

Sentinel

Serving the Minot Air Force Base Community • Vol. 49 No. 37 • Friday, September 10, 2010



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

The Missouri River cuts through Wind Canon in the badlands at the Theodore Roosevelt National Park here Sept. 3. Camping in the Theodore Roosevelt National Park allows one to explore the rugged badlands terrain and watch wildlife like buffalo.

Exploring nature from up high

**By Airman 1st Class
Jose L. Hernandez**
Minot Air Force Base
Public Affairs

BADLANDS, N.D. - The nights were cold and the hiking trails were long, yet nothing would stop them from setting eyes on the extraordinary viewpoints the Little Missouri Badlands had to offer.

Whether it was a wild American Bison roaming the wild or an untamed horse looking for fresh grass to eat, they never hesitated to whip out their cameras and retain a glimpse of one of America's greatest sceneries.

A group of Airmen here enjoyed their extended Labor Day weekend by taking part in an adventurous and exciting outdoor excursion at the Theodore Roosevelt National Park in Medora, N.D., Sept. 3.

"I wanted to get out of Minot and see other places. I had planned on going back to Medora," said Senior Airman Nathaniel L. Dykstra, 5th Communications Squadron land mobile radio technician and hiking buff.

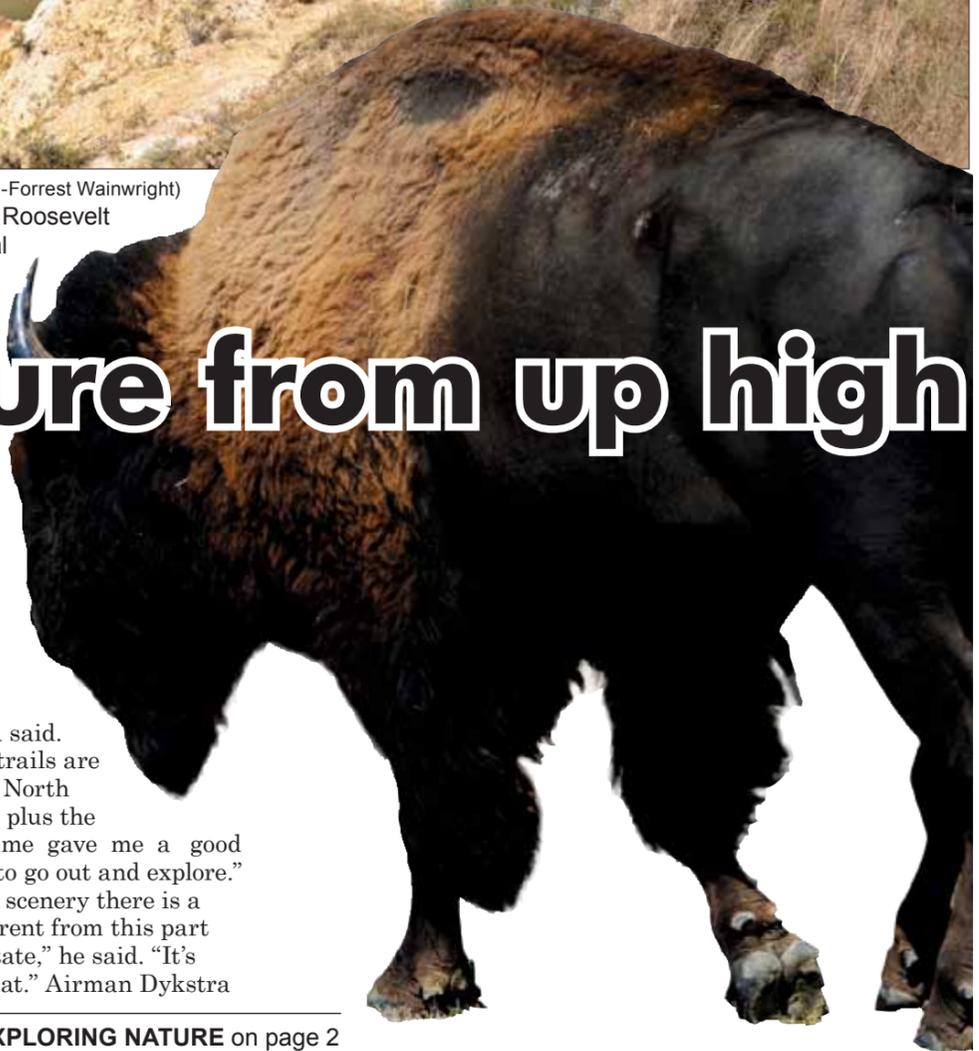
Oddly enough, Airman Dykstra stumbled upon the campgrounds last summer after taking a detour.

"What drew me back to

hike at the park were the mountain trails," Airman Dykstra said. "These trails are rare for North Dakota, plus the extra time gave me a good chance to go out and explore."

"The scenery there is a bit different from this part of the state," he said. "It's not as flat." Airman Dykstra

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EXPLORING NATURE continued from page 1

said they prepared for their camping trip by bringing with them tents, food, water, sleeping bags and some extra cash to spend on souvenirs.

Relishing the views from the grand heights of Buck Hill to the River Bend Overlook, Airman Dykstra explained how he and his buddies enjoyed the sightseeing and hiking opportunities the area has to offer.

"I really enjoyed taking pictures of Wind Canyon and climbing down into it," said Airman Dykstra. "We also visited the western style stores in Medora, we took lots of pictures and we saw a lot of bison."

"Medora makes you feel like you are in the wild West," Airman Dykstra added.

Concurringly, Airman 1st Class Justin T. Lowery, 5th Operations Support Squadron aircrew flight equipment specialist, said he also noticed the unique western touch throughout Medora's weathered buildings.

"The town has an old time feel to it," Airman Lowery said. "It has nice western style shops and the people there are very friendly."

Airman Lowery was also one of several Airmen who joined the camping trip.

"My favorite moment in the trip was hiking around a nature trail that had historical points and stops with information about the specific area you'd be hiking through," Airman Lowery said.

Airman Lowery is a Tennessee native and said this hiking trip reminded him of being back at home.

"In Tennessee there are lots of trails to go hiking in and I used to go up in the mountains on the weekends with my buddies all the time," Airman Lowery said.

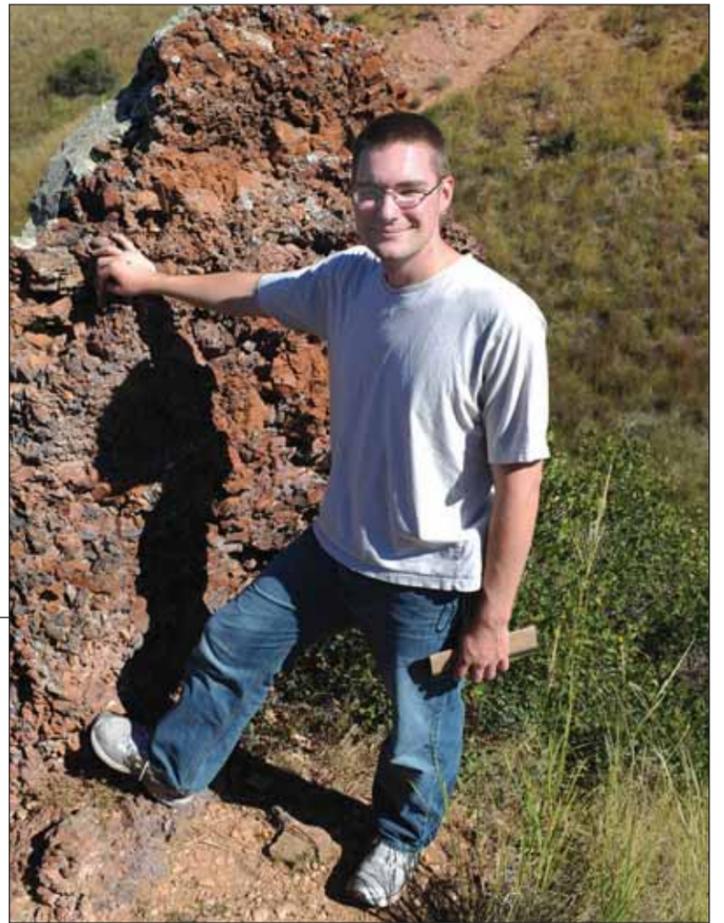
"The trip was awesome," he continued. "I really like the way the hills were shaped and all the animals we were able to see. I just liked the wilderness in general."

The park offers various

outdoor activities for its visitors including: backcountry camping, bicycling, horseback riding, fishing, wildlife viewing and canoeing. Unfortunately, the Airmen did not have time to do it all, nevertheless they said they really enjoyed themselves.

With the winter days fast approaching, it never hurts to take advantage of the opportunities one has to go out and enjoy the sights North Dakota has to offer. For this group of Airmen, enjoying a fun filled get-together not only brought back memories but served as an adventurous way to relax and enjoy the company of good friends.

(U.S. Air Force photo by Airman 1st Class Aaron- Forrest Wainwright) Senior Airman Nathaniel Dykstra, 5th Communication Squadron land mobile radio technician, poses in front of a brick formation formed naturally from years of baking in the sun at the Theodore Roosevelt National Park here Sept. 3.



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2010 holiday greetings teams ready to travel

by **Rich Lamance**

Joint Hometown News Service

SAN ANTONIO (AFNS)

- Before candy gets stocked in supermarkets for the upcoming Halloween season, teams already will be busy taping at overseas locations throughout the world for special greetings to be aired during the holiday season.

Three separate broadcast teams from the Joint Hometown News Service in San Antonio are boarding planes this week to begin taping video holiday greetings of service members and their families stationed overseas during the holiday season.

Service members and civilian employees from all branches of service, their family members, and DOD civilians are eligible to participate, according to Erich Schwab, this year's holiday greetings coordinator. According to Mr. Schwab, who also is the European team chief, three teams comprising three members per team will travel to the Pacific, Europe and Southwest Asia theaters, setting up their cameras in more than 60 locations.

When a team sets up in your area, Mr. Schwab says there are just a few guidelines to follow to ensure family and friends back home see your personal greeting on local television and hear it on

local radio stations.

- Make sure to bring your address book. You'll need family members' names along with a city, state and phone number. No street address is needed, but station managers need phone contact info to let families know when your greeting will air.

- Service members need to be in uniform. Work uniform is fine. Family members should accompany their sponsor, unless their sponsor is deployed. And, of course, don't forget the props: Santa's hats, pets, banners and Christmas attire.

- Depending upon where you're stationed, there is a good chance there will be waiting lines. Lunch time and after work are normally prime times, so if you can break away for a few minutes during mid-morning or mid-afternoon, you can avoid the rush.

- In front of the camera: There aren't a lot of rules, but here are some tips to make the experience go smoothly. The top three - relax, relax and relax. So what if you'll be seen by a million TV viewers. When you're taping, it's just you and the camera.

- Try to be cheerful and in the holiday spirit. It doesn't show well on camera if your teenage daughter looks like she'd rather be at the mall than wishing grandma happy

holidays.

- Try to keep hand gestures to a minimum and, of course, no profanity. When you're giving your greetings, don't say "Happy Thanksgiving." Most of these greetings will air from Thanksgiving Day through New Year's Day and could quickly become obsolete if the specific holiday mentioned has come and gone when your greeting airs.

- You don't need a teleprompter or a script, but try writing down your main points on a 3 x 5 card. Sometimes nerves can cause a bout of forgetfulness, so jot down your family members' names and the points you want to get across. If you have family in more than one area, you can do several greetings. You've got 15 to 20 seconds per greeting, more than enough time to get in your holiday wishes to those closest to you.

According to Larry Gilliam, Joint Hometown News Service deputy director, when the teams return to San Antonio in mid to late October, production will run 24-hours-a-day, seven days a week.

Video and audio greetings are separated by state, and in some of the more populated states such as California, Texas, Florida and New York, stations will receive the tapes or DVDs based upon region.



(U.S. Air Force photo by Tech. Sgt. Sean Worrell)

Scott Williams sets up a holiday greetings shot Sept. 7, 2010, during a practice session at the Defense Media Activity - San Antonio headquarters. Mr. Williams, a broadcast specialist with the Joint Hometown News Service, is a member of the European greetings team.

Mr. Gilliam says an individual's greeting normally will air multiple times during the holidays and usually on more than one station.

"In 2009, we mailed out close to 9,500 TV and radio greetings to 1,234 TV stations and 1,689 radio stations," he said. "Based upon the feedback we received from stations, over 52 million households watched

the greetings on TV and 21 million households listened to greetings on the radio. And, those numbers are based just on the small percentage of feedback we received."

This year you can follow the teams' schedule online. Go to: <http://jhns.dma.mil> where you can find a listing of where and when a team will visit your area. Happy holidays!

Enlisted force development initiatives approved

by **Cheryl Medlin**

Air Force Force
Development Directorate

The Force Management and Development Council members approved an initiative that will change the way the Air Force grows the next generation of senior enlisted leaders.

The initiative originated with the Enlisted Force Development Panel and will enable the enlisted force to move forward in deliberately developing senior enlisted leaders. Career field leaders will be able to manage enlisted talent and identify the right Airmen, for the right job, at the right time.

This process will evaluate targeted ranks within select

Air Force specialty codes and will vector senior NCOs who have the right training, education, and experience to critical positions within their career fields. AFPC still remains the assignment authority, but will consider the Airmen's vector when matching for assignments.

FMDC officials also approved an EFDP initiative requiring NCO Academy attendance prior to pinning on technical sergeant, another huge breakthrough. This initiative will provide NCOs the leadership skills they need earlier in their career, better preparing them to lead our Airmen. To enable this decision to become a reality, the FMDC approved expanding NCOA capacity by

16 additional classrooms at existing locations. The exact locations will be determined by a site activation task force in the near future. Officials say there is still much work to be done prior to increasing NCOA throughput and before implementation of a new policy. Interim updates will be provided as the initiative progresses. Final guidance will be provided to the field once the necessary ground work has been completed. While it will take some time for this initiative to come to fruition, the FMDC is confident the chosen path is the right one for the Air Force.

The FMDC is a corporate body providing an institutional perspective on Air Force-wide force management

and development issues and makes strategic level recommendations to the secretary of the Air Force and chief of staff of the Air Force. The FMDC has several subordinate bodies to include the EFDP, which provides recommendations relating to effective development and utilization of Airmen.

Enlisted members can also join discussions with fellow Airmen across the Air Force on these initiatives and other professional development issues by participating in the discussion forums in My Enlisted Development Plan.

Visit the Air Force Force Development Portal to learn more about the FMDC and EFDP or to participate in MyEDP discussion forums.

To get to the force development website, first go to the Air Force Portal and follow the login prompts.

From the Air Force Portal landing page, select "Force Development" from the "Life and Career" menu located in the blue global navigation bar at the top of the page. Once at the Force Development landing page, use the navigation tabs located on the left side of the screen to select FD Governance for information about the FMDC and EFDP or My Development Plan to participate in the various discussion forums.

For more information, call 703-692-5560.

[Editors note: Chief Master Sgt. Terry West contributed to this article.]

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warbird journal

Commentary by Col. Douglas Cox
5th Bomb Wing commander



Inspection Season

Members of Team Minot: you should be very proud of the way you conducted yourselves during last month's inspection! You achieved the highest grade possible in nuclear surety, and that is an impressive feat. Nuclear surety inspections have roughly a 50% pass rate, and it's truly something to be proud of when a unit is able to conquer one.

The mighty Warbirds and our wingmen in the 17th Munitions Squadron prepared hard for this test, and it was a good thing we did. Almost 120 inspectors looked in every nook, cranny, drawer and toolkit; they carefully went over every piece of documentation; they evaluated our technical procedures and our training programs.

In the end, the Inspector General said we were doing our mission right. This is the goal we worked for, and it is exactly what the American people expected of us. Most of our backers and friends not in the nuclear enterprise have no idea how difficult this test really was, but they are happy for us all the same.

Congratulations, you earned it

Warbirds!

Meanwhile, the 23rd Expeditionary Bomb Squadron "Bomber Barons" and our Magnificent Expeditionary Maintainers and support personnel at Andersen AFB in Guam were conquering an inspection as well. The first operational readiness inspection to hit Andersen in more than 20 years came to the men and women of the 36th Wing and our Minot Pacific B-52H Stratofortress warriors while we were having our NSI here in North Dakota.

That ORI was also a tough challenge, and the Warbirds were a big part of the ultimate success experienced at Andersen - "Satisfactory" across the board. I had the privilege of visiting our personnel at Guam last week, and I can tell you they are proud and motivated.

They are delivering deterrence in the Pacific Theater as Pacific Command's "Long Rifle", and you can believe the entire Pacific Basin, friendly, undecided, and unfriendly, watch their successes and capabilities with an unwavering eye.

An unwavering eye - that's a

concept useful for us here at Minot to think of how we must approach our nuclear duties. While those of us in the 5th Bomb Wing may be breathing a sigh of relief over the successful completion of two very difficult inspections, the test is not over. This very week the Air Force Global Strike Command IG is returning to evaluate our brothers and sisters in arms in the 91st Missile Wing.

The Roughriders are well prepared for their NSI and will perform with distinction. From a Warbird perspective, the central requirement of our mission statement is "Support the 91st Missile Wing".

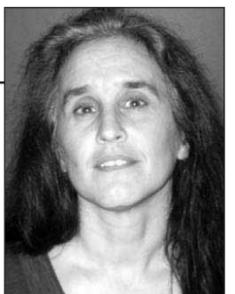
The bottom-line is all of us, Warbirds, Roughriders or Air Force Materiel Command Warriors, are safe, secure and effective 24/7. The Roughriders are counting on our support and backing, and we will deliver success together as Team Minot!

If you're underage don't drink. If you're of age, don't drink and drive. Never, ever leave your wingman.

operation homefront

Patriot Day

Commentary by Martina Kranz
Northern Sentry Writer



President George W. Bush enacted Patriot Day into law on December 18, 2001. We fly the national flag at half-staff and have a moment of silence at 8:46 a.m. (Eastern Time). We remember the victims of the September 11, 2001 terrorist attacks. I thought about things to do for Patriot Day.

I am a certified Emergency Medical Technician-Basic. When I retired from the military on September 15, 2006, I wanted to keep my certification and I did. I worked for the base ambulance for several months. I enjoyed this job, but I decided to work in downtown Minot.

In the last several months, I debated whether to keep my EMT certification or let it lapse. I decided to keep my certification to honor Patriot Day. To maintain EMT certification costs money; so why bother to keep certification if I don't work for Emergency Medical Services?

I'm not in the military any longer, but I want to support my community and my country in a different capacity. I applied to be a volunteer for the North Dakota Department of Health's Public Health Emergency Volunteer Reserve/Medical Reserve Corp.

The Medical Reserve Corp was founded after President Bush's State

of the Union Address in 2002. President Bush asked all Americans to volunteer in support of their country. I hope the agency accepts my application and if they don't, I still won't let my certification expire. My skill might help someone.

I am proud to be an American. We are a creative and vivid nation.

Americans are generous and friendly. We are a resilient nation. On this Patriot Day, I offer a prayer and my skills to remember the victims of 9/11.

Local Weather

Fri 9/10 62/48 
Partly cloudy, chance of a thunderstorm.

Sat 9/11 63/42 
Windy with times of sun and clouds.

Sun 9/12 68/45 
Partly cloudy. Highs in the upper 60s and lows in the mid 40s.

Mon 9/13 58/42 
Mix of sun and clouds. Highs in the upper 50s and lows in the low 40s.

Tue 9/14 58/44 
Mix of sun and clouds. Highs in the upper 50s and lows in the mid 40s.

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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 Sept. 9 to Sept. 11 are from the 91st Missile Maintenance Squadron.

Saves through September 7: 682

Nonprofit groups step up to help military families

by Elaine Wilson

American Forces Press Service

WASHINGTON - America's support of our troops and their families has been a welcome theme during this past decade of war.

The stories of support are abundant, from top leaders encouraging Americans to salute troops to neighbors pitching in to help a deployed family.

Some people have taken this support even a step further, creating innovative programs and organizations that are doing extensive work on behalf of military families.

Eight of these organizations were lauded for their efforts to improve military families' quality of life during the 11th Annual Newman's Own Awards ceremony Sept. 1.

The volunteer-based organizations received awards

totaling \$75,000, with Inova Health System Foundation's Military to Medicine program taking the highest honor and corresponding \$15,000 award.

The behind-the-scenes contributions of these organizations are every bit as valuable as the more visible contributions of those in uniform, said Marine Corps. Gen. James E. Cartwright, the vice chairman of the Joint Chiefs of Staff.

"For those who go out and sacrifice in a very overt way, there are those (who) serve in a very different way, but equally as important," he said. "What you have done is no less important to the legacy of this country."

The Newman's Own Award was presented to the following programs and organizations:

- Military to Medicine, of Falls Church, Va., recruits

and trains extended military family members to become workforce-ready health care employees. Its purpose is to help military spouses, wounded warriors and their caregivers, veterans, National Guard and Reserve members and servicemembers transitioning to civilian employment find accessible, short-term training with immediate career accessibility in health care.

- Carolina Canines for Veterans, of Wilmington, N.C., provides trained dogs rescued from local shelters to assist wounded warriors. This program, launched by the Carolina Canines for Service organization, received \$10,000 for its efforts.

- Military Marriage Enrichment, of Corsicana, Texas, strengthens military marriages, enabling couples to better cope with the stressors of combat, wounds or multiple deployments. The

program, created by Marriage Management Consultants Inc., received \$10,000.

- Empowering Military Families through Employment, a program of the Military Spouse Corporate Career Network of Lake St. Louis, Mo., features virtual training seminars that provide military-affiliated applicants job education and training needed to increase employment success. For its efforts, the organization received \$10,000.

- Project Sanctuary Therapeutic Retreats, of Parker, Colo., helps families reconnect following lengthy separations and deployments. The program begins with a free, five-night therapeutic retreat using recreation as a form of diversion therapy. Project Sanctuary families enjoy year-round activities, such as hiking, skiing, horseback riding and sledding in the Colorado Rocky Mountain region. This program received \$10,000 to continue its efforts.

- Operation Building Hope, of Fuquay-Varine, N.C., equips wounded veterans

with a handicap-accessible home. The program uses an all-volunteer work force to construct and install ramps and rails, modify bathrooms, lower countertops and widen doorways. The program, created by the Military Missions in Action organization, received \$10,000.

- Books on Bases, Smiles on Faces; of Alexandria, Va., supplies books to military families to assist them in developing their children's reading skills. Blue Star Families Inc. created this program, which received an \$8,000 award.

- Kids Blossom through Gardening is a program created by the Dover Air Force Base Key Spouse Club, of Dover, Del., to enhance the health and wellness of Airmen and their families by decreasing overweight and obesity through community gardening. This program received a \$2,000 award.

Including this year's awards, the annual competition has recognized 133 programs with awards totaling \$650,000 since its inception in 1999.

Army, Air Guard officials prepare for flu season

by Tech. Sgt. John Orrell
National Guard Bureau

ARLINGTON, Va. (AFNS) - With the flu season approaching quickly, Army and Air National Guard officials have released guidance for their 2010-2011 vaccination campaigns, and will start shipping vaccinations to the U.S. for immediate distribution.

Army Maj. Gunnar D. Kiersey, a medical readiness officer with the Army Guard chief surgeon's office, said the Military Vaccine Agency is expected to start deliveries by October.

Air National Guard units are scheduled to receive their doses of the flu vaccine within the next month, said Maj. James Coker, the chief of the Air Surgeon's Public Health and Prevention branch.

"The delivery of vaccine is dependent on the priorities of the manufacturers and availability of approved lots, but several states are currently beginning to receive their ... influenza vaccination," he said.

Each year in the U.S., about 36,000 people die from influenza or its complications,

and for that reason, both the Army and Air National Guard strive for 100 percent participation in this program.

"It is highly encouraged for ANG members to receive their vaccination in a timely manner to protect them from influenza during the peak months of influenza activity, which is generally December through March in the U.S.," Major Coker said.

"Personnel who receive the influenza vaccination begin to develop antibodies sufficient to protect them from influenza infection within two weeks of vaccination. This protection will generally last six to nine months and sometimes longer."

The biggest change to this year's vaccine is that it combines three influenza vaccines into one. "Every year, scientists select the three influenza virus strains that research feels will pose the most common threat," Major Coker said.

The 2010-2011 flu vaccine will protect against H1N1, H3N2 and an influenza B virus, Major Kiersey said. The combination of these vaccines will not diminish their effectiveness.

For more information on the listed influenza viruses and the vaccines being used by the Department of Defense, go to www.flu.gov.

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Family members first to notice signs of distress

By Shari Lopatin
TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the “new normal.” But others you wonder about: bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much. Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one—before it’s too late.

But where can you turn if you’re not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit throughout 21 western states.

Online Care
For life issues such as

stress management, relationship problems and self-esteem, you can connect with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest Online Care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions. To be eligible for TRIAP, you must meet one of the following criteria:

- An active duty service member (includes Guard/Reserve members who’ve been activated)
- An active duty service member’s spouse
- An active duty family member 18 years or older
- Guard/Reserve members who’ve purchased coverage under TRICARE Reserve Select
- Eligible for TRICARE benefits under the Transitional Assistance Management Program (TAMP)

Want more information?

Curious to see what kind of help a counselor offers, even if it’s guidance for you to help your spouse? Visit www.triwest.com/OnlineCare to get started.

Other Resources

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment, and during deployment.

Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.

Behavioral Health Contact Center, 1-888 TRIWEST (874-9378): Information about your behavioral health benefit and help finding a counselor.

TriWest Behavioral Health Portal: www.triwest.com/BH: This portal is filled

with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.

“Help from Home” video series: www.triwest.com/HelpFromHome: Watch “Help From Home,” a free series of online videos (also available as a free DVD set) that offers advice from other families and experts who’ve lived through it, firsthand.

TRICARE encourages military kids to “move” on childhood obesity

FALLS CHURCH, Va.

– During the month of September, TRICARE continues its strong commitment to the battle against childhood obesity. By observing Childhood Obesity Awareness Month, TRICARE is an active participant in the Let’s Move! program for military kids.

The national Let’s Move! program works to combat the

epidemic of childhood obesity through engaging every sector impacting a child’s health. It provides schools, families and communities simple tools to help kids be more active, eat better and get healthy.

TRICARE’s web page at www.tricare.mil/getfit serves as the ‘headquarters’ for beneficiaries looking for resources on childhood obesity.

The page highlights ongoing efforts to raise awareness of childhood obesity and encourages children to eat right and exercise.

Learn more about Let’s Move! at www.letsmove.gov and Childhood Obesity Awareness Month at www.healthierkidsbrighterfutures.org.



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SHOWROOM OF SAVINGS

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2003 Mercedes Benz E Class E 500
Leather, Power Windows/Locks, 5.0 Liter, Power Seats, ABS, Loaded.
Retail: \$19,575
Sale Price: **\$17,980**



2005 Cadillac STS
AWD, Loaded, Black Roof, Black Leather
Retail: \$21,995
Sale Price: **\$20,980**



2007 Hummer H3
AWD, Power Moonroof
Sale Price: **\$21,990**



2008 Jeep Wrangler Rubicon
4WD, All The Options:
Wrench, Roof Rack, Navigation
Sale Price: **\$27,990**



2008 BMW 328 i
Blue, 18k miles, Leather, Loaded,
Factory Warranty
Sale Price: **\$27,990**

Ask about our **First Time Buyer Program!!**



2007 Chevy Suburban LTZ
Navigation, Quad Seats
\$32,900



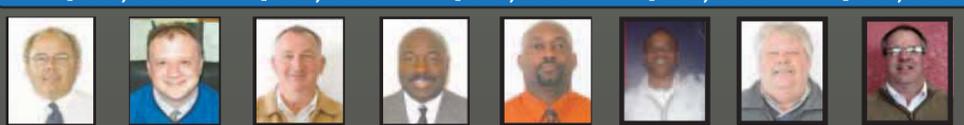
2008 Chevy Tahoe
White, 3rd Row Seats, 4WD
\$17,990



2008 Mazda 3 #M18925, Red, 30k miles WAS \$15,495 NOW \$14,595	2006 Toyota Sequoia #R9837A, SRS, Gray, 65k miles WAS \$25,400 NOW \$23,495	2010 Pontiac G6 #M18997, Silver, 9k miles WAS \$18,995 NOW \$18,195	2008 Chevy 1500LT #M19088, Maroon, Crew Cab WAS \$28,995 NOW \$27,695	2007 Honda Odyssey #M19043, Blue, 74k miles WAS \$17,995 NOW \$16,595
---	--	--	--	--



2007 Honda Accord #M8981, Black, 32k miles WAS \$17,995 NOW \$16,595	2008 Subaru Impreza #M19021, Red, AWD, 46k miles WAS \$16,995 NOW \$15,395	2009 Ford Mustang #M19024, Silver, 23k miles WAS \$17,995 NOW \$15,995	2006 Honda Ridgeline #M19033, Black, 80k miles WAS \$18,995 NOW \$17,995	2007 VW Golf GTI #M18952, Gray, Wheels, Roof WAS \$18,995 NOW \$17,995
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Dennis Bessette Terry Faul Dermer Chadwell Terry Epps Kevin Johnson Rodney McHenry Robin Shelby Mitch Melby

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Officials seek Service to America Medals nominees

RANDOLPH AIR FORCE BASE, Texas (AFNS) - The Partnership for Public Service is soliciting nominations for the 2011 Service to America Medals. These medals recognize the accomplishments of the U.S.'s best public servants. Nomination eligibility extends to career civilian federal employees.

The nominee must have shown a commitment to public service and demonstrated a significant accomplishment within his or her particular

government field that was innovative, high impact and met a critical need for the nation.

Award categories and nomination procedures can be found at www.servicetoamericamedals.org. All nominations must be submitted online at the organization's website.

For more information on the Service to America Medals Program e-mail awards@ourpublicservice.org.

(Courtesy of Air Force Personnel Center Public Affairs)

Air Force Reserve Opportunities

Interested in the following programs or benefits the Air Force Reserve has to offer? The Air Force Reserve is an exciting, vibrant part of the nation's defense. It offers similar benefits afforded by those on active duty and one more - the benefit of time... time to be with your family, time to work at your civilian career and time to serve your country.

Click here to see some of the extensive and exciting benefits offered to Air Force Reserve members.

In particular the in-service recruiter here is highlighting three unique programs offered by the Air Force Reserve:

- 1.) Palace Chase - view the checklist.
- 2.) Palace Front - view the checklist.
- 3.) IMA Program

Palace Chase briefings will be held at 9 a.m. on the second and fourth Tuesday of the month in Suite 213 at the PRIDE bldg. For more information, please contact the In-Service Recruiter:

Tech. Sgt. Chris Mills,
U.S. Air Force Reserve
Comm 701-723-4010
DSN 453-4010
Cell: 701-509-0489
Fax: 701-723-4265/
DSN 453-4265



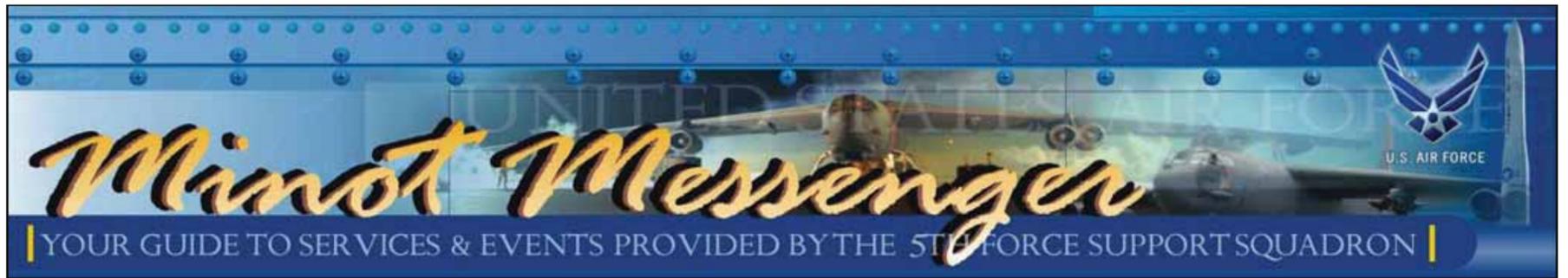
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WRAZ! DAYS SPECIAL

WÜSTHOF
Trident Cutlery sale!
Additional 20% Off Sale Prices
Saturday September 11th Only

10-2 FREE Knife Sharpening
(Limit 4 Knives no Serrated)
\$1 donation per knife to 2nd story

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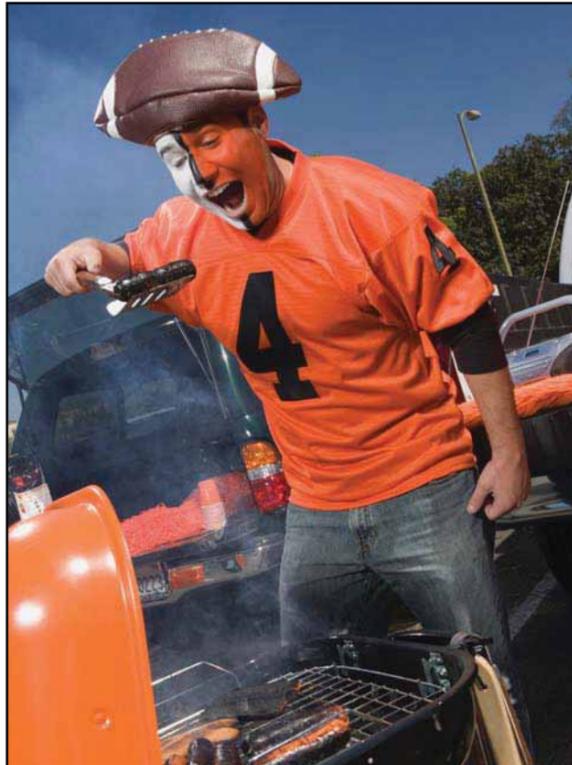
Football Frenzy At J.R. Rockers Kicks Off With Tailgate Party

It's time to cheer on your favorite NFL team as J.R. Rockers kicks off this year's Football Frenzy promotion with a spectacular Tailgate Party starting at 11 a.m. on September 12th. The event is free for club members and \$5 for non-members. Enjoy a special free buffet while it lasts starting at 11 a.m. along with great drink specials. This is your chance to register for Frenzy prizes as you enjoy a great day of NFL Sunday Ticket football action.

Club members who participate in the Football Frenzy promotion have a chance to win a trip to the Super Bowl or one of two regular season games. Members need only attend a Football Frenzy event at J.R. Rockers and fill out an entry form to be registered to win.

Only adults will be allowed in the lounge during the Football Frenzy Tailgate Party. Children age 12 and older will be allowed in the Top of the Rock when accompanied by parents. The dining room is closed on Sundays; however, the football menu is available.

For details, call J.R. Rockers at 727-ROCK.



Savor "Touch Of Class" Dining Experience At Doolittle Center



If you're looking for a night to remember, then you need to look no further than 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 "Touch of Class" dinner is

held quarterly and features a delicious meal sure to tantalize your taste buds.

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 for club members and \$30 per person for non-members.

Reservations are required by noon on September 16th. For more information, contact the Jimmy Doolittle Center at 723-3731.



AIR FORCE BIRTHDAY MEAL
Saturday, Sept. 18 - 10:30 a.m.

Menu includes: strip loin steak, herb & lemon baked fish, chicken breast with orange glaze, oven browned potatoes, mashed potatoes, & more. Call the Dakota Inn at 723-3503 for details.

Year of the Air Force Family 

Event Update

Base Library Closed Sep 7-20
The Library will be closed for renovation 7-20 Sep

Patriot Day 5K Run
September 10 • 7 a.m. • Fitness Center

Give Parents A Break
September 10 • 6 p.m. • CDC/SAP

Treasure Island Pre-Teen Rockin-N-Rollin
September 10 • 8 p.m. • Treasure Island
Hosted by the Youth Center

Lights & Strikes Bowling
September 10 & 11 • 10 p.m. • Rough Rider Lanes

9 Pin No Tap Scotch Doubles
September 11 • 6 p.m. • Rough Rider Lanes

Hip Hop Nite
September 11 • 11 p.m. • J.R. Rockers

Pride Of America Scramble
September 12 • 9 a.m. • Rough Rider Golf

Sunday Champagne Brunch
September 12 • 10:30 a.m. • Doolittle Center

Framing Class
September 13 • 10 a.m. • Arts & Crafts Center

Racquetball Tournament
Sept. 25 • Register by Sept. 15 • Fitness Center

Creative Kids Class
September 16 • 10:30 a.m. • Arts & Crafts Center

Empowering Parent Class: Helping Your Child Deal With Bullying
September 16 • 4:30 p.m. • Youth Center

Texas Hold'Em Tournament
September 17 • 6:30 p.m. • J.R. Rockers

Preteen Back To School Dance
September 17 • 7 p.m. • Youth Center

Teen Back To School Dance
September 17 • 9 p.m. • Youth Center

MINOT AIR FORCE BASE



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Texas Hold'Em Tournament

J.R. Rockers invites you to the Texas Hold'em tournament scheduled for Friday, September 17th. \$20 for club members and \$25 for non-members; sign in by 6:30 p.m. with play beginning at 7 p.m. No sign ins after 6:30 p.m. Call 727-ROCK to register.

Girls Making A Difference

The Youth Center is hosting the Girls Making A Difference program on selected Wednesdays from 4-5 p.m. 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.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on September 4th, 11th, and 25th. 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.

Red Pin Bowling Night & Music

Enjoy a great night of bowling fun at Rough Rider Lanes during Red Pin Bowling Night on September 18th from 6 p.m. to midnight. Get a strike when you have a red head pin on your first ball and receive a free game; one game per bowler per game. Cost is \$2.25 per game. This event is open to all ages so gather your friends and family for a fun evening of music and bowling. For additional information, call 727-4715.

9 Pin No Tap Scotch Doubles Tournament

Rough Rider Lanes will host a 9 Pin No Tap Scotch Doubles Tournament on September 11th at 6 p.m. Patrons must be 18 years of age or older to participate in this tournament. Cost is \$25 per person. For more information, call Rough Rider Lanes at 727-4715.

Racquetball Tournament

The Fitness Center is hosting a Racquetball Tournament September 24th through 26th. The tournament is open to all DoD ID card holders and dependents age 18 and older. Format for the tournament includes: all matches two games to fifteen, tie breaker to eleven (if necessary); consolation for first round losers. Winners must referee the next match. There will be 5 divisions including Open A, B, C, Age 19-34 and Age 35+. Trophy will be awarded for first place winner. This is a free tournament; deadline for registration is September 15th. For more information, call the Fitness Center at 723-2145.

Latin Nite

Gather up your friends and get ready to party during Latin Nite at J.R. Rockers on September 18th. The event is free for club members and \$5 for non-members; the fun starts at 11 p.m. For additional information, call 727-ROCK.

Annual Beer Tour Coming To Rockers

The annual Taste Around the World Beer Tour hosted by J.R. Rockers begins on September 23rd at 4:30 p.m. For details, call 727-ROCK.

GRAND OPENING!



AT THE MCADOO FITNESS CENTER



We Invite All Patrons to have Their "First One on Us", with a FREE Smoothie Give Away:

September 9-13 from 1500-2000



MANAGER'S SPECIAL

During the Month of September, as a welcome from the new manager, everything on the menu will cost

\$2.00

723-2145



3-D Archery Tournament Set For September 18th



Outdoor Recreation is providing Minot AFB personnel an opportunity to show off their archery skills during the 3-D Archery Tournament September 18th starting at 1 p.m. The tournament features fifteen 3-D Rinehart targets at the outdoor range with two rounds of shooting the targets. Divisions will be individual with different shooting categories. Cost is free for archery members; non-members must become members to participate. Yearly membership cost is \$35/year for single persons and \$45/year for families. You must register at Outdoor Recreation by September 16th to compete. For details, call Outdoor Recreation at 723-3648.

Face of the Base

The Minot AFB public affairs office highlights everyday Airmen from both the 5th Bomb Wing and 91st Missile Wing to showcase our base's exemplary Airmen.



Senior Airman Maricruz Johnson

Senior Airman Maricruz Johnson, 791st Missile Security Forces Squadron trainer, is from El Paso, Texas. Airman Johnson joined the Air Force more than three years ago to "further my education and give back to the country that did so much for my family." A career goal of hers is to earn a degree in criminal justice. In her free time, she enjoys spending time with her family and friends.



Staff Sgt. Jefferson Edra

Staff Sgt. Jefferson Edra, 5th Civil Engineer Squadron noncommissioned officer-in-charge of technical support, is from Waipahu, Hawaii. Sergeant Edra joined the Air Force more than 11 years ago to "see the world and serve his country." A career goal of his is to complete 20 years of service and retire. In his free time, he enjoys spending time with his family as well as drawing.



Senior Airman Jonathan Lundy

Senior Airman Jonathan Lundy, 5th Force Support Squadron career development technician, is from Springfield, Ore. Airman Lundy joined the Air Force more than four years ago to "travel the world." A career goal of his is to attain a rated position as a pilot. In his free time, he enjoys watching movies and playing video games.



Senior Airman Guillermo Lopez-Young

Senior Airman Guillermo Lopez-Young, 5th Comptroller Squadron travel technician, is from Fort Walton Beach, Fla. Airman Lopez-Young joined the Air Force Sept. 11, 2007 to "Earn the skills and benefits provided by the military." A career goal of his is to attain the rank of Chief Master Sergeant. In his free time, he enjoys working on his car and spending time with his friends.



Airman 1st Class Summer Mancilla

Airman 1st Class Summer Mancilla, 5th Maintenance Operations Squadron maintenance scheduler, is from Martinsburg, W. Va. Airman Mancilla joined the Air Force Jan. 20, 2009, to "follow her family's tradition of serving the nation." A career goal of hers is to complete her degree and earn a commission. In her free time, she enjoys playing guitar and video and also keeping fit.

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

Prairie Adventures

by Patricia Stockdill

For six years a lucky group of 100 resident hunters had their names selected in a lottery to hunt North Dakota prairie chickens. That won't be the case in 2010. The N.D. Game and Fish Department closed the 2010 prairie chicken season in the two open units after two hard winters and wet springs resulted in poor adult survival and nesting success.

The birds faced poor recruitment coming into the spring of 2010 following a tough 2008-2009 winter, wet 2009 spring, and another tough winter last year, explained Game and Fish Department upland biologist Aaron Robinson. Wet 2010 spring conditions created yet another whammy on their numbers: Prairie chicken populations declined by almost 50 percent in both units in recent years.

The north unit was located west of Grand Forks; the south unit in southeastern North Dakota's Sheyenne National Grassland and adjacent area. The number of south unit permits dropped from 50 to 30 in 2009, reflecting the first hard-hitting weather combination.

Yet another issue surrounding the bird's recent bout of unsuccessful recruitment could be a lack of genetic diversity for long-term survival. Many prairie chickens are descendents of trapped wild birds from states such as Nebraska. Their North Dakota range is fairly restricted and the two units aren't within close proximity of each other.

They simply could be bottlenecked within limited habitat and lack opportunities to intermingle with other populations, Robinson said.

However, the population decline occurred somewhat rapidly, so he hopes weather is to blame.

The U.S. Forest Service helps monitor prairie chicken populations in the south unit because leks are located on the Sheyenne National Grassland. Game and Fish biologist count males on leks in the north unit, which largely is within the Prairie Chicken Wildlife Management Area.

The Forest Service also provides brood survey data in the south unit.

However, with a limited number of birds harvested each year, Robinson said biologists are unable to get enough wing data to get accurate reproduction and survival information. In each of the six recent seasons, wanna-be prairie chicken hunters submitted their name and desired unit on postcards and a lottery determined the lucky hunters.

Hunters could harvest a maximum of two prairie chickens, which had to be tagged. Every hunter was contacted to determine the exact number of birds harvested each season. "We have never harvested very many (prairie chickens)...so the harvest we get on prairie chickens is negligible," Robinson added.

Prairie chickens aren't native to North Dakota. "They followed the plow," Robinson described. While the plow enticed the birds to migrate into the state, as agricultural and land use practices changed their populations declined to the point where the prairie chicken season was closed in 1945.

The Game and Fish Department re-opened the season 60 years later after populations increased in the two units following years of wildlife and habitat management efforts to bring populations to huntable numbers.

But after two consecutive bad winters and springs, the season is on hold. It would likely re-open if prairie chicken populations return, Robinson said, which would be good news for resident upland enthusiasts. "It was always a hunt we got a quite a bit of interest from," he said.

Quote of the Week:

"It's just been a bad combination (of bad winters and wet springs) for prairie chickens."

— N.D. Game and Fish Department upland biologist, Aaron Robinson.

Let's go hunting...but do it safely

By Mr. Rod Krause

5 BW Ground Safety Manger

Whether you've hunted for years or this is your first time, each hunting adventure always brings a "new experience!" It can be good or bad depending on the WHO, WHAT, WHEN, WHERE, and HOW.

WHO you hunt with is important as far as their experience, habits, and general knowledge of wild game and its habitat. Normally, an experienced hunter will ask a potential partner tons of questions to determine whether they want to go hunting with them or not. This is especially important when you consider that around 40 percent of the hunters injured each year are accidentally shot by their hunting partner while another 35 percent figure out ways to shoot themselves! For the sake of your own safety - as well as that of your partner - make sure you take into account both parties' skill levels and knowledge base.

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon - not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you're not careful, there's a big window of opportunity out there for you to become some hunter's trophy! Keep in mind, however, that the most serious accidents typically occur during

deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

WHEN are you going hunting? You may want to consider scheduling your foray when the level of activity for big game - like deer or bear - is low. Since the total number of hunters is highest when big game season first opens up, scheduling your hunt in the middle or last part of hunting season will reduce your risk of accidentally being shot by another hunter.

WHERE you hunt could be the difference between life and death! It would seem totally ridiculous for hunters to just jump in a 4x4 and drive for hours to hunt in a place they have never been before or haven't visited since last season, but it happens. You need to do some pre-hunt scouting to visually check the areas you plan to hunt. This includes checking to make sure the land is open to hunting; checking for trails, ponds, game, etc.; determining if your cellular phone operates or locating occupied areas where telephones or help may be available; and talking with local officials and residents.

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good old bow and arrow (archery), as long as you obey the rules and

guidelines set by each state. Each state usually publishes their hunting regulations and includes pamphlets with special game permits that are a "must read" for all hunters. Cellular phones, two-way radios, etc., are very important in keeping hunters in contact and obtaining help in the event of an emergency. A backpack with food, water, first aid kit, flashlight, blankets, tools, etc., always comes in handy.

It's not a bad idea to include signaling devices such as mirrors, flares, etc., whether you are in a remote location or not! Most states also ask or require you to wear hunter orange clothing. This helps other hunters to be absolutely positive of their target. Consider what is behind your targeted game to ensure your projectile doesn't glide through buildings, people, or in the direction of a road.

One of the oldest safety messages is the control of your firearm's muzzle. Also, ensure that your firearms are properly secured and stored on base. This can be accomplished through the Security Forces Armory.

To summarize, don't forget to communicate your planned courses of action for any potential situations, wear that hunter orange clothing, pick your hunting buddies with care, and "keep your gun barrel pointed in the right direction!" For all of your North Dakota hunting season dates please visit the following website: <http://gf.nd.gov/about/season-dates.html>.

Grouse and partridge seasons open Sat.

When North Dakota's grouse and partridge seasons open Sept. 11, hunters should expect to see more grouse than last year, but not as many partridge.

Hungarian partridge were negatively influenced by the wet spring and the past two severe winters. Robinson said the statewide population is down about 35 percent from 2009, and the number of broods observed is down 38 percent.

North Dakota's spring ruffed grouse survey indicated a 10 percent population increase statewide compared to 2009. The number of male

grouse heard drumming in the Pembina Hills was up 23 percent from last year, while the Turtle Mountains had a 4 percent increase. Overall, the 2010 count was 98 percent higher than two years ago.

The Turtle Mountains in Bottineau and Rolette counties and the Pembina Hills area of Cavalier and Pembina counties should provide ruffed grouse hunters with the best opportunities this fall.

The sage grouse season will remain closed in 2010 due to a low population. In addition, the prairie chicken season will be closed this fall

due to low bird numbers.

Shooting hours are one-half hour before sunrise to sunset. Sharptails, ruffed grouse and Huns each have a daily limit of three and a possession limit of 12.

Hunters, regardless of age, must have a fishing, hunting and furbearer certificate and general game and habitat license. In addition, hunters age 16 and older need a small game license.

For further season information and regulations, hunters should consult the North Dakota 2010-11 Small Game Hunting Guide.

crossword puzzle

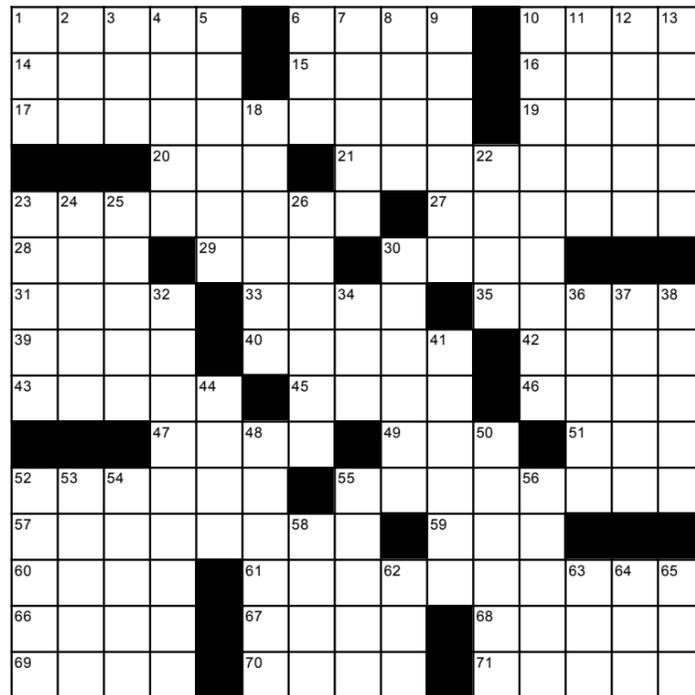
ACROSS

1. Diplomat Bunche
6. Height: Prefix
10. Word following spoon or force
14. MacDonald's refrain
15. Hockey thug
16. Folklore fiend
17. Colorful cereal
19. Like some vaccines
20. ___-Aztec (language group)
21. Once-popular ice cream brand
23. Obsolescent car-stereo input
27. Lipton rival
28. Well-put
29. Popular cruise port
30. Cops, slangily
31. Slip a Mickey to
33. Round-buyer's words
35. Like ozone-layer "holes"
39. Pop rocker Vannelli
40. Everest is on its border
42. Slimy stuff
43. John of pop
45. Meat-grading gp.
46. Sing the praises of
47. Johnny of "Donnie Brasco"
49. LAX posting
51. Prefix with corn or pod
52. Having magnitude, but no direction
55. Twisted, as a knee
57. Monument carved from a single stone
59. Cpl., e.g.
60. Jason's vessel
61. Play one-on-one, maybe
66. Stink to high heaven
67. Realtor's sign
68. Gives the thumbs-up to
69. Sub hands
70. The season to be jolly
71. Send, as to a specialist

DOWN

1. Ring or rink figure
2. Freebie at some gas stations
3. Baseball's Durocher

Goose Eggs



4. Godly
5. More curry-laden
6. In the past
7. Almost ready for the tooth fairy
8. Get bombed
9. Bughouse
10. Ottoman or hassock
11. Everglades bird
12. Wipe clean
13. Triangular land formation
18. After-shave, e.g.
22. Take a bungee jump
23. Mooch
24. Showery time
25. Double's task
26. Get into shape
30. Off-the-noggin soccer shot
32. Model's prerequisite
34. Ft. Benning watchdogs
36. Reluctant
37. Sky shade
38. Changed the decor of
41. Fingerprint made visible by dusting
44. Oscar-winning Patricia
48. Excessively prim and proper
50. Popeye's tattoo
52. Like some bombs and cards
53. Jazz keyboardist Chick
54. Steam up
55. Creedence Clearwater's "Stop the Rain?"
56. "Chain Gang" singer Sam
58. Ten C-notes
62. Praiseful poem
63. Chucklehead
64. ___-dog (stray pooch)
65. Map abbr. until 1991



Solution to puzzle from September 3.

movies

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

Cats & Dogs: The Revenge of Kitty Galore
Friday, September 10, at 7 p.m.

(Christina Applegate, Michael Clarke Duncan)
In the age-old battle between cats and dogs, one crazed feline has taken things a paw too far. Kitty Galore, formerly an agent for cat spy organization MEOWS, has gone rogue and hatched a diabolical plan to not only bring her canine enemies to heel, but take down her former kitty comrades and make the world her scratching post. Faced with this unprecedented threat, cats and dogs will be forced to join forces for the first time in history in an unlikely alliance to save themselves - and their humans.

Rated PG (animal action and humor)
82 min

Charlie St. Cloud
Saturday, September 11, at 7 p.m.

(Zac Efron, Charlie Tahan)
Charlie St. Cloud forms a unique connection to the afterlife after surviving the tragic car accident that claimed his younger brother. Charlie is wracked with guilt, convinced that if he had just been more careful behind the wheel, Sam would still be alive today. Before Charlie can move on with his life he'll have to first let go of his past, and bid his beloved brother Sam one final, heartfelt farewell.

Rated PG-13 (language including some sexual references, an intense accident scene and some sensuality)
99 min

sudoku

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

Solution to puzzle on page 28.

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F 8:00 a.m. Saturday 5:30 p.m. Sunday 8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at the Carnegie Center 105 2nd Ave SE - 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening 6:00 p.m. Wed. Prayer/Bible Study 7:00 p.m. Wed. Children's Patch Club 7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p>Minot Air Force Base Chapel Protestant Services (All Sunday)</p> <p>Traditional Service 10:00 a.m. (North Plains Chapel) Gospel Service 11:30 a.m. (Northern Lights Chapel) Contemporary Service 2:00 p.m. (North Plains Chapel) Chapel Sunday School Program: 9:00-9:50 a.m. North Plains Chapel Basement 10:00-10:50 a.m. Base Education Center (Upstairs) Chapel 723-2456</p>	<p>Minot Air Force Base Chapel Catholic Services</p> <p>Eucharist (Mass) Daily Mass 12:05 p.m. (Northern Lights) Sunday 9:30 a.m. & 5:00 p.m. (Northern Lights) Sunday CCD 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916</p> <p>www.minotbiblefellowship.org</p> <p>Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. Sunday Evening Worship 7:00 p.m. Wed. Evening Family Night 7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School 11:00 a.m. Sunday Worship 11:00 a.m. Tuesday Lunch Bible Study 12 Noon Wednesday Youth Classes 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship 5:00 p.m.</p> <p>Wednesday: Bible Classes 7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship 8:30 a.m. Sunday School 9:30 a.m. Sunday Traditional Worship 11:00 a.m. Monday Youth Worship 7:00 p.m. Wednesday Community Supper 5:00-6:30 p.m. Wednesday Contemporary Worship 6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0906</p> <p>Sunday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee & Conversation 9:00-9:30 a.m. Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6:00 p.m. Midweek Service (Wed.) 7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper 5:00 pm WOW (Worship on Wednesday) 5:45 pm Wednesday School & Confirmation .. 6:20 pm Saturday Worship 5:30 pm Sunday Worship 8:45 & 10:45 am Sunday School & Adult Forum 9:45 am.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p>St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 a.m.</p> <p>Holy Communion is served on the 1st & 3rd Sundays</p> <p>2209 4th Ave. NW • 839-4663 Carllyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND 838-5196</p> <p>A Member of the ELCA</p> <p>Sunday Worship 9:00 a.m. Fellowship Hour 10:00 a.m. Wednesday Worship 7:00 p.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church SBC 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching & Teaching 9:30 a.m. Morning Worship 11:00 a.m. Evening Worship 6:30 p.m.</p> <p>Pastor Dan Andrus</p>	<p>St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. Wednesday - Friday 9:00 a.m. Saturday 5:00 p.m. Sunday 8:00 and 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship 10:00 a.m. Wednesday Worship 5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church of the Lutheran Brethren</p> <p>Sunday Sunday Worship 8:30 a.m. & 11:00 a.m. Bible Classes for all ages 9:45 a.m. (Interpreter services for the deaf at 11:00 a.m.) Wednesday: Activities for all ages 6:30 p.m.</p> <p>700 16th Ave SE • 838-0750 Radio-KHRT 1320 AM - Sun. 11:00 a.m. www.ourredeemers.org</p> <p><i>Following Christ in Worship, Growth & Service</i></p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal 9:00 a.m.</p> <p>Pastor Michon Weingartner Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <i>Nursery Available</i></p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angellnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday 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 & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC "Building Followers of Jesus Christ"</p> <p>Sunday School 9:30 a.m. Worship Service 10:30 a.m. Adult Study/WINGS/Youth Wednesday 6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p>River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service 6:00 p.m. Wednesday Service 7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA Clubs (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Church of the Nazarene 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Bible Study 6:45 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Sunday Evening 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10:00 a.m. Morning Worship 11:00 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7:00 p.m.</p>
<p>Trinity Church An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May</p> <p>Sunday School 9 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p> <p>Wednesdays Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir Rehearsal 8:10 p.m.</p> <p>Pastor Allen Lively Sarah Robers, Youth Director</p>	<p>Grace Evangelical Lutheran Church Wisconsin Synod</p> <p>WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev. Carl A. Lindemann</p>	<p>ZION Lutheran ELCA</p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship 5:00 p.m. Sunday Worship 8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center</p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Service 5:00 p.m. Sunday Worship 9:30 a.m. Coffee Fellowship 10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

Friday Evening		September 10, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Stand Up to Cancer		Primetime: What		20/20		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Stand Up to Cancer		CSI: NY		Flashpoint		Local	Late Show Letterman	Late		
KMOT/NBC	Stand Up to Cancer		Dateline NBC				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Stand Up to Cancer		The Good Guys		Local						
Cable Channels											
AMC	The Dead Pool				The Dead Pool				The Terminator		
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	Man, Woman, Wild		Man, Woman, Wild		Beyond Survival		Man, Woman, Wild		Man, Woman, Wild		
DISN	Deck	Wizards	Pair of Kings		Phineas	Deck	Good Luck	Wizards	Wizards-Place		
ESPN	College Football				Score	College Football					
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?	
FX	Spider-Man 3				Sons of Anarchy		Louie	Louie			
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Frasier	Medium	
NICK	Big Time	Victorou	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	CSI	CSI: Crime Scene	Entourage		Entourage	Entourage	Entourage	Entourage	MANswers	Trailers	
TBS	Fam. Guy	Fam. Guy	Ocean's Eleven				My Boys		Ocean's Eleven		
TNT	Lord of the Rings										
USA	Liar Liar				The Game Plan				The Pacifier		
WGN	MLB Baseball						News/Nine	Scrubs	South Pk	South Pk	
Premium Channels											
HBO	Stand Up to Cancer		Jennifer's Body				Eastbound	Hung	Hard Knocks		
MAX	Whip It				Men in Black II		Lingerie		Busty Cops		
SHOW	Stand Up to Cancer		World's Greatest Dad				Boxing				

Tuesday Evening		September 14, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Wipeout		Final Witness		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	NCIS		NCIS: Los Angeles		Fashion Night		Local	Late Show Letterman	Late		
KMOT/NBC	Minute to Win It		America's Got Talent		Parenthood		Local	Tonight Show w/Leno	Late		
KNDX/FOX	Glee				Glee		Local				
Cable Channels											
AMC	Death Wish II				Death Wish II				Hamburger Hill		
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	Hannah	Fish Hook	Good Luck	Wizards	Hannah	Hannah	Wizards	Wizards	Hannah	Hannah	
ESPN	30 for 30		2010 Poker		2010 Poker		SportsCenter		Baseball	NFL Live	
FAM	Melissa	Love & Basketball					The 700 Club		Whose?	Whose?	
FX	Prom Night				Sons of Anarchy		Terriers		Sons of Anarchy		
LIFE	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	Frasier	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Scrappers	BlueMount	BlueMount	Knockout	Sports	
TBS	Office	Office	Office	Office	Office	Office	Lopez Tonight		My Boys	My Boys	
TNT	Bones		Law & Order		Law & Order		CSI: NY		Dark Blue		
USA	Law & Order: SVU		Covert Affairs		Covert Affairs		Psych		Covert Affairs		
WGN	Chris	Chris	Curb	Entourage	WGN News at Nine		How I Met	How I Met	Scrubs	Scrubs	
Premium Channels											
HBO	Where the Wild		Couples Retreat				Entourage	True Blood		Informant	
MAX	Mummy: Dragon Emp.				17 Again						
SHOW	World's Greatest Dad		Weeds	The Big C	Weeds	The Big C	Redlight			Paris	

Saturday Evening		September 11, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	NASCAR Racing							Local			
KXMC/CBS	Tennis				48 Hours Mystery		Local				
KMOT/NBC	Parenthood		Parenthood				Local	Saturday Night Live			
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local		The Wanda Sykes Show	Brothers	Local		
Cable Channels											
AMC	Wild Wild West				Wild Wild West						
CNN	CNN Presents		Larry King Live		Newsroom		CNN Presents		Larry King Live		
DISC	Into the Universe		Into the Universe		Invisible Worlds		Into the Universe		Into the Universe		
DISN	Deck	Deck	Wizards	Wizards	Phineas	Hannah	Deck	Deck	Wizards	Wizards	
ESPN	College Football				Score	College Football					
FAM	Snow White				Aladdin				Richie Rich		
FX	X-Men: Last Sins of the Mother		Two Men	Two Men	Two Men	Two Men	League	League	League	League	
LIFE	Project Runway				Project Runway						
NICK	iCarly	Jackson	Victorou	Big Time	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	The Ultimate Fighter		The Ultimate Fighter						The Ultimate Fighter		
TBS	Hitch				My Boys	My Boys	My Boys	My Boys	My Boys	My Boys	
TNT	Lord of the Rings						Rizzoli & Isles		Gladiator		
USA	NCIS		NCIS		NCIS		Covert Affairs		Covert Affairs		
WGN	MLB Baseball				WGN News at Nine		Scrubs	Scrubs	The Quiet American		
Premium Channels											
HBO	Couples Retreat				Boxing				Hard Knocks		
MAX	The Last Samurai				Sherlock Holmes				Zane	Zane	
SHOW	Everybody's Fine				Quantum of Solace				The Boys Are Back		

Wednesday Evening		September 15, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Middle	Middle	Family	Cougar	Castle		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Survivor: Nicaragua		Big Brother				Local	Late Show Letterman	Late		
KMOT/NBC	America's Got Talent				Outlaw		Local	Tonight Show w/Leno	Late		
KNDX/FOX	MasterChef				Local						
Cable Channels											
AMC	Death Wish 3				Death Wish 3				Rubicon		
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	Man vs. Wild		Man vs. Wild		Surviving the Cut		Man vs. Wild		Man vs. Wild		
DISN	Princess Protection Program		Deck		Hannah	Hannah	Wizards	Wizards	Hannah	Hannah	
ESPN	MLB Baseball				MLB Baseball						
FAM	America's Funniest H		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?	
FX	Mr. & Mrs. Smith				Terriers		Terriers		Two Men	Two Men	
LIFE	How I Met	How I Met	Waitress				How I Met		How I Met	Frasier	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	UFC Fight Night				The Ultimate Fighter		Royce Gracie: Ultimate Warrior		Ultimate		
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight		Earl	Earl	
TNT	Bones		Dark Blue		Dark Blue		Dark Blue		Dark Blue		
USA	NCIS		NCIS		NCIS		Covert Affairs		Law Order: CI		
WGN	Chris	Chris	Curb	Entourage	WGN News at Nine		How I Met	How I Met	Scrubs	Scrubs	
Premium Channels											
HBO	A Perfect Getaway				True Blood		My Trip to Al-Qaeda		Time Wife		
MAX	Whip It				Sherlock Holmes				Alien Sex Files		
SHOW	Fanboys		Inside the NFL		Inside NASCAR		Inside the NFL		Inside NASCAR		

Sunday Evening		September 12, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Funniest Home Videos		Extreme Makeover		The Gates		Local				
KXMC/CBS	Big Brother		Undercover Boss		CSI: Miami		Local				
KMOT/NBC	Football	NFL Football					Local	Dateline NBC			
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Fam. Guy	Local						
Cable Channels											
AMC	Broken Arrow		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		Man vs. Wild		Mediterranean		Man vs. Wild		Man vs. Wild		
DISN	Hannah	Good Luck	Jonas L.A.	Sonny	Hannah	Hannah	Good Luck	Good Luck	Hannah	Hannah	
ESPN	MLB Baseball						SportsCenter		SportsCtr		
FAM	Cars		Cars				J. Osteen		Ed Young		
FX	Cloverfield		Jumper				Sons of Anarchy		Cloverfield		
LIFE	Mad Money		Bringing Down				Bringing Down				
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	The Ultimate Fighter		The Ultimate Fighter								
TBS	Last Holiday				My Boys	My Boys	Last Holiday				
TNT	Lord of the Rings										
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		National Treasure				
WGN	Curb	Curb	Curb	Curb	News/Nine	Replay	Curb	Curb	Curb	Curb	
Premium Channels											
HBO	Couples	Countdown	True Blood		Hung	Entourage	Hung	True Blood	Entourage		
MAX	Sherlock Holmes				Fast & Furious						
SHOW	Family That Preys		Dexter		Inglourious Basterds				Two Lvs		

Thursday Evening		September 16, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Grey's Anatomy				Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Big Bang	Big Bang	Big Bang	Big Bang	The Mentalist		Local	Late Show Letterman	Late		
KMOT/NBC	Office	Office	The Apprentice				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Fringe				Local						
Cable Channels											
AMC	Death Wish 4				Death Wish 4				Mad Men		
CNN	Rick's List		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	Croc Attack		When Fish Attack		MythBusters		Croc Attack		When Fish Attack		
DISN	Underdog		Deck		Hannah	Hannah	Wizards	Wizards	Hannah	Hannah	
ESPN	College Football						SportsCenter		Baseball	NFL Live	
FAM	The Notebook						The 700 Club		Whose?	Whose?	
FX	Forget Sarah				Sunny		League	League	Terriers		
LIFE	Project Runway		Project Runway		Road		Road	Road	Road	Frasier	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm	
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		MANswers	MANswers	
TBS	Twister				Fam. Guy	Fam. Guy	Lopez Tonight		Earl	Earl	
TNT	Law & Order		Bones		Tokyo Drift				Dark Blue		
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Covert Affairs		White Collar		
WGN	WWE Superstars		Curb	Entourage	W						

Work to Harder to Spend Smarter

By Hannah Searle
Northern Sentry

Tip of the Week: Saving for the Holidays

While many of us are still savoring the last few days of summer weather, it's no lie that many retailers are already preparing for the holiday shopping season. For many Americans, trying to budget holiday gifts can be stressful and can quickly wipe out any savings reserves we've worked so hard to build. However, with a few simple savings tips and planning ahead this year, your holiday nest egg might be bigger than expected.

Direct deposit if you can. If you have the option to direct deposit from your paycheck, sign up for it. Money is whisked away into your IRA, 401(k), money market or savings account – and you don't have to even think about it! Setting up direct deposit is usually as easy as filling out some brief paper work at your HR department or your bank.

Eat less meat. Midwesterners are meat and potatoes kind of folk, but eating a meatless dinner three days a week can save an average of \$25 a week, which equals \$100 a month, which equals \$1,200 a year! Even better, lots of local vegetables and produce are farm fresh and cheap eats this time of year. Check out your local farm stand!

Play games with your change. Whenever you end up with a \$5 dollar bill, stick it in a jar. The same can be done with quarters, nickels or dollar bills. You won't miss the extra change and you'll be surprised how much cash is in your piggy bank by December!

Don't spend the unexpected. Save the birthday check, utility overpayment or cash rewards from your credit card and stick it in savings.

Re-evaluate and compare. That pair of shoes you've been eyeing are worth a month of gas for your car. That dinner out cost more than you spend on a groceries in a week. Compare what you want to spend to what you need and re-evaluate your wants versus needs. Chances are your instant gratification purchases cost more in the long run than the necessities you need today.

Don't pay unnecessary convenience fees. Why waste \$2.00 just for the closest ATM, opposed to going to your actual bank where you can take cash out for free? Pick up a pizza instead of paying for delivery. Return your videos on time and avoid late fees. Save yourself the convenience fees and bank them!

I could go on an on, but this is a great place to start. These tips are so easy to follow and even if you just use a few of them, you'll end up with a substantial chunk of extra cash in the bank once the holidays roll around.

Teaching a sobering lesson

by Rod Krause

5th Bomb Wing Ground Safety

Even with all the publicity, commander's calls, and weekly shop safety briefings, yet another Team Minot member failed to follow a simple rule: Don't drink and drive!

With this being said, the 5th Bomb Wing Safety Office recently acquired two pairs of impairment goggles called "Drunk Busters". These goggles can be used by commanders and supervisors as an interactive tool to demonstrate the dangers of impairment.

When wearing these goggles, the person will experience what he or she is really like when drunk. The goggles will enable the wearer to test his or her ability to walk a straight line, pick up a set of keys and operate a vehicle or pass

a field sobriety test.

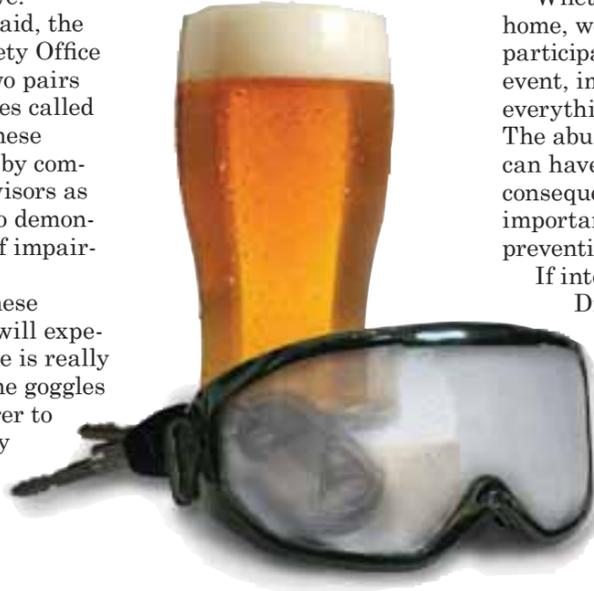
The Drunk Busters allow the user to experience the potentially deadly consequences of being intoxicated, all while he or she is sober.

The goggles reduce the user's alertness and reaction

time, which in turn lead to impaired depth perception and coordination. These goggles enable the user to understand how alcohol and/or drug abuse leads to poor judgment and decision making.

Whether someone is at home, work, in school or participating in an athletic event, impairment can affect everything a person does. The abuse of even one source can have tragic and deadly consequences, furthering the importance of alcohol abuse prevention.

If interested in using the Drunk Busters Impairment Goggles, please contact the safety office at 723-2239/2259/2618. Goggles may be checked out for a maximum of three days.



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Want to learn more?

PATRIOT DAY

WE'LL NEVER FORGET

9/11/2001

Another year has past since that terrible day. We will never forget the lives lost, the lives changed forever and we will never forget you, our brave men and women in uniform. You fight everyday for the freedom of this country. It is your strong resolve that enables us to shout, "NEVER AGAIN!"

The Minot Area Boosters join with you to salute our Military personnel on Patriot Day

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