

# Northern SENTRY

Serving the Minot Air Force Base Community • Vol. 49 No. 35 • Friday, August 27, 2010

## Brothers in arms

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

Two lieutenants from the 742nd Missile Squadron contributed to a once-in-a-lifetime event by pulling their first and last alert together Aug. 19.

What made this alert so unique is the fact that the two officers are brothers, and the scheduling factors aligned to allow a joint alert.

An alert consists of combat crewmembers traveling out to the field and establishing command and control of their squadron's block of Minuteman III intercontinental ballistic missiles. While on alert, they are responsible for day-to-day operations, maintenance and security of the missiles within their control and are prepared to launch their missiles at all times. There are two crewmembers at the console to ensure 24-hour vigilance of the ICBMs.

Having two family members pulling an alert at the same time is quite rare enough. For brothers 1st Lt. Erik Tims and 2nd Lt. Patrick Tims, both 742nd MS Missile Combat Crew Commanders, the path taken to arrive at their momentous alert was long and somewhat amazing to say the least.

"The timing factors and simple luck that came into play for such a thing to happen is staggering," said Lieutenant Erik Tims. "His (Patrick) commissioning from the same school, getting the same AFSC, the same base, the same squadron, and then somehow timed to come online as I go offline is incredible."

This alert will be the last for Erik. He has been at Minot for 2 1/2 years, but was recently selected for cross-training to a rated field. In September 2010, he starts training to become a Combat Systems Officer, also known as a navigator.

"It has always been a dream of



(U.S. Air Force photo by Tech. Sgt. Thomas Dow)

1st Lt. Erik Tims, 742nd Missile Squadron Missile Combat Crew Commander, and 2nd Lt. Patrick Tims, 742nd MS Deputy Missile Combat Crew Commander, pose for a photo outside of the 91st Missile Wing headquarters building Aug. 18. The two lieutenants, who happen to be brothers, took part in a once-in-a-lifetime event at Minot AFB here by pulling their first and last alert together Aug. 19.



(U.S. Air Force photo by Tech. Sgt. Thomas Dow)

Col. Robert M. Walker, 91st Operations Group commander, gives a Crew Tour Completion Certificate to 1st Lt. Erik Tims, 742nd Missile Squadron Missile Combat Crew Commander, at the 91st Missile Wing headquarters building here Aug. 19.

mine to be part of a flying mission and this will serve to fulfill that long journey," said Erik.

While the alert marks the end of Erik's path here, it is the beginning for his brother, Lieutenant Patrick Tims. He has been at Minot AFB for three months now, and feels the insight gained from his brother is invaluable.

"Any time I had a question about the Air Force, or more specifically now the career field, he was always there to help and offer advice," said Patrick. "My transition from Vandenberg to Minot has been the easiest move of my life because my brother helped me to get situated and comfortable while helping me to learn the ropes."

For the Tims brothers, choosing the military as a career path was a chance to continue a proud family tradition. According to Patrick, having an uncle in the Navy, a grandfather in the Army, another grandfather who flew F-86s for the Air Force during the Korean War, and a father who spent 20 years in the Air Force, joining the Air Force was a no-brainer.

"My desires to continue the tradition as well as give back to the country which has given me so much are the main reasons I joined up," said Patrick.

Erik also mirrored his brother's sentiments for serving his country.

"I joined the Air Force in part due to tradition," said Erik. "As well as a desire to make a difference in our nation's defense."

So on Aug. 19, two Air Force officers and brothers took to the field to do what they do best. As graduates from the same school, of the same career field, at the same base, in the same squadron, they were able to be part of something amazing. It was a once-in-a-lifetime chance for one brother to pass the torch to another, and continue a tradition of safe, secure and effective operations.

# Band performances substitute for open house

## Minot Air Force Base

An unscheduled inspection from Air Force Global Strike Command's Inspector General team is prompting the cancellation of an open house at Minot originally scheduled for Sept. 11.

The base still plans to celebrate the local community's support through three off-base performances of Nightwing, The United States Air Force Heartland of America Band's country and rock showcase musical group. The performances are occurring in cooperation with local chambers of commerce.

Officials said the nuclear deterrence and global strike mission of the base takes precedence over other events.

"When Global Strike Command was activated last year, we were told to expect the return of no-notice and short-notice inspections—so, we're ready," said Col. Fred Stoss, 91st Missile Wing commander.

"Even as we regret disrupting the open house, the mission always comes first and we welcome the opportunity to show the Inspector General's team how prepared we are every minute of every day," he said.

Three free concerts are scheduled in place of the open house: one is at Velva Golf Course in Velva, N.D. on Thursday, Sept. 9th at 7 p.m.; another is in Stanley, N.D. at Wilson Park, Friday, Sept. 10th, also at 7 p.m. Another performance will take place Saturday, Sept. 11th at Oak Park in Minot, N.D., at 2 p.m.

The band Nightwing covers Top 40 pop and country hits of today and popular rock-n-roll classics. Nightwing offers a unique vocal blend and amazing musicianship, while raising awareness of the Air Force mission, officials said.

The next scheduled open house is for August 2012. Any questions can be forwarded to Public Affairs at 723-6212.



(U.S. Air Force photo by Airman 1st Class Aaron-Forrest Wainwright)

Night Wing is a part of Heartland of America Band and travels to various bases to sing to Air Force members to boost morale.

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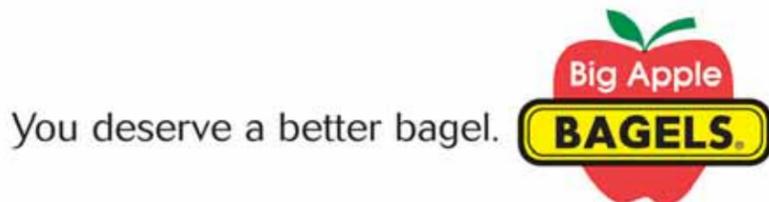
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# Former professional baseball player says Air Guard is his winning team

by Air Force Master Sgt. Desiree Twombly  
Arizona National Guard

**TUSCON, Ariz. (AFNS)** - When Staff Sgt. Trevor Harvey lights the candles on the altar before Mass on drill weekends, he favors the hand that once pitched to Ken Griffey Jr.

"During one game I pitched, he hit a ball over 500 feet," said Sergeant Harvey, who now serves as the chaplain's assistant with the Arizona Air National Guard's 162nd Fighter Wing here.

Originally from Imlay City, Mich., Sergeant Harvey started playing baseball at age 7, and he excelled in the sport. Throughout high school, he played varsity baseball. Just before graduation, word spread quickly to local scouts about the 6-foot-5-inch left hander.

During games, Sergeant Harvey noticed scouts in the stands with radar guns.

"Every time I threw a fast ball, the radar guns would come up," he said. "As the games went on, and through the end of the season, it wasn't unusual to see more than 30 guys with radar guns in the stands. I knew then

something neat was going to happen."

Shortly thereafter, he received more than 200 letters from colleges from all over the country asking him to play. Sergeant Harvey was drafted by the Seattle Mariners right out of high school, but he chose to go to Michigan State University to play with the Spartans.

"One of the stipulations for signing a professional contract was a clause stating that injury would void the contract," he said. "That meant my education would not be paid for. My parents did not think it was a good idea, given that I already had a scholarship waiting in Michigan."

Sergeant Harvey played for Michigan State from 1990 to 1995. "I got my education paid for, and I got an opportunity to travel and play baseball against different schools like Arizona, Texas and Florida," he said. "It was awesome."

His senior year in college proved to be a successful one. He received invitations to try out for the Montreal Expos, Detroit Tigers and the Baltimore Orioles.

A small independent Ca-

nadian team called the Brandon Grey Owls ultimately made him an offer he couldn't refuse. "I was offered a stipend of \$700 a month and a place to live," he said. At age 22, that was a big deal."

He played a few games for the Owls, but it wasn't long before a scout from the Colorado Rockies took notice of the left-handed pitcher. They made him an offer, and he was on his way to play for the Rockies. Shortly after signing his professional contract, Sergeant Harvey popped his shoulder out of its socket. Recovery was expected to take 18 months.

"The Rockies weren't willing to wait," he said.

His professional baseball endeavor was put on hold, and as a result of the terrorist attacks of Sept. 11, 2001, his motivations changed.

"I had an epiphany after 9/11," Sergeant Harvey said. "I felt moved by the events and the reactions of the people in my generation. I had to get involved."

In 2003, he enlisted in the Michigan Air National Guard. Three years later, he relocated with his family to Tucson, Ariz., and joined the 162nd Fighter Wing. He



(U.S. Air Force photo/Master Sgt. Desiree Twombly)

Staff Sgt. Trevor Harvey prepares for Catholic Mass on a drill weekend. Sergeant Harvey is a chaplain's assistant at the Arizona Air National Guard's 162nd Fighter Wing.

considered a chaplaincy with the Army Guard until he was scouted by the chaplain's office here.

"When you play baseball, everyone on the team wears the same uniform, and you help each other out," Sergeant Harvey said. "That is everything that the Air Force

is about. It was such an easy transition. I have loved every minute of my time in the Air Force.

"If I had to do it all again," he added, "I would have given up the Michigan State experience and enlisted at age 18. That is how much I love what I do now."

## news briefs

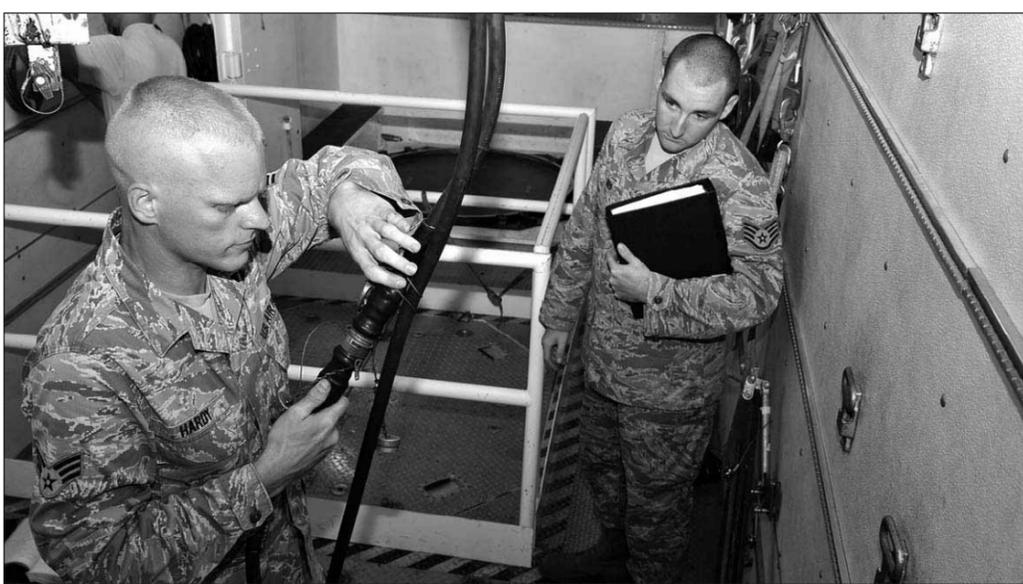
### Retroactive Stop Loss claims

Airmen, veterans, and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 are eligible for Retroactive Stop Loss Special Pay (RSLSP). If your enlistment was involuntarily extended due to Stop Loss, and you have yet to file a claim for RSLSP, the last day to file is October 21, 2010. Go to [www.afpc.randolph.af.mil/stoploss](http://www.afpc.randolph.af.mil/stoploss) for links to the claim forms and instructions on how to file.

### SecDef INVEST Program taking submissions

Secretary of Defense Dr. Robert M. Gates is asking all DoD military and civilian employees for their ideas on how the Department can be more efficient and effective by submitting an idea to the Innovation for New Value, Efficiency and Savings Tomorrow program, or INVEST. Air Force Global Strike Command is encouraging Airmen in the Command to submit ideas for consideration at [www.defense.gov/invest](http://www.defense.gov/invest).

Ideas can be anything-small or large-and ideas can be for the Air Force, a sister service, or the Department as a whole. Only active-duty, Reserve and civilian personnel are eligible to participate. Ideas must be submitted by Sept. 24, and please remember, no classified information should be included in your submission. Award winners will receive cash awards ranging from \$500 to \$1,000.



### Keeping Airmen and assets safe, effective

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

Senior Airman James Hardy, 91st Missile Maintenance Squadron missile maintenance team technician, makes equipment checks on his team's vehicle prior to departure while Staff Sgt. Jason Keen, 91st Maintenance Group quality assurance evaluator, watches here Aug. 18. Vehicle inspections like these are administered by a two-man team to ensure the safety of both Airmen and Air Force assets while in movement through the missile field.

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To view the paper online go to [www.northern Sentry.com](http://www.northern Sentry.com).

## Local Weather

**Thu 8/26 88/60**   
A mainly sunny sky. Warm. High 88F. Winds S at 10 to 20 mph.

**Fri 8/27 92/57**   
Partly cloudy. Highs in the low 90s and lows in the upper 50s.

**Sat 8/28 74/55**   
Slight chance of a thunderstorm.

**Sun 8/29 66/50**   
Occasional showers possible. Highs in the mid 60s and lows in the low 50s.

**Mon 8/30 71/55**   
Scattered thunderstorms. Highs in the low 70s and lows in the mid 50s.

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## operation homefront

Commentary by Crystal Bloom  
Northern Sentry Writer



## S.O.B

What else can make you love, laugh and smile other than your kids? I say, a child that is full of fur and has a wet nose, my new puppy! I saved Shadow from a terrible pet store that treated him differently from the others. Once we took him home and treated his dehydration, we learned that he is the smartest, well behaved puppy we've ever encountered, but it could be because, he is a Border Collie mixed with Husky!

The next day I took him out for a walk around the base with some of our friends and their dogs. They were helping me come up with a name for him. My friend's husband said, "what about Oden?" I loved it! It's powerful, unique and such a Godly name. So, for a good part of the walk, I kept calling him Oden to get him used to it, he didn't seem to mind it either.

Towards the end of the walk, we noticed it was getting too hot for them, so we started walking them back and I then noticed that he will do what ever he can to walk in some-

one's shadow! When he gets real hot, it's his way of trying to cool down. So, I said to them, "I might as well name him Shadow!" He just perked his ears and looked at me with a big smile. It fits! So, now his full name is Shadow Oden Bloom, which as my friend pointed out his initials spell S.O.B.

A week after having him, he was about 11 weeks old, my husband and I went to the State Fair/KISS Concert. When we came back, we let him out, he went and sat next to the fridge while we were in the kitchen. We ended up watching our puppy use his long snout to open the refrigerator and looked at us while it slowly closed itself. That's when I started to think maybe he's a little too smart for his own good, but we couldn't be mad at him, he's just too adorable!

Just last week, Shadow and I were in the backyard, he was on the retractable leash and would run and run until, YANK! He did a hundred and eighty degrees, looking at me with this face of, "what happened?"

But, the best part, he'd run back and then do it again and again and again until finally I calmed him down and took him back into the house. Last time he did that he ended up tangled with the tree!

And just yesterday, my husband took him out to potty and Shadow stopped mid-pee because, a frog started to jump towards him and he kept backing away as if it was a big spider trying to bite him. My husband picked up the frog and then he was fine.

Daddy got it! While it was still in his hand, he put it up to Shadow; he sniffed and slowly backed his butt away with his ears still perked up. So, my husband put the frog back in the grass away from Shadow and then he was fine again.

As we learn more and more about him, it just makes us adore him even more. Can't wait to see what he does on his first white Christmas!

## Coping with loss

Commentary by  
**Tech. Sgt. Benjamin Rojek**  
Joint Task Force-Bravo Public Affairs

**SOTO CANO AIR BASE, Honduras** - I didn't know them. Not personally, anyway.

But when two members of a base with little more than 600 people die, it's hard not to be affected. On Aug. 2, I had to photograph the ceremonial loading and departure of the remains of two 1-228th Aviation Regiment Soldiers who died recently in an off-base car accident. Even though Army Sgts. Luis Brito and Leodegario Lizárraga didn't die in combat, or even because of it, their deaths were tragic and left unexpected holes in the lives of many.

I was going to write this commentary as a message on safe driving to tell you, the reader, to take care on the road, be aware of your surroundings, etc. While that's all good advice and something to consider while you're on the road here or anywhere else in the world, what's more important immediately after a tragedy like this is making sure you seek help if you need it.

I've lost friends to vehicle accidents throughout the years - car, motorcycle and boat - and it never gets easier. And though my heart still aches that I'll never be able to see those people again - never be able to laugh with them or play X-Box with them or tell them what good friends they were, I always take comfort in

the fact that I still have friends with whom I can talk. There are still family members and buddies who will understand my grief, take the time to share memories of our departed comrades, and be there to lean on.

Even if you're not personally affected by a loss, you should still offer up your help. If you're a supervisor, take the time to talk to your troops. If one of your friends or co-workers seems down, take him aside and check up on him. Be good battle buddies and wingmen, and remind your friends that they can talk to you.

When a friend or co-worker does turn to you, don't offer false comforts, though. According to Mental Health America, "It doesn't help the grieving person to say ... 'You'll get over it in time.' Instead, offer a simple expression of sorrow and take time to listen." Mental Health America's website also states that effective coping includes telling your friends and family how you feel.

As a military member, you may be in a remote location where you feel like you don't have anyone, but one of the great things about being a servicemember is that you do have people to talk to, from chaplains to mental health professionals.

Whether you're looking for advice or just an ear to listen, the military offers resources to help you work through your time of grief and loss. Take advantage of them. Always remember that asking for help and

talking about your feelings are not signs of weakness; those actions are important for your health.

Whenever the military suffers a loss, no matter the mission, location or number of people, it is a difficult period of adjustment. In these times, we must take care of each other, reach out a hand, and most importantly, accept the help.



## 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. 26 to Aug. 28 are from the 91st Missile Security Forces Squadron.

**Saves through August 21: 646**

# Empire Challenge pulls worldwide resources for exercise

by Tech. Sgt.  
**Randy Redman**  
633rd Air Base Wing  
Public Affairs

**LANGLEY AIR FORCE BASE, Va.** - Representatives from the Air Force, Army, Navy and Marine Corps, as well as Canada, Australia, New Zealand, France, Germany, Japan and many more partner nations, recently participated in the annual Empire Challenge 10 here and at locations worldwide simultaneously July 26 through Aug. 13.

The exercise is an annual joint and coalition intelligence, surveillance and reconnaissance interoperability demonstration.

"(Empire Challenge) 10 showcases emerging ISR capabilities and provides vital lessons learned to improve joint and combined ISR interoperability to support warfighters at the tactical level," said Andy Florence, a 480th ISR Wing exercise planner. "Over 30 capabilities were selected for (Empire Challenge) 10 demonstration, with the intent of delivering successful technologies to commanders in Afghanistan."

The exercise was organized to focus efforts on five joint capability threads that address the theater commander's ISR capability needs, Mr. Florence said.

Those capabilities include distributed common ground system enterprise interoperability; command and control, or C2, ISR data integration to support operations in a complex environment; C2 ISR management to achieve per-

sistent surveillance over key terrain; ISR support to joint close-air support/strike; and information sharing to support multinational/whole of government interoperability.

The Air Force Distributed Common Ground System consists of global sites capable of receiving, processing, storing, correlating, exploiting and disseminating intelligence feeds from multiple sources. Those sources can be based on the ground, in the air or at sea.

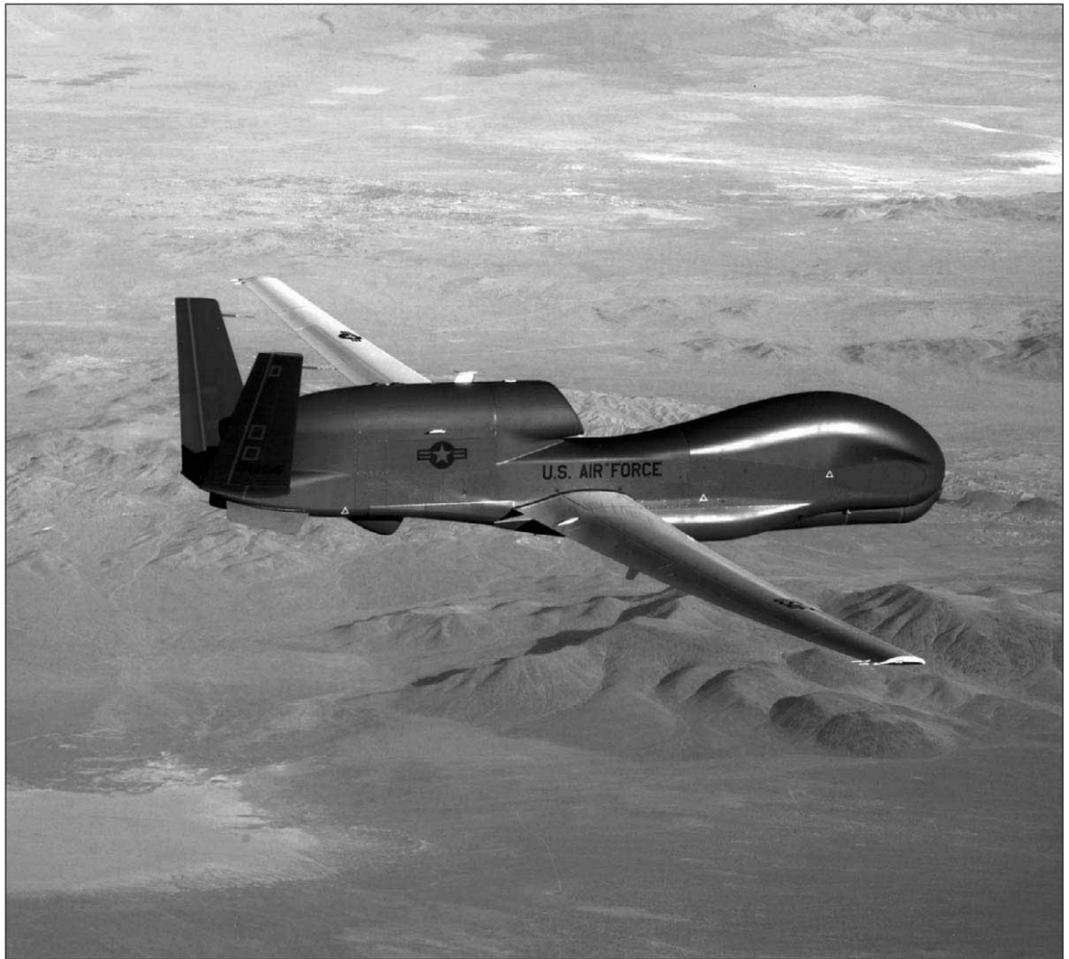
"The Air Force ISR Agency and 480th ISR Wing officials presented the Air Force DCGS capabilities as an enabler for integrating emerging technologies across each of the joint capability threads, as well as demonstrated the next generation in web-enabled tools developed for Air Force DCGS weapons systems," Mr. Florence said.

The primary physical location for the exercise was Fort Huachuca, Ariz., because the range there provided a close approximation for the terrain found in Afghanistan. Langley Air Force Base is the site for the Air Force's DCGS experimentation lab, known as DGS-X.

Members of the 480th ISRW manned crew positions at DGS-X that mirrored the capability of the Air Force DCGS weapons system. During the exercise, analysts provided U-2 Dragon Lady and RQ-4A Global Hawk imagery and feeds, as well as tested data interoperability with other service's DCGS elements. They also shared data with coalition ground stations through the DCGS Integrated Backbone.

One feature of the DCGS Integrated Backbone allows users to customize alerts that meet specified criteria. This capability allows for incoming data, once tagged, to be sent directly to users via e-mail, thus eliminating the time and effort ordinarily needed to search for the data. By eliminating the need to hunt for information or request special permissions to view data, it dramatically cuts down the time needed to search out that information.

The technology used during the demonstration was selected based on its ability to address combatant commander's current ISR needs, and mature enough to be



(Courtesy photo)

During Empire Challenge 10, analysts from the 480th Intelligence, Surveillance and Reconnaissance Wing provided U-2 Dragon Lady and RQ-4A Global Hawk (like the aircraft pictured above) imagery and feeds, as well as tested data interoperability with other service's distributed common ground system elements from other services.

put into use in areas such as Afghanistan as soon as possible, Mr. Florence said.

1st Lt. Josh Cutino, the 30th Intelligence Squadron mission operations command-

er, said the exercise gave everyone involved a chance to try new things.

"It's great to be in this environment, because you can go out on a limb and

take risks during an exercise that you wouldn't dare try in a real-world operation," he said. "If it works out, then we can implement that action to improve how we operate."

## New e-newsletter available for TRICARE standard beneficiaries

**FALLS CHURCH, Va.** - A new e-newsletter aimed at TRICARE Standard beneficiaries is available online now at the TRICARE website. It supplements the printed Standard newsletter mailed every January to all Standard beneficiaries. The direct link to the e-newsletter is [www.tricare.mil/tricaremart/product.aspx?id=789&s=standard](http://www.tricare.mil/tricaremart/product.aspx?id=789&s=standard).

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# Falconer sweeps airspace clean

by Senior Airman  
**Clay Murray**  
52nd Fighter Wing  
Public Affairs

**SPANGDAHLEM AIR BASE, Germany (AFNS)** - Tailspotters may come to Spangdahlem Air Base with an eye out for the F-16 Fighting Falcons or other aircraft, but if they stop at the right time and place, actual falcons can be seen on the prowl.

To the surprise of some, these birds and the base falconer serve an important role in pest and foreign-object damage control.

Ronald Leu, a 52nd Civil Engineer Squadron base falconer, is the fulcrum between the base and these mission-critical predators that keep nuisance populations to tolerable levels.

"These birds prey on rabbits, but more importantly crows," Mr. Leu said. "It's important to keep airspace clear so the aircraft can fly as normal."

Mr. Leu's job as base falconer is part-time; his other hands-on job is casting and making precision machine parts.

There are only a few steps to the falconer's job of limiting local bird populations. Trained birds-of-prey are released in airspace where they pursue crows, rabbits and other local wildlife. Once the falconer sees that a bird has made a successful catch, he quickly meets with it to limit how much is eaten. As long as the bird is still hungry, it will continue hunting in the area.

These types of birds do an excellent job at reducing the numbers of animals that pose threats to aircraft, Mr. Leu said.

"The birds keep the airspace clear of crows, and this lowers the number of bird strikes," he said. "I wouldn't want to lose Rosie. She is even a very experienced cat hunter. Crows and other birds are much easier to hunt than cats, since (cats) have



(U.S. Air Force photo/Staff Sgt. Logan Tuttle)

Ronald Leu holds Gina, a 5-year-old falcon, July 29, 2010 at Spangdahlem Air Base, Germany. Gina, a mix of both saker falcon and gyrfalcon breeds, is trained to hunt wildlife near the flightline to help prevent aircraft damage. Mr. Leu is the base falconer with the 52nd Civil Engineer Squadron.

claws in the front and back, and teeth too."

Although he is only seen on base with the birds two to four times each week, he said, a lot of time and effort must be spent training the birds and working with them, he said.

Mr. Leu said. "I train them for about a month before we begin, but sometimes it's less. If you buy birds of prey that are already trained, you also buy some other people's problems."

Training and interacting with birds has been a passion

of Mr. Leu's for years. His interest began at the age of 4, when he would seek books and everything else he could find about birds. He owned his first bird when he was 9, and years later owned many sparrows. He has been the base falconer for 10 years.

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**FOOTIN'-IT for FIREFIGHTERS** on September 11th

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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.

**TRINITY MEDICAL GROUP WELCOMES**

**Shawn Brooking, RN, MSN, CNM**

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

**Midwifery Services:**

- Individualized care to women of all ages - from teens to postmenopausal women
- Annual physical exams
- Prenatal, labor & delivery and postnatal care
- General gynecological care
- Contraception counseling
- Preventive care and health education

**Appointments and Consultations:**  
Call 701-857-7385 or 1-800-598-1205

**Office Location:**  
Health Center - Medical Arts  
400 Burdick Expressway E. • Minot, ND 58701

**TRINITY**  
Medical Group

# CDC shows off green thumb

The CDC on base is cultivating some healthy habits this year. With the help of numerous volunteers, teachers and students, two large vegetable gardens were planted as an outdoor project to teach students where food comes from, how it's grown and healthy eating. Monica Singleton, Program Technician at the CDC, said this is the first year they've done a garden, but said the project has been a big success.

The two gardens hold corn, carrots, scallions, green beans, squash, watermelon, sunflowers and cucumbers. Nearly all the students have put in time at the garden, either planting the seeds, watering or weeding the garden.



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**\$149,900**

COTTAGE STYLE - 2 bedroom, 1 1/4 bath, 1 1/2 story home. Large living room with wood burning fireplace & French doors to deck. Kitchen has lots of cabinets & is open to dining area. Lower level family room, 3/4 bath & laundry. Attached garage plus parking off alley.

MLS #20100906



**\$189,900**

SPACIOUS RANCH - 4 bedroom, 1 3/4 bath in convenient location. Covered patio off dining, lower level family room, main floor laundry, C/A, storage shed and attached double garage.

MLS #20100634



**\$125,000**

AFFORDABLE - 2 bedroom, 1 1/2 story home on large lot in NW area. Very nice condition. Great potential as a rental.

MLS #20100933



**\$230,000**

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.

MLS #20101178



**\$223,900**

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.

MLS #20101193



**\$219,900**

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.

MLS #20101201



**\$94,900**

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.

MLS #20101101



**\$179,500**

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.

MLS #20100798



**\$149,900**

MINUTES FROM MINOT - 2 bedroom home on 1.74 acres near Burlington. Lots of updating, includes NEW shingles, vinyl siding, windows, kitchen cabinets, appliances, countertops and exterior paint on outbuildings. Horses allowed.

MLS #20100935



**\$159,900**

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. Attached dble garage.

MLS #20100791



**Jessica Silva**  
813-598-9771  
jessica@jmodernrealestate.com



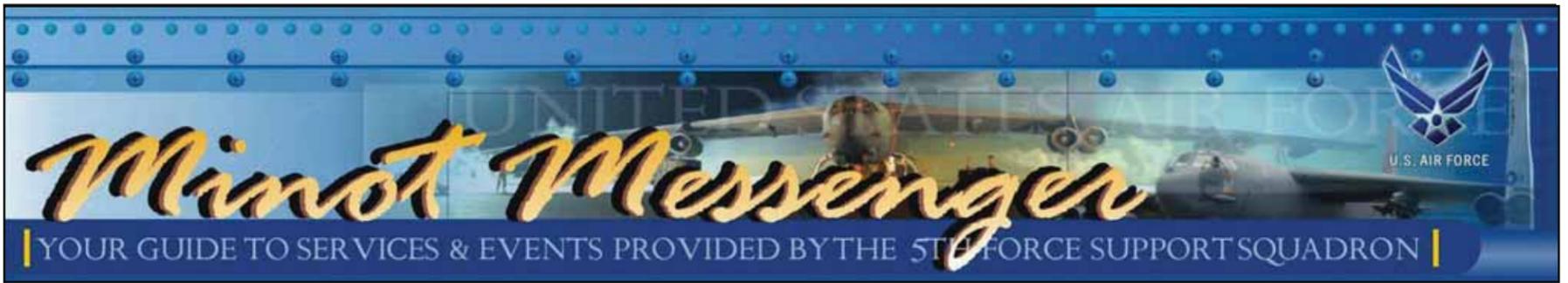
**Jim Bowman**  
578-4253  
jjbowman@minohomes.com



**Judy Brooks**  
833-8893  
judyb@minohomes.com



**Judy Hoskin**  
721-3837  
judyh@minohomes.com



## “Sesame Street/USO Experience for Military Families” Coming to Minot AFB on September 2nd & 3rd

The furry, fuzzy, and friendly muppets of Sesame Street are coming to Minot AFB. “The Sesame Street/USO Experience for Military Families” is scheduled to appear at the Base Theater on September 2nd with shows at 2 p.m. and 7 p.m. and again on September 3rd with one show at 10 a.m. The mini-show features free admission for military families and their children; doors open 30 minutes prior to each show.

Designed to address the concerns of today’s military families as they deal with the hardships of deployments, the show uses familiar faces to address tough issues, such as multiple deployments and lengthy separations from loved ones. With the help of Elmo, Grover, Cookie Monster, Rosita and Zoe, the tour serves as an extension of traditional USO entertainment tours and a continuation of Sesame Workshop’s award-winning Talk, Listen, Connect initiative – which provides vital resources and emotional support to military families with young children coping with challenging transitions in their lives.

Military families in attendance experience a 25-minute character performance and receive giveaways and outreach materials. To date, the tour is the longest-running entertainment tour in USO history and the first-ever traveling USO tour designed specifically for military families.

Logging more than 45,500 miles, the “Sesame Street/USO Experience for Military Families” has toured around the world for more than two con-

### Power Blendz Smoothie Bar Opening Soon At Fitness Ctr.

Patrons of the McAdoo Fitness Center here at Minot AFB will soon have an opportunity to enjoy delicious, healthy shakes and smoothies. The Power Blendz Smoothie Bar will host their Grand Opening, September 9th through September 13th. During this time, visitors are invited to have their “first one on us” with the free smoothie giveaway from 3-8 p.m. each day. The Power Blendz Smoothie Bar will offer a wide variety of tasty flavors of shakes and smoothies.

During the month of September, as a welcome from the new manager, everything on the menu will cost \$2.

For more information on the Power Blendz Smoothie Bar, contact the McAdoo Fitness Center at 723-2145.

**THE SESAME STREET/USO EXPERIENCE FOR MILITARY FAMILIES**

Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

**PROGRAM HIGHLIGHTS:**

- Free admission for military families and their children.
- Mini-show and giveaways.
- For tour information visit [www.sesamestreet.org/TLC](http://www.sesamestreet.org/TLC) and [www.uso.org](http://www.uso.org)

DATE:	TIME:	PLACE:	DOORS OPEN
September 2nd	2:00pm & 7:00pm	Base Theater	30 minutes prior to each show
September 3rd	10:00am	Base Theater	

USO Worldwide Strategic Partners:

secutive years and brought smiles to more than 135,000 service members and military families.

For more information, call the Airman & Family Readiness Center at 723-4500.

The USO is a not-for-profit organization and is not part of the Department of Defense. No Federal endorsement of the USO or the “Sesame Street/USO Experience for Military Families” event is intended.

### UFC Fight Night Coming To J.R. Rockers On Aug. 28th

Fight fans can enjoy another great Ultimate Fighting Championship pay-per-view at J.R. Rockers 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.

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. You won’t want to miss all of the explosive action.

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.

Year of the Air Force Family



## Event Update

### Veterinary Appointments

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

### Anime Club

August 27 • 4:30 p.m. • Base Library

### Family Bowl-a-Rama

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

### Wing Fest

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

### Kid’s Night Out

August 27 • 6:30 p.m. • Youth Center

### Pre-Teen Rockin-N-Rollin

August 27 • 8 p.m. • Youth Center

### Lights & Strikes Bowling

August 27 & 28 • 9 p.m. • Rough Rider Lanes

### Retiree Scramble

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

### Operation HEROES

August 28 • 10 a.m. • Base Theater

Hosted by Airman & Family Readiness Center

### LAN Party & X-Box Gaming

August 28 • 10 a.m. • Community Center

### Framing Class

August 28 • 10 a.m. • Arts & Crafts Center

### Lights & Strikes Family Night

August 28 • 6 p.m. • Rough Rider Lanes

### Hip Hop Nite

August 28 • 11 p.m. • J.R. Rockers

### Sunday Champagne Brunch

August 29 • 10:30 a.m. • Doolittle Center

### Crocheting Class

August 31 • 10:30 a.m. • Arts & Crafts Center

### Sesame Street/USO Experience for Military Families

September 2 • 2 p.m. & 7 p.m. • Base Theater

September 3 • 10 a.m. • Base Theater



Visit our website at [www.5thforcesupport.com](http://www.5thforcesupport.com)

### Force Support Labor Day Hours

For a listing of Labor Day Weekend hours for 5th Force Support Squadron facilities, visit the 5 FSS website at [www.5thforcesupport.com](http://www.5thforcesupport.com).

### Family Child Care Pre-Orientation

Would you like to work in your home, be your own boss, and make a difference on Minot AFB and in the life of a child? Then attend the Family Child Care Pre-Orientation on September 13th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. Call the Family Child Care office at 723-6662 or 723-6783 to make your reservation to attend.

### 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.

### Patriot Day 5K Run

The Fitness Center will host the Patriot Day 5K Run on September 10th at 7 a.m. This will be an individual competition with each participant running 5K. Prizes will be awarded for first, second, and third place in both the male and female category. Deadline for registration is September 8th. See the Fitness Center front desk to sign-up. Open to DoD ID card holders age 16 and older. Call 723-2145 for details.

### Pride Of America Scramble

Golfers can "tee it up" on September 12th during the Pride of America Scramble at the Rough Rider Golf Course beginning at 9 a.m. Entry fee for this 18 hole four person scramble is \$25 plus green fees and includes a meal after the tournament, Pro Shop games, and prizes; cart rentals are \$15. The tournament is sponsored in part by Fisher Motors. Deadline for tournament registration is September 9th. Call the Rough Rider Golf Course at 723-3164 for details. *No federal endorsement of sponsor intended.*

### Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on August 28th and September 4th. 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.

### Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on August 27th and September 9th and 10th from 8 a.m. to 3 p.m. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

### 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.

### Touch Of Class Fine Dining Experience

Enjoy a night to remember at the Jimmy Doolittle Center on September 18th during their "Touch of Class" dining experience. You'll savor the elegant atmosphere along with a fantastic gourmet menu. The dinner is served from 6-8 p.m. and showcases a delectable menu including spinach and arugula salad with orange, choice of Cornish game hen with sage butter, wild rice stuffing, and spring vegetable medley or pecan crusted pork tenderloin with strawberry balsamic sauce, rosemary and garlic roasted new potatoes, and spring vegetable medley, plus amaretto chocolate fondue and assorted dinner rolls. Coffee and wine service are provided. Cost for this unforgettable dining experience is just \$25 per person. The all-ranks "Touch of Class" dinner is a club members only event. Reservations are required by noon on September 16th. For details, call the Doolittle Center at 723-3731.

### Bundles For Babies

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

### 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.

### Mystery Price Game

Join the fun during the Mystery Price Game at Rough Rider Lanes on September 4th from 4-8 p.m. Bowlers will draw a ticket for the cost of their games. One drawing per party; price will be the same for all members of that party on that lane. Cost will be \$1.25, \$1.50, \$1.75, or \$2.25 per game. For more information, call 727-4715.

### 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](http://www.dakrats.net) or call the Community Center at 723-4670.

### Girls Making A Difference

The Youth Center will host the Girls Making A Difference program on selected Wednesdays from 4-5 p.m. beginning September 1st. Girls Making A Difference is designed to prepare girls for common issues that women experience throughout life.

Program is open to girls ages 9-12 years old and 13-16 years old. Cost is free (must be a Youth Center member). Call 723-2838 for details.

**July  
PET OF  
THE MONTH**

**Beowulf**

Proud Owners: Ssgt Jerad & Mrs. Tonya Davis

Winner receives a \$20 gift card to R&J's World of Pets and \$15 Darby Dollars which can be used at any Force Support (formerly Services) facility. No Federal Endorsement of Sponsor Intended

# AF filling holes in communication during drawdown

by Staff Sgt. Sanjay Allen  
Air Component Coordination  
Element-Iraq Public Affairs

**CAMP VICTORY, Iraq** - While convoys are operating in areas where ground communications are limited, joint airborne battle staff crews are stepping in to bridge the gap during the responsible drawdown of forces where communication is critical to ensure U.S. Forces redeploy safely.

The drawdown has been a continuous process to bring the number of American troops down to approximately 50,000 by the end of August, and ultimately a complete removal by the end of 2011. Moving the forces out requires troops to be moved by air and ground. When traveling by convoy, the communications grid can be spotty throughout the vast Iraqi desert.

Ground communications stations are located throughout the country, but due to distance, terrain, mechani-

cal issues and atmospheric conditions there isn't always complete coverage. The joint airborne communication systems and the JABS members ensure the convoys have constant communication when they travel through areas with no coverage.

The system, crew members and the C-130 are part of the 777th Expeditionary Airlift Squadron housed at Joint Base Balad, but a critical part of the operation lies here at Camp Victory with the Air Component Coordination Element-Iraq.

As the non-kinetic effects planner here, Maj. John Thien's role is to bring multiple organizations together to ensure this mission is a success, which is measured in lives.

"The JACS/JABS capability enables convoy personnel to have immediate radio access with their home station," Maj. Thien said. "This is a life-saving capability for our Soldiers."

Capt. Adam Abercrom-



(U.S. Air Force photo/Senior Airman Christopher Hubenthal)

U.S. Marine Cpl. Joseph Colby checks the presets and frequencies of radios on a joint airborne battle staff detachment C-130 prior to a mission Nov. 24, 2009. The JABS is a joint operation focused on providing airborne communications support to ground forces. Corporal Colby is an air control electronics operator with the 777th Expeditionary Airlift Squadron.

bie, U.S. Air Forces Central Command liaison officer to U.S. Forces-Iraq, coordinates with all the parties involved to ensure assets belonging to these groups understand each

other and can provide communication support for all the missions in the theater.

"This mission is important because it minimizes the areas in the AOR that the

convoy has limited communications with support assets," Captain Abercrombie said.

"This becomes extremely critical, especially in cases of emergency or attack."

<p><b>\$109,900</b></p> <p>Call and check out this very nice 3 bdrm home that has just been painted and professionally cleaned. Located 20 short minutes from Minot. Call Mary Shelkey at 240-7355 #20101004</p>	<p><b>\$182,000</b></p> <p>Come take a look at this 3 bdrm, 2 bath home only 25 min. from Minot on a 150x180 lot. 32x32 double garage w/ own furnace &amp; floor drains. Call Trip at 340-1636 #20101173</p>	<p><b>\$128,800</b></p> <p>Great starter home close to the college. 3 bdrms, 1 3/4 abths. All new windows in 2009, basement finished and new laminate in 2008. Call Trip at 340-1636 #20100974</p>	<p><b>\$200,000</b></p> <p>Just North of Minot! 10 acres of great crop land w/ power, water, and road to property. Flat &amp; dry pasture, easy to build on. Call Shay Romich at 833-7815 #20100589</p>	<p><b>\$239,900</b></p> <p>Motivated seller! Newer condo, large &amp; open w. vaulted ceilings, awesome fireplace, walkout basement, and serene view of private lake. Call Shay Romich at 833-7815 #20100988</p>
<p><b>\$204,900</b></p> <p>Very unique home on Central Ave. Great home for entertaining - 3 fireplaces, 2 family rooms plus formal living and dining rooms. Call Donna Berland 720-4451 #20100824</p>	<p><b>\$224,900</b></p> <p>Great 3 bdrm, 2 bath home on 2 acres just minutes from Minot and MAFB. Only 5 yrs. Old - this home just had all new carpet installed and all new paint. Call Trip at 340-1636 #20101060</p>	<p><b>\$435,000</b></p> <p>Hang saddle here! Room for horses and relaxed country living in this 4200 sq. ft. custom built huge ranch style home. Minutes from Minot. Call Dawn Rasmussen at 833-1770 #20100628</p>	<p><b>\$150,000</b></p> <p>Roto Rooter Business for sale. Includes equipment, vehicle, and all business rights. Many established accounts. Call Petra Drouin at 721-2506 #20100309</p>	<p><b>\$359,900</b></p> <p>New construction! Absolutely beautiful 5+ bdrm, 3 bath, attached triple garage, huge yard. Indoor / Outdoor fireplace, beautiful kitchen. Call Dawn Rasmussen at 833-1770 #20100799</p>
<p><b>\$119,900</b></p> <p>Great starter home priced to sell quick! Neat and clean 2 bedroom home with all new windows, new kitchen countertops and sink. Newer furnace &amp; central air. Call Trip at 340-1636 #20101234</p>	<p><b>\$199,900</b></p> <p>Very nice 5 yr. old home under \$200,000/ 3 bdrms, 2 baths, large family room with daylight basement. 25x26 double garage. Call Donna Berland at 720-4451 #20100913</p>		<p>Greg Aasmundstad 720-5748 Noreen Bahn 228-3979 Donna Berland 720-4451 Ruth Denny 833-8757 Petra Drouin 721-2506 Tom Drouin 578-0061 Donna Grilley 721-0209 Sheldon Gudmunson 240-8464 Bryan Hanson 763-300-2741 Lyle Heide 720-1666 Sharon Jenson 721-7701 Chanda Klug 340-2957 Lori Knutson 720-2017 Connie Lord 389-8869 Dorothy Martwick 721-0937 Jane Mayer 833-7420</p>	<p>Bob Nelson 833-2035 Holly Nelson 833-2185 Lisa Olson 340-8177 Tony Overlie 240-4944 Dawn Rasmussen 833-1770 Linda Reynolds 509-3790 Shay Romich 833-7815 Jacque Rutten 721-6404 Dianna Rylander 721-2682 Brock Schlosser 509-6673 Mary Shelkey 240-7355 Jani Thomas 721-0259 Chris Tietz 425-2032 L.E. Triplett 340-1636 Jan Tucker 340-6664 Michael Unhjem 340-2024</p>

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**Friday Evening August 27, 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	NFL Football						Local	Late Show Letterman	Late	
KMOT/NBC	Who Do You		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	Bruce Almighty				Local					
<b>Cable Channels</b>										
AMC	Out for Justice				The Negotiator					
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Dual Survival		Man, Woman, Wild		Beyond Survival		Dual Survival		Man, Woman, Wild	
DISN	Deck	Wizards	Phineas	Phineas	Phineas and Ferb		Deck	Wizards	Phineas	Phineas
ESPN	High School Football				Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		The 700 Club		Whose?	Whose?		
FX	Chipmunks-Squeakquel				Ex-Girlfriend				Rescue Me	
LIFE	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Frasier	Medium	
NICK	Victoriotou	Victoriotou	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	Chris	Chris
SPIKE	CSI: Crime Scene Investigation	Entourage	Entourage		Entourage		Entourage	MANswers	Trailers	
TBS	Fam. Guy	Fam. Guy	The Scorpion King				My Boys	The Scorpion King		
TNT	The Longest Yard				The Longest Yard					
USA	NCIS	>Welcome Home Roscoe					Hairspray			
WGN	MLB Baseball				WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
<b>Premium Channels</b>										
HBO	If God Is Willing				Eastbound		Hung	Hard Knocks		
MAX	Watchmen				Mr. Deeds		Co-Ed Confid. 4 PLAY	Busty Cop		
SHOW	Weeds	The Big C	Extreme Movie		I Hope They			Deep		

**Tuesday Evening August 31, 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: Crime		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					
<b>Cable Channels</b>										
AMC	The Mummy				Thunderheart					
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	Stuck in the Suburbs		Deck		Sonny	Sonny	Jonas L.A.	Jonas L.A.	Hannah	Hannah
ESPN	30 for 30		2010 Poker		2010 Poker		SportsCenter		Baseball	NFL Live
FAM	Melissa	Melissa	Make It or Break It		Melissa	Melissa	The 700 Club		Whose?	Whose?
FX	S.W.A.T.				Rescue Me		Louie	Louie	Rescue Me	
LIFE	Reba	Reba	Kirstie	Kirstie	Kirstie	Kirstie	Will	Will	Frasier	Medium
NICK	My Wife	My Wife	Lopez	George	George	Lopez	Lopez	Lopez	Lopez	Lopez
SPIKE	DEA		DEA		Scrappers	Scrappers	The Comedy Central Roast		Chappelle	
TBS	Office	Office	Office	Office	Office	Office	Lopez Tonight		Earl	Earl
TNT	Bones		Law & Order		Law & Order		CSI: NY		CSI: NY	
USA	Burn Notice		White Collar		Covert Affairs		Psych		White Collar	
WGN	American Graffiti				Videos		Scrubs	Scrubs	South Pk	South Pk
<b>Premium Channels</b>										
HBO	Street Fighter		Time Traveler		Entourage		True Blood		Museum	
MAX	Whip It				X-Men Origins					
SHOW	New York, I Love You	Weeds	The Big C		Weeds	The Big C	Shaquille O'Neal Presents		I Hope	

**Saturday Evening August 28, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Meet the Fockers				Castle		Local			
KXMC/CBS	NFL Football						Local			
KMOT/NBC	Persons Unknown		Persons Unknown		Law Order: CI		Local	Saturday Night Live		
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local			The Wanda Sykes Show	Brothers	Local
<b>Cable Channels</b>										
AMC	The Horse Soldiers				The Wings of Eagles					
CNN	CNN Presents		Larry King Live		Newsroom		CNN Presents		Larry King Live	
DISC	Ulti. Car Build-Off		Ulti. Car Build-Off		Ulti. Car Build-Off		Ulti. Car Build-Off		Ulti. Car Build-Off	
DISN	Hannah	Deck	Phineas and Ferb		Deck	Deck	Hannah	Deck	Jonas L.A.	Jonas L.A.
ESPN	High School Football				Baseball Tonight		SportsCenter		Baseball Tonight	
FAM	Love & Basketball				Remember the Titans				Prince	
FX	Made of Honor				Maid in Manhattan				Sons of Anarchy	
LIFE	The Pregnancy Pact		Bond of Silence				Project Runway		Road	
NICK	iCarly	Big Time	Victoriotou	Jackson	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny
SPIKE	UFC Unleashed		UFC 118		Gangland		Gangland		Halloween	
TBS	Rush Hour 3				The Replacements				JerryMgre	
TNT	Forrest Gump						A Perfect Murder			
USA	House		House		House		License to Wed			
WGN	MLB Baseball				WGN News at Nine		Scrubs	Scrubs	The Matrix	
<b>Premium Channels</b>										
HBO	Time Traveler				True Blood		Hard Knocks		Time Traveler	
MAX	Jennifer		Starky & Hutch		Post Grad		Co-Ed-4		Lust at First Bite	
SHOW	The Big C	Weeds	Transporter 3				Shaquille O'Neal Presents		Weeds	

**Wednesday Evening September 1, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	CMA Music Festival				Local		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					
<b>Cable Channels</b>										
AMC	First Blood				True Lies					
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	Another Cinderella Story				Phineas	Hannah	Wizards	Deck	Suite	So Raven
ESPN	MLB Baseball				Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		The 700 Club		Whose?	Whose?		
FX	The Marine				In Bruges				In Bruges	
LIFE	Reba	Reba	Georgia Rule				Will	Will	Frasier	Medium
NICK	My Wife	My Wife	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez	George	Lopez
SPIKE	UFC Unleashed		Ultimate Knockouts 2		Pros vs. Joes		BlueMount	BlueMount	Knockout	Sports
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight		Earl	Earl
TNT	Bones		Dark Blue		Law & Order		Dark Blue		Leverage	
USA	NCIS		NCIS		Psych		Burn Notice		Royal Pains	
WGN	Any Which Way				WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
<b>Premium Channels</b>										
HBO	(500) Days of Summer		True Blood		Hard Knocks		Hard Knocks		The Informant!	
MAX	Men Bik 2		Old School		Lust at First Bite				Sin City Diaries 4: Luck	
SHOW	The Boys Are Back				Fight Camp		Three Days in September		Family	

**Sunday Evening August 29, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Casino Royale						Local			
KXMC/CBS	Big Brother		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	Emmy Awards						Local		Dateline NBC	
KNDX/FOX	NFL Football						Local			
<b>Cable Channels</b>										
AMC	Pearl Harbor		Rubicon		Mad Men		Mad Men		Rubicon	
CNN	State of the Union		Larry King Live		Newsroom		State of the Union		Larry King Live	
DISC	Man vs. Wild		Last Day-Dino.		Bad Universe		Man vs. Wild		Last Day-Dino.	
DISN	Sonny	Good Luck	Jonas L.A.	Hannah	Hannah	Hannah	Deck	Deck	Hannah	Hannah
ESPN	MLB Baseball						SportsCenter		SportsCtr	
FAM	The Princess Diaries		Miss Congeniality				J. Osteen		Ed Young	
FX	Made of Honor		27 Dresses				Louie		Rescue Me	
LIFE	Bond of Silence		Drop Dead Diva				Drop Dead Diva			
NICK	Victoriotou	iCarly	Chris	Chris	Lopez	Lopez	Malcolm	Malcolm	The Nanny	The Nanny
SPIKE	DEA		Universal Soldier				Ways Die		Ways Die	
TBS	The School of Rock				My Boys	My Boys	Legally Blonde			
TNT	Disturbia		Leverage		Disturbia				Leverage	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Royal Pains		Blood Diamond	
WGN	Coach	Coach	Coach	Coach	News/Nine	Replay	Coach	Coach	Coach	Coach
<b>Premium Channels</b>										
HBO	Time Traveler		True Blood		Hung	Entourage	Hung	True Blood	Entourage	
MAX	12 Rounds		Post Grad		Wanted					
SHOW	Flawless		Dexter		Weeds	The Big C	The Private Lives of Pippa Lee		Story Us	

**Thursday Evening September 2, 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	Community	Law & Order: SVU		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Bones		Fringe		Local					
<b>Cable Channels</b>										
AMC	Troy				Master and Commander					
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Secrets of Chocolate		Pitchmen		MythBusters		Secrets of Chocolate		Pitchmen	
DISN	Camp Rock				Phineas	Phineas	Hannah	Wizards	Deck	Suite
ESPN	College Football				Score		College Football			
FAM	Major Payne		Major Payne				The 700 Club		Whose?	Whose?
FX	Final Destination				Lara Croft Tmb				Final Destination	
LIFE	Project Runway		Project Runway		Road	Road	Road	Road	Road	Medium
NICK	My Wife	My Wife	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		MANswers	MANswers
TBS	300				Fam. Guy	Fam. Guy	Lopez Tonight		Earl	Earl
TNT	Law & Order		Bones		Sahara				Dark Blue	
USA	Law & Order: SVU		Law & Order: SVU		NCIS		White Collar		House	
WGN	WWE Superstars		Funniest Home Videos		WGN News at Nine		Scrubs	Scrubs	WWE Superstars	
<b>Premium Channels</b>										
HBO	Eagle Eye		Hung	Hung	Entourage	Entourage	Taxicab Confessions		Hard Knocks	
MAX	Collateral Damage				Taken				The Devil Wears Nada	
SHOW	Paris, je t'aime				Motherhood		Body	Beach	Girlfriend Exp	

**Monday Evening August 30, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	1
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# crossword puzzle

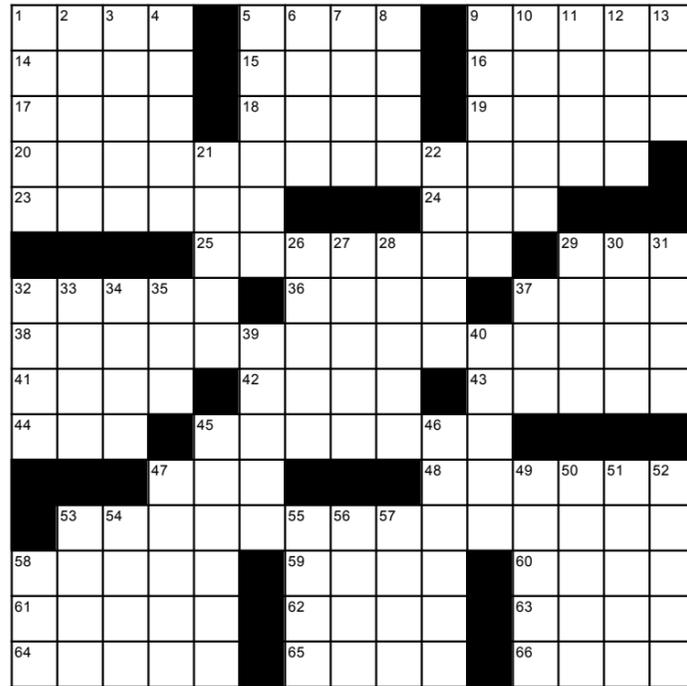
**ACROSS**

- 1. Goes for apples
- 5. Ivory or Dial
- 9. Canyon of the comics
- 14. "Tosca" tune
- 15. Do some arm-twisting
- 16. Carpet features
- 17. Stengel, Lasorda et al: Abbr.
- 18. Jet-setter's jet
- 19. Lace tip
- 20. John Forsythe sitcom
- 23. Wolf down
- 24. "\_\_\_ my drift?"
- 25. Groom in 1968 headlines
- 29. "Platoon" locale, for short
- 32. Batter's bugaboo
- 36. Keep away from
- 37. In the buff
- 38. Barracks bigwigs
- 41. Ripe for drafting
- 42. Loaf end
- 43. Tibet's capital
- 44. Gallivant
- 45. Enter incorrectly
- 47. Start of many Western place names
- 48. Put one's foot down
- 53. Puddleby-on-the-Marsh resident
- 58. '92 and '96 also-ran
- 59. Distinctive air
- 60. Taiwan-based PC company
- 61. Motorist's SOS
- 62. "Skedaddle!"
- 63. "\_\_\_ Gotta Have It" (Spike Lee film)
- 64. Worked with wicker
- 65. Gondolier's need
- 66. Promotional hoopla

**DOWN**

- 1. Disney deer
- 2. Hammond B-3, for one
- 3. Canoe wood
- 4. "Peter and the Wolf" bird
- 5. Sulky
- 6. Two-tone treat
- 7. Ice cream thickener
- 8. Stamp collector's abbr.
- 9. Sudden outpourings
- 10. Reluctant to part with a buck
- 11. Allure competitor
- 12. Turn sharply

**By Degrees**



- 13. Guinness suffix
- 21. Skip the ceremony
- 22. Gerontologist's field
- 26. Bubbleheads
- 27. No-frills Halloween garb
- 28. Ill-humored
- 29. "Peter Pan" dog
- 30. Liberal \_\_\_
- 31. Flat-topped elevation
- 32. Los Angeles woe
- 33. Smallville's Lang
- 34. Not mint
- 35. Kingston Trio hit
- 37. Ebenezer's epithet
- 39. Thick-skinned behemoth
- 40. 1985 Kate Nelligan role
- 45. Tangled, like undergrowth
- 46. He released Barabbas
- 47. Beat the goalie
- 49. Squirrel away
- 50. Like a mosquito bite
- 51. Hypnotist's command
- 52. Right to the point
- 53. Crème \_\_\_ crème
- 54. Algerian port
- 55. Gravelly voice
- 56. Household cement brand
- 57. Face-to-face exam
- 58. Cpl.'s subordinate



Solution to puzzle from August 20.

# movies

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

**Predators**

Friday, August 27, at 7 p.m.

(Adrien Brody, Alice Braga)

Royce, a mercenary who reluctantly leads a group of elite warriors who come to realize they've been brought together on an alien planet... as prey. With the exception of a disgraced physician, they are all cold-blooded killers – mercenaries, Yakuza, convicts, death squad members – human "predators" that are now being systemically hunted and eliminated by a new breed of alien Predators.

Rated R (pervasive language, gore and strong creature violence)  
115 min

**The Sorcerer's Apprentice**

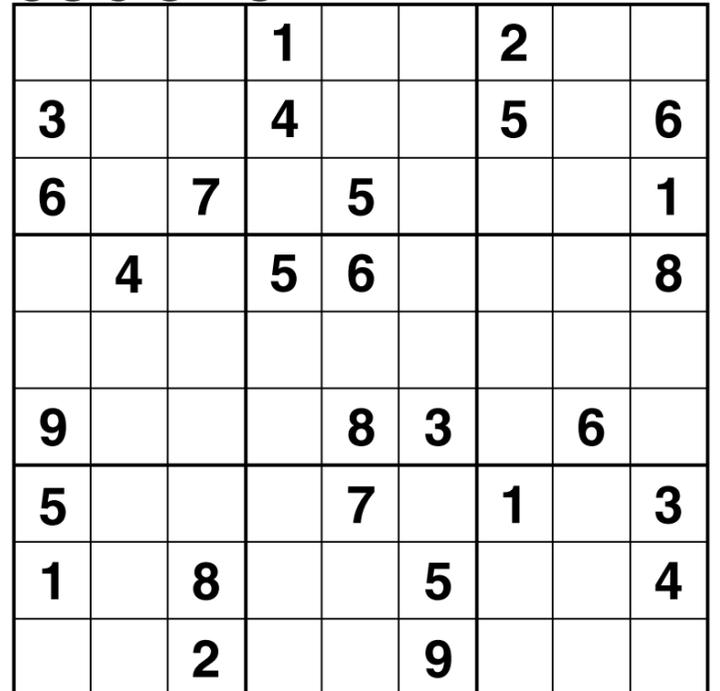
Saturday, August 28, at 7 p.m.

(Nicolas Cage, Jay Baruchel)

Balthazar Blake is a master sorcerer in modern-day Manhattan trying to defend the city from his arch-nemesis, Maxim Horvath. Balthazar can't do it alone, so he recruits Dave Stutler, a seemingly average guy who demonstrates hidden potential, as his reluctant protégé. The sorcerer gives his unwilling accomplice a crash course in the art and science of magic, and together, these unlikely partners work to stop the forces of darkness.

Rated PG (fantasy action violence, some mild rude humor and brief language)  
105 min

# sudoku



Solution to puzzle on page 28.

# Prairie Adventures

by Patricia Stockdill

It's early season archery hunting and time to review the gear checklist:

- Bow. Check.
- Arrows. Check.
- Camouflage clothing, head-to-toe. Check.
- Tree stand safety strap. Check.

Something else needs to be included in the litany of items necessary for the Sept. 3 archery deer season opener – or the Sept. 11 sharp-tailed grouse and partridge opener, for that matter – and that's ice and coolers.

Warm weather can quickly take a toll on wild game meat, whether it's a grouse tipping the scales at a pound or two, a 150-pound-plus deer or a mega-pound elk.

While hunters can debate the pros and cons of hide on or hide off during the regular deer gun season when it's typically in the 30- to 40-degree range or colder, there's no debate about the importance of removing the hide off an animal bagged during early archery season, recommends Lynn Schlueter, a Devils Lake wild game cooking aficionado, hunter, and biologist.

After properly field dressing the animal, the next critical step to ensuring great tasting big game meat is getting it cooled down quickly.

Leave proper identification but if possible, de-bone a big game animal and put the meat in plastic bags in coolers with ice, Schlueter describes. Don't place meat directly on ice. Layer ice, meat, ice, meat, which is why smaller packages of meat work best. It's important to place the ice and meat in multiple layers rather than just having meat placed on ice or ice placed on meat – the layers allow more meat to be chilled faster because it better surrounds the meat. Plus small packages cool quicker than a large hunk of meat.

Be sure to have a cooler with a drain hole, Schlueter says, so water can drain out. Try to avoid letting meat get wet or sit in water. As critical as it is with deer, properly cooled meat is even more critical with elk and moose, which have thicker hide and heavier hair than deer. The back of the neck is especially critical because that's where the hair is thickest.

It's also important to cool down birds, even doves, grouse, and partridge. Again, keeping species identification on a carcass is required under North Dakota law, so when dealing with early season birds, Schlueter suggests pulling out the breast bone and meat, leaving at least one leg and wing. It's unnecessary to field dress birds if taking the breast bone and parts needed for identification.

Speaking of keeping things cool, early season grouse hunting can be extremely hard on hunting dogs. Heat exhaustion and heat stroke can be serious and can occur regardless of how well-conditioned the dog is.

Go on shorter hunts, hunt in cool morning or evening hours, carry water for you and the dog, and let the dog rest frequently.

The instinct to hunt is so great in hunting dogs they will forego anything in their efforts, so the human has to control the situation. Don't rely on letting dogs cool down and get water in a lake or wetland. During the fall, wetlands can have an abundance of algae and bad water, which can cause illness in a dog.

Carry plenty of water and take breaks in shady area to rest. Also try to avoid hunting in areas with foxtails, which can cause problems when dogs inhale the seeds.

But get out and enjoy both the start of archery season and bird season - just bring ice and cooler for the birds and deer meat.

### Quote of the Week:

"Life in the open is one of my finest rewards. I enjoy and become completely immersed in the high challenge and increased opportunity to become for a time a part of nature." – Fred Bear, renowned hunter.

# PLOTS guide available online, at vendors in early September

The North Dakota Game and Fish Department's Private Land Open To Sportsmen Guide is available online at the Game and Fish Department's website, [gf.nd.gov](http://gf.nd.gov). In addition, PLOTS Guides will be available at most license vendors throughout the state in early September.

The guide will feature about 1 million PLOTS acres, a level reached in 2007 and maintained each year since.

Because the guide is printed in August and distributed in early September, some PLOTS tracts highlighted in the guide may have been removed from the program since the time of printing. There will also be some PLOTS tracts that will remain in the program, but the habitat and condition of the tracts will have changed significantly. Conversely, Game and Fish may have added new tracts to the program after the guide went to press.

To minimize possible confusion, Game and Fish will update PLOTS map sheets weekly on its website at [gf.nd.gov](http://gf.nd.gov).

Hunters can also view the guide, and find a list of vendors where guides are available, on the website.

The PLOTS Guide features maps highlighting these walk-in areas, identified in the field by inverted triangular yellow signs, as well as other public lands.

The guides are free, and available at county auditor offices and license vendors in the state; by walk-in at the Game and Fish Department's Bismarck office; and at district offices in Riverdale, Harvey (Lonetree), Williston, Dickinson, Jamestown and Devils Lake.

The guides are not available to mail, so hunters will have to pick one up at a local vendor, or print individual maps from the website.

### Agencies Prohibit Hunting over Bait

Hunters are reminded that hunting big game over bait is prohibited on all state owned or managed wildlife management areas, all U.S. Fish and Wildlife Service national wildlife refuges and

waterfowl production areas, U.S. Forest Service national grasslands, and all North Dakota state school, state park and state forest service lands.

In addition, the governor's proclamation relating to chronic wasting disease includes a provision that prohibits hunting big game over bait on both public and private land in deer Unit 3F2, where a deer carrying CWD was harvested last fall.

Hunting over bait is defined as the placement and/or use of baits for attracting big game and other wildlife to a specific location for the purpose of hunting.

Baits include but are not limited to grains, minerals, salts, fruits, vegetables, hay or any other natural or manufactured foods. It does not apply to the use of scents and lures, water, food plots, standing crops or livestock feeds being used in standard practices.

### Deer Archery Season Opens Sept. 3

North Dakota's deer archery season opens Friday, Sept. 3 at noon, and bowhunters are reminded that additional concurrent season antlerless deer gun licenses can be used with a bow during the archery season in the designated hunting unit.

Bowhunters must follow all regulations of the managing agency when using tree stands on public hunting areas, including displaying the owner's name, address and telephone number on tree stands left unattended on North Dakota Game and Fish Department wildlife management areas.

The Game and Fish Department annually receives inquiries from bowhunters regarding tree stands that are

stolen, moved or tampered with. Tree stands are private property and theft constitutes a criminal violation that should be reported to the local sheriff's department.

Bowhunters are also reminded that hunting big game over bait is prohibited on both public and private land in deer Unit 3F2, where a deer carrying chronic wasting disease was harvested last fall.

The archery season is open through Jan. 2, 2011. Hunters should refer to the 2010 deer hunting guide for season information and regulations.

### Youth Outdoor

#### Festival in Fourth Year

The North Dakota Game and Fish Department, local wildlife clubs and other sponsors will usher youngsters into fall during the fourth annual Youth Outdoor Festival in Minot.

The event is Sept. 2 from 5:30 to 7:30 p.m. at the North Dakota State Fairgrounds, Game and Fish Pond area.

Department outreach biologist Greg Gullickson, Minot, said this event illustrates the importance of wildlife clubs in introducing youth to all the different outdoor activities North Dakota has to offer. "The Minot area clubs are a showcase of different groups getting together with one common goal – providing today's youth with fishing and hunting opportunities in the outdoors," Gullickson said.

Kids will have an opportunity to experience a number of activities, including archery, fishing, waterfowl and upland game. "It doesn't matter if your passion is ducks, deer, fish or pheasants," Gullickson said.

## Ultimate Cuts

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<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Daily M-F ..... 8:00 a.m. Saturday ..... 5:30 p.m. Sunday ..... 8:30 a.m. &amp; 11:00 a.m.</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>SUNDAY LITURGY ..... 10 A.M. SATURDAY VESPERS ..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>Heritage Baptist</b> 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><b>Pastor Brian Ferree</b></p>	<p><i>Minot Air Force Base Chapel</i> <b>Protestant Services (All Sunday)</b></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) <b>Chapel 723-2456</b></p>	<p><i>Minot Air Force Base Chapel</i> <b>Catholic Services</b></p> <p><b>Eucharist (Mass)</b> Daily Mass ..... 12:05 p.m. (Northern Lights) Sunday ..... 9:30 a.m. &amp; 5:00 p.m. (Northern Lights) Sunday CCD ..... 11:15 a.m. (North Plains School)</p> <p><b>Northern Lights Chapel 723-2456</b></p>
<p><b>Bible Fellowship</b> 1720 4th Ave. NW • 838-0916 <a href="http://www.minotbiblefellowship.org">www.minotbiblefellowship.org</a></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. • Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p><b>Pastor Duane Deckert</b></p>	<p><b>Minot Baptist Church</b></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><b>Harvest Reformed Church</b></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><b>Morning Service 10:30 a.m.</b></p> <p><b>838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b> 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><b>Rev. Frank Picard</b></p>	<p><b>Welcome to the Minot Church of Christ</b> 1315 1st St. NE</p> <p><b>Sunday:</b> Bible Classes ..... 9:30 a.m. Worship ..... 5:00 p.m.</p> <p><b>Wednesday:</b> Bible Classes ..... 7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p><b>First Presbyterian Church</b> 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 &amp; Nursery Available <a href="http://www.minotfpc.org">www.minotfpc.org</a> Visitors Welcome</p>	<p><b>Apostolic Faith Church, UPCI</b> 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><b>Jesse Starr, Pastor</b></p>	<p><b>Minot First Church of The Nazarene</b> 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee &amp; 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><b>Senior Pastor Francis Warren</b></p>	<p><b>First Lutheran Church - ELCA</b> 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 &amp; Kari Pancoast <a href="http://www.firstlutheranchurchminot.com">www.firstlutheranchurchminot.com</a></p>	<p><b>St. Mark's Lutheran Church</b> Missouri Synod</p> <p>Sunday Worship ..... 9:30 a.m.</p> <p>Holy Communion is served on the 1st &amp; 3rd Sundays</p> <p><b>2209 4th Ave. NW • 839-4663</b> Carlyle Roth, Pastor</p>
<p><b>Bethany Lutheran</b> 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: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>North Hill Baptist Church SBC</b> 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching &amp; Teaching ..... 9:30 a.m. Morning Worship ..... 11:00 a.m. Evening Worship ..... 6:30 p.m.</p> <p><b>Pastor Dan Andrus</b></p>	<p><b>St. John the Apostle Catholic Church</b> 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><b>Fr. Dave Zimmer, Pastor</b> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>All Saints' Episcopal Church (Anglican)</b> 301 S. Main St. • 839-1037</p> <p>Sunday Worship ..... 10:00 a.m. Wednesday Worship ..... 5:15 p.m.</p> <p><a href="http://www.allsaintsminot.org">www.allsaintsminot.org</a></p>	<p><b>Our Redeemer's Church</b> A Church of the Lutheran Brethren</p> <p>Sunday Sunday Worship ..... 8:30 a.m. &amp; 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. <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p> <p>Following Christ in Worship, Growth &amp; Service</p>
<p><b>Augustana Lutheran Church</b> 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship ..... 8:00 &amp; 10:30 a.m. Sunday School, Confirmation, Adult Forum &amp; Choir Rehearsal ..... 9:00 a.m.</p> <p><b>Pastor Michon Weingartner</b> Home of Campus Pastor Kerri Williamson</p>	<p><b>Faith United Methodist Church</b> 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 &amp; Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. &amp; Wed. 2 - 4 p.m.</p> <p><b>Rev. Debra Ball-Kilbourne</b></p>	<p><b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11:00 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.angellnet.net/crossroads">www.angellnet.net/crossroads</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a> 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p><b>West Minot Church of God</b> "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. ABC Child Care &amp; Pre-School Center 852-6352</p>	<p><b>Bethel Free Lutheran AFLC</b> "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><b>530 22nd Ave NW (4 Blocks W of Airport) 852-6492</b> <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p><b>River of Life Church</b></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><b>Joe VanEst, Pastor • 858-7777</b></p>	<p><b>First Baptist Church</b> 220-3rd St. S.W. 852-4533 <a href="http://www.firstbaptist-minot.org">www.firstbaptist-minot.org</a></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 &amp; Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p><b>Church of the Nazarene</b> 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><b>BEREAN BAPTIST CHURCH</b> 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><b>Pastor Joe Minnerup</b> <a href="http://www.bereanbaptistminot.com">www.bereanbaptistminot.com</a> <b>601 1st Ave SE • Minot 833-9811</b></p>	<p><b>First Assembly of God</b> 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><b>Trinity Church</b> 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><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Immanuel Baptist Church</b> 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><b>Pastor Allen Lively</b> Sarah Robers, Youth Director</p>	<p><b>Grace Evangelical Lutheran Church</b> Wisconsin Synod</p> <p><b>WELS</b> Christ's Love, Our Calling.</p> <p><b>1615 2nd St SE • Minot • 838-4280</b></p> <p>Services 1st and 3rd Sunday at 2 p.m. <b>Rev Carl A. Lindemann</b></p>	<p><b>ZION Lutheran ELCA</b></p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship ..... 5:00 p.m. Sunday Worship ..... 8:30 a.m. &amp; 11:00 a.m.</p> <p><b>John Streccius, Pastor</b> <b>Nathan Mugaas, Pastor</b></p>	<p><b>Vincent United Methodist Church</b> 1024 2nd St. SE • 838-4425 Behind Town &amp; 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><b>Gary L. Ball-Kilbourne</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>

# Work to Spend Smarter

By Morgan Bauer  
Northern Sentry

## Tip of the Week: Surviving as a Starving College Student

Your school year is starting and you will have more to be concerned with than just studying and classes. It may be the first time that you really have to live on a budget. Don't panic, there are lots of tips on how to save money.

### Watch your cash

Keep watch on your bank statement. You can set up an account online or even have your statement texted to you! You don't want to cause an overdraft fee just by assuming your mom was keeping watch on your account. That's 30 dollars you could have used elsewhere.

### Prevent temptation

If you have 200 dollars in your bank account, you will be more tempted to spend that money. Transfer 20 or 30 dollars a week into your bank account and you will spend it only on necessities, like food and gas.

### Cheap transportation

Walk to campus and everywhere you can possibly go. You can save gas and stave off the freshman 15 simultaneously! Carpool if you really have to have a car. Find some other friends who also need to go where you are going and have everyone chip in a few cents for gas. It will cost less for everyone involved and be much better for the environment.

### Don't eat out

If you're craving McDonald's, order off the dollar menu. If your friends invite you out, share. Restaurants give giant portions and chances are, someone will be more than happy to split the bill.

### Ask about books

Textbooks are one of the more costly aspects of college. Try to ask your professor beforehand whether or not you REALLY need the book. You will always need a math book, and you will always need your book in small, discussion oriented classrooms. Much money has been wasted from books never used. Trust me, I have returned many books to the spring buy-back with the wrapper still on. If you know you need a certain book, look online. I purchase 90% of my books on Amazon.com for all four years of college, saving me hundreds of dollars, no lie.

### Shopping for food

Nothing is more tempting than shopping on an empty stomach. Buy all your meal staples first. My meal staples were cereal, milk, bread, peanut butter and jelly, and pancake mix. These will break up the Ramen noodles that are a staple in college life. Try to shop during sales and check out your local Sunday paper for coupons. If you have a coupon for everything on your list, the savings can really add up. Watch for sales on things you can stock in your freezer, like family size packs of chicken breasts. You can split these up and have dinner for weeks.

It may take some planning and determination, but you can make it through those college years on a small budget.



## Show & Shine Car Show Commander's Choice Winner

(Photo by Becky Zaharia, 5 FSS Marketing)

For the first time ever, one exhibitor claimed both the 5 BW and 91 MW Commander's Choice Award during the annual Show and Shine Car Show. The winning entry was a 1957 Chevrolet BelAir owned by Lonnie and Betty Olson. Pictured as they received their award (left to right) are: Betty Olson, Col Christopher Coffelt, 91 MW Vice Commander, Lonnie Olson, and Col Douglas Cox, 5 BW Commander. The 5th Annual Show & Shine Car Show was hosted by Auto Hobby on August 20th.

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