

91st missile crew dubbed best in AF

by Senior Airman Benjamin Stratton
Minot Air Force Base Public Affairs

The Gen. Thomas S. Power Award for best overall missile crew in the Air Force in 2009 was presented to members of the 91st Operations Support Squadron during the Air Force Association 2010 Air and Space Conference in Washington, D.C., Sept. 13.

The crew was recognized for their hard work and dedication to the success of Air Force Global Strike Command's deterrence mission, carried out here by the 91st Missile Wing's Minuteman III ICBM force.

"We have many members who perform with distinction daily, but don't receive the recognition such as the Powers Award," said Lt. Col. Kelvin Townsend, 91st OSS commander. "[The missile crew's] efforts and results have contributed greatly to the 91 MW's success."

The team pulled together to not only execute their duty as missileers, but also to successfully train more than 35 crews to accomplish a flawless code change, considered one of the toughest peacetime operations missile combat crews execute.

They integrated cutting edge techniques to contribute to the best nuclear surety inspection results in 20th Air Force. Officials called them "visionary" for facilitating the 91st MW being the first missile wing in the Air Force to add a next generation interactive simulator to classrooms.

Capt. Hameer Thatte, 91st OSS weapons and tactics planner, said they were merely, "doing our job."

Captain Thatte and Capt. Adrian Zollinger, 91st OSS ICBM weapons and tactics instructor, were the award recipients. The team has shown the command and the Air Force what it takes to truly be the best.

"Captain Zollinger and I are extremely honored to receive the General Thomas S. Power Award," Captain Thatte said. "To be named the best missile combat crew in the Air Force is extremely humbling when considering the efforts America's ICBM force contributes to our nation's nuclear deterrence mission 24 hours a day, 365 days a year."

Air Force Global Strike Command, the team's major command, expects only the best from their Airmen. Airmen assigned to the command are granted with special trust and responsibility



(U.S. Air Force photo by Michael J. Pausic)

Cpts. Hameer Thatte and Adrian Zollinger, 91st Operations Support Squadron weapons and tactics planner and instructor, received the Gen. Thomas S. Power Award 2009 for the best overall missile crew in the Air Force during the Air Force Association 2010 Air and Space Conference in Washington, D.C., Sept. 13. The crew was recognized for their hard work and dedication to the successful mission of Air Force Global Strike Command's missile deterrence force found in the 91st Missile Wing's Minuteman III's at Minot Air Force Base, N.D.

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for the most powerful weapons in the Nation's arsenal.

Reflecting on the command's messages, Colonel Townsend gave great props to his team for their keen attention to detail.

"They are off to a tremendous start in their career by earning the top ICBM crew spot within the Air Force," Colonel Townsend said. "Their success reinforces the training the ICBM crews receive, their execution of the mission with perfection day-to-day and the leadership's guidance within the 91st MW."

Echoing Colonel Townsend, Captain Thatte said, "The General Power Award doesn't solely belong to two crewmembers; it belongs to the 91st Operations Group and ultimately Minot AFB as a whole."

"We would not be able to execute our day-to-day mission without the tireless support of our security forces, maintainers, helicopter operations, munitions squadron, facility managers, chefs, staff and our fellow missileers," he added. "Indeed, the Power Award highlights successes of all members of Team Minot."

This crew surely has proven, along with their team, they are ready for whatever challenges the mission brings.

"Bringing this prestigious award home to the 91st MW for the second year in a row is a true testament to the hard work and dedication Team Minot has put forth as we continue to strengthen the nuclear enterprise," said Captain Thatte. "The American public can rest easy knowing Team Minot has some of the best Airmen the Air Force has to offer."

Neutralizing the threat

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

An antiterrorism and major accident response exercise designed to test the readiness and effectiveness of emergency response units at Air Force Global Strike Command's Minot AFB was conducted here by exercise planners and evaluators from both the 5th Bomb Wing and the 91st Missile Wing Sept. 22 and 23.

"Generally these types of exercises assess and validate the response capabilities of the emergency response teams on base," said P.J. Pallotta, the 5th BW antiterrorism officer.

"We want to make sure we have the capability and confidence to respond to a terrorist attack and the use of a weapon of mass destruction against this installation," Mr. Pallotta added.

The initial exercise response to the threat of a possible terrorist attack commenced with the increase in the force protection condition on base, Mr. Pallotta explained. Intelligence from the threat working group kept units informed on the increased possibility of a terrorist attack threat and they were unaware of the emplacement of a possible WMD throughout the exercise.

The base's defense posture, or FPCON levels, were bolstered and security procedures were heightened to meet the growing threat said Mr. Pallotta. Even Dakota Elementary School practiced the lockdown procedures in response to the various measures implemented by the

crisis action team comprised of commanders and leaders from across the 5th BW.

Eventually, when news of a suspicious package found on base circulated throughout the various alert teams, the response phase was activated.

Mr. Pallotta said emergency response teams which included the base emergency management, security forces personnel, medical experts, the fire department and unit control centers, were among the pool of threat response teams needed to generate the best course of action necessary for neutralizing the threat.

Master Sgt. Loretta B. Fisher, 5th Medical Operations Squadron bioenvironmental engineer flight chief and participant in the AT/MARE, was very impressed to see how smooth communication between members of the various units went.

"All the teams were spot on in their capabilities of performing their job and utilizing all necessary equipment to get the task done," Sergeant Fisher said. "It's important to test the efficiency of how response teams work with one another and analyze how they formulate plans."

The exercise brought together people from various career fields and with their own unique experiences, said 1st Lt. Darin J. Oakes, 5th MDOS bioenvironmental engineer.

Lieutenant Oakes said, "Overall, exercises such as this one ensure we are ready to attend to the health and safety of the population."



(U.S. Air Force photo by Master Sgt. Michael Gaddis) Tech. Sgt. Krista Moreau, 5th Medical Operations Squadron bioenvironmental response team member, swabs a simulated hazardous container to determine the contents inside during an exercise here Sept. 23. Exercises like these are vital training tools used throughout the year to ensure wing personnel are trained to provide safe, secure, effective conventional and nuclear operations as mandated by Air Force Global Strike Command.

Welcome Home Deployers!

Minot Air Force Base welcomes home its deployers! Family and friends, coworkers and commanders, all share in the warm-hearted feeling when their Airmen return safely from their deployed location, wherever in the world this may have been. The following Airmen have recently returned from deployment:

5th Bomb Wing

Staff Sgt. Michelle Humann
Senior Airman Jesse Lopez
Mr. Robert Michel

5th Maintenance Group

Senior Master Sgt. Douglas Ente
Senior Master Sgt. Claude Cook
Tech. Sgt. Andrew Aller
Tech. Sgt. Michael Robinson
Tech. Sgt. Derrick Pounds
Airman 1st Class Cory Drennan

5th Maintenance Squadron

Senior Airman April Jenkins
Senior Airman Charles Jenkins
Airman 1st Class Ashley Sifers
Airman 1st Class Sharif Abouomar
Airman 1st Class Dustin Oeltjen
Airman 1st Class Trebor Lewis
Airman 1st Class Ian Hart
Airman 1st Class Vincent Perry
Airman 1st Class Patrick Preston
Airman 1st Class Christopher Meade

5th Operations Group

Capt. Frank Bednar

5th Operations Support Squadron

Senior Airman Jamie Wood
Airman 1st Class Whitset

5th Aircraft Maintenance Squadron

Senior Airman Akeem Gray
Airman 1st Class Matthew W. Earl

5th Munitions Squadron

Airman 1st Class John Carter

5th Logistics Readiness Squadron

Master Sgt. Yvonne Fischer
Tech. Sgt. Steven Cotter
Airman 1st Class Christopher Brennan

5th Comptroller Squadron

Senior Airman Gregory Gilmer

5th Maintenance Operations Squadron

Senior Master Sgt. Charles Musgrove
Senior Airman Kendall B. Anderson
Senior Airman Nicholas Blythe

5th Force Support Squadron

Capt. Kevin Carmichael
Airman 1st Class Jesus Pech

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**Gospel Tabernacle
Community Church**
County Road 19, 4 miles south of MAFB
Eld. James W. Henderson, Pastor
Church: 701-838-4492 Home: 838-5759
Dial-A-Prayer: 727-6447
KHRT 1320: 9a.m. Sunday
Sunday School 9:45a.m.
Morning Worship 11:00a.m.
Family Hour/Leadership Training .. 6:30p.m.
Evening Worship 7:30p.m.
Bible Study/
Children Worship (Wed) 7:00p.m.
Prayer (Friday) 7:00p.m.

Local church thanks Airmen for service

by Airman 1st Class
Jessica McConnell
Minot Air Force Base
Public Affairs

A local Minot church donated cookies to Air Force Global Strike Command Airmen living in base dormitories here Sept. 24.

"The church wanted to donate as a way of showing their thanks and appreciation to the men and women serving our country," said Master Sgt. Jason E. Miest, 5th Force Support Squadron first sergeant.

Preparing the cookies began at the church days before the actual delivery. Local businesses and more than 100 church members contributed by either baking or donating a variety of cookies.

"It's our way of thanking servicemembers for their service and we're getting a lot of participation," said Deborah Wakefield, church member and head coordinator of the event. "We had a lot of people donate more than what they originally signed up for. This donation coincides with an

event we had for the city earlier in the month."

More than 750 dozen cookies were donated to the Airmen. Boxes of cookies were delivered to each of the dorms' dayrooms on base. Extra cookies were sent to missile alert facilities, security forces facilities and maintenance crews on duty.

The cookies were delivered by volunteers on base, most of them supervisors of the Airmen receiving the cookies. The volunteers were happy to deliver the cookies, recognizing that high morale is an essential element in accomplishing Team Minot's mission.

"A lot of these Airmen work for us, so this is a great opportunity for us to show them our appreciation for what they do for us," said Tech. Sgt. Tammy Haugland, volunteer and 5th Medical Group noncommissioned officer-in-charge of physical therapy. "They're the workers, so hopefully the cookies will help boost their morale and positively influence their performance at work."



(U.S. Air Force photo by Staff Sgt. Keith Ballard)

Mrs. Deborah Wakefield, wife of Lt. Col. James Wakefield, 742nd Missile Squadron director of operations, hands a box of cookies to Staff Sgt. Lucian Rockwell, 5th Maintenance Operations Squadron defense analyst, and other volunteers to distribute to dorm residents here Sept. 24. A local Minot church donated cookies to Air Force Global Strike Command Airmen living in base dormitories. Such donations only strengthen relations between the base and its surrounding communities.



BTZ: Promoting the best, brightest

(Courtesy photo)

Col. Ferdinand Stoss, 91st Missile Wing commander, and Lt. Col. Kelvin Townsend, 91 Operations Support Squadron commander, present Senior Airman Destiny Bellamy, 91st OSS store room accountant, with her below-the-zone certificate and stripes here Sept. 9. Airman Bellamy was a missile field chef responsible for preparing meals at the 91st MW's missile alert facilities for launch control officers and support personnel deployed across Minot's 8,500 square mile missile range in Northwest North Dakota. Airman Bellamy is an integral member of Air Force Global Strike Command.

October - Energy Awareness Month

5th Civil Engineer Squadron

Once again, summer has come to an end. October has come around again, and it is time to think about energy awareness.

Minot AFB, one of Air Force Global Strike Command's five installations, has done well in lowering energy consumption during the past few years, but there is plenty of room for improvement.

Presidential Executive Order 13514 set energy reduction goals for all federal agencies. The overall objective is to reduce energy intensity by three percent each year from 2005 through 2015, or 30 percent overall.

As of the end of August, Minot AFB was already nearing its annual goal, an incredible feat for the base. Much of the savings is due to upgrades to aged and inefficient systems. To date, the

base's energy department has utilized new technologies such as ground source heat pumps, night setback comfort controls, low flow shower heads and faucets and more efficient lighting.

But energy awareness is not only about utilizing the latest most efficient technologies. It is also becoming aware of habit changes that can drastically affect energy consumption.

It is the Air Force's vision to make energy conservation a process in which all its folks do. The 5th Civil Engineer Squadron encourages everyone to make an effort throughout energy awareness month and, in fact, all year long, to make green choices in their everyday activities. Program thermostats to set back during unoccupied hours, unplug unneeded tools and appliances, and of course, turn off the lights nobody is in a room.

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Local Weather

Fri 10/1 62/38 
Mainly sunny. Highs in the low 60s and lows in the upper 30s.

Sat 10/2 62/41 
Abundant sunshine. Highs in the low 60s and lows in the low 40s.

Sun 10/3 67/50 
Sunny. Highs in the upper 60s and lows in the low 50s.

Mon 10/4 69/52 
Sunny. Highs in the upper 60s and lows in the low 50s.

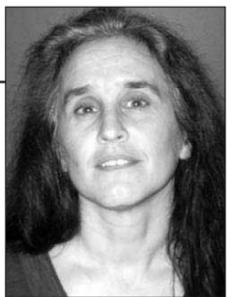
Tue 10/5 65/42 
Occasional showers possible. Highs in the mid 60s and lows in the low 40s.

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operation homefront

Spot Cleaning

Commentary by **Martina Kranz**
Northern Sentry Writer



I enjoy a clean house, but I hate to house clean. This domestic chore is the worst. I like to wash laundry more than I like to house clean; and I really don't enjoy laundry. Who does? To keep up with the demand, I "spot" clean.

I don't attempt to clean my whole house in one day anymore because a marathon clean is too stressful and exhaustive. "Spot" cleaning divides the housekeeping chore into smaller, more manageable tasks.

During the week, I vacuum the carpet or mop the floor. I sweep my kitchen floor every day. I clean the bathroom toilets, sinks, or mirrors as needed.

If I am in the bathroom and I no-

tice that the mirror has water spots, I get a paper towel and some Windex and quickly wipe the mirror. On the weekend, I clean the shower curtains, bathtubs, and shower walls.

Sometimes when I put dishes in the dishwasher, I clean my kitchen sink with *SOS* or *Brillo* pads. The pad gets rid of any stuck food on the sides and bottom of the sink and makes the stainless steel glimmer.

I pour disinfectant into the garbage disposal and then turn it on with the water to spread the solution around on the inside. This process deodorizes the garbage disposal. Baking soda works well too. Sometimes, I quickly wipe the fronts of the dishwasher and stove.

While the weather is pleasant, I open the windows and the sliding glass door to air the house. I make sure the windows are open on opposite sides of the house so I get a good cross breeze. Fresh air pushes any odors and germs outside.

I work one weekend a month, sometimes two, so this puts more stress on my time table. You know the old saying "all work and no play make Jack a dull boy." "Spot" cleaning allows me to keep my house presentable on a steady basis and relax and have some fun too!

Secret weapon: Airmen initiative can shape our future

Commentary by
Brig. Gen. Darryl W. Burke
82nd Training Wing commander

SHEPPARD AIR FORCE BASE, Texas (AFNS) - Anyone who has served in or around the military has a favorite story they love to tell about the frustrations of dealing with "the bureaucracy."

We're not always so willing to admit that sometimes we're part of the problem. We like to think of the bureaucracy as a formless entity out there slowing down the work we need to get done. But the truth is that bureaucracy is often us.

If we're honest with ourselves, we'll recognize we've all had our moment in the bureaucratic sun, a time when we were too overwhelmed or too tired - or too afraid - to deal with change or new ideas. After all, saying "no" is easy and safe, and facilitating change is hard and risky.

Bureaucracy is not so much a thing as it is an attitude. It says "no" to an idea without really considering it. It's what makes people say, "But we've always done it this way."

It focuses on why we can't, instead of on how we can. But here's the cold, hard truth: the Air Force can't afford to have its leaders at any level take the bureaucratic approach to doing business. Our fleet is aging, our infrastructure is getting older, our personnel, medical, and entitlement costs are rising and the budget is tightening. After nearly 20 years of continuous combat operations, we are asking more and more of fewer people. In this climate, we just cannot afford to adopt a "just say no" attitude toward new ways of thinking.

What we need instead is a culture

of initiative.

Today's Airmen are the smartest and most creative we've ever had. They've grown up in an era of unprecedented innovation, they are wired to think differently and they have the enthusiasm to drive the change we need.

In Haiti, I witnessed firsthand what happens when you let Airmen lead out and take initiative. Airmen were on the ground in Haiti within 24 hours of the devastating January earthquake. Twenty-eight minutes after their boots hit the ground, they were controlling air traffic. In a week, they were safely landing 164 aircraft a day at an airfield that normally handled a tenth of that traffic.

While that was going on, an Air Force Expeditionary Medical team arrived. There were no safe buildings to operate from, so they cleared a space on the sidewalk and went to work caring for the injured. By the time the Navy hospital ship USS Comfort arrived off shore on Jan. 20, Air Force medics had been at work for a week.

Our Airmen didn't wait around for someone to tell them what to do or how to do it. There were no manuals to tell them how to operate in a country where the infrastructure had been utterly destroyed and half a million people killed or injured.

But they seized the initiative and did miraculous things.

I saw the same thing as commander of the 380th Air Expeditionary Wing. Faced with what seemed like an unending stream of challenges, I learned that the secret to success was to unleash the creative genius of Airmen. Given the chance, they took the initiative and found solutions I could

never have imagined.

A wise man once said, "It's hard to win a horserace when you're hollerin' 'whoa!'"

Well, we're in a horserace of sorts. From strain on our people to strain on our budgets, the pressure is on. At the end of this race, will we remain the world's greatest air, space and cyberspace force?

I'm confident we will, if we follow in the footsteps of those who came before us and stop "hollerin' whoa!"

Our predecessors did not build the mighty U.S. Air Force of today by taking the easy road and wrapping themselves or their careers in bureaucratic safety. Instead of saying, "No!" they said, "Why not?" Challenging the boundaries of what's possible is our heritage. If we want to win this horserace, we have to unleash our greatest and most powerful resource - our young officers and enlisted Airmen and their untapped well of genius.

Leadership is the key. Will we allow the innovative ideas of our Airmen to become casualties of bureaucracy because we are afraid of change or of failure? Or will we do all we can to expose their ideas to the light of day, and take a chance on them?

If we choose the first course, we doom ourselves to a future of mediocrity - nothing truly great is accomplished by people acting out of fear. If we choose the second course, as those who came before us did, the possibilities are limitless.

We are the U.S. Air Force, and we overcome impossible challenges by doing what others say is impossible. The secret is initiative: if we give our Airmen the freedom to shape the future, they will win the day.

Smoke Alarms: A sound you can live with

5th Civil Engine Squadron Fire Department

Fire Prevention Week was established to commemorate the 1871 Great Chicago Fire. This tragedy killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on Oct. 8 but continued and did most of its damage on Oct. 9.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation. Since 1922, Fire Prevention Week has been observed during the week in which Oct. 9 falls. This year's campaign is, "Smoke Alarms: A Sound You Can Live With".

Fire Prevention Week 2010 will help Air Force Global Strike Command Airmen focus on ways to keep homes fire safe with a special emphasis on smoke alarms.

As part of the prevention week here, there will be an information booth set up at the base exchange and in Dakota Square Mall downtown. Children can participate in fire safety training at the base schools. And there will be an open house at the fire station Oct. 7, where the award for facility managers of the year will be presented. The week will conclude with a parade starting in the

BX parking lot, continuing through base housing and ending at the corner of Shawnee Road and Missile Avenue.

Smoke Alarm Basics

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection, interconnect all smoke alarms throughout the home. When one sounds, they all sound.

- For best protection use both photoelectric and ionization technology. Individual ionization and photoelectric smoke alarms or combination units that contain both technologies in the same unit can be used.

- Test smoke alarms at least once a month using the test button.

- Replace smoke alarms every 10 years.

- Make sure everyone can hear the sound of the smoke alarms.

- Have a home fire escape plan. Know at least two ways out of every room, if possible, and have a meeting place outside. Practice an escape plan twice a year.

- When the smoke alarm sounds, get out and stay out.

- If building or remodeling, consider a home fire sprinkler system.

Cooking with Caution

- The leading cause of kitchen fires is unattended cooking.

- Pay attention when cooking. Stay in the kitchen when frying, grilling, or broiling food.

- When simmering, boiling, baking, or roasting food, check it regularly, stay in the home, and use a timer.

- If leaving the room, even for a short time, turn off the stove.

- If young children are present, use the stove's back burners when possible.

- Keep children and pets at least three feet away from the stove.

- When cooking, wear clothing with tight-fitting or short sleeves.

- Open microwave food slowly. Hot steam from the container can cause burns.

The Heat is On

- Have a three foot kid-free zone around open fires and heaters.

- Use a fireplace screen to keep sparks inside the

fireplace.

- Turn portable space heaters off when going to bed or leaving the room.

- Keep things that can burn, such as paper, bedding, or furniture at least three feet from heaters.

- Have heating equipment and chimneys cleaned and inspected each year by a professional.

- Make sure portable space heaters have an auto shut-off so if it is tipped over, it will shut off.

- Have chimneys cleaned and inspected before each heating season.

Take it Outside

- Ask smokers to smoke outside.

- Give smokers deep, sturdy ashtrays.

- Never smoke if tired. Do not take medicine, drugs, or alcohol that causes drowsiness.

- Keep smoking materials

away from things that can burn like bedding, furniture and clothing.

Stay Grounded

- Keep lamps, light fixtures and light bulbs away from anything that can burn such as lamp shades, bedding, curtains and clothing.

- Replace cracked and damaged electrical cords.

- Use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.

- If young children are in the home, have tamper-resistant electrical receptacles.

- Call a qualified electrician or landlord if problems with tripping circuit breakers arise or discolored or warm wall outlets occur. If flickering lights are observed or a burning or rubbery smell is coming from an appliance, notify a qualified electrician.

91st MW commander extends kudos to Rough Riders

by Col.
Ferdinand Stoss
91st Missile Wing
Commander

Congratulations to the Airmen of Air Force Global Strike Command's 91st Missile Wing, for a job well done during our recent Nuclear Surety Inspection!

We knew the inspection would not be easy as Air Force Global Strike Command assembled a highly knowledgeable and professional Inspector General team.

The inspection team, led by Brig. Gen. Sandra Finan, scrutinized our critical nuclear tasks over a six-day period ... and let's not forget about our no-notice inspection in August that assessed our personnel reliability programs as well. When it was all said and done, the 91st MW received the highest possible rating for a Nuclear Surety Inspection-SATISFACTORY!

Many of you found yourselves under evaluation, whether it was an individual activity such as taking a

nuclear surety test, and you did great, or a team activity such as a crew inspection in the field or in the shops here on base. From our logistics movement that directly involved all three groups of the 91st MW, to smaller team activities, your teamwork, dedication and proficiency ensured a successful result. It was very satisfying to see the many "professional performers" and "professional teams" the Inspector General recognized during the inspection out brief. Again, well done!

Your hard work to prepare for this vital inspection yielded huge dividends, but most importantly, let me thank you for your daily precision. After all, it is daily precision that will ensure we are always ready to conduct our mission each and every day and we will always be prepared for no-notice inspections.

We also need to continue critical self-assessment as we continue to strengthen the nuclear enterprise. Through daily precision and critical self-assessment, we will ensure we properly operate, maintain, secure and support

the most powerful weapons on the earth, which in turn provides America with vital deterrence and assurance for our Allies.

My hat is also off to the 5th Bomb Wing and 17th Munitions Squadron for the super support they provide not only by helping us to be ready for this inspection, but for their excellent day-to-day support. The 91st was very proud of the 5th BW and 17th MUNS when they likewise had strong performances during their NSI's last month. To be sure, "Only the Best Come North," we wish the 5th BW the very best for their upcoming Nuclear Operational Readiness Inspection.

This November, The 91st and the 5th have yet another opportunity to highlight our skills via Air Force Global Strike Command's Global Strike Challenge competition. I have no doubt, both of Minot's wings will bring home the top trophies this November, sealing our status as the best of the best!

Don't risk it all...

give AADD a call.

838-2233

AADD
Airmen Against Drunk Driving
Minot AFB, North Dakota
Minot AFB, North Dakota

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. 30 to Oct. 2 are from the 91st Missile Wing Staff and 91st Operations Group.

Saves through September 27: 729



Base leadership kicks off CFC

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

Col. Julian Tolbert, 5th Bomb Wing vice commander, and Col. Christopher Coffelt, 91st Missile Wing vice commander, fill out their pledge forms to kick off the Combined Federal Campaign here Sept. 27. The CFC is a fundraising campaign which gives Air Force Global Strike Command Airmen the opportunity to donate funds to approximately 20,000 different charities.

Back to school: Family nutrition 101

Commentary by Kayla K. Scherf MFCS, RD, LDN
23rd Aeromedical-Dental Squadron

MOODY AIR FORCE BASE, Ga. (AFNS) - So it is back to the hustle and bustle with a new school year that came too quickly. Many parents work full-time and struggle to plan healthy meals and snacks for themselves and their children.

As the years have gone by, the world has changed and so has what we eat. With parents working, is the drive-thru the way to go? Well, it may satisfy a hungry child's appetite quickly, but in the long run it may not be the best choice.

Having a goal of a sit-down meal at least once a week is important. Keep in mind that this should not involve the television. Make it a time where everyone catches up on what is going on in their busy lives.

It is also a good way for parents to touch base with their kids and find out what they are doing. In addition, sitting together at the table helps us to be mindful of our

food. Children and adults may overeat at meals because they are not paying attention.

Eating as a family helps to slow down our rate of speed when eating. Eating too quickly has been known to cause overeating because it takes 20 minutes for our brain to relay the message to our stomach that we are full.

Get the kids involved with preparing the meal and have them help when grocery shopping. Planning meals and snacks is a great way to help budget your money and calories. Take one day out of the busy week to do the shopping for the entire week.

Get the kids into a routine of packing their lunches the night before and allowing them to choose what fruits and vegetables to put in their lunch. Encourage them to pack at least one serving of each of the food groups.

Packing a lunch will teach the children how to prepare healthy choices, and you as the parent will be assured they are eating a healthy lunch. Be sure to send them with healthy after-school snacks so they avoid the vending machines.

Many kids will participate in after-school sports and need quality snacks to keep them fueled. Try sending a trail mix with whole grain cereal and dried fruit, which is packed with healthy fat choices, protein and carbohydrates to keep them going. Send a peanut butter sandwich on whole grain bread or fresh fruit, which comes in its own package and is easy to grab.

What about dinner on the run? Try using the slow cooker that may be currently sitting in the cupboard collecting dust. You can turn it on in the morning and when you and your family return home, you can have a full meal that includes your meat, vegetable and starch. Add a side salad to boost your vegetable intake and add some extra vitamins and minerals.

Making changes now and teaching kids healthy habits will make it easier for them down the road. With the rise in diabetes and obesity among today's children, teaching good nutrition is essential and will benefit you as a parent as well.

Airmen urged to complete all PCS requirements

RANDOLPH AIR FORCE BASE, Texas (AFNS) - Airmen who recently completed a permanent change of station move have probably completed all the obvious steps involved in the move - boxes unpacked, children settled into new schools, PCS travel voucher completed.

However, travelers are advised that they're not yet done with their move if they haven't completed the personal property Customer Satisfaction Survey.

Personnel officials advise that "survey" might not be the right word, and suggest "scorecard" or "grade report" might be more accurate to rate both the government and industry organizations that were involved in moving the family's household to the new duty station.

Officials say that whether this move was the best move ever, just average or the worst, travelers need to complete the 12-question survey to ensure leaders are aware of how the move went.

The results are used in two ways. First, the military services use the results to determine how well the origin and destination personal property offices did in assisting during the move. Additionally, the ratings on how well the commercial moving company performed determine how much business they will get from the Department of Defense in the future.

The surveys are e-mailed between seven and 21 days following the delivery of household property. Each Airman can do his or her part in ensuring quality future moves for thousands of servicemembers and civilians by completing the survey when it arrives.

Airmen who recently completed a PCS move but didn't receive the e-mail are requested to either select the Personal Property/POV link at www.SDDC.army.mil to access the survey or contact their local Personal Property Office for assistance.

(Courtesy of Personal Property Activity Headquarters)

Uniform phaseout dates draw near

by Brad Jessmer
Air Force Uniform Office

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) - With many phaseout and mandatory wear dates approaching, the look of Air Force uniforms will change slightly over the next year. Here are a few dates to remember for uniform and policy changes. As of the following dates, wear of the listed uniform items will be phased out:

Oct. 1, 2010

- 100 percent wool pull-over sweater, replaced with the looser fitting, smooth fabric pullover sweater

- 2EXXX, 3AXXX and 3CXXX legacy badges

- Green fleece used as outer garment without name, service designator and rank

Dec. 31, 2010

- Black fleece
- Gray and dark blue

scarves, gloves, mittens and earmuffs

Oct. 1, 2011

- 33S legacy badges

Nov. 1, 2011

- Battle Dress Uniform
- Desert Camouflage Uniform

- Tan boots (excluding Airmen deployed to the area of responsibility)

Wear of the Airman Battle Uniform and ABU items will be mandatory as of Nov. 1, 2011.

As of Oct. 1, 2010, the optional green fleece without nametapes and rank may only be worn as a liner to the All-Purpose Environmental Clothing System. If worn as an outer garment, the green fleece must have the Airman's name, Air Force tape and rank attached.

For more information on uniform items, visit the Air Force uniform website at <http://www.afpc.randolph.af.mil/dress/index.asp>.

AFREP: saving money, resources and time

by Senior Airman
Sondra Escutia
49th Wing Public Affairs

HOLLOMAN AIR FORCE BASE, N.M. (AFNS) - If it's broken and on its way to the trash can, there exists a two-man shop within the 49th Maintenance Group who may be able to help before money is spent replacing it.

The Air Force Repair Enhancement Program shop at Holloman Air Force Base, N.M., repairs otherwise unserviceable equipment and finds innovative ways to improve the base's repair process.

"Our goal is to save the Air Force money by taking parts that would normally be thrown away, fix them and as long as the repair is economical, put them back into service," said Tech. Sgt. Byron Honsvick, an AFREP manager. "Instead of throwing away things we don't need to, we'll fix them."

The shop's main customer base lies in the F-22 Raptor and Remotely Piloted Aircraft Formal Training Unit,

but they do support every functional group on base. The technicians use their expertise to fix anything from a circuit board to a treadmill, all while saving the Air Force money.

"If we fix an aircraft part and it goes back into supply, basically we get paid for that, but the money comes right back to the 49th Wing," Sergeant Honsvick said. "The whole purpose of it is to improve things around the base, whether that be improving cost savings or by generating actual money that can be used for the base populous."

Staff Sgt. Thomas Howard, a two-year AFREP veteran, said the shop has saved the Air Force approximately \$320,000 since September 2009, while also fabricating about \$120,000 in F-22 Raptor support equipment.

Equally important is the time they can save the customer, especially if an item falls into a mission-capable status.

"A lot of times, if you go MICAP for a part and it is a small part, you might have a six-month wait, and they



(U.S. Air Force photo/ Airman 1st Class Joshua Turner)

Staff Sgt. Thomas Howard uses a multimeter to test a component Sept. 21, 2010, at Holloman Air Force Base, N.M. The Air Force Repair Enhancement Program shop repairs otherwise unserviceable equipment and finds innovative ways to improve the repair process. Sergeant Thomas is a 49th Maintenance Group Air Force Repair Enhancement Program technician.

need that part to fly that plane - it may be an easy fix," Sergeant Honsvick said. "We fix it, drop it back into supply for them, and they get their

part quickly."

Both of the technicians are certified 2M Micro-Miniature Technicians, and provide a cost-efficient capability

that is highly regarded in the maintenance career field.

"The AFREP program is an important part of our maintenance repair activity," said Col. Donald Van Patten, the 49th Maintenance Group commander. "Not only does it provide timely repairs to critical assets and components at the base level to return them quickly to the user, it also avoids cost to the Air Force by eliminating the costs to purchase a new asset and the transportation costs involved in shipping the part back for repair and then to the user. Our AFREP activity at Holloman (AFB) relies on all users in MXG and across the base to identify eligible components and then to forward these items to our AFREP shop."

While the AFREP shop has proven its versatility in restoring an array of items from an assortment of shops, the two technicians agree they would like to see more.

"I like the puzzle, the troubleshooting ... it's pretty rewarding once you put the puzzle together and you make it happen," Sergeant Howard said. "Everything we do saves people time and money, so we're really here to make their job easier and faster and to provide a service to anybody on base who needs it."

New military retirement home debuts

by Donna Miles
American Forces Press Service

WASHINGTON (AFNS) - More than 100 residents at the Armed Forces Retirement Home here are packing up to move into a brand new complex in Gulfport, Miss., that replaces the facility that was destroyed five years ago by Hurricane Katrina.

Emotions are running high as the 135 residents prepare to leave AFRH-Washington Oct. 4, and along with it, the deep friendships they've forged during the past five years, said Sheila Abarr, an AFRH spokeswoman.

About 40 residents, who are driving rather than flying to their new home, are already en route, planning to be among the first to check into the new building, she said.

The Armed Forces Retirement Home in Gulfport

evacuated 416 of its residents Aug. 30, 2005, after Hurricane Katrina decimated the complex. Some buildings were knocked to the ground and the steel-and-concrete perimeter around the facility was destroyed.

Many of the residents rode out Katrina at the facility before moving in with family members in the area or taking up residence at the Washington home within 72 hours of the hurricane.

Henry Pike, who was among those residents who experienced Katrina's wrath firsthand, said he's looking forward to finally returning home.

"All along, I've posted construction photos and updates on the new home and the residents have literally been counting down the days," he said. The residents will move into a modern four-tower complex, located on 47 acres

of prime waterfront property. The new facility features dining, social, recreational and therapeutic activities, including a swimming pool, hobby shops, a wellness center with basic dental and eye care, a bank, a barber and beauty shop, a bowling center, as well as a movie theater, computer room, library and a pedestrian bridge to the beach.

Residents' personal rooms include a full bathroom, kitchenette and balcony, Ms. Abarr said.

The incoming residents have selected their rooms based on seniority at the facility.

"The new Gulfport home is an incredible advance in how AFRH provides senior housing for our nation's heroes," said Tim Cox, the chief operating officer for AFRH. "In addition to providing state-of-the-art facilities, we

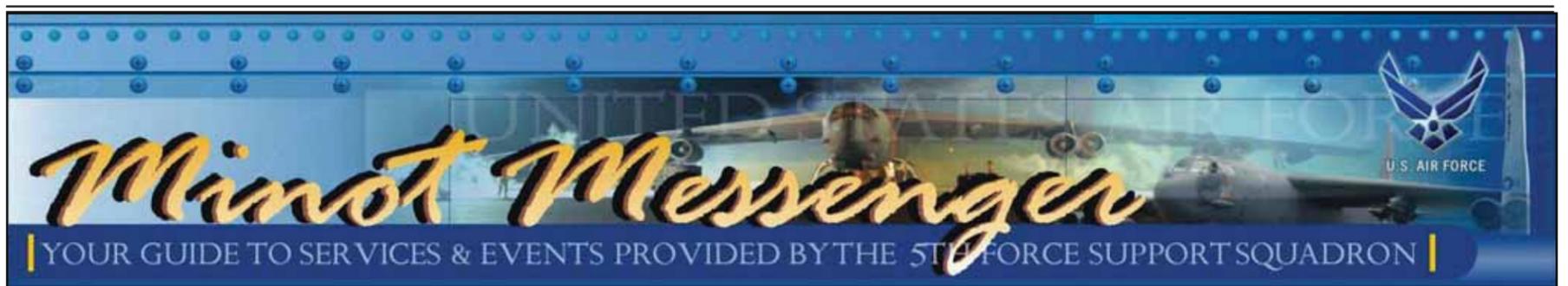
have also partnered with the local community to provide additional services for our residents."

A day-long "Glory on the Gulf" celebration Nov. 9 will mark the official opening of the new facility.

While sad to see their Gulfport neighbors leave, residents at AFRH-Washington are looking forward to a new common-area building to be built next year, Ms. Abarr said.

The facility will provide dining facilities, arts and crafts and other activities under one roof, making them more convenient and accessible for residents, she said.

Both AFRH facilities are operated exclusively for war veterans and retired service-members from all branches of the military. Residents must be at least 60 years old, but the average age is 81, Ms. Abarr said.



Football Frenzy Gets Bigger With Gynormous TV Giveaway

Football Frenzy is already a major event at J.R. Rockers. Every Sunday beginning at 11 a.m. during the NFL season, Minot AFB personnel can enjoy watching their favorite teams battle it out. It doesn't matter which team is your favorite as J.R. Rockers has purchased the NFL Sunday Ticket package allowing customers to watch all the NFL games available. With two huge 115" projection televisions, four 55" televisions, and twenty nine 27" televisions located throughout the facility, Sundays at J.R. Rockers becomes a virtual paradise for football enthusiasts.

Now this big promotion has grown even larger with the addition of the Gynormous TV Giveaway. Club members and their adult family members (18 years and older) can register for a chance to win a 55-inch Visio LED 120 Hz 1080p television valued at over \$1,600 during various Football Frenzy events. Events include Family Frenzy Night on Tuesdays from 5-9 p.m., Frenzy Appetizer Night on Thursdays from 5-7 p.m., Frenzy Fridays in the lounge from 4-9 p.m., Football Frenzy on Sundays from 11 a.m. to 7 p.m., and the Halloween Frenzy scheduled for Saturday, October 23rd from 9 p.m. to 2 a.m. Eligible participants who make a purchase at any of these Football Frenzy events will print their name and phone number on the back of their sales receipt and deposit it in one of the Gynormous TV Giveaway registration boxes to qualify for a chance to win. The winner will be determined via a drawing on Super Bowl Sunday,



February 6, 2011 during half time.

Club members who participate in any of the Football Frenzy events at J.R. Rockers also have a chance to win a trip to the Super Bowl or one of two regular NFL season games as part of the Air Force wide promotion.

For details on Football Frenzy or the Gynormous TV Giveaway, contact J.R. Rockers at 727-ROCK.

Air Force Entertainment Launches New Talent Search

In an effort to find the top talent in the Air Force, Headquarters Air Force Services, Entertainment Branch is launching its new Worldwide Talent Search in September.

Vocalists, instrumentalists, dancers, and non-musical talent such as comedians, dramatists and magicians are all encouraged to submit an application and audition video for consideration. Eligible members with technical skills such as audio, lighting, staging, video and even drivers are also being recruited. Air Force Active Duty, Reserve and Air National Guard members are all eligible to compete.

A panel of judges assigned by Air Force Entertainment Branch will evaluate applications from all categories. The top applicants will be brought

forward to the next level of the competition: the Air Force Worldwide Talent Search. This competition will be held 5-13 Dec 10 at Lackland AFB, Texas where first and second place trophies, fondly called "Roger and Wilco" will be awarded in up to seven performing categories. In addition to the trophies, contestants compete in various performing arts related programs to include dance and musical auditions. These special events tied with the contest will help evaluate the talent potential of each contestant for possible nomination to the 2011 Tops In Blue team.

For more information on how to apply, visit topsinblue.com or call DSN 969-7237/7242 or com 210-395-7237/7242. Deadline for applications is November 5, 2010.

DARBY'S BIRTHDAY PARTY ON OCTOBER 7th FROM 5-7 pm AT THE COMMUNITY CENTER
Dizzy the Clown, Mascots, Bouncy Castle, Kids Carnival Games, Birthday Cake & More

Year of the Air Force
Family



Event Update

Halloween Coloring Contest

October 1-31 • J.R. Rockers

Lights & Strikes Bowling

October 1 & 2 • 10 p.m. • Rough Rider Lanes

Hip Hop Nite

October 2 • 11 p.m. • J.R. Rockers

Sunday Champagne Brunch

October 3 • 10:30 a.m. • Doolittle Center

Football Frenzy

October 3 • 11 a.m. • J.R. Rockers

Framing Class

October 4 • 10 a.m. • Arts & Crafts Center

Swimming Lesson Registration

October 4 • 5:30 p.m. • Indoor Pool

Federal Resume Workshop

October 5 • 5 p.m. • A&FRC

Weekly Story Time

October 6 • 10:30 a.m. • Base Library

Bundles For Babies

October 7 • 9 a.m. • A&FRC

Darby's Birthday Party

October 7 • 5-7 p.m. • Community Center

Beginning Scrapbooking Class

October 8 • 10:30 a.m. • Arts & Crafts Center

Anime Club

October 8 • 4:30 p.m. • Base Library

Give Parents A Break

October 8 • 6 p.m. • CDC/SAP

Mall Of America Trip

11-14 November • Outdoor Recreation

Reserve Your Spot By October 8th

Halloween Around The World

October 9 • 1 p.m. • Base Library

Texas Hold'Em Tournament

October 9 • 5 p.m. • J.R. Rockers



Visit our website at www.5thforcesupport.com

Tastes Around The World Beer Tour

J.R. Rockers invites you to tempt your taste buds by sampling a variety of beers during their 6th Annual Tastes Around the World Beer Tour. The tour begins at 4:30 p.m. each Thursday, now through November 17th. Each club member completing the tour will receive a complimentary fleece jacket. A "taste off" will be held on November 18th at 5 p.m. with the winner receiving a J.R. Rockers fleece and \$25 in Darby Dollars. For more information on the Tastes Around the World Beer Tour, call J.R. Rockers at 727-ROCK.

Mall of America Trip

Don't miss your chance to visit one of the top tourist attractions in the United States during the Mall of America trip November 11th-14th to Bloomington, Minnesota. Outdoor Recreation will transport you to a virtual shopping paradise that offers you the perfect chance to make your holiday gift purchases. Cost for the Mall of America Weekend trip includes round trip transportation and three nights lodging. Price for single occupancy is \$425 per person, double occupancy is \$275 per person, triple occupancy is \$225 per person, and quadruple occupancy is \$175 per person. Children age 17 and under must be accompanied by a parent or guardian. Deadline for reserving your spot is October 8th; space is limited. For additional details, call Outdoor Recreation at 723-3648.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on October 2nd and October 16th. 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.

Youth Flag Football, Volleyball, and Cheerleading Registration

The Youth Center is holding registration for Youth Flag Football, Volleyball, and Cheerleading now through October 22nd. Cost is \$26 for youth 5-18 years of age. Youth Center membership is required. After October 22nd, the registration cost will be \$31 if slots are available. Current physicals are required to begin practice; call the clinic for an appointment. This activity counts points in FitFactor programs. The Youth Center is seeking coaches and assistants for Youth Flag Football, Volleyball, and Cheerleading. Mandatory training will be provided. For details, call the Youth Center at 723-2838.

Red Cross Babysitting Course

The Youth Center is hosting the American Red Cross Babysitting Course October 21st and 22nd from 8 a.m. to noon each day. Youth age 13 and older will be taught child and infant CPR and first aid. Learn about the business of babysitting and what every parent wants in a responsible babysitter. Sign up for the babysitter's training and receive your Red Cross certification cards. Participants must attend both days. Cost is \$40 and includes books. Registration will be taken through October 8th or until slots are filled. Youth should bring snacks and a drink. For details, call the Youth Center at 723-2838.

Texas Hold'Em Tournament

J.R. Rockers invites you to the Texas Hold'em tournament scheduled for Saturday, October 9th. \$20 for club members and \$25 for non-members; sign in by 4:30 p.m. with play beginning at 5 p.m. No sign ins after 4:30 p.m. Call 727-ROCK to register.

Swimming Lesson Open Enrollment

Swimming lesson open enrollment will be held at the indoor pool on Monday, October 4th at 5:30 p.m. The swimming lesson session runs from October 4th to October 15th. Cost of the lessons are \$30 per person. Participants must be 5 years of age or older. Call Outdoor Rec at 723-3648 for more information.

Halloween Around The World

Children up to third grade are sure to enjoy the Second Saturday program at the Base Library on October 9th entitled "Halloween Around The World". Participants will explore Halloween traditions and history in five different countries through stories and crafts. For additional information, call the Base Library at 723-3344.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on October 7th 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.

Federal Resume Workshops

In order to provide everyone a more active workshop on USAJOBS and accommodate ALL DoD civilians for the new way to apply for 'internal civilian' federal jobs, the Airman & Family Readiness Center will be holding a "Federal Resume Workshop" on October 5th from 5-7 p.m. and October 20th from 9-11 a.m. This workshop is open to all active duty members, spouses, retirees, DoD civilians, and NAF employees. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSA's, and tips on writing a resume. To sign up for the workshop, call the Airman & Family Readiness Center at 723-3950.

Columbus Day Special

Join the fun on October 11th at Rough Rider Lanes during the Columbus Day Special. Open lanes have a price of \$2.25 per game. During this promotion, if the #1 (head pin) is a red pin and you get a strike, you'll receive a free game of bowling; one free game per person per game. For details, call Rough Rider Lanes at 727-4715.

Youth Center To Host Lights On After School & 4-H Skill-A-Thon

Youth of all ages are invited to celebrate quality after school programs during the Lights On After School and 4-H Skill-A-Thon at the Youth Center on October 14th from 4-5 p.m. Youth will have the opportunity to have hands-on experiences in a variety of 4-H project areas. This is a great chance to sign up to become a 4-H club member and learn more about the Youth Center after school programs. The event is free, for more information call 723-2838.

You're Invited To:

Darby's Birthday Party

Join Us for Food, Fun and Games

Thursday, October 7th
5:00pm-7:00pm
MAFB Community Center

Bring your family to help celebrate Darby's Birthday.
There will be free games and cake for everyone.

Hot Dog Meal Cost: Age 6 & Under FREE, Age 7 & Older \$3.00
(Regular Menu will also be available for purchase.)

Hot Dog Meal Includes: 1 Hot Dog, Chips & a Drink.
No Purchase is Necessary to Attend Darby's Birthday Party

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Become A Friend Of The 5 FSS Facebook Page**

Prairie Adventures

by Patricia Stockdill

Quick, it's a duck. It's got orange feet.
It's a mallard.

OK, maybe not. It could be that mallard really is a shoveler.

Waterfowl identification can be tricky even when birds are in full plumage, which doesn't happen all that much during the early part of North Dakota's waterfowl season.

So here's a quick quiz to test one's waterfowl identification skills:

What has a rusty-red head and black chest and rump?

It has to be a redhead, right?

Well, maybe yes; maybe no.

Let's narrow this down a bit. The next clue is what has a rusty-red head and black chest and rump with gray feet? Hmm, maybe a canvasback.

In reality, both canvasbacks and redheads have rusty-red heads, black chest and rump, and gray feet. Yet they're different in body and head shape. The canvasback or "can" has a forehead with a distinct slope towards its elongated bill. Its neck and body is also elongated.

The redhead duck, however, has a rounded head and is more compact – almost pudgier in appearance. Both are diving ducks and have their legs set near the rear of their body, dive completely underwater to feed, and pitter-patter along the water surface for a distance when they take off in flight. With daily bag limit restrictions for ducks such as canvasbacks, hen mallards, scaup, and redheads, waterfowl ID is a must for hunters.

So why can't daily bag limits be simply a certain number of ducks without regard to species? After all, that's the way it is for upland birds, such as grouse.

It comes down to the fact that a duck isn't a duck isn't a duck, says N.D. Game and Fish Department waterfowl biologist Mike Szymanski. Not all species of ducks have high enough populations to warrant a blanket harvest of "X" number of birds as a daily bag limit.

Different species have different life strategies, he explains. Some species have specific wintering or nesting requirements and their populations aren't abundant enough to support blanket regulations.

Redheads are a perfect example: Even though they're somewhat parasitic and at times lay their eggs in other duck species' nests, their population still isn't all that abundant, says Szymanski. They have pretty specific wintering grounds, too, so by limiting their daily harvest to two birds, it helps protect their numbers.

Canvasbacks are an example of a duck with a different life strategy than blue-winged teal, for example. Canvasbacks don't always breed every year if nesting and wetland conditions aren't suitable, so limiting their daily bag limit to one also helps protect their numbers.

The regulations, established by the U.S. Fish and Wildlife Service in a framework for states within the Atlantic, Mississippi, Central, and Pacific Flyways to set dates, thus make it critical for hunters to know proper waterfowl identification. Regulations and framework vary among the flyways. The bottom line is a duck isn't a duck isn't a duck and hunters need to keep in mind one of the basic rules of hunting – identify your target before you shoot, which in this case also means "know your ducks."

And in the case of mallards, that also means knowing if you're aiming at a hen or drake because the mallard daily bag limit in the Central Flyway only allows for two hen mallards out of the five mallard total.

Quote of the Week:

"If their (canvasbacks) breeding area isn't in suitable condition, they'll hang it up for a year and go out and sit on a motling marsh somewhere in Canada for the summer."

- N.D. Game and Fish Department waterfowl biologist, Mike Szymanski

G & F stresses hunting safety

More than 100,000 hunters will cross North Dakota's prairie in search of game this fall. With that in mind, the state Game and Fish Department urges hunters to take proper safety measures in the field.

Jon Hanson, hunter education coordinator, said the opening weekends of pheasant and deer are the most anticipated hunting days of the year, and thus can be the most chaotic.

"People just need to relax, slow down a little bit and use common sense," Hanson said. "It's a long hunting season, especially for bird hunters, and there is plenty of game to go around."

Since 2006, shooter swinging on game, careless handling, victim out of sight of shooter, and discharge in/around a vehicle contribute to 86 percent of all incidents in North Dakota.

Accidental discharge of a firearm in or near vehicles or along fences is also a leading statistic that shouldn't be, Hanson said, because a shotgun or rifle should always be unloaded in these situations.

"Unfortunately, there have been a few hunting-related incidents in North Dakota each year, but the seven hunting incidents involving North Dakota hunters in 2009 is half of what has occurred annually over the past decade, and three of the seven were not even hunting-related shooting incidents," Hanson said.

The number of annual incidents is consistently higher for shotgun than those with a rifle, with shooter swinging on game the number one factor. "Everything points to the shooter getting startled when a pheasant flushes, and the shooter swings and doesn't realize where the hunting partner is," Hanson said.

The majority of shotgun-related hunting incidents reported in North Dakota each year involve victims not dressed in orange. While wearing orange clothing is not required for upland hunters, Hanson strongly recommends it. "This is common sense," he added. "If you are visible most accidents can be avoided."

The surprising statistic, according to Hanson, is the age of the involved parties. "Most think it is always the younger hunter, but statistics indicate the average age of the shooter is 34 and the victim 42," he added. "It is not the young kids who are making the majority of the mistakes."

Hanson suggests mapping out the hunt so all members of the hunting party know each other's route, and to let others left behind know your destination.

"And always carry a cell phone," Hanson added. "There are not many places where you will be without reception."

Hunter education courses have wrapped up for this year, but Hanson suggests individuals or parents with children who will need to take a course in 2011, should monitor the Game and Fish website, gf.nd.gov, as classes that begin in January will be added to the online services link as soon as times and locations are finalized.

Doe licenses remain, landowners seek hunters

While more than 95 percent of North Dakota's deer licenses have been issued, as of Sept. 27 nearly 5,600 antlerless licenses remain for the 2010 season.

Doe licenses are available in units 2C, 2D, 2F1, 2K2, 2L, 3E1, 3E2, 3F1, 3F2 and 4F. There is no limit to the number of deer licenses a

hunter can receive.

These remaining antlerless licenses – and doe licenses that have already been issued and are printed with second, third or additional concurrent season designations – can be used during any open season: bow season with a bow; the deer gun season with a bow, rifle, or muzzleloader; or during the muzzleloader season with a muzzleloader. Hunters must stay in the unit to which the license is assigned.

In addition, some landowners in hunting units 2I, 2K2, 3D1, 3D2, 3E1, 3F1, 4A, 4D and 4E are still looking for doe hunters.

Interested hunters can apply for a remaining doe license, or enter their name on the hunter contact list for landowners, by accessing the North Dakota Game and Fish Department's website at gf.nd.gov.

Hunters who do not have Internet access can call the department's main office in Bismarck at (701) 328-6300.

North Dakota's 2010 deer gun season runs from Nov. 5-21. The archery season extends through Jan. 2, 2011, and muzzleloader season is Nov. 26 – Dec. 12.

License fees are \$20 for residents and \$55 for nonresidents.

Fall turkey licenses available

Fall turkey hunters still have the opportunity to purchase additional licenses. Remaining turkey licenses are issued on a first-come, first-served basis. Hunters are allowed a maximum of 15 licenses for the fall season.

Resident and nonresident hunters can apply online, or print out an application to mail, at the North Dakota Game and Fish Department website, gf.nd.gov. Paper applications are available at license vendors.

The fall turkey season runs from Oct. 9 – Jan. 9, 2011.

Licenses remain for the following units: Unit 03, Benson and Ramsey counties and a portion of Pierce County; Unit 13, Dunn County; Unit 45, Stark County; Unit 51, Burke County and portions of Renville, Bottineau and Ward counties; and Unit 99, Mercer and Oliver counties.



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Programs help Airmen pick up the pace

by Senior Airman David Dobrydney
48th Fighter Wing
Public Affairs

ROYAL AIR FORCE LAKENHEATH, England - With the new Air Force physical training standards, many Airmen are looking for ways to gain a few extra points on their scores.

When it comes to the 1.5-mile run portion of the test, units are setting challenges and Airmen are starting programs designed to motivate testers and help them shave seconds to minutes off their time.

One such Airman is Staff Sgt. Eduardo DeSouza, an in-

dependent duty medical technician with the 48th Medical Operations Squadron.

Sergeant DeSouza started the PT Pacer program in July. Individuals give the time they wish to achieve on the run and a pacer is assigned to help them make that time.

"It's basically the principle of 'if you can do it, I can do it too,'" Sergeant DeSouza said.

In the PTP program, a pacer serves as both a motivator and companion to the runner. "We're going to help you battle your fears," he said. "Most people, even before they start running at the track, are already scared. By giving you a pacer, we

take away that fear of time and loneliness, especially when you're way back at the far side of the track. With a pacer, we're ahead of you and talking to you."

In addition to the Pacer program, Sergeant DeSouza also operates a PT Run class. Starting with an easy run

Monday, each subsequent session builds upon the last, finishing with a mock PT test every Thursday.

Sergeant DeSouza said running mock tests has an important psychological effect.

"The more mock PT tests you do, the less chance you

have to be anxious when the real thing comes around," he said.

Sergeant DeSouza has run similar programs at his previous assignments and has always had the same result.

"I have not had anybody fail the PT test with a pacer," he said.



(U.S. Air Force photo/Senior Airman David Dobrydney)

Staff Sgt. Eduardo DeSouza (center in gray T-shirt and long pants), leads a warm-up during the PT Run Class Sept. 27, 2010 at the RAF Lakenheath running track. The class is held Monday through Thursday and is designed to help individuals with the 1.5-mile run portion of the Air Force PT test. Sergeant DeSouza is an independent duty medical technician with the 48th Medical Operations Squadron.

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Friday Evening October 1, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Family	Better	No Ordinary Family	20/20			Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Medium		CSI: NY	Blue Bloods			Local	Late Show Letterman	Late	
KMOT/NBC	Dateline NBC			Outlaw			Local	Tonight Show w/Leno	Late	
KNDX/FOX	Human Target		The Good Guys	Local						
Cable Channels										
AMC	Troy								The Silence of the Lambs	
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	Wizards-Place		Fish Hook	Phineas	Jonas L.A.	Jonas L.A.	Jonas L.A.	Deck	Deck	Deck
ESPN	College Football						SportsCenter	Baseball	NFL Live	
FAM	Funniest Home Videos		Funniest Home Videos	Funniest Home Videos			The 700 Club	Whose?	Whose?	
FX	Walk the Line						Sons of Anarchy	Sunny	League	
LIFE	How I Met	How I Met	Reba	Reba	Reba	Reba	How I Met	How I Met	How I Met	Frasier
NICK	Big Time	Victoriou	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	Malcolm	Malcolm
SPIKE	Entourage	Entourage	Entourage	Entourage	Entourage		Entourage	Knockout	Trailers	
TBS	Amer. Dad	Amer. Dad	A Few Good Men						A Few Good Men	
TNT	Bones		The Green Mile						Entrapment	
USA	House				House		40-Year-Old Vir			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		South Pk	South Pk	Scrubs	Scrubs
Premium Channels										
HBO	Up in the Air				Real Time/Bill Maher		Real Time/Bill Maher		Love Happens	
MAX	Terminator Salvation				The Frighteners				Lingerie	Bikini
SHOW	Weeds	The Big C	Dexter		Halloween II					

Tuesday Evening October 5, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	No Ordinary Family		Dancing With Stars		Detroit 1-8-7		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	NCIS		NCIS: Los Angeles		The Good Wife		Local	Late Show Letterman	Late	
KMOT/NBC	The Biggest Loser				Parenthood		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Glee		Raising	Wilde	Local					
Cable Channels										
AMC	Wild Wild West				Life					
CNN	Parker Spitzer		Larry King Live	Anderson Cooper 360					Larry King Live	
DISC	Swords: Life		Swords: Life	Dirty Jobs: Egg Farm			Swords: Life	Swords: Life		
DISN	Halloweentown II: Revenge		Deck	Sunny	Sunny		Good Luck	Good Luck	Hannah	Hannah
ESPN	30 for 30		2010 Poker		2010 Poker		SportsCenter		Baseball Tonight	
FAM	Melissa	Ever After					The 700 Club		Whose?	Whose?
FX	Ghost Rider						Sons of Anarchy		Terriers	
LIFE	How I Met	How I Met	Wife Swap		Wife Swap		How I Met	How I Met	How I Met	Frasier
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	BlueMount	BlueMount	BlueMount	BlueMount
TBS	Office	Office	Office	Office	Fam. Guy	Fam. Guy	Lopez Tonight		Office	Earl
TNT	Bones		Law & Order		Law & Order		CSI: NY		CSI: NY	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-Order L.A.		Law & Order: SVU	
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Just Not	Taken			Eastbound	Eastbound	Bored	Boardwalk Empire	Teenage	
MAX	Minority Report				Cirque Du Freak					
SHOW	Finding Amanda	Weeds	The Big C	Dexter	Weeds	The Big C	Halloween II			

Saturday Evening October 2, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	College Football							Local		
KXMC/CBS	College Football						Local	Saturday Night Live		
KMOT/NBC	The Event		Chase		Law & Order: SVU		Local			
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local		Lone Star		Wide	Local
Cable Channels										
AMC	Cliffhanger				Volcano				Cliffhang	
CNN	CNN Presents		Larry King Live	Empowered Patient			CNN Presents		Larry King Live	
DISC	MythBusters		MythBusters	MythBusters			MythBusters		MythBusters	
DISN	Good Luck	Deck	Jonas L.A.	Jonas L.A.	Wizards		Good Luck	Good Luck	Jonas L.A.	Jonas L.A.
ESPN	College Football						Score	College Football		
FAM	Good Burger		Major Payne				Coming to America			
FX	The Transporter 2		Two Men	Two Men	Two Men	Two Men	Archer	Archer	Two Men	Two Men
LIFE	August Rush		Akeelah and the Bee				Project Runway		Road	
NICK	iCarly	Jackson	Big Time	Victoriou	Lopez	Lopez	The Nanny	The Nanny	Malcolm	Malcolm
SPIKE	Rambo Part II		Rambo				First Blood			
TBS	Gladiator						3000 Miles			
TNT	Catch Me if You Can						Runaway Jury			
USA	NCIS		NCIS		NCIS		I Now Pronounce You			
WGN	MLB Baseball				WGN News at Nine		How I Met	How I Met	South Pk	South Pk
Premium Channels										
HBO	The Blind Side				Boardwalk Empire		The Blind Side			
MAX	Sneakers				The Fourth Kind		Life on Top		Bikini	
SHOW	The Big C	Weeds	Twilight		Dexter		Boxing			

Wednesday Evening October 6, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Middle	Better	Family	Cougar	The Whole Truth		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Survivor: Nicaragua		Criminal Minds		The Defenders		Local	Late Show Letterman	Late	
KMOT/NBC	Undercovers		Law & Order: SVU		Law-Order L.A.		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Hell's Kitchen				Local					
Cable Channels										
AMC	Top Gun				True Lies					
CNN	Parker Spitzer		Larry King Live	Anderson Cooper 360					Larry King Live	
DISC	MythBusters-		MythBusters	Bad Universe			MythBusters-		MythBusters	
DISN	Halloweentown High			Deck	Sunny	Sunny	Good Luck	Good Luck	Hannah	Hannah
ESPN	College Football						SportsCenter		Baseball Tonight	
FAM	Funniest Home Videos		Funniest Home Videos	Funniest Home Videos			The 700 Club		Whose?	Whose?
FX	Leatherheads						Terriers		Terriers	
LIFE	How I Met	How I Met	Flatliners				How I Met	How I Met	How I Met	Frasier
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	UFC Unleashed		UFC Unleashed		The Ultimate Fighter		UFC	UFC	The Ultimate Fighter	
TBS	MLB Baseball				MLB Baseball					
TNT	Bones		Bones		CSI: NY		CSI: NY		CSI: NY	
USA	NCIS		NCIS		NCIS		Ocean's Thirteen			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Boardwalk Empire		Boardwalk Empire		Boardwalk Empire		Real Time/Bill Maher		Love Hap	
MAX	Funny Peo	All About Steve			The Fourth Kind		Co-ed Confidential 2			
SHOW	Staten Island	Inside the NFL	Inside NASCAR		Inside the NFL		Inside NASCAR			

Sunday Evening October 3, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Extreme Makeover		Desperate Housewives		Brothers & Sisters		Local			
KXMC/CBS	The Amazing Race 17		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	Football	NFL Football					Local	Dateline NBC		
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Amer. Dad	Local					
Cable Channels										
AMC	The Perfect Storm		Rubicon		Mad Men		Mad Men		Rubicon	
CNN	Right on the Edge		Larry King Live	Empowered Patient			Right on the Edge		Larry King Live	
DISC	Life		Life		Life		Life		Life	
DISN	Hannah	Jonas L.A.	Sunny	Good Luck	Deck	Deck	Jonas L.A.	Jonas L.A.	Hannah	Hannah
ESPN	SportsCtr	SportsCenter Special	Baseball Tonight				SportsCenter		SportsCtr	
FAM	Happy Gilmore		Happy Gilmore				J. Osteen		Ed Young	
FX	Live Free-Die						Sons of Anarchy		Hitman	
LIFE	Mini's First Time		Swimfan				Swimfan			
NICK	My Wife	My Wife	News	Chris	Lopez	George	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Ways Die	Ways Die
TBS	Shooter				Shooter				Exit Wnds	
TNT	A Time to Kill						A Time to Kill			
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		The Pacifier			
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk		Monk	
Premium Channels										
HBO	The Blind Side		Boardwalk Empire		Bored	Eastbound	Boardwalk Empire		Bored	Eastbound
MAX	Bride	The Fourth Kind			The Firm				The Sex S	
SHOW	Dexter	Dexter	Weeds	The Big C	Dexter		Zack and Miri Make			

Thursday Evening October 7, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	My Generation		Grey's Anatomy		Private Practice		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Big Bang	Dad Says	CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late	
KMOT/NBC	Community	30 Rock	Office	Outsource	The Apprentice		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Bones		Fringe		Local					
Cable Channels										
AMC	The Perfect Storm				Volcano					
CNN	Parker Spitzer		Larry King Live	Anderson Cooper 360					Larry King Live	
DISC	River Monsters		River Monsters	MythBusters			River Monsters		River Monsters	
DISN	Return to Halloweentown		Deck	Sunny	Sunny		Good Luck	Good Luck	Hannah	Hannah
ESPN	College Football						SportsCenter		Baseball Tonight	
FAM	Larry the Cable Guy		Larry the Cable Guy				The 700 Club		Whose?	Whose?
FX	Baby Mama				Sunny		Sunny	League	Terriers	
LIFE	Project Runway		Project Runway		Road	Road	Road	Road	Road	Frasier
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	UFC Fight Night		TNA Wrestling				TNA ReACTION		UFC: All	
TBS	MLB Baseball				MLB Baseball					
TNT	Law & Order		Get Married?				CSI: NY		CSI: NY	
USA	NCIS		NCIS		NCIS		NCIS		NCIS	
WGN	WWE Superstars		How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	WWE Superstars	
Premium Channels										
HBO	Spider-Man 2		Promise: Making of Dark		Bored		Taxicab Confessions		Up in the Air	
MAX	Marley & Me		Old School				Bikini Jones & Temple of Eros			
SHOW	The Brothers Bloom		Dexter		Body		Beach	Wild	Look	

Monday Evening October 4, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Dancing With Stars				Castle		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	How I Met	Rules	Two Men							

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F8:00 a.m. Saturday5:30 p.m. Sunday8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental <i>Meeting at the Carnegie Center</i> 105 2nd Ave SE - 833-1798</p> <p>Sunday School9:30 a.m. Sunday Worship10:45 a.m. Sunday Evening6:00 p.m. Wed. Prayer/Bible Study7:00 p.m. Wed. Children's Patch Club7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i> Protestant Services (All Sunday)</p> <p>Traditional Service10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p>Chapel 723-2456</p>	<p><i>Minot Air Force Base Chapel</i> Catholic Services</p> <p>Eucharist (Mass) Daily Mass9:00 a.m. (Northern Lights) Sunday9:30 a.m. & 5:00 p.m. (Northern Lights) Sunday CCD11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship7:00 p.m. Wed. Evening Family Night7:00 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 School9:45 a.m. Morning Worship11:00 a.m. Evening Worship6:00 p.m. Wednesday Evening7:00 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 School11:00 a.m. Sunday Worship11:00 a.m. Tuesday Lunch Bible Study12 Noon Wednesday Youth Classes6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes9:30 a.m. Worship5:00 p.m.</p> <p>Wednesday: Bible Classes7:00 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 Worship8:30 a.m. Sunday School9:30 a.m. Sunday Traditional Worship11:00 a.m. Monday Youth Worship7:00 p.m. Wednesday Community Supper5:00-6:30 p.m. Wednesday Contemporary Worship6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0906</p> <p>Sunday School2:00 p.m. Sunday Worship3:30 p.m. Wednesday Bible Study7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee & Conversation9:00-9:30 a.m. Sunday School9:30 a.m. Morning Worship10:45 a.m. Evening Service6:00 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 Supper5:00 pm WOW (Worship on Wednesday)5:45 pm Wednesday School & Confirmation ..6:20 pm Saturday Worship5:30 pm Sunday Worship8:45 & 10:45 am Sunday School & Adult Forum9:45 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 Worship8:30 a.m. & 11 a.m. Sunday School & Bible Class9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st & 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p>2209 4th Ave. NW • 839-4663 Carlyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND 838-5196 A Member of the ELCA</p> <p>Sunday Worship9:00 a.m. Fellowship Hour10:00 a.m. Wednesday Worship7:00 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 & Teaching9:30 a.m. Morning Worship11:00 a.m. Bible Study5:30 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: Tuesday7:00 p.m. Wednesday - Friday9:00 a.m. Saturday5:00 p.m. Sunday8:00 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship10:00 a.m. Wednesday Worship5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church with a Christian School 700 16th Ave SE</p> <p>Sundays Worship Services8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM11 a.m. Children's programs9:45 a.m. Youth & Adult Bible Classes10 a.m. Interpreter services for the deaf10:45 a.m.</p> <p>Wednesdays Supper5:40 p.m. Bible Classes for all ages6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal9:00 a.m.</p> <p>Pastor Michon Weingarther Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. Nursery Available</p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages)9:45 a.m. Sunday Worship11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ..6:30 p.m.</p> <p>www.angellinet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Children's Church10:30 a.m. Wednesday Family Training Hour6:30 p.m. Wednesday Kids on the Rock6:30 p.m. Youth Center, Friday7:00 - 11:00 p.m. ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC "Building Followers of Jesus Christ"</p> <p>Sunday School9:30 a.m. Worship Service10:30 a.m. Adult Study/WINGS/Youth Wednesday6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p>River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Sunday Evening Service6:00 p.m. Wednesday Service7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship8:30 a.m. Adult Sunday School9:45 a.m. Contemporary Worship Service9:50 a.m. Sunday School (All Ages)11:00 a.m. Contemporary Worship Service11:05 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 School9:45 a.m. Morning Worship11:00 a.m. Evening Worship6:00 p.m. Wednesday Bible Study6:45 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School9:45 a.m. Worship11:00 a.m. Sunday Evening6:00 p.m. Wednesday Evening7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night7:00 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 School9 a.m. Worship10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School9:15 a.m. Sunday Worship10:30 a.m.</p> <p>Wednesdays Soup Kitchen11:30 a.m. - 12:30 p.m. Family Supper5:45 p.m. Classes for all ages6:30 p.m. Adult Choir Rehearsal8:10 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p>	<p>Grace Evangelical Lutheran Church Wisconsin Synod</p> <p>WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev. Carl A. Lindemann</p>	<p>ZION Lutheran ELCA</p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship5:00 p.m. Sunday Worship8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center</p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship9:30 a.m. Coffee Fellowship10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

crossword puzzle

ACROSS

1. Front-porch tune, maybe
6. Give this for that
10. Starbucks offering, informally
14. "To form ___ perfect Union ..."
15. Screwballer Hubbell
16. Like a dust bowl
17. "Finnegans Wake" writer
19. Give up
20. Actress Hagen
21. Sudden-death periods: Abbr.
22. Invites to enter
24. Japanese mercenaries
27. ___ Mahal
28. Fred's dancing sister
31. Ais and unais
35. Fire hose hookup
39. Severe pang
40. Central spots
41. Loaf ends
43. In apple-pie order
44. Cast out
46. Fumigation experts
48. "Don't quit your ___!"
50. Johnny's "Sleep Walk" partner
51. Man-mouse connector
52. Virgil epic
56. Come to pass
59. Romper room habitué
61. Fla. neighbor
62. Stone for some Scorpions
63. "Shoeless" baseball legend
67. Amos or Spelling
68. Stew veggie
69. Rock star Winwood
70. Work on a web site?
71. Truck-stop stopper
72. Long-eared beasts

DOWN

1. Bourbon Street cuisine
2. Fine fiddle
3. Like some noses
4. Prospector's find
5. Bandleader Brown
6. Caber tosser
7. Means partner
8. Compass doodle
9. Cumberbund features

A Flock of J's

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
20					21			22	23			
24			25	26				27				
28					29	30		31		32	33	34
35	36	37					38		39			
40				41				42		43		
44				45		46				47		
48				49		50						
51								52		53	54	55
56	57	58					59	60			61	
62					63	64			65	66		
67					68				69			
70					71				72			

- | | |
|---------------------------------|-----------------------------|
| 10. Heavyweight champ, 1908-15 | 42. Beethoven specialty |
| 11. Belligerent god | 45. Floored it |
| 12. Middle of a Caesarean boast | 47. Beehive State tribesman |
| 13. Yemeni city | 49. Bluegrass strings |
| 18. Nativity figure | 53. Mitigates |
| 23. Popcorn add-on | 54. Porter's "___ Paris" |
| 25. Singer nicknamed "Pearl" | 55. Odense people |
| 26. State further | 56. Red-___ (wieners) |
| 29. Perjured oneself | 57. Per unit |
| 30. Nonlethal swords | 58. ___-mutuel |
| 32. Elder or alder | 59. Jailbird's stretch |
| 33. Icy coating | 60. Town near Santa Barbara |
| 34. Gets hard | 64. All right, informally |
| 35. Musher's ride | 65. Johnny Reb's monogram |
| 36. "Animal House" frock | 66. Horsehead-shaped pcs. |
| 37. ___-deucy | |
| 38. Raines or Cinders | |

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

Solution to puzzle from September 24.

movies

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

Lottery Ticket

Friday, October 1, at 7 p.m.

(Bow Wow, Brandon T. Jackson)

Kevin Carson a young man living in the projects, is just an ordinary Guy - until he wins \$370 million in the Mondo Millions Lottery. That's the good news. The bad news is, the lottery claim office is closed for the long Fourth of July weekend, so, before he can collect his prize, Kevin is going to have to figure out how to keep a lid on his good fortune and survive the next three days.

Rated PG-13 (brief underage drinking, sexual content, language, drug reference and some violence)
99 min

Nanny McPhee Returns

Saturday, October 2, at 7 p.m.

(Emma Thompson, Ralph Fiennes)

In the latest installment, Nanny McPhee appears at the door of a harried young mother, Mrs. Isabel Green, who is trying to run the family farm while her husband is away at war. But once she's arrived, Nanny McPhee discovers that Mrs. Green's children are fighting a war of their own against two spoiled city cousins who have just moved in and refuse to leave. Relying on everything from a flying motorcycle and a statue that comes to life to a tree-climbing piglet and a baby elephant who turns up in the oddest places, Nanny McPhee uses her magic to teach her mischievous charges five new lessons.

Rated PG (rude humor, some language and mild thematic elements)
108 min

sudoku

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

Solution to puzzle on page 26.

Airman gets by with a little help from his friend

by **Brian Brackens**
377th Air Base Wing
Public Affairs

Kirtland Air Force Base, N.M. (AFNS) - Arriving home after deploying to a war zone can bring new challenges to military members. Many discover that their fight is not over and they end up facing an unseen enemy, with sometimes serious consequences. That enemy is post-traumatic stress disorder.

According to Veterans Affairs officials, PTSD is an anxiety disorder that may affect individuals who have experienced extremely stressful and traumatic events. Such events may include witnessing the loss of human life, as well as being a victim of a violent attack.

Master Sgt. Justin Jordan, the Air Force Support Integration superintendent with the Air Force Inspection Agency here, lives with PTSD.

Sergeant Jordan, a 17-year Air Force veteran, has served numerous overseas deployments and assignments with mortuary affairs.

"Constantly dealing with death, dismay and putting Soldiers in the ground at record pace is what led me to having PTSD," Sergeant Jordan said. "Your brain is just not equipped to take that all the time."

Those closest to Sergeant Johnson couldn't tell he was dealing with PTSD because the signs are not always obvi-

ous.

"People who worked around me had no idea that I had these issues," he said. "I could be totally freaking out and holding a conversation with them at the same time."

Some of his symptoms include zoning out for hours at a time, flashbacks to stressful events, fear of crowds, avoidance and constant worry.

"There were times when I would drive 20 (MPH) down the highway because I was positively certain that a tire would pop."

His family was affected by his condition as well.

"My children suffered, for there were times when I didn't let them go outside to play because I was so worried that something was going to happen," Sergeant Jordan said.

All of these things led his friends and family to tell him something was wrong and he needed help. While attending an event on base with his daughter, Sergeant Jordan met Jim and Lindsey Stanek, founders of a nonprofit organization called "Paws and Stripes."

The sole purpose of the organization is to train and provide service dogs at no cost for veterans dealing with PTSD and other mental and cognitive disabilities.

Sergeant Jordan said talking with the Stanek's gave him hope that this could be exactly what he needed, and after extensive research and consulting with his doctor

he decided to enroll in the program.

Paws and Stripes trains dogs to be constant companions of their owners, so wherever the owner goes, the dog goes. Because they are service dogs, in the same category as seeing eye dogs for the blind, by law, business establishments and airlines must admit them.

While Paws and Stripes provides veterans with service dogs, Sergeant Jordan elected to have the organization train a dog he already had, a 2-year-old English Bulldog named "Dallas" after his favorite football team.

Having a canine companion in the workplace is an important part of the therapy that the dogs provide. Leaving the dog at home would be the equivalent of not taking daily medication. For this reason, Sergeant Jordan sought and received approval from his chain of command to bring Dallas to work.

"I got a lot of support all the way from chiefs to colonels, who told me that they knew exactly what I was going through," Sergeant Jordan said.

Sergeant Jordan said taking Dallas to work every day can be very rewarding, because she mitigates the effects of PTSD. She has an area right next to his desk and to keep him from zoning out, she is trained to tug on his sleeve several times an hour as well as pace back and forth in order catch his



(U.S. Air Force photo)

Master Sgt. Justin Jordan takes a break with Dallas, his with two-year-old English Bulldog. Dallas is a service dog trained to help Sergeant Jordan recover from post-traumatic stress disorder.

attention.

In the same way that dogs are trained to detect seizures before they occur, "Dallas is being trained to detect if I'm about to have an issue and if so, she'll do something to distract me," Sergeant Jordan said.

Dallas is also trained to literally watch Sergeant Jordan's back. When his back is turned to a door, she is trained to face the door so if anyone comes in, she will be able to alert him. Also, if he is in a line, Dallas will position herself behind him in order to give him space and prevent others from getting too close. All of this is done in a non-aggressive matter. She does not bark, bite or threaten people in any way.

Having a dog at work can create challenges because Dallas is on a leash with Sergeant Jordan at all times. If someone in the office needs help lifting or moving something, Sergeant Jordan will tie Dallas' leash to his belt

and help out.

"One of the things about being active duty is that I can't be treated 'special' and I don't want to be treated 'special,'" Sergeant Jordan said. "I have a dog and she helps me, just like someone with a wheelchair. I don't want anyone saying that because I have a dog I can't do something. Whatever it is that I have to do, me and Dallas will make it happen."

Other challenges that Sergeant Jordan faces include getting odd stares and sometimes getting stopped by people wanting to know why he has a dog in the building. These challenges are turned into opportunities to talk about PTSD and organizations like Paws and Stripes that help veterans assimilate into society.

"I've suffered a lot of guilt," Sergeant Jordan said. "But I'm old enough now to know if you need help, get it. Dallas provides that help. She's got my six every day."

An Air Force occasion of celebration

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

Col. Fred Stoss, 91st Missile Wing commander, and Airman 1st Class Robert Lease, 742nd Missile Squadron missile chef, alongside Col. Douglas Cox, 5th Bomb Wing commander, and Airman Darren Zabinski, 5th Logistics Readiness Squadron traffic management apprentice, take part in cutting the cake in celebration of the Air Force birthday at the Air Force Ball held in the Jimmy Doolittle here Sept. 25. A sword is used to cut the cake as a reminder to Air Force Global Strike Command Airmen that they are a band of warriors who have answered their nation's call, committed to carrying her sword and shield so all may live in peace.



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