans are sure they are eligible, Colonel Foote encourages those impacted by stop loss to apply. Claims are evaluated based upon historical records already available to personnel officials as well as any supporting documentation the applicant may submit.

To file a claim, eligible members or legally designated beneficiaries may download a stop loss claim application at www.afpc.randolph.af.mil/stoploss. Applicants who were serving in the Reserve or Guard at the time of stop loss may apply by visiting the Air Reserve Personnel Center website at <https://arpc.afrc.af.mil/vPC-GR>.

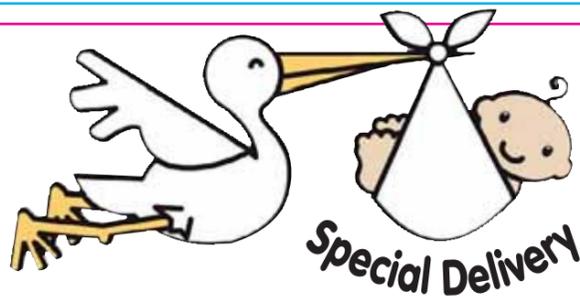
For more information on program eligibility and claims instructions, call the Total Force Service Center at (800) 525-0102.



Summer Reading Program Wrap-Up Party prize winner

(Submitted Photo)

Emma Rybka, daughter of SSgt Jason Rybka, 5 MDOS and his wife Deidre, was drawn as the grand prize winner during the Summer Reading Program Wrap-Up Party at the Base Library on August 14th. She received a camping package worth \$250. Over 400 children and adults participated in this year's Summer Reading Program entitled "Voyage to Book Island".



MAFB Babies Born in July

- **Nevaeh Raelynn D.**, daughter of Amanda & Mark D., born July 1 at 8:08 a.m., 8lbs. 5oz., 19 3/4 in.
- **Ephraim Scott M.**, son of Shannon & Scott M., born July 5 at 7:55 p.m., 8lbs. 11oz., 20 3/4 in.
- **Brody Edward O.**, son of Sara & Nicholas O., born July 6 at 7:25 a.m., 6lbs. 14oz., 19 3/4 in.
- **Madeleine Deborah P.**, daughter of Ann & Paul P., born July 6 at 1:02 p.m., 6lbs. 11oz., 19 1/2 in.
- **Hailey Ann K.**, daughter of Jeanita & Steven K., born July 7 at 11:24 p.m., 7lbs. 15oz., 19 3/4 in.

- **Sophia Marie G.**, daughter of Cecilia & Howard G., born July 8 at 3:18 a.m., 6lbs. 10oz., 18 3/4 in.
- **Gerard O. III**, son of Heather & Gerard O. Jr., born July 8 at 7:32 p.m., 6lbs. 13oz., 19 1/2 in.
- **Liam Elliot Dale T.**, son of Michaela & Nathanael T., born July 9 at 12:16 p.m., 8lbs. 12oz., 20 1/2 in.
- **Liam Parker G.**, son of Jacquelin & Joshua G., born July 12 at 8:36 p.m., 6lbs. 14oz., 20 1/4 in.
- **Ian Gregory M.**, son of Samantha & Andrew M., born July 14 at 4:04 p.m., 8lbs. 6oz., 21 in.
- **Aaliyah Emily R.**, daughter of Latrisha & Miguel R., born July 14 at 11:10 p.m., 5lbs. 6oz., 19 1/2 in.
- **Marco Andres G.**, son of Angelica & Edgar G-M., born July 14 at 7:05 p.m., 6lbs. 14oz., 19 1/2 in.
- **Riley Logan B.**, son of Kathleena & Jason B., born July 15 at 2:54 a.m., 7lbs. 5oz., 20 1/4 in.

- **Elizabeth Jae H.**, daughter of Andrea & Daris H., born July 17 at 4:06 a.m., 6lbs. 3oz., 19 in.
- **Leila Marie B.**, daughter of Caitlin & John B., born July 19 at 7:25 a.m., 9lbs. 1oz., 19 3/4 in.
- **Adeline Elizabeth T.**, daughter of Hope & Jeremiah T., born July 25 at 8:33 p.m., 6lbs. 12oz., 19 1/4 in.
- **Isabel Rozalie D.**, daughter of Deborah & Michael D., born July 26 at 5:55 p.m., 5lbs. 14oz., 18 1/2 in.
- **Carson Steele Y.**, son of Sabrena & Rorrie Y., born July 28 at 3:40 a.m., 8lbs. 4oz., 20 in.
- **Clare Dakota S.**, daughter of Melissa & Patrick S., born July 29 at 9:03 a.m., 7lbs. 13oz., 20 1/2 in.
- **Allison Dawn H.**, daughter of Kami & Caleb H., born July 29 at 5:54 p.m., 7lbs. 13oz., 19 in.
- **Jacob Ricardo A-F.**, son of Nikki & Kevin A., born July 29 at 11:38 a.m., 6lbs. 8oz., 19 in.
- **Alina MaryLynn N.**, daughter of Kimberly & Christopher N., born July 30 at 4:25 p.m., 6lbs. 9oz., 19 in.



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 <p>\$179,900</p> <p>MOVE IN READY! 3 BR, 1 3/4 bath split foyer home. New kitchen w/ceramic tile, lower level family room w/new carpet. Big backyard w/nice deck & patio. Attached double garage.</p> <p>MLS #20101199</p>	 <p>\$230,000</p> <p>VICTORIAN STYLE - 5 BR, 2 bath, 2 story home on corner lot in Eastwood Park. Large living/dining room w/built-ins, front foyer, open staircase, rear mud room. Attached double garage.</p> <p>MLS #20101178</p>	 <p>\$223,900</p> <p>GREAT CONDO - 3 BR, 3 bath in excellent condition. Kitchen has newer appliances, semi-finished lower level with large BR & 3/4 bath. C/A, deck, lawn sprinklers & attached double garage w/new pave driveway.</p> <p>MLS #20101193</p>	 <p>\$219,900</p> <p>BEAUTIFUL HOME - 3 BR's, 2 1/2 baths, large living room w/fireplace and ceramic floor, updated eat-in kitchen, lower level family room w/new laminate, attached double garage. Nicely landscaped backyard w/privacy fence.</p> <p>MLS #20101201</p>	 <p>\$94,900</p> <p>COZY - 2 BR home. Kitchen has light oak cabinets and eat-in dining area. Updated bath, basement with lots of storage, fenced front yard and back yard with alley access. Seller is a Realtor.</p> <p>MLS #20101101</p>
 <p>NOW \$145,900</p> <p>GREAT STARTER - 3 BR, 1 3/4 bath home with attached garage. Inviting all seasons porch with gas fireplace, covered patio, fenced yard with storage shed and extra parking in driveway.</p> <p>MLS #20101090</p>	 <p>\$179,500</p> <p>ONE LEVEL LIVING - 3 BR, 1 3/4 bath home. Eat-in kitchen w/pantry, family room. Screened porch, lawn sprinklers and attached double garage.</p> <p>MLS #20100798</p>	 <p>NOW \$149,900</p> <p>MINUTES FROM MINOT - 2 BR home on 1.74 acres near Burlington. Lots of updating, includes NEW shingles, vinyl siding, windows, kitchen cabinets, appliances, countertops, bathroom & exterior paint on outbuildings. Horses allowed.</p> <p>MLS #20100935</p>	 <p>NOW \$142,500</p> <p>MOTIVATED SELLERS - Move in ready 4 BR, 1 1/2 bath, 1 1/2 story home in SW area close to schools. There is a breezeway connecting this home to the triple garage. C/A. Fenced yard, patio and garden spot..</p> <p>MLS #20100955</p>	 <p>\$159,900</p> <p>NICELY UPDATED - 3 bedroom, 2 3/4 bath home. Updated kitchen, main floor bath w/whirl tub. Main floor master with sitting room plus a 2nd upper level master w/BR, office area & remodeled bath. Hardwood floors on main level. Att dble grge. .</p> <p>MLS #20100791</p>
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