

Crews keep goods moving in polar mission

by Fred W. Baker III

American Forces Press Service

KANGERLUSSUAQ, Greenland (AFNS) - It takes more than a skilled pilot, experienced in flying in polar conditions, to deliver millions of tons of fuel, food, people and cargo to the remote science outposts both here and in Antarctica.

The Airmen of the New York Air National Guard's 109th Airlift Wing deliver that annually as they support the National Science Foundation's research efforts in both polar regions.

The polar pilots face some of the harshest weather conditions on Earth as they travel to places where no other pilots have gone, taking off and landing in planes equipped with skis instead of wheels.

But they acknowledge that while they guide the nose of the plane, it takes a team to deliver the goods. It's up to the crews to get the cargo on, off and keep the planes flying.

It's a mission that nearly always puts the plane at maximum load, and the weather conditions place a heavy strain on its components. Crew chiefs, avionics specialists, electricians, engine and hydraulic mechanics, loadmasters and engineers, to name just a few, all work in sync to keep the planes flying.

"It's a constant passing down of experience and knowledge," said Senior Master Sgt. Brian Bik, the supervisor of maintenance on a recent rotation to Greenland. The crews learn each aircraft's personalities, Sergeant Bik said. They know what to look for based on their years of experience with the craft.

Sergeant Bik has been going on rotations to Greenland since the early 1990s, and said he can't remember how many trips he's actually made to the Arctic Circle.

On a two-week rotation, there are more than 20 maintenance troops on the ground, working two shifts to accommodate the planes coming and going. They bring all of their own parts, and are sometimes forced to fix the planes in the harshest conditions. There are no heated



(Department of Defense photo/Fred W. Baker III)

A crew chief watches as supplies slide off of the LC-130 Hercules cargo plane and onto the ice sheet July 28, 2010, at a remote science research site in Greenland. The 109th Airlift Wing is the only military unit in the world to fly such aircraft and has flown missions to Greenland since 1975. The unit now provides airlift support to the National Science Foundation's polar research program here.

hangars to work out of. All work is done outdoors, sometimes in temperatures that drop well below zero. They are taught how to survive on the ice sheet if they have to recover a stranded plane.

The cold weather strains the planes' components, Sergeant Bik said, and the open snow landings beat up the skis' hydraulics. The unit keeps desk-sized heaters to warm the plane's parts to allow crews to work on them.

The crews don't put special emphasis on the planes because of the dangerous mission; they do it because of their routine high standards, resulting in their impeccable safety record, Sergeant Bik said.

"It's just the norm; it's just the way we do it," Sergeant Bik said. "I never want it on my conscience that my lack of doing my job correctly caused the airplane to go down or the loss of a crewmember."

In the air, the loadmasters and crew members provide extra eyes to help in talking the pilot down when visibility is poor. "It's almost kind of

like an orchestra when you hear our approach to landings," said Senior Master Sgt. Shad Gray, a flight engineer who has been flying here with the unit since 1985.

On approach, everyone in the crew is scanning for signs of the runway and chiming in on altitude, glide path and wing level, he said. Sergeant Gray compared working in the icy environment to the "wild west."

"We're up here on our own, so everything we do, we have to do with what we have in our backpack, what we have on the airplane," he said.

"There are times when we're out on the ice cap and something goes wrong and we have to fix it. You don't call in a specialized team to come in and take care of it."

On the ground, almost all loading and unloading is done with the plane's engines running. This makes a dangerous job a little more chaotic. Because of the deafening roar of the engines, all communication is through hand signals.

"After time, you know

what needs to be done," said Master Sgt. Carmelo Modesto, a loadmaster who has been flying missions to Greenland since 1998.

On the ice, at thousands of feet above sea level, hypoxia becomes the enemy. The crew exerts energy just to stay warm, and when loading the planes, the problem is exacerbated.

Before the servicemembers know it, they are turning gray because of the lack of oxygen flowing through their veins.

"You're in the moment, so there's a lot of adrenaline," Sergeant Modesto said. "Sometimes you have to tap your buddy on the shoulder and say, 'Your lips are purple, you're gray, go get some oxygen.' You just don't realize it. You start to gray out."

Sergeant Modesto said the crews enjoy the freedom of their job, traveling to places where they have only their skills to rely on.

Because of their experience, the crews know what things they need to bring to them through a mission. For

example, they keep kits on the planes with nearly every size of hydraulic line that fit the plane.

Tin cans stripped of the top and bottom can be used to seal damaged ductwork, Sergeant Modesto said.

"You're only relying on yourself," Sergeant Modesto said.

"It's very infectious. You don't see a lot of people leaving here and going to other missions. It's part of our life."

A good day on the job ends "sleeping in your own bed - not on the ice cap in a tent in a bag somewhere," Sergeant Modesto said.

But that speaks more to the crew's desire to see each mission through. Nothing is more disappointing for them than going through all of the efforts to drop supplies and fuel at a remote outpost and having to turn back because of weather.

"That's definitely one of the bummers," he said. "

"If we go out to do a mission and we can't do it, they're not calling somebody else. It's us or it's nobody."

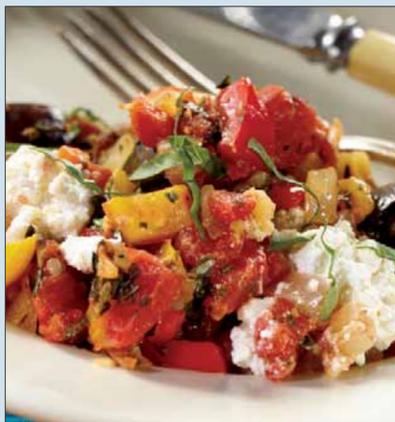
Grilled Eggplant Ratatouille

To grill the eggplant, preheat grill. Diagonally slice 2 medium eggplants into 1/2-inch slices. Toss with olive oil and kosher salt. Place on grill and cook 5 to 7 minutes on each side.

Ratatouille ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 2 bell peppers (red or yellow), chopped
- 2 cups chopped, cooked potatoes
- 2 cups chopped, grilled eggplant (about 2 eggplants)
- 1 (28-ounce) can diced tomatoes, drained
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 15 ounces whole-milk ricotta
- 1/2 cup shredded Parmesan cheese

1. Preheat oven to 350F. Heat olive oil in large skillet and add onion, garlic and peppers; sauté 7 minutes.
2. Add potatoes, eggplant, tomatoes, basil, parsley, oregano, salt and pepper; stir gently. Combine ricotta and Parmesan cheese. Place half of vegetable mixture in a 2-quart baking dish, top with ricotta mixture and remaining vegetable mixture. Bake 30 to 40 minutes or until bubbly. Serves 6.



Recipe and photo courtesy of Relish magazine.

Statewide farmers' market set for Saturday in Minot

Please join vendors of the North Prairie Farmers' Market network Saturday in Minot for the first-ever statewide farmers' market festival. The festival, which will be held from 11 a.m.-4 p.m., in the north parking lot of the Minot Civic Auditorium, is being held in conjunction with Minot's annual Downtown Festival.

The purpose of the statewide market, according to market manager Ilene Baker, is to promote farmers' markets and local foods. The North Dakota Dept. of Agriculture says 14 farmers' markets in 2005, have jumped to

55 this year and the festival brings attention to the recent popularity of local farmers' markets.

The festival is much more than just a farmers' market, according to Baker. It will include a kids' pedal tractor pull, a presentation on community supported agriculture, a yarn spinning demonstration, clowns for the children, magic shows and dunking tanks.

The headliner will be Christy Rost, a host, chef and author on the Public Broadcasting System. Rost will prepare recipes at noon and 2 p.m., using local foods such

as lamb from Catherine's for Lamb in Driscoll, beef from Ruso Ranch in Ruso and certified organic garlic from North Star Farms in Carpio.

In addition, Baker said the market recently added the capability for customers to use their SNAP EBT cards, credit/debit cards to purchase tokens that can be used at participating vendors.



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Billy D to headline Beach Party

By Stu Merry
BHG News Service

It's time once again to head back to the beach – it's time for Beach Party 2010. The annual end of summer blast will once again be at Fort Stevenson State Park. Celebrating its 10th year, the Beach Party features music, games and activities for all ages. This year's featured entertainment is Billy D and the Crystals.

According to their website, Billy D and the Crystals have been entertaining audiences for more than 35 years, beginning back when brothers Jay and Jan Vagts got together with their father and older brother in the basement and started rockin' the night away.

The group offers a variety of music from the 50's to today. The group's repertoire includes songs by Elvis, Buddy Holly, Journey, Lynard Skynyrd, The Beatles, Creedence Clearwater Revival, The Who, Prince and many more.

This is the first year Billy D and the Crystals will be performing at the Beach Party. Previous years featured the Fantastic Convertibles, who later changed their name to Past Due. Of the change in bands, organizers for the Beach Party said it is good to change things up a bit from time to time.

Other entertainment is planned for the evening as well, including karaoke by FunTYME. A variety of games is another trademark of the annual event. The Beach Party is geared as a fund raising event for groups in the community or for community projects. Proceeds have gone to a number of local entities over the past years. That will continue again this year.

Tickets are \$10 for adults and \$5 for children. Wristbands: \$10 for unlimited games, or \$5 for 10 games. For more information, call 1-800-799-4242, or visit www.garrisonnd.com.

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Karaoke by FUNTYME

Tickets: \$10 Adults, \$5 Children
Wristbands: \$10 Unlimited, \$5.00 for 10 games

Ryan Chevrolet to host NFL Pepsi punt, pass & kick competition

Young pro football fans will have the opportunity to exhibit their football skills when Ryan Chevrolet hosts the Minot Local NFL Pepsi Punt, Pass & Kick competition on Sunday, August 29, 2010.

The competition is free and open to boys and girls ages 6-15. It will be held on Sunday, August 29th at the Herb Parker Stadium Practice Field. You may register on-line at www.ryanchevrolet.com/contests.asp or on-site between 11:30AM and 12 Noon the day of the competition. The NFL Pepsi Punt, Pass & Kick will begin at 12 Noon.

For competition information, call Joel Sandy at Ryan Chevrolet at 852-3571. Entry forms can be picked up at Ryan Chevrolet, 1800 S. Broadway or downloaded at www.ryanchevrolet.com/contests.asp.

The NFL Pepsi Punt, Pass & Kick football competition allows youngsters to showcase their talents in punting, passing, and kicking with scores based on distance and accuracy. Age classification is as of December 31 of the current year.

The top finishers from each of ten age groups at the Local competition will advance to the North Dakota Sectional competition. The winners at the North Dakota Sectional competition will have their scores compared with other Sectional champions; the top five scorers from the pool of Sectional champions advance to the Minnesota Vikings Team Championship, to be held at the Hubert H. Humphrey Metrodome some time in November or December. Age-group champions at this level will be declared NFL Pepsi Punt, Pass & Kick Team Champions. The

top four finishers in the boys' and girls' divisions within each age bracket from the pool of all Team Champions will qualify for the National Finals at an NFL playoff game in January. The NFL Pepsi Punt, Pass & Kick competition is produced by NFL Properties LLC and sponsored by Pepsi.

Every year more than 3.5 million youngsters nationwide compete in the NFL Pepsi Punt, Pass & Kick program. PPK offers boys and girls the opportunity to compete separately against their peers in punting, passing, and kicking contests (based on distance and accuracy) in Local, Sectional, NFL Team Championship, and National Finals levels.

Eligibility:

Five age groups (6-7, 8-9, 10-11, 12-13 and 14-15) are eligible to compete in separate boys' and girls' divisions. Participants must fill out an entry form that can be obtained from local organiz-

ing groups or on site. A valid birth certificate and parental signature are required, but no registration fee or purchase is required to enter.

Format:

All NFL cities have been broken down into Local and Sectional areas based on geographic location. The following defines each level of the competition:

- Local Competitions – These grassroots competitions will be held nationwide in August and September. The top scorer in each Local age group advances to the Sectional Competition.

- Sectional Competitions – Conducted in October. Age-group champions at this level will have their scores compared to other Sectional winners from their respective age groups. The top five first-place winners in the boys' and girls' age groups among all Sectional winners will advance to the Team Championship for a total of 50 participants who will attend

each Team Championship. • Team Championships – All NFL cities will host a Team Championship in their stadium during pre-game or halftime of NFL games in November and December. Boys' and girls' Team Champions will be crowned in each age group.

- National Finals – The top four scorers will be determined in the boys' and girls' divisions from all first-place finishers in each Team Championship age group. These Team Champions will advance to the National Finals at an NFL playoff game in January. A total of 40 participants will attend the National Finals.

Prizes:

All participants receive a certificate from the NFL, signed by the NFL Commissioner. Prizes for age-group winners include ribbons, medals, plaques, trophies, and possibly a trip for the competitor and two adults to the National Finals.

Academy repeats as 'Best in the West'

U.S. AIR FORCE ACADEMY, Colo. (AFNS) - The Air Force Academy received "Best in the West" ranking for the fourth-straight year in U.S. News and World Report's 2011 Best Colleges rankings released Aug. 17.

The Academy also earned second place in the nation for best undergraduate engineering specialties of aerospace, aeronautical and astronautical fields, No. 5 in best undergraduate engineering program where doctorate degrees aren't offered, No. 8

in best undergraduate engineering specialties of electrical, electronic and communications, and No. 10 in best undergraduate engineering specialty of mechanical.

Additionally, the Academy's management program rated No. 9 among undergraduate business programs and was No. 1 among programs offering only an undergraduate degree.

"This recognition is a direct reflection of both our committed faculty and our top-notch cadets, and it vali-

dates our learning-focused approach to teaching," said Brig. Gen. Dana Born, the Academy Dean of the Faculty. "Specifically, our engineering and management programs were again highlighted as being among the very best in the nation. This recognition helps affirm that the Air Force Academy is preparing our nation's future Air Force officers to become leaders of character in our ever-changing world."

The Aug. 17 U.S. News and World Report ranking follows two other national education rankings that also put the Air Force Academy among the top universities in the nation. Forbes ranked the Academy No. 11 in the nation on its "2010 America's Best Colleges" list released Aug. 12, and The Princeton Review named the Academy No. 1 in the nation for professor availability in its 2010 "Best 373 Colleges" book released Aug. 2.

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Minot Farmers Market

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

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

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

Why should I buy farm-fresh produce?

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

What's available at Minot Farmers Market?

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- Tomatoes
- Carrots
- Squash
- Fresh Flowers
- Cucumbers
- Potatoes
- Onions
- Berries
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- Apples
- Baked breads, pies, cookies, muffins
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Body after baby: Getting back into the groove

by Tech. Sgt. **Kristina Newton**
1st Special Operations Wing
Public Affairs

HURLBURT FIELD, Fla (AFNS) - Pregnant women are given a lot of information about what changes to expect during the 40 weeks it takes to carry a baby to term. They are told they should maintain a balanced diet, continue to exercise, and that they can expect to gain 25 to 35 pounds.

With the ongoing emphasis on physical fitness and new bi-annual testing requirements, it's more important than ever for new moms to get back into shape after having a baby.

That is where health and wellness center officials can help. The staff at the HAWC makes continuous efforts to create innovative programs to cover practically every aspect

of physical fitness improvement and injury prevention. One of the newest physical training programs was designed especially for new active-duty mothers.

The post-pregnancy PT class, which began May 19, is the brainchild of Sheena Frey, a health and fitness specialist at the HAWC.

"The goal of the class is to help new mothers between six weeks and six months post-partum get back into shape in a safe and accepting environment," Mrs. Frey said.

The class was originally scheduled to run three days per week for three weeks, but after careful consideration, the staff at the HAWC decided that just wasn't enough time.

"I realized that I can't take these ladies from basically no physical activity and get them ready for unit fitness programs in only three

weeks," Mrs. Frey said. "That would just cause injuries and put them back on profile."

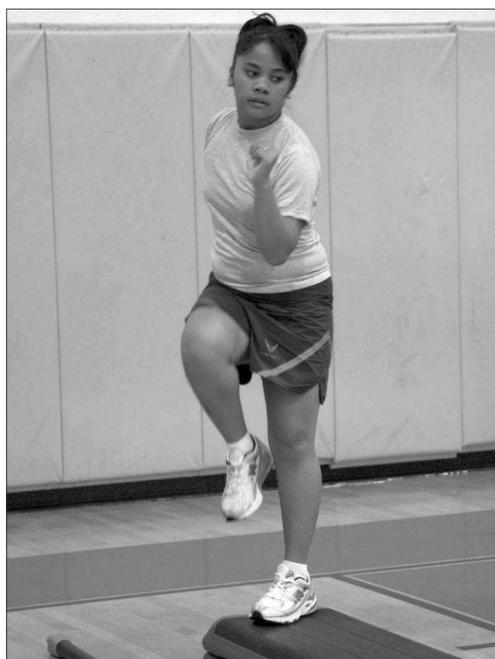
For this reason, the length of the course increased to six weeks with the option to re-enroll.

"Basically, we made it so the ladies could stay in the class until they are due for their physical fitness assessment or until they decide they no longer need our help," Mrs. Frey said.

The class is meant to provide the member with the tools necessary to accomplish an all-inclusive lifestyle change, and not just be a quick fix, Mrs. Frey said.

New mothers are provided not only physical fitness instruction, but also nutritional guidance and lifestyle tips.

Before beginning the class, which requires her supervisor's permission, each student receives a one-on-one orientation, a nutrition class



(U. S. Air Force photo/Staff Sgt. Orly N. Tyrell)

Senior Airman Fiatagata Ulukivaola does high knee step aerobics during post-pregnancy PT July 21, 2010, at Hurlburt Field, Fla. The class is intended to help active-duty women recondition themselves and prevent injury by training members to increase and maintain their fitness level after maternity leave.

and a body composition measurement.

The body composition module is similar to the "dunk tank," but rather than using water displacement to measure muscle mass and body fat, it uses air displacement, Mrs. Frey said.

"The body composition can be intimidating for the moms because they are afraid the number is going to be really high," she said. "But almost all of them were surprised at how low it was."

Senior Airman Sheila DeVera, a 1st Special Operations Wing Public Affairs photographer, just completed the first six-week course.

Her second body composition measurement showed she had dropped seven pounds of fat and gained four pounds of muscle.

"When I saw those numbers I was so happy," Airman DeVera said. "Sometimes you don't see it on the scale, so you're not sure it's working. But then you see it for real, and it's amazing."

Airman DeVera said she has also seen improvement in other areas.

"I lost two and a half inches from my waist, doubled my pushups and scored an 83 on my PT test," she said. "When I started this program, I hated physical training, but throughout the program (Mrs. Frey) listened to all of us and asked us what we would like to focus on. She made the PT fun ... and brutal."

Airman DeVera is not the only success story. Many of the women have seen similar improvement, Mrs. Frey said.

Some of the best, she said, are those who honestly believe they just can't do certain exercises.

"I have had girls who say they can only do one pushup or five sit-ups, and some even say they can't do any," Mrs. Frey said. "I tell them they can do it, because they can do a modified version to build their strength. Just don't give up."

Managing your TRICARE coverage with other health insurance

By **Shari Lopatin**
TriWest Healthcare Alliance

OHI: If you don't know what that means, and you have a private health insurer, you could end up with a claims mess.

OHI stands for Other Health Insurance. This is any health insurance you receive,

beyond TRICARE, through an employer or individual plan. Exceptions to this rule are Medicaid, Indian Health Services, other State Funded plans and supplemental insurance policies, which are usually offered by military associations or private companies. The rules for using OHI with TRICARE differ,

depending on if you're an active duty service member, or a family member. Either way, the moment you begin a health plan using OHI, you need to inform TriWest Healthcare Alliance, your regional TRICARE contractor that administers the TRICARE health benefit throughout 21 western states.

TriWest needs to know if you have OHI to coordinate your benefits more smoothly.

If you're an active duty service member

You may have OHI with TRICARE, but all active duty service members are required to enroll into TRICARE Prime. Since TRICARE is your main plan, you must follow its rules. It may also be a good idea to read the fine print of any civilian health plan you register for, as many civilian policies exclude members of the active Armed Forces.

If you're a family member of someone on active duty

Your OHI is considered your primary health insurance. This means any claims for doctor's visits, medications, hospital stays and other services are submitted for payment to your OHI first. If any balance remains after your OHI pays, you or

your provider can then submit the claim to TRICARE for secondary processing.

Submitting Claims with OHI as a Family Member

Your doctor's office will most likely submit your claims for you. If you have OHI, those claims will go to the company that supplies that health coverage first. Once the claim has been processed, you and your doctor will receive a statement—called an "explanation of benefits"—showing the amount paid on the claim.

After you receive that statement, you or your provider can send the claim to TRICARE, for secondary processing. You or your doctor should attach the "explanation of benefits" statement to the claim. If you are submitting your own claims, follow the steps on TriWest's Claims Portal to properly submit them. This portal will also tell you where to mail your claims: www.triwest.com/beneficiary/claims.aspx.

View Your Claim Status Online!

You can now view the status of your TRICARE claims online by registering at www.triwest.com and enrolling in the paperless options. Using this secure account, you can receive your referrals and authorizations online, view your out-of-pocket expenses, update your personal information and explore many other online-only benefits. Get started today and visit www.triwest.com/gogreen.

Base Chapel Happenings

Catholic

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

Protestant

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

Mass Schedule for July & August

- August 15th - Catholic Community Annual Picnic Mass at 11 a.m. ONLY Mass in the Grass ~ Bud Ebert Park ~ Lunch immediately follows.
 - August 16th Daily Mass resumes 12:05 p.m. Mon. – Thurs.
- Unless otherwise noted all masses are at Northern Lights Chapel. Contact Colleen Moore for details at 723-6442.



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Sunday School 9:45a.m.
Morning Worship 11:00a.m.
Family Hour/Leadership Training .. 6:30p.m.
Evening Worship 7:30p.m.
Bible Study/
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Prayer (Friday) 7:00p.m.

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Annual Block Party at J.R. Rockers

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

August 5K Run

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

Movie Night in the Park

Outdoor Recreation invites you to bring your family and a blanket to Bud Ebert Park for the FREE Movie Night in the Park on August 20th. Reserve your spot by 8:30 p.m.; movie begins at 9 p.m. The featured movie will be "Princess and the Frog". Concessions will be available for purchase. For more information, contact Outdoor Recreation at 723-3648. In case of inclement weather, Movie Night will take place at Treasure Island.

Street Painting

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

Veterinary Appointments

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

Open Mic Night

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

Magic City and Central Campus school bus meeting

There will be a meeting for the Minot City and central Campus high school students concerning school bus routes and schedules at the base theater here at 7 p.m. on Aug. 23.

Happiest Baby on the Block

• August 25th, 0900-1100 - The Happiest Baby

on the Block is a class designed for the calming of crying or colicky babies. This class uses the unique techniques created by Dr. Harvey Karp. You will become familiar with the "5 Steps to Turn On Your Baby's Calming Reflex." You not only get this valuable information, but you will also get hands on experience practicing these techniques. After this class, your baby will be the "Happiest Baby on the Block." Please call 723-5096 to register. Located in the Family Advocacy Conference Room (1st floor in the Clinic).

• Every Tuesday, 1000-1100 - New Parent's Playgroup, Youth Center, Gym 1. The group is for parents and children ages 0-3 years old. No registration required.

HeartLink: A Right Start For Spouses

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

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on August 27th at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. There are two categories of wings - spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for additional details.

Family Bowl-a-Rama

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

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on August 28th beginning at 10 a.m. at the Community Center. Children 16 and under must be accompanied by an adult. For more information, visit www.dakrats.net or call the Community Center at 723-4670.

Lights & Strikes Family Night

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

UFC 118 Coming To J.R. Rockers

The UFC Fight Night pay-per-views held at J.R. Rockers have always been a "hit". Well fight fans, it's time to do it again as another Ultimate Fighting Championship is scheduled to take to the "UFC Octagon" on August 28th at 9 p.m. The event, UFC 118: Edgar vs. Penn 2, will be shown

live from the TD Garden in Boston, Massachusetts. The lightweight championship is on the line during the UFC 118 when Frankie "The Answer" Edgar battles BJ "The Prodigy" Penn. Plus it's UFC versus boxing as Randy "the Natural" Couture takes on boxing legend James "Lights Out" Toney as Toney makes his mixed martial arts debut. The Ultimate Fighting Championship pay-per-view event is free for club members and \$5 for non-members. Doors open at 5 p.m. with the fight beginning at 9 p.m. A limited bar menu will be available. For more information, call J.R. Rockers at 727-ROCK.

Retiree Scramble Golf Tournament

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

Minot AFB School Board Position Available

Requirements:
 • Must reside on base
 • Active duty enlisted, reservists, and family members only
 • Must not be an employee of Minot Public Schools
 • Need not have children in the public schools
 **Pursuant to DoDD 1344.10, paragraph 4.2.4.2, and AFI 51-902, paragraph 6.4, officers are not eligible to serve on the Minot AFB School Board as it is not an independent school district.
 Applications are available at Dakota Elementary School. Submit your application to Dakota Elementary School by 15 September 10. If you have any questions, please contact Tony Keys at 727-0513.

Limited Lodging During Summer

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

J.R. Rockers Closed On Mondays

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

Base Advisory Council

The base advisory council, chaired by the 5th Mission Support Group commander, meets on the last Thursday of every month at the Dakota Inn here. The BAC addresses questions, concerns, and/or issues affecting the health and welfare of base personnel. The BAC attempts to resolve issues at every meeting with the help of representatives from the Army and Air Force Exchange Service, 5th Force Support Squadron, 5th Civil Engineer Squadron, 5th Logistics Readiness Squadron, 5th Security Forces Squadron, and Defense Commissary Agency. In order to accommodate suggestions from personnel who cannot make the meeting and from those wishing to make a suggestion at any time, a "BAC Mailbox" was created so that issues and concerns can be brought up before the meeting. For more information about the BAC or to submit suggestions, send an email to the BAC email ad-

dress at BACmailbox@minot.af.mil.

Today

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

Saturday

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

Sunday

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

Monday

• **Lunch Time Bowling**, 1030-1330, Rough Rider Lanes
 • **Newbery Book Club**, 1530, Library
 • **Yoga**, 1800, Fitness Center

Tuesday

• **Family Night**, 1700-2100, J.R. Rockers
 • **Spouse Deployment Preparedness Training**, 1800-1900, A&FRC
 • **Last day to register for HeartLink**, A&FRC

Wednesday

• **Lake Metigoshe/Pioneer Skills & Weather you like it or not! Field Trip**, 0745-2030, Youth Center
 • **Right Start**, 0800-1200, JDC
 • **HeartLink: A Right Start for Spouses**, 0930-1400, JDC
 • **Counted Cross Stitch**, 1300-1500, Arts & Crafts
 • **Wild Wing Wed & \$1 Drafts for Members**, 1600, J.R. Rockers
 • **Mongolian BBQ**, 1700-2000, JDC
 • **4-Day Childbirth Class (4 of 4)**, 1900-2100, A&FRC

Thursday

• **1st Day of School**
 • **Torch Club**, 1600, Youth Center
 • **Career Day**, 1600, Youth Center
 • **Veterinary Appointments Available**, call 723-6449, Vet Clinic

August 27

• **Anime Club**, 1630, Library
 • **Family Bowl-a-Rama**, 1700-1900, Rough Rider Lanes
 • **Wing Fest**, 1730, JDC
 • **Kids Night Out**, 1830-2100, Youth Center
 • **Pre-Teen Rockin-n-Rollin**, 2000-2230, Youth Center
 • **Veterinary Appointments Available**, call 723-6449, Vet Clinic

August 28

• **Retiree Scramble**, 0900, Rough Rider Golf Course
 • **Operation HEROES**, 1000-1400, Base Theater, hosted by A&FRC
 • **LAN Party & X-Box Gaming**, 1000, Community Center
 • **Framing Class**, 1000-1600, Arts & Crafts
 • **Lights & Strikes Family Night**, 1800-2300, Rough Rider Lanes
 • **Hip Hop Nite**, 2300-0400, J.R. Rockers

Ongoing Events

• **Equipment Orientation Class**, By appointment, Fitness Center
 • **On-Base Roadside Assistance**, Auto Hobby
 • **Rough Riders Aug Specials**: Joe's Spicy Pepperoni Pizza, Joe's Spicy Pepperoni Flat Bread Sandwich
 • **Youth Employment Skills**, for ages 13-18, Youth Center

2010 Downtown Fall Festival

Saturday, August 21, 2010 • 10 a.m. - 5 p.m.

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 Saturday: 10:00 - 5:00
 Sunday: 12:00 - 4:00

DOWNTOWN FALL FESTIVAL
 Saturday, August 21, 2010
 10 am to 5 pm
 Main Street ~ Downtown Minot

All Day Events:

Carnival and Inflation Games by River Rentals	Sidewalk Sales
Dakota Cruisers Car Show	Police & Fire Department Displays
Rocky Top Ranch Petting Zoo	Minot Air Force Base Humvee
Moore's Karate Demonstrations	Food & Craft Booths
Cake Walk by LaLee Cakes (each hr starting at 11)	FunTyme Karaoke & DJ
Second Story Silent Auction & Rummage Sale	Face Painting
Messages by BreatheAgain Bodyworks & Day Spa	
Live Pottery Demos at Margie's Art Glass Studio	

Time	Activities	Location
11:00	"Dance Company" Performance	DJ/Stage Area
11:00	Bingo Begins	Fair Building
11am-4pm	Live Artists @ Taube	Taube Museum
11am-4pm	Children's Art Activities	Taube Museum
11am-4pm	North Dakota Food Products Samples	Gourmet Chef
11:30	"Institute of Dance" Performance	DJ/Stage Area
12:15	Dried Fruit Baking Contest	Gourmet Chef
12:30	"Studio X" Dance Performance	DJ/Stage Area
12:30	Sushi Eating Contest	United Pantry
1:00	Community Drum Circle	DJ/Stage Area
1:30	Eagle Feather Club Dancers, New Town	DJ/Stage Area
2:00	Filipino American Dancers	DJ/Stage Area
2:30 & 3:00	"Brick Studio" Dance Performance	DJ/Stage Area
3-3:30	Roosevelt Park Zoo Raptor Show featuring Brandt, a Red-Tailed Hawk	Main Street Books
3:30-4:30	FunTyme Karaoke	DJ/Stage Area

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Picnic & Norwegian Golf

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

“Why Not?! Music and Arts Festival

Pangea House & 62 Doors Art Gallery will host a 3-day music and arts festival. A variety of events are scheduled to take place Friday-Sunday, August 20-22 including a Skate Demo, an arts and crafts sale at The Carnegie Center, open studios at 62 Doors Art Gallery, concerts featuring punk rock, folk and indie bands from WI, MN, MT, SD, and ND. All bands will play an all ages venue throughout the week! Tickets for the entire event are available online for \$15 or individual show admission can be bought at \$7. For more information visit www.pangeahouse.org/whynot or call Jazmine at 720-0308 or jazmie@srt.com.

Encampment at Fort Buford

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

Railroad Museum of Minot’s Last Sale of the Season

The museum is located at 19 - 1st Street NE Minot. The rummage sale will be held on Saturday, August 21st. Last sale of the season and everything must go, we have: Dewalt H.D. XRP 1/2 drill - driver, casiotone Key Board, Glass ware, men’s large size jackets, VHS Movies, 45-RPM records, coffee maker, oxygen snowboard, paper back books, and a lot of other items. The sale will be open from 10am to 2pm.

Fall Festival

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

North Prairie Farmer’s Market

Join us on August 21st from 11am to 4pm for North Prairie Farmer’s Market Statewide Festival. Special Location: Civic Auditorium. On Display: ND Ag Dept Mobile Food Processing Trailer. Market Vendor: Delicious local produce, herbs, meats, cut flowers. Kid’s Tent has easy snacks that are good for you, Lucky Lenny the Clown will do two magic shows and make balloon animals. Dunk Tank: Fund-raiser benefiting the Food Pantries (12 - 4) Events 11:00- What is a CSA - Kate Pfenning, Catherine’s For Lamb. Noon: Chef, Author & PBS TV host, Christy Rost will prepare recipes with local foods. 1pm: Children’s Pedal Tractor Pull, prizes awarded. 2pm: Chef, author & PBS TV host, Christy Rost will prepare

recipes with local foods. 3pm: Yarn Spinning Demonstration. Also Enjoy the Downtown Fall Festival on Main Street August 21st from 10am to 5pm.

Daysun Gross Day of Giving

Day of giving will be held at 3pm on Saturday, Aug. 21 at Roosevelt Park Zoo. Winter coats and 2,100 backpacks with supplies will be given out to families with school aged children. There will be a program with music and lunch served.

Gymagic Gymnastics Registration

Gymagic Gymnastics will be holding registration for Term 1 starting on Monday, August 23rd through Friday, August 27th from 4pm - 7pm for boys and girls ages 2 years and up. The term will start Monday, August 30th and run for 8 weeks through October 22, 2010. For more information please contact Gymnagic Gymnastics on the ND State Fairgrounds at 852-4585 or check our website at gymagicgymnastics.com.

8th Annual Charlie and Kay Ruppert Competition

The boys and girls drive, chip and putt competition will be held on Tuesday, August 24th. Registration will be between 5-6pm. Start time is 6:15 pm at Jack Hoven Wee Links. Boys and girls compete together ages divisions - 6 and under, 7-8, 9-10, 11-12 and 13-14.

Abundant Garden Harvest

Whether you grew it yourself, got a great gift from Grandma’s garden, or scored big at the farmer’s market. This class series will help you gain the skills you need to use that garden produce and put up the extra for later. Pre-registration is required by Monday August 23rd. So come to the North Central Research Extension Center and hear all about freezing fresh foods on August 24th at 7pm.

Alzheimer’s Support Group

Friday, Aug. 27 at The View - 9am. Join us for up-to-date information and education on Alzheimer’s disease and dementias. Anyone affected by Alzheimer’s is welcome! (No charge.) Questions? Call Kerry Seidler, LPN or Lori Soltis at 852-7700.

Metis Festival

You won’t want to miss the amazing four day Metis Festival at the International Peace Garden. August 26th kicks off the event in the afternoon with Turtle Mountain Thursday. The event continues through the 27th, 28th & 29th with jigging, fiddling contests, the Red River Carts, vendors & more. For concert tickets visit www.metisfest.com. For more information visit www.peacegarden.com or call 1-888-432-6733. Location of the event is 14 miles north of Dunseith.

Rock the Leaves

This is a yearly benefit concert featuring both local and nationally renowned performers, is slated



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Duane Peterson.....240-3660 Marla Rae Uscensky.....720-0215
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<p>EASY LIVING! MAIN FLOOR LAUNDRY! Tastefully decorated 4 BR & 2 3/4 bath home w/open flr plan. Master BR includes 3/4 bath & walk in closet. Quiet neighborhood by walk path, soccer park & convenient to schools. Call Darlene Schnaible at 721-7374 \$188,900 #20101156</p>	<p>IT’S READY-TO-MOVE INTO! Roomy 3 BR & 3 bath rambler w/double garage. Eat-in kitchen, formal dining room, main flr laundry. Finished basement w/office, big family room & extra bath. Large yard w/sprinklers & huge screened/covered patio. Call Bernie Pellenwessel at 721-5221 \$204,400 #20101007</p>	<p>OLDER CHARM! Nice 5 BR & 1 1/2 bath home. Hardwood floors throughout home. Newer appliances & central air. Large 14x18 deck for outdoor entertaining. Call Melody Sundbakken at 833-4673 \$179,900 #20101023</p>
<p>SMALL COMFORTABLE HOME! 1 BR & 1 bath home. Fenced in backyard. Currently rented. Good potential. SW location between Jim Hill & Edison Schools. Call Marla Rae Uscensky at 720-0215 \$67,600 #20100897</p>	<p>SERENE VIEWS! Large lot in the city w/ country views. 3 BR & 2 bath home in newer neighborhood. Great open floor plan with 9’ ceilings. Natural sunlight w/large insulated vinyl windows. Now adding underground sprinklers & seeded lawn. Call Lucy Tuttle at 240-6707 NOW \$189,900 #20100182</p>	<p>CHARMING SPLIT LEVEL HOME! 4 BR & 2 bath home. Well designed kitchen, living Rm & dining Rm w/hardwood flooring throughout. Inviting daylight basement & gas fireplace. Private deck off dining room. Call Bryan Knight at 720-0965 NOW \$225,000 #20100838</p>
<p>MUST SEE UPDATED HOME! 4 BR & 2 1/2 bath home. Latest changes include: new roof, carpet, paint, sprinkler system in 2010. Directions: off 4th Ave. NW DQ corner, take 20th to Sunset Blvd. to 19th Ave. Call Jeff Stremick at 721-2584 \$219,900 #20101167</p>	<p>LOVELY PATIO HOME! One level 2 BR & 1 3/4 bath home. Spacious foyer connected to open kitchen & dining area. Large bay window in dining Rm. Cozy LR w/access to enclosed sunroom & outdoor patio. Call Alecia Berg at 721-5996 \$220,700 #20100665</p>	<p>SPLIT WITH PERSONALITY! Large 5 BR & 2 bath split level home. Updated doors & woodwork. Newer carpet & paint. Detached 27x40 3+ stall garage w/2 large OH doors. Located in Sunnyside School District. Call Wayne Tuttle at 240-6667 \$229,900 #20100698</p>

for Saturday, August 28th in Minot’s Oak Park from 12 Noon to 10 pm. All funds donated will go to defray the medical expense of Trish Cantone, a young Minot woman who is soon undergoing heart surgery. For more information, daniel.hansen@my.minotstateu.edu or call 701-833-6868.

Beach Party 2010

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

Gospel Concert

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

SVAS Furry Scurry Walkathon

The Souris Valley Animal Shelter is having their annual Furry Scurry Walkathon 2010 on Saturday, September 4th at Oak Park Shelter #9. Bring your pets, show off their talent and have a great time!! Pick up your registration forms now and start collecting donations! Forms can be picked up at the shelter, area

vet clinics or on our website at www.svaspets.com. For information, call Susan 839-6770.

Til Death Do Us Part, Late Night Catechism

Sister is now offering up her hilarious lessons on Sacraments of Marriage and Last Rites, including her own wacky version of The Newlywed Game! Classroom participation is a must, so bring along your sweetie and your sense of humor for some quality time with Sister, the feistiest new couples counselor in town! September 15th, 2010 at 7:30 p.m. at Ann Nicole Nelson Hall, Minot State University. 500 University Avenue West, Minot. For tickets, please visit www.latenitecatechism.com or by phone, (701) 838-1520.

YMCA Flag Football

Register for YMCA Flag Football for boys and girls in grades 1 & 2. Games are played on Saturdays beginning September 18th. Registration deadline

is September 7th. For more information call Michael at YMCA or email him at mhunter14s@srt.com. Registration forms are available on the YMCA website www.ymcaminot.com

Singers Wanted!

The Minot Chamber Chorale is seeking singers for the upcoming season. The Chorale was founded over thirty five years ago and is the only mixed community choir in Minot. Singers make a commitment to perform in the four concerts each season including a Fall Pops Concerts, Renaissance Christmas Feast, Classical Works Concert and Spring Sampler Concert & Ice Cream Social. To schedule an audition contact the Conductor, Bob Demke at 839-4548 or redinvest@srt.com.



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Average Auto Premiums/Savings are based on a countrywide survey of new customers from 10/1/08 to 9/30/09, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. **CONSUMER DISCLOSURE: NO PURCHASE OR AUTO INSURANCE QUOTE NECESSARY TO ENTER OR WIN. A PURCHASE OR QUOTE WILL NOT INCREASE YOUR CHANCES OF WINNING. YOU HAVE NOT YET WON. VOID OUTSIDE THE ELIGIBLE AREAS AND WHERE PROHIBITED BY LAW.** To enter, you must be (18) years of age or older as of the date of entry, physically located and reside in the fifty (50) United States or District of Columbia and eligible for membership in the USAA Property and Casualty Insurance Group or the spouse of an individual who is eligible for membership in the USAA Property and Casualty Insurance Group. Three (3) prizes: \$10,000 awarded to each winner in the form of a check and winner's choice of ONE (1) of the following THREE (3) vehicles: a) 2010 Chevy Silverado Extended Cab LTZ (or similar); or b) 2010 GMC Acadia SLT (or similar); or c) 2010 Cadillac CTS Sports Sedan 3.0L AWD (or similar). Total ARV of all prizes: \$150,000. Taxes are winners' sole responsibility. The odds of winning depend upon the number of eligible entries received. Sweepstakes starts 12:00:00 p.m. (noon) CT, on 9/19/10, and ends 11:59:59 p.m. CT, on 9/30/10. To enter by mail, hand-print or type your complete name, address, city, state, ZIP code, date of birth, daytime telephone number (including area code) and email address currently on file with USAA or your USAA number or military affiliation, including family or descendant of military, on a plain 3" x 5" piece of paper and mail to: USAA Win-Win Sweepstakes, Attention: Sponsorship Team, 9800 Fredericksburg Rd., San Antonio, TX 78288. Entry must be postmarked by 9/30/10 to be entered into the sweepstakes. Mail-in entries must be received by USAA no later than 10/8/10 to be valid. See Official Rules at www.usaa.com/win, which govern, for complete details. Sponsored by USAA, 9800 Fredericksburg Road, San Antonio, TX 78288. General Motors is not a sponsor or participant in this sweepstakes. No implied endorsement by General Motors. © 2010 USAA. 120763-0710

Business & Professional Directory

MISCELLANEOUS

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 CERTIFIED PUBLIC ACCOUNTANTS
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 www.bradymartz.com

Need Help with your DITY Move???
 Call Roger Ward North American
 852-3614
 Whether you need help packing, loading or delivering your household goods from your rental truck or are in need of packing supplies, we have experienced labor to help with any & all aspects of your move.

HOBBY SHOP

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 Several Sizes Available
 Reasonable Rates, Easy Access, Security Lights
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NORTHERN PRAIRIE CONDOS & STORAGE, INC.
 Military Discounts - Best Rates
 24 Hour Access
 701-720-0710 or 701-720-1093
 Convenient North Location for Both Base & Minot Customers

SuDoKu Answers

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

Answers to puzzle on page 12

AUTOMOTIVE

MBM AUTO SERVICE
 Minot's Service Specialists
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 We Specialize in Volkswagen, Audi, and More...
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 Next to Action Wrecking

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Northern Sentry Swap 'n Shop Ad Placement Form

The paid Swap 'n Shop ads are for non-military personnel to sell personal items and for everyone (both civilian and military) to sell real estate, rental ads, or advertise their businesses. For ads up to 40 words, the cost is \$8.00 the first week and \$3.50 each additional week.

10¢ for each word over 40, this extra charge pertains to the first run only

Swap 'n Shop is a service of BHG Inc. and is included in the Northern Sentry MAFB newspaper for individuals to buy, sell or trade items. Please be sure to include phone number with ad. Use of duty phone numbers in ads is prohibited.

- Please circle the section under which you wish your ad to appear:
- Childcare
 - Business Opportunity
 - Garage Sales
 - Help Wanted
 - Household
 - Electronics
 - Transportation
 - Miscellaneous
 - Health & Nutrition
 - Pets
 - Real Estate
 - For Rent
 - Mobile Homes
 - Recreational
 - Wanted to Buy

NAME ON CARD _____ (circle one) CASH CHECK CREDIT CARD
 If paying with credit card:
 NUMBER ON CARD _____ (circle one) VISA MASTERCARD
 NUMBER ON CARD _____ EXP DATE _____
 CVC# _____

Please fill out the following for our records:
 NAME _____
 ADDRESS _____
 # TIMES TO RUN _____ AMOUNT ENCLOSED _____

Classified ads must be in our office by Noon on Tuesday to make the Friday paper:
 15- 1st Ave SE • PO Box 2183, Minot, ND 58702

Check out the Northern Sentry online each week.
 Go to: www.northernsentry.com

Sterling Kennels Inc.
PET BOARDING & GROOMING
 "WE DON'T SAY WE'RE THE BEST - WE PROVE IT"
 • Most Modern & Complete Pet Facilities You Will Find Anywhere
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 • Indoor/Outdoor Heated Kennels
 • Central Air Conditioning
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 1 Mile West Hwy 83 ByPass 30th Ave NW
 OPEN 7 DAYS A WEEK 8 A.M. TO 7 P.M.



Wake up next to the Perfect Companion
 Find a new friend in the pet section of the classifieds

Individual and Family Therapy Services
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 • Depression and Anxiety • Relationship Issues
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 Children, Adolescents, Adults
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 1600 2nd Ave SW Suite 27 • (701) 852-8798

Help Wanted

AAFES
 Are you looking for a fun work environment that offers:

- A great way to support the U.S. Military
- Excellent benefits for regular part time & regular full time workers
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- Flexible hours
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If you answered YES to any of these apply now at WWW.AAFES.COM
 For any questions please call the Minot Air Force Base Human Resources Office at 727-4114

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING? (The Minot Vocational Adjustment Workshop (MVAW) is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace.)

Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Gail Peterson by E-mail or phone at gpeterson@mvaaw.org (701)852-1014 ext 136

JCPenney is hiring.
 We're searching for friendly, outgoing people to assist our customers at JCPenney.

- Customer Service Associates
- Commission Shoe Associates
- Salon Stylist

*15-40 hour positions available
 * Flexible hours, including mornings, mid-day evenings and weekends
 * Friendly atmosphere
 * Merchandise discounts
 * Competitive pay

To join the JCPenney team, apply now at the Associate kiosk at JCPenney in Dakota Square, or visit www.jcpennycareers.com to apply to the store nearest you. EOE.

Every Day Matters™

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

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

CUSTODIAL SUBSTITUTE Minot Public Schools in now hiring part-time custodial subs for various shifts at \$14.00/hr. Number of hours will vary. Previous custodial experience preferred. Diploma or GED required. Submit MPS application to Minot Public Schools, 215 2nd St. SE, by August 23rd, 4 PM.

Walmart
 Come join our family. We are now hiring:
 Cashiers - flexible hours.
 Tire Lube Express - flexible hours.
 2nd Shift or Overnight
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 Apparel/Jewelry/Shoes
 Bakery/Deli
 Meat/Frozen
 Dairy/Produce
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New competitive wages, Shift differentials for key areas, 401K/Profit Sharing, Health Insurance available for full and part time associates. Start now - be eligible for a discount for the holidays.

To join the Walmart family apply at the hiring kiosk at your Minot Walmart or at www.walmartstores.com/career.

DAYCARE PROVIDER HAS OPENINGS: Licensed, CPR Certified, Military 20 years experience, Pre-School Program. Call Becky 420-0970

MAGIC CITY DAY CARE- 50% off enrollment fee with military ID. Fall Promotion 2 Free Weeks. Ages one & older. Pre-school learning, outside play. Potty training & daily structured activities. Group license located in Minot commercial property. 5:30am - 5:15pm Mon-Fri 701-441-1557

Child Care

Real Estate

eLendingNow
 PREMIER MORTGAGE CORP.
 ...Very Fast ...Very Simple ...and the Very Best Rates!
 Fast & Free Preapproval VA and FHA Financing
 Apply Online at eLendingNow.com
 701-838-3247
 1408 20th Ave. SW, Ste 3 Minot, ND 58701

TIRES PLUS
 TOTAL CARE GARAGE
Help Wanted
 Looking for Part Time Nights & Weekend Help
 Mechanics, Sales, Tire & Lube Techs
 Work in a fast-paced, productive shop offering excellent wages and benefits. Some weekends and nights will be required. Drop applications off at Tires Plus or email resume to: tiresplus@srt.com
 All applications will be kept confidential.

Garage Sales
 BUYING NEW & USED FURNITURE, appliances, antiques, couches, love-seats, dining sets, all households. Leaving Minot? Just give me a call on my cell phone 833-9042 or home 839-1776.

FOR SALE BY OWNER-Large, beautiful, 3 bedroom, 2 1/2 bath, 3,000 sq. ft. condo. Great location, huge Master Suite, walk-in closets, unique dayroom with large walk-in closet. Lower level has large family room with daylight windows, bedroom and full bath. Upgraded appliances and cabinets. Heated double garages with floor drains. Contract for deed to qualified buyer. For private showing please call 833-2130.

FOR SALE BY OWNER. Condo on North Hill. Great location and an end unit! Many updates and a wonderful view. Condo fees \$100/mo. \$165,000. 701-216-0045.

GOLF COURSE CONDO-Very private location with beautiful views! Large with vaulted ceilings, skylites, 3 huge bedrooms and all newly redecorated. \$235,000. 837-4602

House For Sale By Owner 3 bedroom, 1 1/2 bath, double garage, beautiful yard, great neighborhood. \$174,900. Call 701-838-3451.

VERY NICE 3 BEDROOM, 2 bath newly finished bsmt., fenced front yard, spacious 2 stall attached garage \$168,900. 3815 10th Ave SE Minot Call Shawn 701-318-0821 OPEN HOUSE 8/22/10 3-5 PM

FOR SALE BY OWNER. 1736 sq ft, 3 bdrm, 1 bath home on 6 lots in the quiet rural community of Deering. For more details/photos, please see www.MinotAds.com or call 833-1067 or 833-2697. \$99,500

OPEN HOUSE-SAT@SUN 8/21/22-12-4. 1304 VALLEYVIEW DRIVE
 3 bedroom- 1 1/2 bath-finished bsment-detached dbl garage- c/a-appliances stay-washer,dryer also-new siding-windoors- Doors- original hardwood floors-nice yard with garden and patio Excellent neighborhood. \$174,900. 838-3451

FOR Rent
MANAGEMENT OF RENTAL HOMES & APARTMENTS. Professional, experienced, and affordable. Contact Matt or Roger. IPM, Inc. 852-1157

STORAGE UNITS SALE. 3721 East Burdick Aug 21 & 22. Old vinyl, rock, R&B, books, comics, old Life, old pictures, Native American wildlife, pottery, glass, collectables, CD, turntables, speakers. Patial List. More added weekly. 626-2712

If you have question concerning your paper delivery on the base, please contact Michelle Boch at 838-5937

KARZ4-U AUTO SALES
1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

04 CHEV TRAILBLAZER 4x4, 3rd row leather, 90K \$11,995	98 BONNEVILLE SE Remote, only 104K, leather, local trade \$4,995	88 F150 EXTCAB LARIAT 4x4, runs good, rust free, paint faded \$3,495
99 OLDS AURORA 113K Runs/Drives great, remote start, newer tires & 1.1 Vortec/5spd, 53k, great for 5th wheel \$3,995	02 GMC DUALLY REGCAB MINT, 88K, 5spd, AC, Cruise, Leather, Sunroof \$11,995	06 CHEV 2500HD EXTCAB 4x4 LT, Mnt, Nice Wheels/Tires, 40K \$22,995
05 HONDA CIVIC 2 Dr, Auto, Remote start, 60K, Great MPG \$8,995	02 MINI COOPER MINT, 88K, 5spd, AC, Cruise, Leather, Sunroof \$9,995	91 GMC 1500 SLE REG CAB 4x4, 6.2 Diesel/Banks Turbo, 123K \$4,995
03 HONDA CIVIC LX 4dr, 92k, auto, nice car \$7,995	98 MERCURY MOUNTAINEER 4WD, 99,000 miles, MINT, leather, newer tires \$5,295	05 TOYOTA COROLLA 4dr CE, power windows/locks/cruise/91K \$7,995

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Between Denny's & Penny's

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- *Hunting Rifle & Shotguns
- *Large Ammo Section
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839-9512

We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

93 PATHFINDER 2WD/5spd, runs great \$2,495. Call Cliff at 240-9172 or see @ www.karz4-u.com

ALL WHEEL DRIVE 93 VOYAGER VAN, 119K, runs/drives great, \$2,995. Call Cliff at 240-9172 or see @ www.karz4-u.com

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Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway
839-8896

Pets

AKC CHOCOLATE & YELLOW (Red) Labs available 8/17/10. Dew claws removed & 1st shots. Born 6/27. Parents & grandparents proven hunters. Call 833-9525/833-4379

FREE FEMALE CAT. She is white & gray in color, fixed & declawed. 3 yrs old. Owners family allergic. please call 340-4477

There are now **3** ways to place your classified ads in the Northern Sentry Swap 'n Shop!!

E-mail your ad to us at nsads@srt.com by Noon Tuesday if you are active duty and selling personal items, the ad is Free. If you are civilian or listing real estate for sale or rent, businesses or other ads that don't meet the free Military Bargain Buster ads, we will call you for credit card info.

Send or drop off your ad in our office by Noon on Tuesday. 15 1st Ave. SE Northern Sentry, P.O. Box 2183, Minot, ND 58702

Fax your ad to 839-1867 with your Visa or Mastercard by Noon Tuesday

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\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

****GOOD USED CARS FOR SALE****
We buy, consign, take trades and have financing available. Check out our inventory at KARZ-4-U, 16th St. SW (next to High School). Call Cliff (Retired MSgt) at 240-9172. www.karz4-u.com

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE - Call Karz 4-U at 240-9172.

82 RX-7 92,000 miles MINT, \$3995. Call Cliff at 240-9172 or see @ www.karz4-u.com

GREAT WORK CAR. 91 Camry, 5spd, high miles/runs great, \$1,295. Call Cliff at 240-9172 or see @ www.karz4-u.com

Want a car that's cool but don't have the cash??

Go see **THE TINT MAN** he will start with your glass!

with New Tint Styles at the same low price. Call for appt today so you're not hot tomorrow!

701-720-1519

KARZ4-U AUTO SALES
240-9172
1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

02 FORD WINDSTAR LX Very nice, 134k, nice van \$4,995	92 S-10 BLAZER 4 dr, 4x4, 127,000 miles, runs/drives good \$2,495	02 BUICK CENTURY CUSTOM 101K, Nice local ladies car, newer tires \$4,995
08 PONTIAC G6 GT Even Smells New, 720k miles \$14,995	08 HONDA ACCORD LX-P 1 local owner, very nice, 26,000 miles \$18,995	05 DODGE NEON Tilt/cruise, 67,000 miles, nice, newer tires \$6,495
98 PLYMOUTH VOYAGER runs/drives nice with only 101k, new tires \$3,495	06 TOYOTA CAMRY 72K, Very nice local trade \$11,995	09 PONTIAC G6 GXP U name it, it's got it, 24K, like new \$18,995
00 JEEP WRANGLER UNLIMITED SAMARA 4x4, 14,000 miles, MINT \$26,995	05 CHEVY IMPALA Local Older Lady Trade, Only 57K, Remote Start \$8,495	99 DODGE RAM 1500 Excab 4x4, loaded/leather, 5.9 V8, 130K, nice \$6,995

Miscellaneous

GIRLS' NIGHT OUT Get together with friends and indulge in your favorite beauty secrets. Like facials, pedicures, makeovers and skin-smoothing treatments. To plan your own beauty bash and try Mary Kay @ products.

BJ LEATHERS - 115 1st Ave NE Minot - 858-9994 Motorcycle leathers, helmets, boots, gloves, vest, jackets, chaps, saddlebags, do wraps and much more. Also oil and oil filters and after market parts

CHIROPRACTIC SOLUTIONS - Now open & accepting new patients. Flexible hours including Saturdays. Therapeutic massage therapist available utilizing various techniques. Lindsey White D.C. & Danielle White L.M.T. 3108 S. Broadway, Suite B, Minot, ND. 58701. 852-3232

SHOP MINOT'S Largest Antique & Second Hand Store. DAKOTA ANTIQUES & BOOKS. Clean Used Furniture. #3-1st St. SE. Downtown Minot. 838-1150

CRAFTSMAN SNOWBLOWER 250CC, 28 inch wide, electric start. Used only 1 season, \$1200 new. First \$500 takes it. Call 833-9042.

FOR SALE, FRESH ORGANIC produce grown locally. Sweet corn, red and white potatoes, red, yellow and white onions, zucchini, rhubarb and choke chery's located between MAFB and Minot on Hwy 83, horse hay sales also conditioned alfalfa brome grass mix square bales \$3.00 and round bales \$30.00. Call 240-3245

FOR SALE: 4KW Onan lightplant: Booker Lignite coal stove: Coyote Chinoock camper \$650. Complete motor & transaxle for 850 Fiat, Fering kit for 124 Fiat, Fering kit for Ford 292, misc parts. Fenders for 85 Nissan pickup. Call 837-0833 after 4:30pm

FOR SALE: 4KW Onan lightplant: Booker Lignite coal stove: Coyote Chinoock camper \$650. Complete motor & transaxle for 850 Fiat, Fering kit for 124 Fiat, Fering kit for Ford 292, misc parts. Fenders for 85 Nissan pickup. Call 837-0833 after 4:30pm

Household

BED-BRAND NEW QUEEN P/TOP mattress/box set. Never used. Still in plastic. Call 340-0925.

GRAY MICROFIBER Couch/Loveseat Set - \$200 Twin Loft Bed w/6 drawer dresser and bookcase - \$175 Spaceseaver Treadmill - \$150 please call 340-4124 leave message

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\$179,900 GREAT NW CONDO IN A NICE location. Newer carpets & kitchen cabinets in this 2+1 BR home. Main floor & lower level laundry hook-ups. Freshly painted inside & out. You have use of the pool & hot tub! A must see. Call Jim Olson today! #20101047	\$200,000 OPPORTUNITIES KNOCKING! Check out this 1436 sq ft, manufactured home on 10 acres. Located just 3 miles E of Minot, this 3 BR home sits just off highway 2 on a 2 acre section at the back of the property, leaving a private patio area, attached garage & a carport. Call Jennifer Hogue today! #20100973	\$179,900 3 BR, 1.75 BATH HISTORIC HOME IN Minot, features original hardwood floors, updated kitchen with new stainless steel appliances, wood burning fireplace, & charming art deco features throughout. Also boasts a private patio area, attached garage & a carport. Call Jennifer Hogue today! #20091094
\$179,900 Burlington GREAT 3 BR, 1 3/4 BATH IN BURLINGTON Home has a fenced yard, large double garage w/ wood stove. Nice family room w/fireplace & bar, living room is open to dining. Call Jerry Thomas Today! #20100849	\$178,900 "SPLIT LEVEL" 4 BR, 3 BATH HOME Nice sized living, kitchen & dining area. Family room in lower level. Double garage. Newer siding & roof. Call Lorell Seibold today! #20100627	\$224,900 BEAUTIFUL HOME! Split-level, close to schools (in Minot), at the end of a residential cul-de-sac. The lower level has a family room, office & a 3/4 bathroom/laundry room. Dble grge that is insulated & sheet rocked. Very nice level yard w/sprinkler system. Call Clyde Thorne today! #20101077
\$237,800 NEED LOTS OF SPACE? THIS 4 BR, 2 1/2 bath home close to Bel-Air school is move in ready. Main floor family room, den or possible office & double attached garage. Call Aisha Vadel today! #20100841	\$225,000 "COUNTRY CLUB ACRES" Tri-level home w/ 4 BR, 3 baths & 3 family rooms all recently remodeled! Master deck w/ beautiful river view & a walk out lower level, 4 seasons room w/bar & hot tub, 40'x40' insulated shop all on 3.1 beautiful acres!! Call Lorell Seibold today! #20101110	\$289,900 Glenburn OPEN HOUSE! SUNDAY AUG. 22 1:30 - 3:00 REDUCED TO \$289,900 only 7 miles North of Minot Air Force Base! Call Tony Alef Today for information! #20100814

Tony Alef.....362-7599
Nicole Balensiefer.....340-9006
Tammie Dunn.....720-1723
Todd Fettig.....852-0136
Ken Gorze.....852-0136
Neil Gush.....833-9003

Tasha Haugen.....721-9969
Jennifer Hogue.....240-5291
Trenton Kary.....720-6520
Danette Krumwiede.....720-2335
Brenda Larson.....578-5480
Brad Livesay.....720-7769

Sara Luedke.....852-0136
Mike Matteson.....463-2099
Orville Nesdahl.....852-6488
Jim Olson.....240-8761
Lorell Seibold.....721-4996

Jackie Seiffert.....852-0136
Erich Sinn.....852-0136
Virginia Slavick.....852-0136
Jerry Thomas.....833-7578
Clyde Thorne.....240-8594

Brad Torkelson.....339-8907
Aisha Vadel.....833-1136
Dawn VerBruggen.....720-2034
Matthew Waind.....721-1166
Bruce Walker.....852-0136

GARAGE SALE

Be Sure To Get Your Ad In
The NORTHERN SENTRY!

Drop it off at our office at 15 1st Ave SE, Minot Before Noon Tuesday to make Friday's paper Cost is \$8. You can pay with cash or check or credit card.

You may also email it to us and we will call you for credit card.

The address is: nsads@srt.com
*Please note: Garage Sale ads DO NOT Qualify for free Bargain Buster ads

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HOME OF THE HALF PRICE CAR

2009 CHEVY IMPALA



2006 CHRYSLER TOWN & COUNTRY



2007 JEEP GRAND CHEROKEE



2007 JEEP COMMANDER LIMITED



2001 Chrysler PT Cruiser.....	\$4,995
1992 Cadillac Coupe Deville.....	\$6,995
1984 Chevy Corvette.....	\$9,995
2009 Chevy Cobalt.....	\$9,995
2002 Chevy Tahoe.....	\$10,995
2008 Toyota Camry.....	\$10,995
2005 Chevy Trailblazer.....	\$11,995
2003 Ford Ranger XL.....	\$12,000
2006 Buick Lucerne CXS.....	\$12,995
2009 Pontiac G6 GT.....	\$13,995

2006 Pontiac Montana Van SV6 AWD.....	\$14,995
2007 Saturn Aura.....	\$14,995
2008 Ford Fusion.....	\$14,995
2009 Toyota Camry.....	\$14,995
2007 Honda Accord EX.....	\$15,995
2006 Jeep Liberty.....	\$16,995
2010 Chevy Malibu.....	\$17,995
2008 Toyota Rav 4.....	\$19,995
2005 Chevy Suburban LT.....	\$20,995
2006 Dodge Ram 1500 Hemi.....	\$20,995

2008 Chevy Equinox.....	\$20,995
2006 Chevy Crew LT Wheels.....	\$23,995
2009 GMC Canyon.....	\$24,995
2009 Chevy 1500 Crew.....	\$25,995
2007 Chevy Crew LTZ.....	\$27,995
2010 GMC Terrain.....	\$27,995
2008 Chevy 1500 Crew LTZ.....	\$28,995
2007 GMC 1500 Crew.....	\$29,995
2007 Chevy Tahoe LTZ.....	\$31,995
2010 GMC Acadia SLT.....	\$35,995



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Jeff Luedke



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\$144,900

Condo! Sell your lawn mower & snow blower. Wonderful price on this nice 2 BR, double attached garage. Nice backyard w/deck. Low condo fees. Call Dawn Rasmussen at 833-1770 #20100853

\$359,900

Feels like lake living just outside of Minot! 4 BR, 4 bath, attached triple garage custom built home in Robinwood Estates. 1 acre beautiful treed lot. Call Dawn Rasmussen at 833-1770 #20101154

\$138,900

This 4 BR, 2 bath home has been completely remodeled in past 4 years. Including shingles, newer furnace plus 24x24 garage. Call Donna Berland at 720-4451 #20101108

\$185,000

4 BR in Foxholm on 5 city lots. Heated 30x40 garage & extra single. Custom oak cabinets, hardwood floors in dining, only 15 min. from Minot & MAFB. Call Jan Tucker at 340-6664 #20100666

\$159,500

Great location by Washington Elementary. Double garage, 3 BR's, large full bath w/double sink. Fenced backyard w/covered deck & storage shed. Call Jan Tucker at 340-6664 #20100996

\$49,900

Sunday in the park! Don't have to even leave your home when you build your new dream home out west of Minot on 2 acre lot. Call Dawn Rasmussen at 833-1770 #20100813

\$199,000

Cowboys Corner Cafe - turn key business includes equipment, inventory, liquor license and has an established cliental for catering business. Call Petra Drouin at 721-2506 #20100648

\$239,000

Beautiful 3 BR home w/2 car garage being built in Stanley. Scheduled to be finished near end of Aug. 4 more to be built in all. Come early & pick colors & carpet. Call Petra Drouin at 721-2506 #20100950

\$199,900

Gorgeous 4 BR, oversized 2 car w/ over 3500 sq ft in a "to die for" neighborhood. Hardwood flooring & crown molding galore. Well kept & even has central air. Call Petra Drouin at 721-2506 #20101124

\$369,900

Beautiful home just minutes from Minot & MAFB. 5 BR's, 3 baths, att. double garage, det. double garage & outbuilding w/3 overhead doors. Absolutely beautiful! Call Holly Nelson at 833-2185 #20101132

\$159,000

New listing. Nice 4 BR + 1 non-egress, 2.75 bath home. Newer appliances & flooring. Large fenced backyard. This home is waiting for you! Call Dianna Rylander at 721-2682 #20101165

\$109,900

Check out this very nice 3 BR, one level home located just 20 short minutes from Minot. You will be very pleased! Call Mary Shelkey at 240-7355 #20101004



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Noreen Bahn 228-3979
Donna Berland 720-4451
Ruth Denny 833-8757
Petra Drouin 721-2506
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