

Don't ignore it, Do something about it!

Minot Air Force Base Antiterrorism Office

The installation antiterrorism office wants Airmen to take an active role in Minot AFB's security and antiterrorism and join base efforts to detect and mitigate potential threats by reporting information about unusual, suspicious and/or criminal activities.

"It's important the installation residents and workers remain vigilant," said Mr. P.J. Pallotta, Minot AFB antiterrorism officer. "Any person who notices suspicious activity should report it immediately to the Minot AFB law enforcement desk, the Air Force Office of Special Investigation or one of the local law enforcement agencies."

A single phone call or report with a quick, accurate description of the activity, people and vehicles can make all the difference in apprehending a suspect and stopping a terrorist attack.

Air Force Global Strike Command airmen who believe they have observed any suspicious activity relating to terrorism should immediately contact the nearest law

enforcement agency. At Minot AFB, that's the base law enforcement desk, 723-3096.

Regardless of whether an individual lives on base or in the surrounding communities, assistance is needed in preventing terrorist acts.

Tech. Sgt. Kerry Koepp, Minot AFB antiterrorism officer said the key is to always be alert and maintain situational awareness.

"Most days we all work in the same area where the day-to-day surroundings change minimally," Sergeant Koepp said. "Situational awareness is key to noticing and then reporting the out of the norm."

The Sergeant said certain kinds of activities and behaviors can indicate terrorist plans in the works, especially when they occur at or near high profile sites or places where large numbers of people gather, like government buildings, military installations/facilities, utilities, transportation locations or major public events.

"We must all do our part to help keep our base, local community and nation safe," said Mr. Pallotta. "All of us can be the force multipliers, sensors and an extra set of

eyes and ears for law enforcement by immediately reporting any suspicious activities to the proper authorities. As with many previous thwarted incidents, your timely report could save the lives of innocent people."

Mr. Pallotta emphasized if anyone sees or knows about suspicious activities, like the ones listed above, report them immediately to the proper law enforcement authorities.

According to the FBI, there are seven things Airmen here can do to help prevent a terrorist from carrying out their acts:

1. Surveillance: Report anyone video recording or monitoring activities, taking notes, using cameras, maps, binoculars, etc., near key facilities/events.

2. Suspicious Questioning: Take notice of anyone attempting to gain information in person, by phone, mail, e-mail, etc., regarding a key facility or people who work there.

3. Tests of Security: Be aware of any attempts to penetrate or test physical security or procedures at a key facility/event.

4. Acquiring Supplies: Report suspicious activities such as attempting to improperly acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards, identification for a key facility/event or trying to legally obtain items under suspicious circumstances that could be used in a terrorist attack.

5. Suspicious Persons: Report anyone who does not appear to belong in the workplace, neighborhood, business establishment or near a key facility/event.

6. "Dry Runs": Behavior that appears to be preparation for a terrorist act, such as mapping out routes, playing out scenarios with other people, monitoring key facilities/events, timing traffic



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

The installation antiterrorism office wants Airmen to take an active role in Minot AFB's security and antiterrorism and join base efforts to detect and mitigate potential threats by reporting information about unusual, suspicious and/or criminal activities. Shown here is an example of a suspicious package.

lights, or traffic flow or other suspicious activities should be reported immediately.

7. Deploying Assets: Note and report observed abandoned vehicles, stockpiling

of suspicious materials or persons being deployed near a key facility/event?

For more information on this vital subject, go to www.FBI.gov.

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:

23rd Bomb Squadron

Capt. Derek Williams

5th Bomb Wing

Capt. Claude Dallas

5th Civil Engineer Squadron

Tech. Sgt. Jared Brandt
Senior Airman Felix Ramon Holguin

5th Operations Group

Lt. Col. Bruce Way

5th Force Support Squadron

Staff Sgt. Mellisa Parrino
Airman 1st Class Bradley Kidd

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AF needs members to get 'backs' in shape

by Rod Krause

5th Bomb Wing Ground Safety

It may be surprising to many that the cost for medical treatment for back pain is more than \$80 billion a year. It affects eight out of 10 people and is the leading medical reason for missed work.

Back pain is also the leading cause of disability compensation, more than any other work-related injury. At times there can be specific injuries which cause back pain, but most of the time it develops gradually as a result of cumulative daily stress.

There are many actions that can be taken to reduce the risk of back injury. Unfortunately, most people tend to neglect or take care of their backs and only tend to it when an injury occurs.

The Air Force recognizes that programs of preventative measures can save countless lives and millions of dollars in many of its work places. Practicing preventative measures to help avoid back pain

is something Air Force Global Strike Command Airmen should also keep in mind.

Backs are complex structures made of bones, muscles and ligaments. Its complexity makes it naturally prone to degeneration over time. Poor posture, faulty body mechanics, stressful living, bad working habits, loss of flexibility and strength and an overall decline in physical fitness all contribute to the degeneration of an individual's back.

One major factor contributing to the development of back pain is a person's attitude. When people feel back pain, many often fail to accept the responsibility that neglect has contributed to it.

People with back pain often believe their lifestyle has nothing to do with their back pain. When prompted by a doctor, a patient's common response goes something like this: "I've done it that way for years and my back never hurt me before."

Yet it is important to understand it may take years of

accumulated stress and other factors to damage the back before it actually causes pain. Pain is the clue that bad habits need to be changed. If a conscious effort is made to take care of one's back, it decreases the chances of back pain or at least reduces the severity of it.

Preventative measures can slow down the daily wear and tear by keeping the back healthy. Some of the simplest and most effective preventative measures include improving posture, increasing flexibility, strengthening abdominal muscles, improving overall fitness, smoking less often and losing excess weight.

Improve posture and body mechanics: To improve posture, avoid slump sitting, standing stooped with rounded shoulders or positioning the body in awkward positions. Lifting should be done with legs instead of the back, and the back should be kept straight (avoid twisting and lifting).



(Courtesy photo)

It may be surprising to many that the cost for medical treatment for back pain is more than \$80 billion a year. It affects eight out of 10 people and is the leading medical reason for missed work.

Increase flexibility: To increase flexibility, work on the hamstrings by lying flat with back down and legs stretched out, raising one leg as high possible without bending the knee (hold for 15-30 seconds); alternating each leg along the way.

Strengthen the abdominal muscle: Mini crunches, or partial sit-ups where the back remains on the floor, are one of many effective ways one can go about in order to strengthen the abdominal muscles without putting strain on one's back. Lying on the floor with the back down and knees bent and slowly raising one shoulder off the floor ensuring the lower back always stays in contact with the floor is always helpful. Increasing the duration of time the shoulder is raised is the goal each time.

Get fit: It doesn't matter what specific activity Airmen choose, as long as it is continuous exercise for 20

to 30 minutes, four to five times a week. Choosing an activity that is enjoyable assures a greater likelihood the exercise will be regular and continuous.

Stop smoking: Recent research determined that smoking increases the chances of back pain because nicotine causes contraction of small blood vessels, thus decreasing the vital blood supply to muscles that are in constant use in the back. Smoking also slows down the healing process therefore prolonging back pain.

Lose weight: Extra body weight adds daily stress on backs and other bone joints. This added stress accumulates over time and accelerates the natural degeneration of the spine.

By making some back-healthy changes and being alert to signs of back injury, Airmen can not only reduce medical costs but also live a healthier, pain-free life.

2010 proves banner year for recruiting

by Jim Garamone

American Forces Press Service

WASHINGTON (AFNS)

The military services had a banner year for recruiting and retention in fiscal 2010, Defense Department officials said here Oct. 12.

The services met their overall numbers and exceeded qualitative goals, said Clifford Stanley, the undersecretary of defense for personnel and readiness.

The Air Force recruited 28,493 Airmen, topping a goal of 28,360. The Army had the highest recruiting goal with 74,500 new Soldiers, and it recruited 74,577. The Navy had a goal of 34,180 Sailors and recruited 34,140. The Marine Corps recruited 28,041 young men and women on a goal of 28,000.

All of the reserve components made their fiscal-year goals, with the exception of

the Army National Guard. The Army Guard intentionally missed its recruiting goal to stay within end-strength limits.

The services also set quality records with 100 percent of the recruits in the Army and Marine Corps having a high school diploma. In the Air Force, the percentage with at least a high school diploma was 99 percent and in the Navy, 98 percent.

While the high unemployment rate has helped spur recruiting, it was not the biggest reason young men and women decided to join the military, Mr. Stanley said.

"As we look at where we are right now in terms of the challenges facing us, it's more to it than the economy," he said. "To a person -- serving their nation, doing it with honor, being patriots -- seems to be the recurring theme that comes up every time we

look at and talk to those who are wearing a uniform today, and we're still proud to have that in our active and our reserve components, and our Guard."

Mr. Stanley said the propensity of Americans to enlist is higher than it has been in the past.

Still, he said, there are difficulties.

Only three of every 10 Americans in the prime recruiting group of 17 to 24 years of age are even qualified to enlist, he added.

Many candidates, he said, are disqualified for medical, educational or conduct reasons.

Also, he added, the military and private industries are in competition for these prime recruits.

"Recruiting is always going to be a challenge," Mr. Stanley said. "It's still a challenge."

news brief

Commissioning Briefing

A commissioning briefing will be held at the Base Education Center on 29 October at 1100 am, in Room 217. Everyone interested in commissioning is welcome to attend, including family members who have questions.

Anthony Dremann, 1st Lt, will be the presenter. He is the Air Force ROTC Admissions Officer and Assistant Professor of Aerospace Studies at the University of North Dakota, Grand Forks, ND. He will cover all programs of Air Force commissioning.

For further information, contact Lois Nelson, Counselor, 723-2773.

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Local Weather

Thu
10/14 65/39 
Mainly sunny. High around 65F.
Winds NW at 5 to 10 mph.

Fri
10/15 70/38 
Partly cloudy. Highs in the low 70s
and lows in the upper 30s.

Sat
10/16 56/37 
Mostly sunny. Highs in the mid 50s
and lows in the upper 30s.

Sun
10/17 51/31 
Few showers. Highs in the low 50s
and lows in the low 30s.

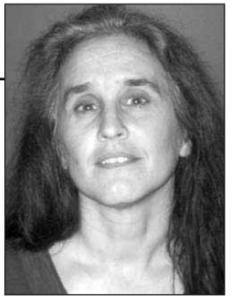
Mon
10/18 51/31 
Mix of sun and clouds. Highs in the
low 50s and lows in the low 30s.

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operation homefront

Go for the Gold

Commentary by Martina Kranz
Northern Sentry Writer



In high school, I had Mrs. Graebner one year for English class. She was my favorite teacher because she was so kind to me and the other students. One day, the class had a substitute teacher and our assignment was to write a story as if we were an inanimate object. I was a dried, dead leaf in my story. I had fun with it.

When Mrs. Graebner returned to school, she stated that she picked a story that she found particularly good. She wanted the writer to read the story aloud to the class; that writer was me. I didn't want my classmates to hear my story because I was embarrassed, but at that moment

I was also proud.

Twenty-six years later, I wrote an article for fun and submitted it to the Northern Sentry; with some embarrassment because I didn't think my article was special. I was critical about the article, but I figured why not? I had nothing to lose if the newspaper didn't publish my article.

When I learned that the Northern Sentry was interested in the article, I was elated. The newspaper published my article and the feeling was even more fantastic.

My husband gets cable TV in our home. Showtime airs Bud Greenspan's documentaries about the Olym-

pics and the Olympians. The basic theme of these documentaries is that these Olympians didn't quit on their dreams; even in the face of adversity. When these athletes win the gold, they are grateful, proud, and humble.

As a kid, I always had a dream to write; the desire was always inside me. Whatever your passion is, do it and enjoy it because life is too short. For me, when I became a Northern Sentry writer, this was as if I won the gold medal at the Olympics.

Enlisted voices: the profession of arms

Commentary by
Tech. Sgt. Jason Morse
9th Communications Squadron

BEALE AIR FORCE BASE, Calif. (AFNS) - The profession of arms has a public service orientation, a distinct culture, and a history, science and knowledge base. Each of these can be interpreted to mean one thing to an Airman: duty.

As technology advances, our forces shrink, and our destructive capabilities become more mechanized, where does that leave the average Airman's mindset? Are we still professionals with technology at our fingertips? What have you seen on Twitter and Facebook about your Airmen?

By volunteering to serve in the Air Force, each Airman has answered a higher calling. Take out your ID card and tell the person next to you what it means. Then ask that person to do the same. What does it mean to you? What do you think it means to the next person?

Security might come to mind as you realize you have to have it to gain access to your base or the computer network. Fitness could come to mind if your picture is a little larger than you want it to be.

But does anyone ever think about membership in the profession of arms?

What comes to mind with the idea of membership?

Some may think about benefits such as special savings or special offers as are often the ones associated with consumer club memberships. Some might feel comfort knowing that they are a part of a group that has a special status. Others may feel

pride because of some special meaning or message associated with the membership.

For Airmen, membership is all of the above and more. Since all Airmen are members of a proud profession, how do we show it? We wear the uniform correctly with pride. We follow customs and courtesies with integrity. We speak courteously to our leaders, peers, and subordinates.

But do we ever stray from these behaviors?

Since my arrival at Beale Air Force Base in August, I have witnessed many professional infractions in all ranks, including myself.

I've identified Airmen sitting on desks or leaning on walls. I have heard foul language. I've seen people speeding both on and off base. I've realized that it is quite easy to notice unprofessional behaviors, but not as easy to know what to do with them.

The immediate situations we find ourselves in are not always the best time to make corrections.

For example, what do you do if you see someone driving in an unsafe manner? Call 911? What do you do if you see an Airman with hands in pockets? Surely it's not difficult to mention it to the Airman.

If we do not identify less than professional behavior, we often let it go as a minor infraction that was probably not intentional or such a big deal, after all.

Maintaining balance between strict adherences to standards and maintaining individuality within a profession may be difficult for many Airmen.

What causes an imbalance? Professional behavior, just like all

behaviors, is a learning process. We learn professional behaviors in basic training and professional military education. We continue to learn from our leaders, peers, and even subordinates every day on the job. The only way we can provide balanced, professional behavior for ourselves and our Airmen is to lead by example.

You can lead by example at any rank by being in compliance with standards and courteously letting other Airmen know when they aren't in compliance. You don't have to remember everything you learned in school or memorize every Air Force instruction, although knowing this information will help you take initiative.

The next time you see an Airman with a string on his or her stripe, tell that person about it. When you see an Airman with an inappropriate message on his or her website, take action in correcting it. If you notice someone speeding on base, report it to the law enforcement desk. If an Airman has his or her hands in pockets, politely tell that individual to pull them out.

We are held to a higher standard and expected to be professionals on and off duty.

We may not be conducting our missions on a battlefield, but in an office. As an Airman is poised in a trench somewhere, our supporting Airmen are poised in the office to enable each mission. They share a sense of duty to the mission and must demonstrate professional behavior to complete each mission.

Be professional, and your Airmen will be professional.

We have answered our nation's call.

Northern Sentry

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Domestic violence: a zero tolerance matter

by **Suzi Stein**

Military Victim Advocate

October is Domestic Violence Awareness Month. Air Force Global Strike Command's Minot AFB, along with the Department of Defense, continues to promote a zero tolerance for domestic violence.

In partnership with the Domestic Violence Crisis Center and the North Dakota Council on Abused Women's Services, the 5th Medical Group will present the Clothesline Project in the base clinic atrium during the month of October. The Clothesline Project is a display of T-shirts made by victims and survivors of domestic violence sharing their stories and the impact abuse has had on their lives.

Domestic violence is incompatible with Air Force core values and it decreases a member's mission-readiness capability. It also adversely impacts unit mission because it prevents Airmen from being available for duty.

While domestic violence is often-times perceived strictly as a physical form of abuse, this perception is inaccurate. Domestic violence encompasses several forms of abuse. The core of domestic violence is one person trying to take control over another using intimidation, threats, insults, put-downs, sexual assault, stalking, controlling money

or bank accounts, isolation, and so forth. This can occur between couples who are married or unmarried, living together or separate, separated or divorced couples, and couples who are dating.

In the U.S. and abroad, more than a million active duty members and their immediate family members serve in defense of the nation. Among this population are victims and survivors of domestic violence; women, men and children who are all living with the daily reality of mental, emotional, physical and sexual abuse.

Developing an in-depth understanding creates awareness and the ability to recognize the warning signs helps prevent and identify domestic violence.

Verbal abuse can include yelling, screaming, belittling, criticizing, blaming and threatening.

Emotional and psychological abuse includes giving the silent treatment, accusing a partner of having an affair, keeping the partner isolated, monitoring behaviors, manipulating, intimidating and inflicting fear.

Financial and resource abuse includes withholding or controlling money, selling possessions without mutual approval, withholding child support, not providing food or clothing and destroying property.

Physical abuse includes



(Courtesy photo)

October is Domestic Violence Awareness Month. Air Force Global Strike Command's Minot AFB, along with the Department of Defense, continues to promote a zero tolerance for domestic violence.

biting, slapping, kicking, choking, threatening with a weapon, dragging by hair, pushing and so forth.

Sexual abuse can include any non-consensual sexual behavior, making constant sexual demands and forbidding birth control, to name a few. Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused or denied. This is especially true when the abuse is psychological, rather than physical. Emotional abuse is often minimized, yet it can leave deep and lasting scars.

Although domestic violence impacts Airmen and families in the same ways it affects non-military members, there are specific characteristics of military life and its culture that can contribute to the vulnerability of military families, including economic dependence, family stresses related to deploy-

ment and reunification, isolation from family and friends due to frequent relocations, and exposure to combat.

Many members engaged in domestic violence will say it doesn't impact their job. This is false. A domestic-violence incident impacts a member's work.

Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the previous warning signs and descriptions of abuse, don't hesitate to reach out. There is help available.

Domestic Violence Awareness Month provides many opportunities to create awareness about domestic violence, advocate for change and take a stand against domestic violence.

Minot AFB's family advo-

cacy office offers prevention and education for individuals and families who are dealing with domestic-violence issues. Strengthening and preserving families is a major goal of family advocacy. To assist in this, family advocacy offers therapeutic counseling, crisis intervention, anger-management classes, parenting classes, the new parent support program and domestic-violence victim advocacy services. Early intervention and prevention are key to breaking the cycle of domestic violence.

Early intervention is essential to break the cycle of domestic violence.

For more information, questions or concerns about domestic violence, contact Family Advocacy at 723-5096.

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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 Oct. 15 to 17 are from the 791st Missile Security Forces Squadron.

Saves through October 12: 779

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Tricare Official: Early flu shots key to prevention

by Donna Miles

American Forces Press Service

WASHINGTON (AFNS)

- With flu season already under way, the top TRICARE military health plan official encourages the system's almost 9.7 million beneficiaries to get their flu shots as early as possible at a military medical facility or network provider, or at any participating pharmacy.

Military hospitals and clinics and TRICARE network providers are stocked with this year's flu vaccine, ready to administer them now, said Navy Rear Adm. Christine S. Hunter, the deputy director for the Tricare Management Activity.

It's available to every TRICARE beneficiary over 6 months old, with no copayment or preauthorization required, even for people enrolled in programs that typi-

cally require one, she said.

"We want you to get the shot," Admiral Hunter emphasized, calling flu shots "an essential preventive service." Nine out of 10 healthy people who get the shot won't get the flu, according to the Centers for Disease Control and Prevention.

Unlike last year, when people needed two vaccines -- a conventional flu shot and another developed specifically for the H1N1 virus -- one shot will suffice this year, Admiral Hunter noted. Its formulation covers two of the most common seasonal influenza strains, A H3N2 and B virus, as well as H1N1.

Although the flu typically doesn't hit some regions for another few months, research shows it's better to get the vaccine early, preferably by mid-October.

Last year, for example, when manufacturing short-

ages delayed flu shots for TRICARE beneficiaries along with the general population, 486,000 TRICARE beneficiaries who hadn't been immunized developed flu symptoms before Nov. 1.

"We went back and looked at our data and realized that if we had been able to get everyone immunized in October rather than later in the year, we would have prevented almost 500,000 people from getting sick," Admiral Hunter said.

Not all required a doctor's care and most didn't experience any serious complications, she said, but almost all could have avoided the flu if the vaccine had been available sooner.

"This year, there is no delay in the distribution of the shots," Admiral Hunter said. "You can get it now. It's available in military hospitals and clinics and through

TRICARE now. So we would like to encourage people to get it now."

To make that as convenient as possible, TRICARE has entered into agreements with about 50,000 retail pharmacies nationwide. Like military hospitals and clinics and TRICARE network providers, they will administer the flu shot at no cost to TRICARE beneficiaries.

Many of the retail pharmacies offer flu shots at night and on weekends, and most don't require appointments.

TRICARE introduced the pharmacy option during last year's flu season, and Admiral Hunter said she hopes more people will take advantage of it this year as they learn about the program.

"People really value convenience in their health care," she said. "This is part of a campaign to bring preventive care as close to where people live and work as possible."

The TRICARE website lists participating pharmacies, with a locator button identifying the closest one, based on the beneficiary's ZIP code.

While encouraging people to get their flu shot wherever it's most convenient, Hunter emphasized that some TRICARE beneficiaries should consult their medical provider first. These include people with a serious chronic illness, young children who have never had a flu shot and

other at-risk groups.

Retail pharmacies will administer flu shots to active-duty military members and can provide documentation for their official shot records.

However, Admiral Hunter recognized that some servicemembers may be required to get their shots along with the rest of the members of their units. That way, she explained, the information is recorded immediately in unit shot records, with no delay.

In addition to getting a flu shot, CDC officials offer additional tips for avoiding the flu and its spread:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. You also can use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you no longer have a fever -- 100 degrees Fahrenheit or 37.8 degrees Celsius -- or signs of a fever without the use of a fever-reducing medicine such as acetaminophen.
- While sick, limit contact with others as much as possible to keep from infecting them.



Warbirds rapidly take-off during Prairie Vigilance 11-1

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

A B-52H Stratofortress, takes off during a rapid launch as part of Prairie Vigilance 11-1 here Oct. 9. Air Force Global Strike Command Airmen from Minot AFB and Barksdale AFB, La., took part in this multi-aircraft rapid launch. Exercises like these are integral to maintaining mission readiness and ensuring Team Minot is prepared to answer the call of the President of the United States and Combatant Commanders.

Spouse jobs program set to relaunch Oct. 25

San Antonio (AFNS) - The Military Spouse Career Advancement Program Accounts program is set to resume Oct. 25, but with significant changes.

Changes include limiting the availability of financial aid to spouses of active-duty servicemembers in pay grades E-1 to E-5, W1 to W-2 and O-1 to O-2.

Financial aid also will be limited to \$4,000 for up to three years from start of class to fund associate's degrees, licenses and certification programs, instead of the \$6,000 previously offered.

Spouses currently en-

rolled in the program can continue their participation through Oct. 21, when MyCAA will ramp down and prepare for the Oct. 25 relaunch. As of Oct. 25, those spouses who fall within the eligible pay grades can continue their program participation.

Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders.

For more information, visit the related story posted here.

(Elaine Wilson contributed to this story)

Winter roads ahead

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

With snow-covered winter days in fast approach, it is highly important for Air Force Global Strike Command Airmen, civilians and families here to familiarize themselves with the various road condition levels.

Staff Sgt. Joshua J. Dehoet, 5th Security Forces Squadron police services noncommissioned officer in charge, said there are four road conditions Minot members should be aware of:

Green - all roads are clear and road conditions are stable for traffic flow.

Yellow - drivers should remain cautious and be on alert for any possible hazards. Slowing down and paying close attention to the surrounding environment is vitally important for driver safety.

Red - no vehicle travel on roads is recommended except

for emergency responders.

Black - all roads will shut down and entrance gates will be closed. Everyone is expected to remain sheltered indoors. "If the weather is expected to hit condition red, usually there will be an issuance of early release," explained Sergeant Dehoet. "This allows individuals to get home before the weather hits." Master Sgt. Steven S. Ekker, 5th SFS, has been in charge of assessing road conditions for the winter, and he explained there are various factors that must be taken into consideration each day for determining road conditions.

"On any given day we have a flight chief on duty here 24/7 who, as part of his job, goes out periodically throughout the day and conducts road assessments," said Sergeant Ekker. The flight chief will examine road visibility, wind speed, temperature, weather, time of the day and evaluate any road hazards, he added.

"We assign a point value

to each of these various conditions," said Sergeant Ekker. "We then compile these numbers into our weather matrix grid which determines the appropriate road condition level for implementation."

The flight chief then issues the recommendation for a road condition level to the 5th Mission Support Group commander, who makes a final determination.

According to Sergeant Dehoet, 90 percent of the time the road conditions on base will be yellow during the winter time. With that said, he provided his own forecast for when the first snow of the year would come and what this means for Minot Airmen and their families.

"Honestly the first snowfall can happen any day now," said Sergeant Dehoet. "It's typically the first snowfall that causes the biggest obstacle for us because it's when accidents occur the most."

He expressed the necessity of driver caution during these first snowfalls, especially for



(U.S. Air Force graphic illustration by Senior Airman Benjamin Stratton) Team Minot members should check out the base Web site (www.minot.af.mil) for updated road conditions and gate information by clicking on the link in the provided tab on the home page.

new drivers who have never driven in the snow before.

As soon as the first snowfall arrives, both Airmen and civilian contractors from the 5th Civil Engineer Squadron snow patrol division will be in charge of ensuring the roads and parking lots on base are clear of snow.

Sergeant Ekker expressed his gratitude to the snow pa-

trol division for the great job they do at taking care of the roads on base.

Information pertaining to command notifications of changes in work schedules due to weather conditions can be obtained by visiting the Minot Air Force Base Web site or by calling the base's road condition hotline at 723-1190.

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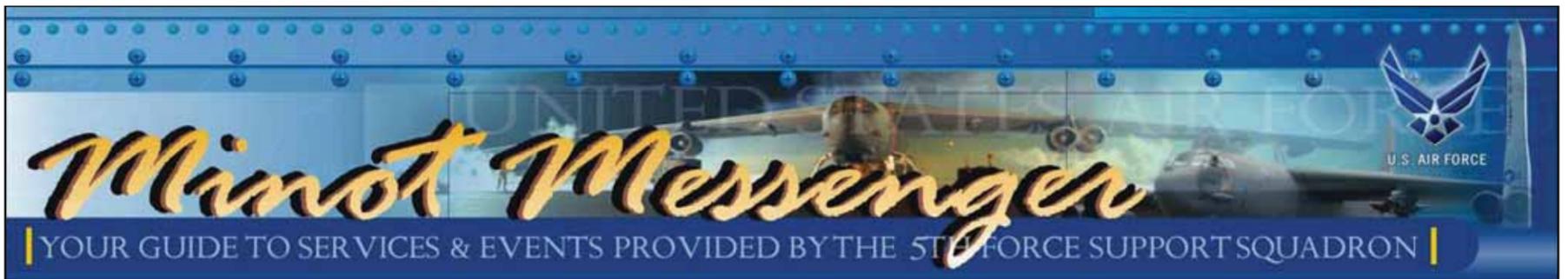
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Have Some Fun During 5 FSS Customer Appreciation Days

When you look up the word "appreciation" in Webster's Collegiate Dictionary, it is defined as an expression of admiration, approval, or gratitude. It is a fitting term to be associated with the great customers of the 5th Force Support Squadron facilities who will be shown gratitude during the 4th annual Customer Appreciation Days October 25-28. It is the squadron's way to emphasize our thanks to our customers for supporting FSS events, programs, and activities throughout the year.

On Tuesday, October 26th from 9 a.m. to 8 p.m., Rough Rider Lanes is offering Minot AFB personnel and their families two free games of bowling and free shoe rental. Each additional game of bowling is \$1. A special period of Lights & Strikes from 6-8 p.m. features glow in the dark bowling and music where customers can enjoy the two free games and free shoe rental offer also.

The Customer Appreciation Days fun continues on Wednesday, October 27th with free admission to Treasure Island from 5:30 p.m. to 8 p.m. Treasure Island is home to a miniature golf course, baseball batting cages, rock climbing wall, and a skate park.

Ghouls, Goblins and More Will Enjoy Family Fun Fest



Family Fun Fest is coming to the Youth Center on October 22nd from 6-8 p.m. Children of all ages can enjoy wearing their costumes and try their skill at a variety of games. There will be face painting, a candy walk, bone sweep, and prizes galore. Admission is free with no registration necessary. Tickets for games are \$.25 a piece or five for \$1.00 in advance; games are one or two tickets. Tickets are available for purchase at the Youth Center.

This year's Family Fun Fest is sponsored by Dakota Kids Dentistry. *No Federal Endorsement of Sponsor Intended.* For additional information, contact the David C. Jones Youth Center at 723-2838.



Numerous discounts, special offers, free activities, and prize drawings will be hosted by many other 5 FSS facilities from October 25-28. Offers include:

- Register for a daily drawing for one free adult and one children's book/DVD package to be given away
- Daily drawing for one free Take and Bake Pizza by Rough Riders
- Daily drawing for one free \$10 coupon valid for lunch or dinner at J.R. Rockers

Continued on Page 9

J.R. Rockers Halloween Bash Is Frightfully Fun



Looking for a spook-tacular night of fun? On October 23rd from 9 p.m. to 2 a.m., J.R. Rockers will be hosting their annual Halloween Bash. Admission is free for club members and \$5 for non-members attending the party.

You'll enjoy free food and drink specials plus don't miss the costume contest at the stroke of midnight for a chance to win great prizes. First place in the costume contest receives \$150, second place \$100, and third place \$75! You're sure to have a frightfully good time as you enjoy J.R. Rockers Halloween bash.

For additional details, contact J.R. Rockers at 727-ROCK.

Year of the Air Force Family



Event Update

Halloween Coloring Contest

October 1-31 • J.R. Rockers

Youth Flag Football, Volleyball, and Cheerleading Registration

Now-October 22 • Youth Center

Fitness Survivor Challenge

October 15 • 7 a.m. • Fitness Center

Counted Cross Stitch Class

October 15 • 1 p.m. • Arts & Crafts Center

Kids Night Out

October 15 • 6:30 a.m. • Youth Center

Preteen Treasure Island

October 15 • 8 p.m. • Treasure Island

Hosted by the Youth Center

Lights & Strikes Bowling

October 15 & 16 • 10 p.m. • Rough Rider Lanes

Otaku Minot

October 16 • 4 p.m. • Base Library

9 Pin No Tap Tournament

October 16 • 10:30 a.m. • Doolittle Center

Hip Hop Nite

October 16 • 11 p.m. • J.R. Rockers

Sunday Champagne Brunch

October 17 • 10:30 a.m. • Doolittle Center

Football Frenzy

October 17 • 11 a.m. • J.R. Rockers

Resume Writing and Interview Skills Workshop

October 18 • 5 p.m. • A&FRC

Federal Resume Workshop

October 20 • 9 a.m. • A&FRC

Mongolian Barbecue

October 20 • 5 p.m. • Doolittle Center

Creative Kids

October 21 • 10:30 a.m. • Arts & Crafts Center



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CUSTOMER APPRECIATION

from Page 8

- Daily drawing for one free Sunday brunch ticket at the Jimmy Doolittle Center
- Registration for a Jump Start Power Pack (\$70 value) at Auto Hobby
- Registration for a free weekend snowmobile rental at Outdoor Recreation
- Free cart rental at the Rough Rider Golf Course if course is still open (dependent on weather)
- 25% off retail store items and 40% off a huge selection of assorted items at the Arts & Crafts Center
- The Community Center is hosting the "Unique Pumpkin Contest". Paint, carve, sculpt, or just bring in a unique shaped pumpkin. Three categories: age 12 and under, age 13-17, and age 18 and over. Pumpkins must be dropped off by October 26th. Prizes awarded for the top pumpkin in each category. Call the Community Center at 723-4670 for details.

The Youth Center is offering free Starburst candy for their customers who are their "Shining Stars" on Monday, October 25th. On Tuesday, they have free "sweets" for customers to show their appreciation and will provide "hugs and kisses" (the Hershey kind) on Wednesday. They cap off Customer Appreciation Days on Thursday by thanking their customers for being "lifesavers" by offering free lifesaver candy.

The Customer Appreciation Days finale on October 28th features a special dinner served at the Jimmy Doolittle Center starting at 5 p.m. The dinner includes: submarine sandwiches, taco in a bag, chips, cookies/dessert bars, and drink; \$3 for adults, \$2 for children ages 6-11, and free for kids age 5 and under.

The "Darby's Sixty Seconds To Win It" promotion will begin at 6 p.m. at the Doolittle Center where over \$1,000 in prizes will be awarded to lucky winners. For complete details on the "Darby's Sixty Seconds To Win It" event, check out the related story in this issue of the Minot Messenger.

Indoor Triathlon

Do you have what it takes to compete in a triathlon? Your chance to find out happens October 23rd during the Indoor Triathlon at the Fitness Center beginning at noon. Participants swim a half mile, bike 10K, and run 5K utilizing the indoor swimming pool, bikes, and treadmills located inside the Fitness Center. Prizes will be awarded for first, second, and third place. The Indoor Triathlon is open to all DoD ID card holders age 16 and older. Deadline for registrations is October 20th. The Indoor Triathlon is one of the events held as part of the Fall Fitness Focus program sponsored in part by SRT Communications. No Federal Endorsement of Sponsors Intended. For more information, contact the Fitness Center at 723-2145.

"Sixty Seconds To Win It" Customer Appreciation Finale

Darby, the loveable 5th Force Support Squadron mascot, is back for another great Customer Appreciation Days finale promotion on October 28th. This year Darby is offering adults and children age 5 and older a chance to play "Sixty Seconds To Win It" for an opportunity to win their share of over \$1,000 in prizes to be given away. The promotion is the finale event during this year's Customer Appreciation Days to be held October 25-28 at 5th Force Support Squadron facilities. The four day promotion features a wide array of discounts, free activities, prize drawings, and fun for the entire family.

The finale event kicks off with a special Customer Appreciation dinner at the Doolittle Center beginning at 5 p.m. Darby's "Sixty Seconds To Win It" takes center stage at 6 p.m. with 8 different challenges for contestants. There will be four challenges for adults, two for children ages 5-8, and two for children ages 9-12. Each challenge features four contestants drawn from registrations received at the event. If you've seen the television show "Minute To Win It", you'll know the fun and entertainment everyone will enjoy.

Sponsors providing prizes for Darby's "Sixty Seconds To Win It" include: Superpumper Inc., Badlands Grill & Saloon, MLT Inc., Sleep Inn & Suites, Splashdown Dakota Super Slides, Holiday Inn Riverside, Canad Inns Grand Forks Destination Center, Ramkota Hotel, Best Buy, Applebee's Neighborhood Bar & Grill, and Northern Tier Federal Credit Union. (No federal endorsement of sponsors intended.)

The "Sixty Seconds To Win It" promotion is open to all active duty personnel, military dependents, retired military and DoD employees. Customers are not required to purchase the dinner to play; must be 5 years of age or older.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on October 22nd at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. There are two categories of wings – spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for additional details.

Airmen Appreciation Meal

The Dakota Inn will host an Airmen Appreciation Meal on October 27th from 4:30 p.m. to 7 p.m. A tasty menu will be served including delicious entrees such as T-bone steak and Sante Fe glazed chicken, as well as baked potatoes, macaroni and cheese, corn on the cob, mixed vegetables, salads, assorted hot rolls, desserts, and more. Airmen Appreciation Meals are held quarterly as a way for base leadership to recognize the efforts of Airmen. For more information, call the Dakota Inn at 723-2359.

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 723-2838.

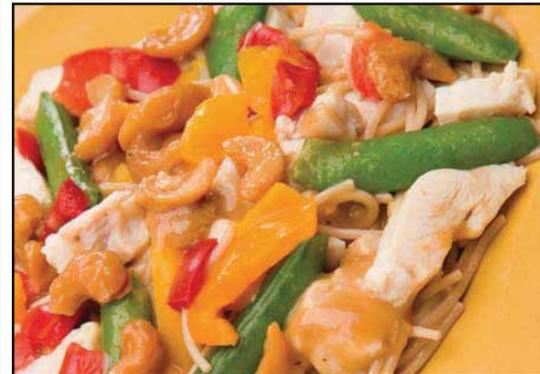
Federal Resume Workshop

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 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.

Dance The Night Away

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

Enjoy Mongolian Barbecue At Jimmy Doolittle Center



Make plans now to enjoy the Mongolian Barbecue at the Jimmy Doolittle Center on October 20th from 5-8 p.m. Build your bowl with white rice, beef, pork, shrimp, or chicken, a variety of vegetables, and your choice of sauce. Cost of this delicious dining experience is \$10.95 for club members, \$13.95 for non-members, \$5.95 for children ages 6-11, and free for children under age 5. Kids now have the option of choosing a six piece chicken nugget and fries meal or a six piece mini corn dog and fries meal for \$5.95. For additional details, call the Doolittle Center at 723-3731.

Prairie Adventures

by Patricia Stockdill

Spring turkey hunters have an advantage over their fall season hunting counterparts – in the spring it's much easier to identify a tom turkey from a hen.

Their bright red wattles light up against their Carolina blue cheek patches in the spring.

They strut their stuff with fanned tails in almost a stupefied jig of a dance.

Ah, but come fall it's a bit more difficult to distinguish toms and hens.

If there's time to study the turkeys in the field, there are some telltale ways to pick out that tom.

Typically, the largest bird in a flock is an adult male. While that may seem obvious, the problem is that generality doesn't always hold true if the flock consists of a hen with her brood. In addition, if the bird is alone there aren't other birds to compare it to.

There's still hope, though, but the trick is to be within close enough range to get a good visual on the bird. Key in on feather colors, especially those chest feathers.

If that bird looks all black on its chest, it's a male.

Both juvenile and adult male turkeys have black breast feathers year-around. The only exception to that would be if a juvenile male hasn't completed its post-juvenile molt. At that point, a juvenile male's feathers resemble a female with black feathers tipped with buff or tan outer edges. Even though they're lightly-tipped in color, the main parts of the feathers are still black, though.

The hen's overall feathers aren't quite as dark as those of a male. Coupled with those light outer feather edges, overall female turkeys appear lighter in coloration.

Another telltale identifier is a male turkey's beard, although a juvenile male turkey has a short beard compared to that of an adult tom. It's even difficult to see the beard on a juvenile male in his first fall of life. By the time the bird's first spring rolls around, the beard begins to slightly emerge.

Typically, female turkeys don't have beards.

Aging turkeys is similar to aging sharp-tailed grouse, ruffed grouse, and partridge: By checking the tips of the outer two primary wing feathers.

The primaries of an adult turkey are more rounded and have smooth edges. A juvenile turkey's two outer primaries will be pointy and frayed.

The N.D. Game and Fish Department encourages hunters to submit wing samples from their turkey, grouse, and partridge, along with legs from pheasants.

While turkey hunters receive wing envelopes when they get their license, other upland hunters can contact the Game and Fish Department's Bismarck office at (701) 328-6300, or e-mail ndgf@nd.gov to request wing sample envelopes. In addition, Game and Fish district offices have wing envelopes available.

The envelopes have pre-paid postage and have detailed instructions as to what feathers to include. For example, hunters should include two central tail feathers and several head feathers along with a wing for grouse and a leg and wing for pheasants. Turkey hunters should also include a few breast feathers to help identify the sex of the bird.

Game and Fish Department biologists analyze wing data from pheasants, sharp-tailed grouse, ruffed grouse, turkeys, and partridge.

North Dakotans have been hunting turkeys in the fall since 1958, although the season was closed in 1959, 1960, and 1966.

Quote of the Week:

"It (wing samples) allows us to monitor production, reconcile bird counts, and get a better understanding of the harvest ratio of males to females and juveniles to adults."

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

Motorists warned to watch for deer

Motorists are reminded to watch for deer along roadways, especially this time of year, because juvenile animals are dispersing from their home ranges.

Late October through early December is when deer are most active, resulting in the peak period for deer-vehicle accidents. Motorists are advised to slow down and exercise caution after dark to reduce the likelihood of encounters with deer along roadways.

Deer-vehicle accidents are at times unavoidable. However, motorists should be aware of warning signs signaling deer are in the area. When you see one deer cross the road, look for a second or third deer to follow. Also, motorists are urged to pay attention on roadways posted with Deer Crossing Area

caution signs. If an accident does happen, a local law enforcement agency should be contacted. Also, a permit is required to take parts or the whole carcass of a road-killed deer. Permits are free and available from game wardens and local law enforcement offices. A few precautions can minimize chances of injury or property damage in a deer-vehicle crash.

Always wear your seat belt. Don't swerve or take the ditch to avoid hitting a deer. Try to brake as much as possible and stay on the roadway. Don't lose control of your vehicle or slam into something else to miss the deer. You risk less injury by hitting the deer. If you spot deer ahead, slow down immediately and honk your horn. No published research supports the effectiveness of deer whistles on

vehicles.

Permit required to possess road killed deer

Even though motorists are especially attentive to deer movement this time of year, accidents occur. When it happens, a local law enforcement agency should be contacted.

The North Dakota Game and Fish Department often receives calls from motorists wondering if they can keep the carcass, or at least the antlers of deer they have hit. The answer is yes, but only after obtaining a permit to possess. A permit is required if someone wants to take possession of parts or all, of a road-killed animal. A permit is also required to possess skulls with antlers attached.

Permits to possess road-killed deer are free and available from game wardens and local law enforcement offices.




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Running the right way

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

Running is a major component of the Air Force physical fitness test, but it's proving to be a challenge for many to pass.

"Running is an indicator of a person's overall aerobic capacity," said Tech. Sgt. Daniel M. Capitano, 5th Medical Operations Squadron physical medicine craftsman.

Sergeant Capitano believes this is why running is part of the fitness test. Unfortunately, many Air Force Global Strike Command Airmen are finding it difficult to pass.

"Our failure rates for this base are at about 28 percent," the sergeant said. "We're also seeing an increase in injuries due to running."

Sergeant Capitano believes many Airmen want to pass the test; they just don't know where to start in their training. So he and his peers devised a running clinic to assist Airmen in their quest for a better run time, as well as help those who are recovering from an injury.

The program consists of six phases of walking and running intervals. Intervals start off slow in the beginning phases and progress to a faster pace in later phases.

The program is only to be performed three nonconsecutive days a week, with a 36-hour time period in between for adequate recovery.

"The ankles, the knees, muscle groups; these all need to get used to the impact," said Sergeant Capitano. "For beginners, it is important to let the body recuperate, which is why there is a 36-hour block of time in between the training days in this program."

In addition to participating in the running program, beginners can also improve their run time by focusing on their form.

"Runners should always be leaning forward and let the hamstrings pull the legs up," he said. "Runners should always maintain this position. Let gravity push the body forward. The more the runner leans, the faster the runner will go."

Proper form has also been shown to decrease a runner's

chance of getting injured, Sergeant Capitano added.

"If the body is postured straight up and down, the runner will have more bounce in their run," said the sergeant. "This type of posture will lead to fatigued muscles and injuries because joints are under a much higher impact."

What a runner does with the arms is also important to running form.

"Do not pump the arms," he said. "If a person is pumping their arms, trying to propel themselves, it's reducing the body's internal capacity to work. Try to let the arms be as fluid as possible. If a person feels like they are working hard when running, it probably means they are doing something wrong."

Side stitches, another uncomfortable occurrence many beginners experience, can be prevented by focusing on breathing patterns and form.

"Breathing should be natural and rhythmic," he explained. "It's the diaphragm that causes side stitches. The diaphragm is trying to go up while the liver is going down, so this creates a spasm. To prevent this, I tell people to exhale on the left foot."

Sergeant Capitano recommends people run in well-lit populated areas and with a partner for both safety and motivation.

According to Tech. Sgt. Tammy Haugland, the 5th Medical Group noncommissioned officer in charge of physical therapy, shoes and comfortable clothing are also important factors to consider when running.

She explained that shoes should fit according to a person's foot type. Someone with a high arch needs a different type of support than someone with flat feet, she said. Sergeant Haugland also noted runners should avoid cotton clothing as it tends to cling to the body when sweating. Runners should wear clothing that is both comfortable and breathable.

If a person prefers to run indoors on a treadmill, or has to because of inclement weather, Sergeant Haugland recommends setting the incline to two percent, as this most closely mimics outdoor running conditions.

Overall, Sergeant Capi-

tano said, runners should focus on being well-rounded in their fitness, meaning they should participate in different activities other than running.

"The body tends to get used to the same type of exercise after a while, so it is important to continuously challenge the body with other activities like sports or weight lifting," he explained. "Weight lifting is also very helpful in preventing injuries by building strength in the connective tissues of your body."

Running is highly beneficial to a person's overall health; both mentally and physically, the sergeant said.

"It increases energy, improves cardiovascular health, improves mood through the release of endorphins, is a great stress reliever and also leaves the runner with a sense of accomplishment."

Runners, he said, should always ensure they properly warm up before working out.

"Light running in place and low impact calisthenics are both good options for warming up," said the sergeant.

He also recommends people not stretch until after their workout.

"Stretching after your warm up actually allows your body to cool down, which negates everything you've done," Sergeant Capitano said. "Stretching after your run has shown to have better results for decreased soreness."

Experts say running is a great way to stay in shape and relieve stress. Additionally, to stay prepared for the physical fitness test, running should be part of a healthy lifestyle.

The Minot AFB running clinic is available to anyone looking to improve their run time. For more information, contact the Health and Wellness Center at 723-2990.

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Friday Evening October 15, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Family	Middle	Detroit 1-8-7		20/20		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Medium		CSI: NY		Blue Bloods		Local	Late Show Letterman	Late	
KMOT/NBC	School Pride		Dateline NBC		Outlaw		Local	Tonight Show w/Leno	Late	
KNDX/FOX	House		The Good Guys		Local					
Cable Channels										
AMC	Deep Blue Sea				Ghost Ship				Virus	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Swamp Loggers		Swamp Loggers		Beyond Survival		Swamp Loggers		Swamp Loggers	
DISN	Deck	Wizards	Fish Hook	Phineas	Hannah	Wizards	Wizards	Wizards	Phineas	
ESPN	College Football						SportsCenter	Baseball	NFL Live	
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club	Whose?	Whose?	
FX	Big Momma's House		Big Momma's House 2				Sons of Anarchy	Sunny	League	
LIFE	How I Met	How I Met	Reba	Reba	Reba	Reba	How I Met	How I Met	Reba	Reba
NICK	Big Time	Big Time	Big Time	Big Time	Lopez	G. Martin	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Entourage	Entourage	BlueMount	BlueMount	BlueMount	BlueMount	BlueMount	BlueMount	BlueMount	Ways Die
TBS	MLB Baseball						MLB Post	Air Force One		
TNT	The Holiday				Two Weeks Notice				Runaway	
USA	House		House		House		Die Another Day			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Night-Smithsonian				Real Time/Bill Maher		Real Time/Bill Maher	Eastbound	Hangover	
MAX	Watchmen	Ninja Assassin			Kindergarten Cop			Lingerie	Alien Sex	
SHOW	Weeds	The Big C	Punisher: War Zone				Boxing			

Tuesday Evening October 19, 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	Wild	Local					
Cable Channels										
AMC	Friday 13th 3				Friday 13th				Friday th	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	Dirty Jobs		Dirty Jobs		Ghost Lab		Dirty Jobs		Dirty Jobs	
DISN	Under Wraps				Good Luck	Good Luck	Jonas L.A.	Jonas L.A.	Hannah	Hannah
ESPN	30 for 30		2010 Poker				SportsCenter	Baseball	NFL Live	
FAM	Melissa	The Goonies			The 700 Club			My Wife	My Wife	
FX	Cloverfield				Sons of Anarchy		Terriers		Sons of Anarchy	
LIFE	Reba	Reba	Wife Swap		Wife Swap		How I Met	How I Met	Wife Swap	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Ways Die	Ways Die	Scream 2010				Scream 2010			
TBS	MLB Baseball						MLB Post	Lopez Tonight		
TNT	Bones		Law & Order		Law & Order		CSI: NY		CSI: NY	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		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	The Lovely Bones				Eastbound	Eastbound	Bored	Boardwalk Empire	Hangover	
MAX	Public En	Street Fighter: Chun-Li			Bride of Chucky			Lingerie	Old School	
SHOW	Tenure	Weeds	The Big C		Dexter		Weeds	The Big C	The Hurt Locker	

Saturday Evening October 16, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	NASCAR Racing							Local		
KXMC/CBS	CSI: NY		The Mentalist		48 Hours Mystery		Local			
KMOT/NBC	The Event		Law-Order L.A.		Law & Order: SVU		Local	Saturday Night Live		
KNDX/FOX	MLB Baseball				Local	Fringe		Wild	Local	
Cable Channels										
AMC	Predator				Predator 2					
CNN	CNN Presents		Larry King Live		Newsroom		CNN Presents		Larry King Live	
DISC	Dual Survival		Dual Survival		Dual Survival		Dual Survival		Dual Survival	
DISN	Wizards	Deck	Phineas	Fish Hook	Phineas	Wizards	Wizards	Deck	Phineas	Fish Hook
ESPN	College Football				Score		College Football			
FAM	Step Up		The Princess Diaries				Stepmom			
FX	Baby Mama		Two Men	Two Men	Two Men	Two Men	Archer	Archer	Two Men	Two Men
LIFE	The Pregnancy Pact		Reviving Ophelia				Project Runway			
NICK	iCarly	Jackson	Big Time	Victoriou	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	UFC 120						BlueMount	BlueMount	UFC 120	
TBS	The Longest Yard				The Longest Yard					
TNT	Foot's Gold				Failure to Launch				Spanglish	
USA	NCIS		NCIS		NCIS		Burn Notice		Action Sports	
WGN	Bones		Funniest Home Videos		Funniest Home Videos		How I Met	How I Met	South Pk	South Pk
Premium Channels										
HBO	The Lovely Bones				Boardwalk Empire		Promise: Making of Dark			
MAX	Blown Away				Fantastic Mr. Fox			Lingerie	Bikini Jones	
SHOW	The Big C	Weeds	Halloween II				Saw V		Dexter	

Wednesday Evening October 20, 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	MLB Baseball				Local					
Cable Channels										
AMC	Friday the 13th-New				Friday 13th, VI				Friday the 13th-New	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live	
DISC	MythBusters-		MythBusters		Storm Chasers		MythBusters-		MythBusters	
DISN	Twitches				Good Luck	Good Luck	Jonas L.A.	Jonas L.A.	Hannah	Hannah
ESPN	NBA Tonight Roundtable Special		30 for 30				SportsCenter	Baseball	NFL Live	
FAM	The Goonies		Hocus Pocus				The 700 Club	My Wife	My Wife	
FX	Deception				Terriers		Terriers		Two Men	Two Men
LIFE	Reba	Reba	The Break-Up				How I Met	How I Met	The Break-Up	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	UFC 116: Lesnar vs. Carwin		UFC		The Ultimate Fighter		BlueMount	BlueMount	UFC	Ultimate
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight		Earl	Earl
TNT	Golf		Bones		CSI: NY		CSI: NY		CSI: NY	
USA	NCIS		NCIS		NCIS		Blood Diamond			
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		Monica & David	
MAX	Blown Away		Fantastic Mr. Fox		I Love You, Man					
SHOW	Valkyrie		Inside the NFL		Inside NASCAR		Inside the NFL		Inside NASCAR	

Sunday Evening October 17, 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	MLB Baseball						Local			
Cable Channels										
AMC	The Sum of All Fears		Rubicon		Mad Men		Mad Men		Rubicon	
CNN	State of the Union		Larry King Live		Newsroom		State of the Union		Larry King Live	
DISC	Life		Life		Life		Life		Life	
DISN	Sonny	Good Luck	Wizards	Jonas L.A.	Jonas L.A.	Jonas L.A.	Sonny	Good Luck	Hannah	Hannah
ESPN	SportsCtr	Countdown	NBA		NBA Tonight Roundtable Special		SportsCenter		SportsCtr	
FAM	Ever After		Mean Girls				Melissa	J. Osteen	Ed Young	
FX	The Waterboy		Forget Sarah				Sons of Anarchy		Waterboy	
LIFE	Bond of Silence		Reviving Ophelia				Reviving Ophelia			
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene	
TBS	The Hulk				The Hulk					
TNT	Hitch				Hitch					
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Hostage	
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk		Monk	
Premium Channels										
HBO	The Lovely Bones		Boardwalk Empire		Bored	Eastbound	Boardwalk Empire		Bored	Eastbound
MAX	Cirque	Fantastic Mr. Fox			Twelve Monkeys				Lingerie	
SHOW	Dexter	Dexter	Weeds	The Big C	Dexter		Look		Death Lv	

Thursday Evening October 21, 2010										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Grey's Anatomy		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	MLB Baseball				Local					
Cable Channels										
AMC	Friday 13th, 7				Friday 13th-8				Friday 13th7	
CNN	Parker Spitzer		Black in America				Anderson Cooper 360		Black in America	
DISC	River Monsters		River Monsters		Ghost Lab		River Monsters		River Monsters	
DISN	Twitches Too				Good Luck	Good Luck	Jonas L.A.	Jonas L.A.	Hannah	Hannah
ESPN	Coll. Football Live		College Football				SportsCenter		SportsCenter	
FAM	Van Helsing						The 700 Club		My Wife	My Wife
FX	Two Men	Two Men	Two Men	Two Men	Sunny	League	Sunny	League	Terriers	
LIFE	Project Runway		Project Runway				Road	Road	Road	Runway
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		UFC	UFC
TBS	Fam. Guy	Amer. Dad	Fam. Guy	Amer. Dad	Fam. Guy	Amer. Dad	Lopez Tonight		Earl	Earl
TNT	NBA Basketball						3:10 to Yuma			
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	The Blind Side				Bored		Real Sex 28			
MAX	Sherlock Holmes				The Fourth Kind				Co-Ed Confidential 4 PLAY	
SHOW	The Narrows				Dexter		Body	Beach	Wild	Halloween

Monday Evening October 18, 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									

<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. Sunday 8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental <i>Meeting at the Carnegie Center</i> 105 2nd Ave SE - 833-1798</p> <p>Sunday 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 Club.....7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i></p> <p>Protestant Services (All Sunday)</p> <p>Traditional Service10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service.....2:00 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></p> <p>Catholic Services</p> <p>Eucharist (Mass) Daily Mass9:00 a.m. (Northern Lights) Sunday 9:30 a.m. & 5:00 p.m. (Northern Lights) Sunday CCD.....11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship.....7:00 p.m. Wed. Evening Family Night.....7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship.....6:00 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 Classes.....6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible 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 Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper.....5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0906</p> <p>Sunday 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 Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday 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 Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship7:00 p.m. Sunday Worship8:15 a.m. & 10:45 a.m. Fellowship9:15 a.m. Adult Forum9:30 a.m. Sunday School9:30 a.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church SBC 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching & Teaching.....9:30 a.m. Morning 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 Rehearsal.....9:00 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.angellnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday 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.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p> <p>"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 Service.....7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship8:30 a.m. Adult Sunday School9:45 a.m. Contemporary Worship Service.....9:50 a.m. Sunday School (All Ages).....11:00 a.m. Contemporary Worship Service.....11:05 a.m. Wed. AWANA Clubs (Sept. - May).....6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Church of the Nazarene 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday 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 Evening.....7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p>Trinity Church An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May</p> <p>Sunday 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 open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship9:30 a.m. Coffee Fellowship.....10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

crossword puzzle

ACROSS

1. Declines, to a Wall Streeter
5. Crooner Jerry
9. Knock-__
14. __-à-porter (ready-to-wear clothing)
15. Agenda listing
16. Like many seals
17. Ides of March rebuke
18. Designer Chanel
19. Belgian battle site
20. Adds to the language, in a way
23. Teacher portrayed by Kaplan
24. Thus far
25. Polo Grounds legend
28. Narc's find
31. Baseball yearbook page
33. Wagering loc.
36. __ club (singers' group)
38. __ Dame (French cathedral)
39. Purpose of a trip, perhaps
43. Old Testament book
44. Kett of old comics
45. They follow dos
46. Political refugee
48. Monica of tennis
51. Cartoon Chihuahua
52. Grapefruit league loc.
54. Regales
58. Bit of ammo for the Lone Ranger
61. Nominee list
64. Neighborhood
65. The O'Hara home
66. Go by tandem
67. Enjoys brandy
68. Related
69. Tony or Oscar musician John
70. New Age
71. Privation

DOWN

1. Tiny bit
2. __-Detoo ("Star Wars" android)
3. "Understand?"
4. Doubles' jobs
5. Cleric's residence
6. Perched upon
7. Poland's Walesa
8. Atlanta university
9. Mack Sennett's studio
10. Back of the neck
11. Drop an easy one
12. Shoebox letters

Petty Cash

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			

13. Cavity-filler's deg.
21. Put in rollers
22. __ Lingus
25. Playful mammal
26. __ Haute
27. Deuce toppers
29. __ gin fizz
30. Tests for weight
32. Ill, to Jr.
33. Autumn color
34. Jim in the 500-homer club
35. Washbowl
37. Italy's Villa d'__
40. Battery term.
41. Jim Davis cat
42. Durante's "Mrs."
47. Conduit bend
49. Cassowary kin
50. Ottoman ruler
53. Nautical "Halt!"
55. Satisfy, as thirst
56. Creepy
57. Cede one's seat
58. Brigadier general's insignia
59. Toledo's lake
60. Gym iterations
61. Mineral spring site
62. "Ben-Hur" novelist Wallace
63. Critic __ Louise Huxtable

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

Solution to puzzle from October 8.

movies

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

Machete

Friday, October 15, at 7 p.m.

(Danny Trejo, Michelle Rodriguez)

After a violent shakedown from a notorious drug lord nearly kills him, Machete, a renegade Mexican Federale and tough-as-nails vigilante for justice, roams the streets of Texas, working as a day laborer. When Machete is hired by a crooked US Senator to execute a covert hit, Machete is double-crossed and forced to run from the cops and an endless stream of assassins. But what they don't know is that Machete is looking for them so he can settle the score.

Rated R (strong bloody violence throughout, language, some sexual content and nudity)
105 min

Going the Distance

Saturday, October 16, at 7 p.m.

(Drew Barrymore, Justin Long)

Erin and Garrett are very much in love. When Erin moves to San Francisco to finish her journalism degree and Garrett stays behind in New York to work in the music industry, they gamely keep their romance alive with webcams and frequent-flyer miles. However, just when it seems the lovers will be soon be reunited, Erin and Garrett both score big breaks that could break them up for good.

Rated R (sexual content including dialogue, language throughout, some drug use, brief nudity)
103 min

sudoku

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

Solution to puzzle on page 28.

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SALE \$20,971



2011 MAZDA 6
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 2008 CHEVY EQUINOX \$17,995	 2009 CHEVY EQUINOX \$22,995	 2009 CHEVY IMPALA \$15,995	 2009 CHEVY MALIBU \$14,995	 2007 CHEVY TAHOE \$28,995	 2009 GMC ACADIA \$27,995
 2008 CHEVY TRAILBLAZER \$19,995	 2008 CHEVY UPLANDER \$13,995	 2007 CHRYSLER PT CRUISER \$9,995	 2008 CHRYSLER SEBRING \$11,995	 2009 CHRYSLER SEBRING \$14,495	 2006 DODGE RAM \$15,995
 2007 DODGE CALIBER \$13,995	 2009 DODGE JOURNEY \$18,995	 2009 DODGE DAKOTA \$18,995	 2005 FORD FOCUS \$7,995	 2009 FORD FUSION \$16,995	 1997 FORD RANGER \$3,995

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Donna Bessette, Terry Paul, Dennis Olsbakk, Terry Spas, Keith Johnson, Derrick Johnson, Thomas Morteney, Adam Shelby, Mitch Mulloy

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01 Chevy Tahoe LT.....#6301510	\$10,206	07 Chevy TrailBlazer LS.....#5398711	\$18,947	09 Hummer H3X.....#5364910	\$26,713
00 GMC Sierra 1500 X-Cab.....#5317931	\$12,968	08 Jeep Gr. Cherokee Laredo.....#5391241	\$19,926	08 Lincoln Navigator.....#5357431	\$34,747
05 Ford F-150 SuperCrew XLT.....#5394921	\$14,216	07 Silverado 2500 X-Cab 1LT.....#5358010	\$19,989	08 Chevy Suburban LTZ.....#5390111	\$37,355
03 Silverade 1500 X-Cab Z71.....#5369821	\$14,974	06 Silverado 1500 Crew.....#5383220	\$20,874	10 Silverado 2500 Diesel Crew.....#6303310	\$42,926
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