

## Attentive winter driving

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

With freezing temperatures right around the corner, it is essential for Air Force Global Strike Command drivers to take precautionary measures to ensure their vehicle is well prepared to handle the wintry weather conditions ahead.

Staff Sgt. Joshua J. Dehoet, 5th Security Forces Squadron police services noncommissioned officer in charge, stressed the importance of maintaining a sharp level of awareness and caution while on the road this winter.

He explained one of the biggest mistakes drivers commit during the wintertime is continue their normal driving habits despite the accumulation of snow on the roads.

"Driving the speed limits is often faster than what weather conditions allow for in the wintertime," he added.

Many Airmen on base drive sports vehicles with thin street tires installed, said Sergeant Dehoet.

"These types of tires are not fit for winter roads," the sergeant explained. "Snow accumulates on them and creates a situation of ice on ice which causes slip and slide accidents."

He stated that during the first snowfall there is an average of seven snow related vehicle accidents on base.

"They usually involve drivers who have never driven in the snow before," he said. "Many will need to adjust and learn how to control their vehicle properly in these conditions."

Tech. Sgt. Eric Driskell, 91st



(Courtesy photo)

Maintaining a high level of awareness while on the road this winter is key to guarding against potential safety hazards.

Missile Wing ground safety NCOIC, dispelled the confidence many have when driving four-wheel drive vehicles on the highway during the wintertime.

"These vehicles will certainly help you get out of the parking lot easily or even rescue you out of a small ditch," Sergeant Driskell added. "But once it's on the highway there is no guarantee it will have better traction or stop any quicker in hazardous situations."

One of his biggest recommendations to drivers is to winterize their vehicles before the snow season is in full swing.

Jay B. Utter, 5th Force Support Squadron auto hobby center supervi-

sor, agrees with Sergeant Driskell in that preventative maintenance for the winter is essential.

"Drivers should visit their local tire shop and see if they can install either snow, studded or all-weather tires on their vehicles," Mr. Utter said. "These all help with braking grip."

However, studded tires have legal limitations on them. The state of North Dakota only authorizes their use from the dates of Oct. 15 to April 15.

Mr. Utter also recommends installing a block heater on engines regardless of how new a vehicle is.

"I suggest drivers install an immersion type block heater which

will keep the cooling system warm," said Mr. Utter. "It helps ease vehicle start-ups on cold mornings, which in turn helps reduce wear on both the engine and battery."

Ensuring vehicles are equipped with all the proper fluids to handle winter conditions is also important, he said.

He recommends using synthetic motor oil designed for winter conditions. Drivers can consult their manufacturer's manual to figure out the correct oil viscosity level that should be used.

"A good mix of 50/50 antifreeze and water is also recommended," continued Mr. Utter. "Straight antifreeze in a vehicle's system will slush up if there is no water mixed into it."

Furthermore, Mr. Utter advised having a winter survival kit if traveling long distances or just as a precautionary measure. "A good safety kit includes a flashlight, blanket, candles, matches, shovel, snacks, metal coffee can, a gallon of potable water and a bright flag," Mr. Utter said.

These items are useful for travelers if they become stranded out in the middle of the countryside, explained Mr. Utter. A lit candle inside a metal coffee can will act as heater and a shovel can be used to prevent the exhaust pipe from clogging up which will guard against the buildup of carbon monoxide inside the vehicle.

Whether drivers choose to ride in a four-door sedan or a four-wheel drive pickup truck this winter, it is important they take the necessary precautions to ensure the safety of not only themselves but of their colleagues as well.

### 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 Force Support Squadron

Master Sgt. Lowell Cormier  
 Staff Sgt. Marquita Warren  
 Senior Airman Bethany Tompkins  
 Senior Airman Brittany Greene

Senior Airman Victoria Kemper  
 Senior Airman Andrea Flores  
 Airman 1st Class Liana Roray  
 Airman 1st Class Heather Lucas  
 Airman 1st Class Roberto Lopez

Airman 1st Class Kelsey Keppner  
 Airman Maxwell Brown

#### 23rd Bomb Squadron

Capt. Richard Marby

#### 5th Civil Engineering Squadron

Senior Airman Miles Murphy  
 Senior Airman Felix Holguin  
 Airman 1st Class Kyle Neiningner

# NATO partners strengthen bonds with Airmen through discussion

by Senior Airman  
**Melissa B. White**  
451st Air Expeditionary  
Wing Public Affairs

**KANDAHAR AIRFIELD, Afghanistan (AFNS)** - Senior NCOs met with NATO partners Oct. 13 here for a panel discussion gain insight on other nations' military standards, customs and courtesies, and traditions.

In addition to the United States, Canada, Great Britain, Australia and Belgium were represented at the panel. The American SNCOs took turns asking questions to the panel to get a better understanding of how the other militaries operate.

"The biggest benefit to the panel was the audience's understanding that as much as the military services are different in so many ways, we do share some of the same challenges," said Chief Master Sgt. Antonio Hickey, the 451st Air Expeditionary Wing command chief. "The concerns regarding promotions, performance reports and fitness were very similar to what we experience in the Air Force."

The members covered a variety of topics including

their retirement plans, time of service, type of education mandated for promotion, warrant officer programs, whether their local population supports their troops and several other points.

"The other take away for many was the discussion on enlisted development through education and professional military education," Chief Hickey said. "We all gained some very good insight into the various programs and requirements of the other services. I think many walked away with a renewed respect for the education and training of our enlisted counterparts."

Another topic discussed was which attributes NATO partners would like to adopt from the U.S. military. They agreed on one general point: the way U.S. military takes care of its servicemembers and the high-quality equipment they receive.

"Support your guys ... keep taking care of them," said Belgian air force Chief Warrant Officer Dirk Knuts. "We may have great planes in our military, but when it comes down to taking care of the people working on (them), that's a different story."

With a base population of



(U.S. Air Force photo/Senior Airman Melissa B. White)

NATO partner military members and Airmen mingle after a senior NCO panel discussion Oct. 13, 2010, at Kandahar Airfield, Afghanistan. The Air Force SNCOs hosted the NATO members to increase awareness of other nations' military standards, customs and courtesies and traditions.

nearly 30,000 people representing dozens of countries, Airmen at the board found the information shared at the panel useful. On any given day, people on base are bound to cross paths with people

in all sorts of camouflage uniforms from many different countries.

"I hope this was rewarding for them, because it was great getting to share the information about our services," said

Canadian Forces Petty Officer 1st Class Martin Cashin. "Now, (it would) be interesting to see how the Americans do things. I would like to do a panel where they answer the questions we have."



## Base to test emergency notification system

(U.S. Air Force photo by Laurie Arellano)

Airman 1st Class Michael Bates, 5th Civil Engineer Squadron alarm room operator, monitors incoming calls and makes notifications during an exercise here Oct. 20. The base will be testing its mass notification systems next week, including the emergency notification system, recall procedures, the base information hotline and public information sites such as the base website, social media pages and local television and radio stations. The test will help determine the most efficient ways to reach the majority of the base and local populations.

## AFPC officials conduct retirement webinars

by Staff Sgt. Steve Grever  
Air Force Personnel, Services  
and Manpower Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** - Air Force Personnel Center officials are set to conduct a series of web-based seminars highlighting the retirement process for active-duty Airmen.

These webinars are scheduled to be held every quarter to help Airmen successfully navigate through the retirement and separation processes.

The Retirements 101 webinar for enlisted members is scheduled for 9 a.m. and 5 p.m. CDT Oct. 21 and can be accessed at <https://connect.dco.dod.mil/afpcenlistedretirements101>. The first Retirements 101 webinar for officers is scheduled for 9 a.m. and 5 p.m. CDT Nov.

18 and can be accessed at <https://connect.dco.dod.mil/afpcofficerretirements101>.

AFPC officials plan on hosting a webinar to educate Airmen about submitting retirement applications through the Virtual Military Personnel Flight application at 9 a.m. and 5 p.m. CDT Dec. 9. Users can access this briefing at <https://connect.dco.dod.mil/retirementapplicationvmpf>.

In January, AFPC officials have scheduled another webinar to explain the steps to take after a retirement application is approved. This webinar is scheduled for 9 a.m. and 5 p.m. CDT Jan. 13, 2011 and can be accessed online at <https://connect.dco.dod.mil/afpcapprovedretirementnowwhat>.

For more information on AFPC webinars, call the Total Force Service Center at 800-525-0102.

# Minot cracks down on drugs

by Senior Airman  
**Benjamin Stratton**  
Minot Air Force Base  
Public Affairs

The installation commander ordered the first 40 Airmen through the Magic City or Main Gate here Oct. 10 at one minute past midnight to provide a drug testing sample.

In coordination with the Minot AFB first sergeants, the Air Force Office of Special Investigations, the 5th Bomb Wing Legal Office and the Drug Demand Reduction Office, the testing was a sure way to ensure Minot AFB is a "drug-free" zone.

"Once identified at the gate, Airmen were directed to the 5th Medical Group atrium where they in-processed prior to providing a drug testing sample," said Capt. Mike Kirkland, 5th BW Judge Advocate General on-scene advisor. "After providing a sample, all Airmen were released on their way."

The directive, called Operation Prairie Hawk, was implemented to ensure the success of the Air Force Global Strike Command mission. Captain Kirkland noted the directive is not an annual requirement and may occur at any time with no notice.

"Safe, secure and effective operations on Minot AFB



(U.S. Air Force photo by Tech. Sgt. Lee A. Osberry Jr.)

Tech. Sgt. Chris Stevens, 5th Security Forces Squadron patrolman, directs traffic during Operation Prairie Hawk here Oct. 10. First sergeants from both the 5th Bomb Wing and the 91st Missile Wing in partnership with the Drug Demand Reduction Office, Air Force Office of Special Investigations and Judge Advocate General office conducted the sweep to present a clear deterrent to drug use. The ordered sweep is crucial to ensuring Airmen are fit for duty and key to meeting uncompromising adherence to all directives.

requires our Airmen be drug free," he added. "Random drug testing is critical to ensuring mission performance."

The testing requirements come from much higher up

the chain, Gen. Norton A. Schwartz, Air Force Chief of Staff, has shown great concern for ensuring his service adheres to the strict drug use laws laid out by the Uniform

Code of Military Justice.

"It is important to let all Airmen, all ranks, know drug use will not be tolerated in today's Air Force," said Chief Master Sgt. Martin K. Smith, 5th Bomb Wing command chief. "It lets individuals know they're being watched and the guilty are being caught."

Throughout the entire process, entry controllers carried out normal operations to ensure the safety of Minot AFB roads.

"The purpose of the gate sweep was strictly for drug screening," Captain Kirkland said. "The responsibility for

detecting drunk drivers or other violations remained with the installation entry controllers throughout the event."

The operation concluded at 1:30 a.m. as the 40th Airmen screened was released.

In accordance with Air Force directives and requirements set forth by the installation commander, Captain Kirkland stressed the arbitrary nature of the screening.

"One of the main Prairie Hawk benefits is the deterrent effect it creates," he said. "You may be tested anytime, anywhere."

## Team Minot members win scholarships

Minot Air Force Base  
Public Affairs

Two members of Team Minot and Air Force Global Strike Command were among the 25 individuals selected to receive a \$1,000 scholarship from the Air Force Services Club Membership Scholarship Program Oct. 8.

Michele Caton-Richardson, spouse of Staff Sgt. John Richardson, and Emma Hoggan, daughter of Col. Karlan Hoggan, received an Air Force club sponsored scholarship to use toward higher education.

Club members and their families were given the opportunity to submit a 500-word essay on what it means to be part of the Air Force family. A total of 130 entries



were submitted to Air Force Service Agency for Air Force-level consideration.

This is the 14th consecutive year Air Force club officials have sponsored this scholarship essay contest in support of the Service Agency's commitment to take care of Airmen and their families, said Fred McKenney, the Air Force Services Agency Food and Beverage division chief.

"The Air Force is committed to fostering a sense of community among our total

force Airmen, civilians and their families," he said. "Providing a scholarship to help members and their families with the cost of higher education is one way we achieve this. The quality of this year's essays was outstanding, and we look forward to next year's competition."

The scholarships are funded by Air Force Services, Chase Bank and the Coca-Cola Company. (No federal endorsement of sponsors intended).

For more information on Air Force Services Agency programs, visit [www.usafservices.com](http://www.usafservices.com).

[Editors note: The Air Force Personnel, Services and Manpower Public Affairs Office in San Antonio, Texas, contributed to this article.]

## 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 10/21 60/37** 

Sunshine and clouds mixed. High around 60F. Winds S at 5 to 10 mph.

**Fri 10/22 58/31** 

Abundant sunshine. Highs in the upper 50s and lows in the low 30s.

**Sat 10/23 49/30** 

Cloudy. Highs in the upper 40s and lows in the low 30s.

**Sun 10/24 53/38** 

Mostly cloudy. Highs in the low 50s and lows in the upper 30s.

**Mon 10/25 55/33** 

Chance of showers. Highs in the mid 50s and lows in the low 30s.

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warbird journal

Commentary by Col. Douglas Cox  
5th Bomb Wing commander



Crunch Time

Sometimes it seems like there is just an overwhelming list of things to do. We all suffer from this problem from time to time, and for the next few weeks the Mighty Warbirds and our partners in the 17th Munitions Squadron will definitely be feeling the pressure. Here we are in the last few days of decent weather - the hunters are trying to find a few free moments to pursue their quarry. All of us are trying to prepare our houses and vehicles for the coming winter. And then there's this work thing - preparing for inspection and deployment.

Preparing for inspection and deployment or being left behind to do all the work when the inspection or deployment is going on and part of the team isn't on shift is difficult. This is the cycle all of us and our families in Air Force Global Strike Command have been experiencing for the last several years without let up. Sometimes it's easy for us to feel like things would be loads better at some other base. If you talk to your fellow Air Force warriors around Big Blue, however, you'll find out that all of them are working their hearts out. It is true that the work we do here at Minot is more exacting than what is demanded of many of our sisters and brothers in the service; but there's no question that throughout the Air Force all of us have been, and continue to be, on a war footing.

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some other base. If you talk to your fellow Air Force warriors around Big Blue, however, you'll find out that all of them are working their hearts out. It is true that the work we do here at Minot is more exacting than what is demanded of many of our sisters and brothers in the service; but there's no question that throughout the Air Force all of us have been, and continue to be, on a war footing.

That's why it's so important that we take care of each other and take time to enjoy our friends and families whenever we can. Members of Team Minot aren't afraid of hard work - you have proven that time and time again. And when it's time to perform next month you will prove it all over, delivering yet another superstar result. In the meantime, when you have a chance to grab a breath, take it. All of us need rest so that we can focus when it's required.

Keeping a good attitude is just as important as proper diet and fitness and keeping a good attitude is tough to do if we are exhausted. Supervisors, free your folks up to recharge when the mission allows, and when they need the opportunity. Make sure you're taking good care of yourself as well - a grumpy boss makes for a long day at work and diminishes everyone's motivation.

Sometimes it seems like folks confuse "recharge" with "go berserk". If you push the throttles to the firewall every minute you're off duty it's going to feel pretty lousy when you get back

to work. It's also easy to wind up in trouble if you overdo it. Our modern society places a great deal of emphasis on being busy every second - but that's not really compatible with relaxation. Take time to enjoy the autumn leaves, the wide open views, and the pretty sunshine we've been having this month. A little time for reflection can help us see the value in the demands and challenges that we wrestle with when we are doing the nation's business.

For indeed, there's great value in the work that each and every one of you sacrifice for daily. All the blessings of liberty that we and our fellow citizens enjoy can be traced back to the safe, secure, and effective deterrence you provide. All the prosperity and opportunity our country offers, even in these tough economic times, eclipses every other nation on the planet - and your professionalism and dedication make it possible. Every member of this team is integral to the effort: uniformed, civilian, family member, community supporter - the mission starts with your willingness to be a part of something bigger than your own personal advancement.

Thank you. Don't stop what you're doing: it is service before self, and it's what America needs from you.

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

It wasn't supposed to be like this

Commentary by  
Lt. Col. Jonathan Tamblyn  
54th Air Refueling  
Squadron commander

**ALTUS AIR FORCE BASE, Okla. (AFNS)** - After parking the Air Force staff car beside the yard, the chaplain, the nurse and I got out of the car and took a moment to look over each other's service dress. We had been steeling ourselves for this moment most of the afternoon.

As a death notification team, it was our job to inform a newly bereaved father about the tragic death of his Air Force son.

In a very rare Air Force Personnel Center decision, the signed letter I would read to the father stated the suspected cause of death was suicide.

Many of you can't read the word "suicide" without feeling the pangs of a tragic loss you have already experienced in your life due to someone

else's decision to prematurely end his or her own life. Although the pain of suicide is staggering, the risk of suicide may be more pervasive than previously thought.

In a 2008 study by the Substance Abuse and Mental Health Services Administration, it was found that "nearly 8.3 million adults (age 18 and older) in the U.S. had serious thoughts of suicide in the past year."

Finally, never be afraid to ask people showing signs of trouble whether or not they want to harm themselves.

I know that making the decision to ask this question can be difficult, and asking it can feel awkward, but research has shown asking doesn't plant the idea in an individual's mind. It actually communicates concern and a connection that might stop the suicide from happening.

Perhaps asking that tough question could have prevented my very difficult talk with this bereaved

father.

As we approached the father, he was mowing his grass. I almost had to stand in front of the riding mower before he noticed us. I'm sure the parent of an Airman, Soldier, Sailor or Marine dreads the day he or she makes eye contact with a solemn commander and chaplain in dress uniform in an unscheduled meeting at his or her home.

Today, this father elected to stay outside and lean against the mower while I informed him about his son's untimely death. Composed and shocked, the father asked us questions and told us he was aware of his son's troubled state of mind. He went on to tell us he always understood news of his son's death was possible, because of dangers associated with military service, "but it wasn't supposed to be like this."

It never is. It never should be.

## On-base trick-or-treat hours, pumpkin patrol and safety tips

**Commentary by  
Senior Airman Lee Kozokas**  
5th Security Forces Squadron

To ensure the safety of Air Force Global Strike Command's children and their families as they trick-or-treat and celebrate Halloween in Minot AFB housing, the 5th Security Forces Squadron and volunteers will once again conduct pumpkin patrol.

Halloween trick or treat hours for base housing are scheduled from 5:30 to 7:30 pm on Oct. 31.

While walking the streets, the pumpkin patrol will look out for lost or hurt trick-or-treaters and safety hazards.

Safety Tips for Parents and Trick-or-Treaters:

- Adults must supervise children under 12 years old.
- Walk from house to house; do not run.
- Do not cross yards where unseen objects or uneven terrain can present tripping hazards.
- Only trick-or-treat at houses that are lit. Residents who do not wish to be bothered by trick-or-treaters often leave their lights off as a sign; respect their preference by not going to houses that have their lights turned off.

- If driving, ensure children exit on the curbside away from traffic.
- McGruff's Safety Tips:
- Give your costume a safety check before you go out.
  - Ensure costumes are not a tripping hazard; falls are the leading cause of injuries on Halloween.
  - Wear light-colored costumes or reflective tape so you can easily be seen.
  - Carry a flashlight or lantern when out after dark.
  - Try using face makeup instead of a mask which may restrict vision.
  - Use the buddy system by trick-or-treating with friends.
  - Tell your parents your route and what time you will be home if going without them.
  - Look both ways before crossing the street.
  - Walk on sidewalks, not in the street.
  - Have your parents check your treats.
- For more safety tips or to volunteer for pumpkin patrol, contact Staff Sgt. Joshua DeHoet or Airman Lee Kozokas, 5th Security Forces, at 723-3092. To report a lost child or safety hazard, please contact the nearest pumpkin patrol member or Law Enforcement Desk at 723-3096/3097.



On-base trick-or-treat hours are scheduled from 5:30 to 7:30 pm on Oct. 31.

## Think green, build green, fly blue

**Commentary by  
Lt. Col. Yvonne S. Spencer**  
97th Civil Engineer Squadron

**ALTUS AIR FORCE BASE, Okla.** - Act now to help lower the high cost of energy at home and at work. Act now to save energy, save water, save the future. It's a federal mandate. It's a fiscal responsibility. It's an environmental necessity.

October is Energy Awareness Month. I cannot think of a better way to start the new fiscal year than saving money on energy. Since 1991, October has been recognized as energy awareness month. This year's Air Force theme - "Think green, build green, fly blue" - challenges us all to look for ways to conserve energy and be more efficient.

(Officials at) Altus Air Force Base, (Okla.) began implementing energy and water conservation measures before they were mandated. The largest project of note here would be the Energy Savings Performance Contract funded in 2005. The project replaced 95 percent of the lighting fixtures on the base from T-12 to T-8 fixtures. It also changed 98 percent of the plumbing fixtures to low-flow fixtures.

In the 2009 program, Altus AFB won second place in the Air Education and Training Command's Energy Incentive Award Program. Altus AFB

was awarded \$1 million for our overall energy reduction for the year. The utility usage by Altus AFB has been reduced by 28.5 percent over the last 7 years.

I am pleased to announce that Altus AFB was awarded an Energy Conservation Improvement Project to install a photovoltaic roof on Hangar 509. This is a \$775,000 project (to) will install a 100-kilowatt solar system to generate renewable energy here.

Power down on energy waste, you have the power.

For government workers, electricity is mission critical. For others in the community - like the elderly - it can be a matter of life and death. Be prepared and take action to ensure reliable power supplies.

### Lights

- Turn off lights when leaving a room for more than a minute.
- Turn on task lights; turn off general and overhead lights.
- Turn off display and decorative lights.

### Equipment

- Turn off printers, copiers, personal computers, and monitors when idle.
- Activate and use the "power saver" and "sleep" features.
- Shut off coffee pots, radios, fans,

and other appliances in the office.

### Heating and air conditioning

- Set thermostats to 68 degrees in the winter and 78 degrees in the summer.
  - Dress appropriately to minimize the requirement for conditioned air.
  - Make sure vent grills are not blocked by plants, books or furnishings.
- Water is one of our most limited resources.

The availability and cost of clean water, it's one of the greatest challenges energy management professionals will face over the next 50 years. With moderate efforts, the Federal government can save 40 percent of its water use - equal to 121 million gallons of water a day, enough for 1.8 million people.

### Indoors

- Promptly report and repair leaks.
- Replace old plumbing equipment such as toilets, faucets, and showerheads with efficient, low-flow fixtures.
- Shut off faucets completely, repair leaky faucets immediately.
- Avoid flushing toilets unnecessarily.
- Insulate water pipes, chillers and storage tanks.
- Replace old dishwashers and clothes washers with new efficient

models and run only when fully loaded.

### Outdoors

- Plant native, climate-appropriate ground covers, shrubs and trees
- Water lawns sparingly and only in the early morning
- Position sprinklers to water the lawn - not the pavement
- Re-circulate water in decorative fountains, ponds and waterfalls
- Collect and use water from non-potable sources and other systems where appropriate
- Check sprinkler and timing devices regularly to ensure proper operation
- Verify that irrigation systems are suited to plants, climate, soil conditions and seasons
- Reduce grassy areas to only those needed, such as courtyards and play areas

It's not easy being green.

It takes a concerted effort on the part of all Airmen to think about the processes that they perform and look for ways to conserve the resources that we have. It provides interesting challenges for my squadron to design and develop projects that build this base into a facility that optimizes all of its resources. Our combined efforts will enable Altus AFB in continuing to complete its mission and fly blue.

# AF starts migration of information, services to new total-force website

by Staff Sgt. Steve Grever  
DCS, Manpower, Personnel  
and Services

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** - Air Force personnel specialists are in the process of migrating personnel information and services to the new Air Force Personnel Services website.

The transfer aims to move the Air Force toward its goal of establishing a single, on-line knowledge base for active duty, Air National Guard, Air Force Reserve, civilian members and retirees.

"The Air Force is transforming the delivery of personnel information and services for total force Airmen through responsive, effective and modernized processes and capabilities," said Chief of the Air Force Manpower and Personnel Program Integration Office Col. Steven Talley. "The new website incorporates total force personnel information - what we call knowledge - and makes it available to all Airmen, online."

Each Air Force component did its part in the overall planning, coordination and execution phases of migrating

more than 3,400 total force knowledge articles to the personnel services website, said Tom Oates, AFPC's knowledge management branch chief for the active-duty component

"We reconfigured the website to have the capability to serve all total-force Airmen and retirees," Mr. Oates said. "The website reconfiguration plan included modifying our existing drop-down menus, specific customer segment menus and categories for knowledge articles to accommodate total-force component content."

The new knowledge base is designed to offer "one-stop-shopping" for personnel information and services for customers. Knowledge articles from all components continue to be phased into the new website as they are updated and approved by component representatives, offering the most current and applicable information for customers, according to Senior Master Sgt. George Macaluso, Air Force Reserve knowledge management operations superintendent

"While we want Reserve and Guard members to visit the AFPERS website, they

can still find information on the ARPC and AFRC websites until the migration is completed in 2011," Sergeant Macaluso said.

Said the consolidation of personnel information will ensure total force Airmen have only one official source to receive personnel-related content. Currently, there are numerous online resources

for personnel information, and the content is not standardized for customers, said Thomas Pague, Air National Guard Personnel Services Delivery Transformation documentation management chief

"We worked together to make the collaboration happen for all rather than focus on one component," Mr.

Pague said.

This knowledge content migration is part of a larger Air Force Personnel Services Delivery Transformation initiative to integrate all active duty, Guard, Reserve, civilian and retirees personnel information and services into one of many total-force solutions.



**BEAT BOREDOM  
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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.

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# Airmen assist Mexican officials in locating fatal plane wreckage

by Lt. Col.  
**Susan A. Romano**  
Air Forces Northern  
Public Affairs

**TYNDALL AIR FORCE BASE, Fla. (AFNS)** - In a turn of events that resulted in the death of four Americans, Airmen with the Air Force Rescue Coordination Center here assisted the Mexican government in providing closure to the families during a search for a small aircraft that had gone missing near the U.S.- Mexico border Oct. 15.

The Beechcraft plane, carrying members of the "Flying Samaritans" - a volunteer organization comprised of physicians, nurses, dentists, pilots and translators who provide free medical care to people in rural areas of Mexico - was traveling with two other aircraft from San Luis Obispo, Calif., to San Quintin, Baja, Mexico.

After stopping for fuel in Encinada, Mexico, two of the three aircraft landed safely at San Quintin, in Baja, but the third was overdue. The crews notified their company, the Flying Samaritans, who subsequently contacted AFRCC's 24/7 rescue hotline.

Controllers from AFRCC received a call at approximately 6:45 p.m. Oct. 15 from a representative of the Flying Samaritans to see what assistance the center could provide. AFRCC officials then contacted the U.S. State Department, the Baja Mexican Consulate and Mexico's Rescue Coordination Center



(U.S. Air Force photo/Capt. Jared Scott)

Staff Sgt. Christopher Uppling (left) and Lt. Col. Julie Eubanks establish communications with their counterparts at Mexico's Rescue Coordination Center Oct. 15, 2010, at Tyndall Air Force Base, Fla., during a search for a missing airplane near the U.S.-Mexico border. Both are controllers with the Air Force Rescue Coordination Center at Tyndall AFB and assisted in the coordination of locating the fatal crash site.

to determine what actions could be taken and to initiate a mission of support.

In addition to utilizing a Spanish-speaking Airman from the 601st Air & Space Operations Center to initially assist with translation between the Mexican RCC and rescue coordinators and con-

trollers here, AFRCC officials began extensive coordination between the Flying Samaritans and other agencies to locate any data that would be useful to the Mexican search efforts.

Searchers located the crash site Oct. 18, approximately one mile southeast of

Soledad Bay in Baja.

"Although this particular search did not have the positive results we strive for, it is definitely an example of how important it is for our organization, as a part of the global search and rescue network, to share information and expertise with our counterparts in Mexico to conduct timely, safe and efficient searches," said Lt. Col. Chuck Tomko, the AFRCC commander. "We extend our sincere condolences to the families and friends of those who perished in this

crash."

AFRCC is the single agency responsible for coordinating all on-land federal search and rescue activities within the continental U.S.; with the additional responsibility for providing SAR assistance to Canada and Mexico. Since January 2010, AFRCC has been involved in saving more than 500 lives, ranging from locating flood victims and missing/overdue aircraft and personnel to providing cell phone and radar forensic data to search and rescue teams.

## Turbocharge your TRICARE referral

By **Tyler Patterson**  
TriWest Healthcare Alliance

Your primary care manager has referred you to a specialist. Once your authorization is approved and arrives in the mail (in about a week), you'll be able to make your appointment.

But what if your authorization could arrive in hours instead of days?

One option is registering for a secure TriWest.com account, where you can review or print your referrals and authorizations electronically in 12 to 36 hours. You can also make those appoint-

ments that much quicker, and be on the road to getting the care you need.

Just log in to your registered account and click "Go Green," and choose from electronic authorization and referral letters, Explanation of Benefits statements or fee statements. You can even start receiving your selected letters in your e-mail inbox instead of your mailbox.

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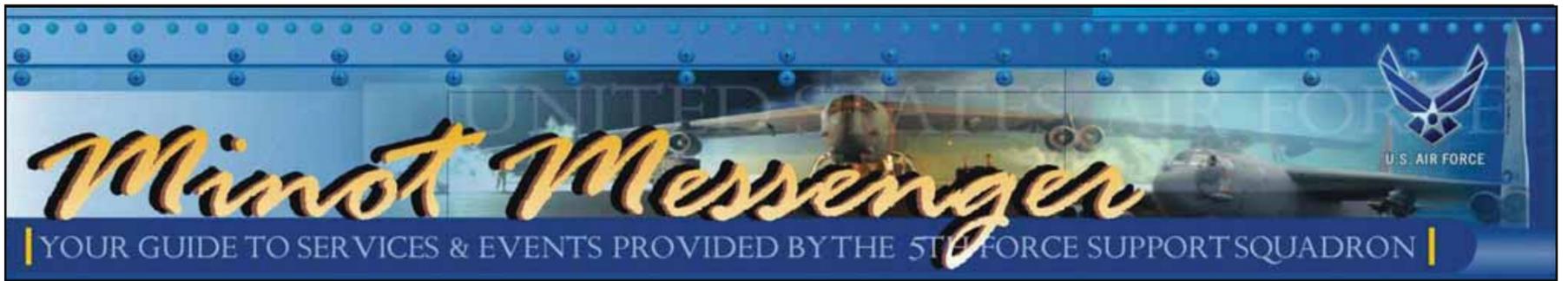
Going to a new provider? Your authorization letter links directly to contact, map and practice information.

Don't worry about misplacing or losing your authorization letter! Print a copy from any computer with an Internet connection, whenever you need it.

West region TRICARE beneficiaries can learn more about going paperless and managing their referrals and authorizations online at [www.triwest.com/gogreen](http://www.triwest.com/gogreen). New users can click "Register" to set up an account, while existing users can click "Login" to get started right away.

If you have any problems concerning the delivery of the Northern Sentry in base housing, Please call Michelle Bock at 838-5937.





**Frightfully Fun Times Available At Variety Of 5 FSS Facilities**

**Family Fun Fest - October 22nd - Youth Center**

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 trying 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 Youth Center at 723-2838.



**Halloween Bash - October 23rd - J.R. Rockers**

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



**Haunted House - October 29th & 30th - Outdoor Recreation**

Are you ready to be scared? Come enjoy a warm safe place that's full of frightening features and ghoulish creatures. Outdoor Recreation is hosting a haunted house October 29th and 30th from 8-10:30 p.m. each evening. Everyone is welcome, however children age 10 and under must be accompanied by a parent or guardian. Cost is \$5 for adults and \$3 for children ages 7-17. For additional information, call Outdoor Recreation at 723-3648.



**Halloween Scary Sale - October 29th - Arts & Crafts Center**

The Arts & Crafts Center has a special Halloween Scary Sale scheduled for October 29th from 10 a.m. to 4 p.m. You don't want to miss out on the spook-tacular savings as all customers will receive 25% off their retail store purchases during this event. Stop by and enjoy free refreshments as well. For more information, call the Arts & Crafts Center at 723-3640.



**Halloween Costume Party - October 29th - Doolittle Center**

Join the fun on October 29th when the Jimmy Doolittle Center hosts their Halloween Costume Party beginning at 4:30 p.m. Prizes will be awarded for the best costumes. Enjoy lots of Halloween tricks and games along with yummy treats from 4:30-6:30 p.m. There will be ghoulish drink specials all night long. For details, contact the Doolittle Center at 723-3731.



**Customer Appreciation Days Events Begin October 25th**

The 4th annual Customer Appreciation Days hosted by the 5th Force Support Squadron kicks off on Monday, October 25th. The four-day promotion, scheduled for October 25-28, features numerous free activities, prize drawings, discounts, and special offers at various Force Support Squadron facilities. Among the events are two free games of bowling at Rough Rider Lanes on Tuesday, October 26th, free admission to Treasure Island on Wednesday, October 27th, and the Darby's 60 Seconds To Win It and Customer Appreciation Dinner finale at the Jimmy Doolittle Center on Thursday, October 28th. For a complete listing of events and activities planned for this year's Customer Appreciation Days, see the next page in this issue of the Minot Messenger.

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
- Anime Club**  
October 22 • 4:30 p.m. • Base Library
- Wing Fest**  
October 22 • 5:30 p.m. • Doolittle Center
- Family Fun Fest**  
October 22 • 6 p.m. • Youth Center
- Lights & Strikes Bowling**  
October 22 & 23 • 10 p.m. • Rough Rider Lanes
- Framing Class**  
October 23 • 10 a.m. • Arts & Crafts Center
- Indoor Triathlon**  
October 23 • Noon • Fitness Center
- Give Parents A Break**  
October 23 • 1 p.m. • CDC/SAP
- Halloween Bash**  
October 23 • 9 p.m. • J.R. Rockers
- Sunday Champagne Brunch**  
October 24 • 10:30 a.m. • Doolittle Center
- Football Frenzy**  
October 24 • 11 a.m. • J.R. Rockers
- FSS Customer Appreciation Days**  
October 25-28 • Various 5 FSS Facilities
- Newbery Book Club**  
October 25 • 3:30 p.m. • Base Library
- Beginning Knitting Class**  
October 26 • 1:30 p.m. • Arts & Crafts Center
- Credit Workshop**  
October 27 • Noon • A&FRC
- Red Ribbon Celebration**  
October 28 • 4 p.m. • Youth Center



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

### 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 additional information, contact the David C. Jones Youth Center at 723-2838.

### Credit Workshop

Have you ever wondered what credit scores mean and how to improve them? The Airman & Family Readiness Center is providing you an opportunity to learn everything you will ever need to know about credit reports during their Credit Workshop on October 27th from noon to 1 p.m. The event will be held at the Airman Professional Development Center. You'll learn how to obtain a free copy of your credit report, the best ways to establish, build, and maintain your credit, how to read and repair your credit report, and much more. Seating is limited so pre-register today by calling the Airman & Family Readiness Center at 723-3950. Event is open to all active duty members, spouses, family members, DoD and NAF civilians.

### No Regular Lunch At JDC On October 29th

There will be no regular lunch at the Jimmy Doolittle Center on Friday, October 29th as the facility is hosting the breast cancer luncheon.

### 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.



**Bailey Druckhammer**  
turns 5 on  
October 24!



**Join the Birthday Club!**  
E-mail your name, address, phone number & birth date to [birthdayclub@5thforcesupport.com](mailto:birthdayclub@5thforcesupport.com) along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

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## Customer Appreciation Days Schedule Of Events

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 also enjoy the two free games and free shoe rental offer.

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 offers a miniature golf course, baseball batting cages, rock climbing wall, and a skate park.

There will be numerous discounts, special offers, free activities, and prize drawings in 5 FSS facilities from October 25-28. Offers include:

- Daily drawing for one free adult and one free children's book/DVD package by the Base Library; register at the Library
- 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
- Daily drawing for one free Sunday brunch ticket at the Jimmy Doolittle Center
- Register for a Jump Start Power Pack (\$70 value) at Auto Hobby
- Register 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; winners announced on October 29th. Prizes awarded for the top pumpkin in each category. Call 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. On Thursday they will thank their customers for being "lifesavers" by offering free lifesaver candies.

The Customer Appreciation Days finale on October 28th features a special dinner served at the 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 60 Seconds To Win It" event begins at 6 p.m.



**Darby's 60 Seconds To Win It**  
Customer Appreciation Game & Dinner  
**October 28, 1700**  
At the Jimmy Doolittle Center  
Over \$1000 in prizes to win



*Prizes Provided By:*  
Superpumper Inc., Badlands Grill & Saloon,  
Sleep Inn & Suites, MLT Inc.,  
Splashdown Dakota Super Slides,  
Holiday Inn Riverside,  
Canad Inns Destination Center of Grand Forks,  
Ramkota Hotel, Best Buy,  
Northern Tier Federal Credit Union,  
Applebee's Neighborhood Bar & Grill

*Dinner Includes:*  
Submarine Sandwiches, Taco in a Bag, Chips, Cookies/Dessert Bars, and a Drink

*Cost of Dinner:*  
Adults: \$3, Age 6-11: \$2, Age 5 and under: FREE

'60 Seconds to Win It' begins at 1800, Cost: FREE  
Customers are not required to attend dinner to participate in the game.



## Prairie Adventures

by Patricia Stockdill

Fourteen years after its introduction, the N.D. Game and Fish Department PLOTS, Private Land Open To Sportsmen, program has proven popular among North Dakota's hunters and landowners alike.

PLOTS provides walk-in hunting access on private land during legal hunting seasons. Participating areas are identified with triangular yellow signs.

The number and location of PLOTS acres fluctuates each year but remains about one million acres statewide. Much of the land enrolled in PLOTS is also in the Federal Conservation Reserve Program (CRP). There's an ebb and flow in the number of acres in PLOTS, explained N.D. Game and Fish Department Private Lands Program coordinator Casey Anderson, as some CRP contracts expire and aren't re-enrolled. Yet at the same time, other landowners join the PLOTS program when participating in a new continuous CRP signup.

In addition, a new round of regular CRP signups is taking place throughout October. Anderson anticipates the program will gain more acres with some producers also opting to sign PLOTS agreements on their new CRP enrollment acres. North Dakota will receive \$300,000 through the 2008 Federal Farm Bill's Open Fields program, which Anderson said will be targeted to providing access to private land enrolled in the Wetlands Reserve Program (WRP).

Hunters and non-hunters alike should note some changes in PLOTS regulations effective Oct. 1. The regulations aren't listed in the current 2010 PLOTS guide but will be included in the 2011 edition, Anderson explained.

A look at some of the changes regarding PLOTS use:

- Walk-in access is now defined as an individual traveling by foot (no hunting off horseback, for example).
- Walk-in access is now allowed only during legal hunting seasons unless signed otherwise (no July berry picking without written landowner permission, for example).
- Non-hunting activities and public access when hunting seasons aren't open require written landowner permission. In other words, no paintball course without a landowner signature, which is a scenario Anderson said occurred on a PLOTS area.
- Hunting equipment can't be left overnight unless the individual has written landowner permission.

Some examples of equipment that must be packed in and packed out include trail cameras, any bait used to attract big game animals, decoys, tree stands, ground blinds or other firearms and archery equipment.

A biennial online survey conducted by the Game and Fish Department reveals the PLOTS program is popular among hunters as well as landowners. The survey following the 2008 hunting season found both resident and non-resident hunters spent about one-half of their time afield hunting on PLOTS or public land.

Another survey regarding the PLOTS program will be conducted in the spring of 2011 after the 2010 hunting season is over. A random number of hunters purchasing licensing via the Game and Fish Department online licensing system will receive an email inviting their survey participation. So far, about 50 percent of those emailed responded to past survey requests, Anderson said. "It seems like PLOTS is well accepted by landowners and hunters alike," Anderson added.

More information about the PLOTS program and its new regulations are available by calling the Game and Fish Department, 328-6300 or visiting their Web site, ([www.gf.nd.gov](http://www.gf.nd.gov)).

### Quote of the Week:

"Respect PLOTS land as if it were your own because it is private land."

- Casey Anderson, N.D. Game and Fish Department Private Lands Program coordinator.



## Fitness Survivor Challenge winners

(Submitted Photo)

The Fitness Survivor Challenge was held at the McAdoo Fitness Center on October 15th. The first place finisher was the 5th Force Support Squadron team comprised of (left to right) MSgt Judi Babbitt, MSgt Markus Nehlsen, SSgt Deanna Eirby, and MSgt Jason Miest. A total of eleven teams participated in 12 separate physical and mental challenges while eliminating team members along the way. The Fitness Survivor Challenge is one of four events designated as part of the "Fall Fitness Focus" promotion. The "Fall Fitness Focus" is sponsored by SRT Communications. *No Federal Endorsement Of Sponsor Intended.*

## Game wardens conduct checkpoints

The North Dakota Game and Fish Department's law enforcement division conducts game and fish check stations in an effort to ensure hunter and angler compliance with state laws and regulations.

Robert Timian, enforcement chief, said a few have already been conducted, and others will continue throughout the fall. "We will be manning checkpoints during deer season, and through waterfowl and pheasant season," he said.

Hunters should double-check the regulations to make sure they are doing everything legal, especially proper identification and procedures for transporting game, and knowing the daily and possession limits.

"Check stations are an efficient way to detect violations and to gauge compliance," Timian said. "In general, the comments we receive are positive, and the vast majority are supportive of these activities."

### Landowners in six units need doe hunters

There are still some landowners looking for doe hunters in hunting units 2I, 3D1, 3E1, 3F1, 4A and 4E.

North Dakota Game and Fish Department big game biologist Bill Jensen said interested hunters can get their

name on a list of possible participants by accessing the Game and Fish Department's website at [gf.nd.gov](http://gf.nd.gov). Hunters who do not have Internet access can call the department's main office in Bismarck at (701) 328-6300.

"These landowners need help reducing the deer numbers on their property," Jensen said. "Archery, rifle and muzzleloader hunters are encouraged to sign up."

Hunters must fill out the hunter contact form, and if selected, will be sent the landowner's name, phone number and any information relating to the landowner's specific situation.

North Dakota's 2010 regular deer gun season runs from Nov. 5-21, while the muzzleloader season is Nov. 26 through Dec. 12. In addition, the archery season extends through Jan. 2, 2011.

### Agencies prohibit hunting over bait

Hunters are reminded that hunting big game over bait is prohibited on all state owned or managed wildlife management areas, all U.S. Fish and Wildlife Service national wildlife refuges and waterfowl production areas, U.S. Forest Service national grasslands, and all North Dakota state school, state park and state forest service lands.

In addition, the gover-

nor's proclamation relating to chronic wasting disease includes a provision that prohibits hunting big game over bait on both public and private land in deer unit 3F2, where a deer carrying CWD was harvested last fall.

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

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

### Three lakes close to fishing

Anglers are reminded that three North Dakota lakes will close to fishing for several months beginning in November.

The State Fair Pond in Ward County, McDowell Dam in Burleigh County and Lightning Lake in McLean County are closed to fishing from Nov. 1 through March 31.

Anglers should refer to the 2010-12 North Dakota Fishing Guide for open water and winter fishing regulations.

**Northern Sentry** call 839-0946 or email us at [nsads@srt.com](mailto:nsads@srt.com)

# AFSO21 Rapid Improvement Event streamlines report process

by Staff Sgt.  
David Whitecar

51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea (AFNS) - Officials here are bringing change to the performance reporting process, thanks to a recent week-long Air Force Smart Operations for the 21st Century Rapid Improvement Event.

Subject matter experts from the wing gathered with a goal of streamlining the enlisted and officer performance reports processes - doing things right the first time. Performance report specialists from all units laid bare the current EPR and OPR processes from start to finish, highlighting deficiencies and waste.

At the end of the week, they outlined a renewed and streamlined process, reducing the number of people involved, while delivering a higher-quality product at each step.

"I think it's going to help out because it will create standard roles for everybody," said 2nd Lt. Emilee Stewart, the 51st Operations Group executive officer. "The quality will be better, because everybody knows their job."

Capt. Kimberly Jennings, from the 51st Force Support Squadron, said the objective is to be 100 percent on-time for all reports. Under the current process, performance reports have been delayed dramatically. Reports for some Osan Air Base Airmen were taking up to 138 days to process from start to finish. The goal is to reduce that time to 45 days.

During the RIE, team members identified layers and quality as major deficiencies in the current process.

Master Sgt. Chad Chapman, the 51st Fighter Wing executive staff superintendent, said multiple layers of "eyes on" each performance report often leads to complacency.

"Throwing more people at it doesn't solve the problem," he said. "Even simple errors such as a missing signature or unchecked box were going unnoticed as each level assumed the one below them had already scrubbed the report."

Another goal of the plan is standardization - minimiz-

ing style differences among reviewers.

To address this concern, a new Osan AB EPR/OPR writing guide will soon be made available to the base, providing in-depth guidance for producing quality reports.

Staff Sgt. Stacy Jordan, from the 51st FSS, said the RIE was eye-opening.

"I learned why the process was taking so long, and how many people were involved," she said. "I think streamlining the process is going to be very helpful, and it will work if (leaders hold) everyone accountable."

To that end, "I will hold our wing accountable to the process, but I need you as experts to train and 'buddy-up' your first sergeants," said Col. Patrick C. Malackowski, the 51st Fighter Wing commander. "For those of us that are master sergeants and above, we need to look at our front line supervisors - our lieutenants, our staff sergeants and our captains - and hold them accountable."

"For all of us, as supervisors, we've got to document this and get the process right," he said.

Col. Brou Gautier, the director of AFSO21 for Pacific Air Forces, who served as the RIE facilitator, said, "The biggest complaint I hear from Airmen is they never have



(U.S. Air Force photo/Staff Sgt. Eric Burks)

Capt. Christopher Moeller (left) briefs Col. Patrick C. Malackowski (far right) during an Air Force Smart Operations for the 21st Century Rapid Improvement Event Oct. 8, 2010, at Osan Air Base, South Korea. Captain Moeller is assigned to the 51st Fighter Wing and Colonel Malackowski is the 51st FW commander.

enough time to do all the things required of them."

"I'm excited because this team took that challenge and will deliver a product that will create more time for Air-

men to focus on other critical 51st Fighter Wing tasks," he continued. "I think it's going to work and it has the potential to impact processes throughout PACAF," said

Colonel Gautier. "There are some lessons learned that could even impact processes at the Air Force level."

(Staff Sgt. Eric Burks contributed to this article)

## WOMEN'S HEALTH



### Timothy Bedell, MD

#### OBSTETRICS / GYNECOLOGY

An obstetrician and gynecologist, Dr. Timothy Bedell is dedicated to providing individualized care that meets a woman's changing needs throughout her lifetime. He has subspecialty interests in gynecologic surgery and urogynecology, including the treatment of incontinence and pelvic prolapse. He's experienced in minimally invasive surgery and has been recognized for proficiency in laparoscopic procedures.

- Doctor of Medicine degree, University of North Dakota School of Medicine and Health Sciences, Grand Forks
- Ob/Gyn residency, Grand Rapids Medical Education and Research Center, Grand Rapids, MI
- Received 2010 Laparoscopic Surgery Award from American Association of Gynecologic Laparoscopists
- Member, American College of Obstetricians & Gynecologists
- Graduate, University of Texas at Dallas
- Married to Ob/Gyn specialist Dr. Heather Bedell. They have three children.

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Friday Evening		October 22, 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		Primetime: What		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				Local	Tonight Show w/Leno	Late		
KNDX/FOX	House		The Good Guys		Local						
<b>Cable Channels</b>											
AMC	Jason Goes to Hell				House of Wax					Dead Sil	
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	Kings	Fish Hook	Phineas	Wizards	Hannah	Deck	Fish Hook	Phineas	Deck	
ESPN	NBA Basketball				NBA Basketball				SportsCtr		
FAM	Pirates-Carib.						The 700 Club		My Wife	My Wife	
FX	Joy Ride		Prom Night				Sons of Anarchy		Sunny	League	
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Reba	Reba	
NICK	Big Time	Victoriou	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage			Ways Die	Ways Die	
TBS	MLB Baseball						MLB Post		Chronicles-Ridd		
TNT	Tombstone				Pale Rider						
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		House		The Hitcher		
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk	
<b>Premium Channels</b>											
HBO	The Hangover				Real Time/Bill Maher		Real Time/Bill Maher		Taking Woodstock		
MAX	12 Rounds				Minority Report				Lingerie		
SHOW	Weeds	The Big C	Zack and Miri Make				Strikeforce Chall.				

Tuesday Evening		October 26, 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 Hope		Local						
<b>Cable Channels</b>											
AMC	Halloween III-Witch				Halloween 4					Halloween 3	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	Dirty Jobs		Dirty Jobs		Auction	Auction	Dirty Jobs		Dirty Jobs		
DISN	Halloweentown High				Deck	Wizards	Wizards	Sonny	Sonny	Hannah	Hannah
ESPN	30 for 30		2010 Poker		2010 Poker				SportsCenter	Baseball	NFL Live
FAM	Melissa	Practical Magic					The 700 Club		My Wife	My Wife	
FX	The Happening				Sons of Anarchy				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	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	
TBS	Office	Office	Office	Office	Fam. Guy	Fam. Guy	Lopez Tonight		Earl		
TNT	NBA Basketball				NBA Basketball						
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	
<b>Premium Channels</b>											
HBO	Treatment	Treatment	Treatment	Treatment	REAL Sports Gumbel		Bored		Boardwalk Empire	24/7	
MAX	The Firm				Watchmen						
SHOW	Suburban Girl		Weeds	The Big C	Dexter		Weeds	The Big C	Zack and Miri Make		

Saturday Evening		October 23, 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	NCIS: Los Angeles		Criminal Minds		48 Hours Mystery		Local				
KMOT/NBC	Outlaw		Law-Order L.A.		Law & Order: SVU		Local	Saturday Night Live			
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local		Fringe		Wide	Local	
<b>Cable Channels</b>											
AMC	Constantine				House on Hill					Return	
CNN	Black in America				Newsroom		Black in America				
DISC	Storm Chasers		Storm Chasers		Storm Chasers		Storm Chasers		Storm Chasers		
DISN	Harry Potter-Chamber				Wizards	Wizards	Fish Hook	Phineas	Deck	Wizards	
ESPN	College Football						SportsCenter		Football Final		
FAM	Pirates	The Goonies					Bridge to Terabithia				
FX	V for Vendetta		Two Men	Two Men	Two Men	Two Men	Sunny	Sunny	Two Men	Two Men	
LIFE	Her Sister's Keeper		Accused at 17				Project Runway			Road	
NICK	Boy Who Cried				My Wife	My Wife	My Wife	My Wife	My Wife	My Wife	
SPIKE	UFC Unleashed		UFC 121		BlueMount	BlueMount	GoodFellas				
TBS	Get Married?						Love My Wife			Deliver U	
TNT	Walking Tall		Braveheart								
USA	NCIS		NCIS		NCIS		Burn Notice		50 First Dates		
WGN	Bones		Funniest Home Videos		WGN News at Nine		How I Met	How I Met	South Pk	South Pk	
<b>Premium Channels</b>											
HBO	Invictus				24/7		Brave New		24/7	Boardwalk	
MAX	Transformers				Pirate Radio				Lingerie	Erotic	
SHOW	The Big C	Weeds	The Hurt Locker				Ransom				

Wednesday Evening		October 27, 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						
<b>Cable Channels</b>											
AMC	Halloween 5				House on Hill					Return	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	MythBusters-		MythBusters		Storm Chasers		MythBusters-		MythBusters		
DISN	Return to Halloweentown		Deck		Wizards	Wizards	Sonny	Sonny	Hannah	Hannah	
ESPN	NBA Basketball				NBA Basketball						
FAM	Tim Burton		The Haunted Mansion				The 700 Club		My Wife	My Wife	
FX	The Strangers				Terriers		Terriers		Sons of Anarchy	The Messengers	
LIFE	Reba	Reba	The Messengers				How I Met	How I Met	The Messengers		
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		BlueMount	BlueMount	The Ultimate Fighter		
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight		Earl	Earl	
TNT	Bones		The Bourne Supremacy				CSI: NY		CSI: NY		
USA	NCIS		NCIS		NCIS		Casino Royale				
WGN	Chris	Chris	How I Met	How I Met	Just Shoo	Just Shoo	Scrubs	Scrubs	South Pk	South Pk	
<b>Premium Channels</b>											
HBO	Taken		Brave New		Boardwalk Empire		Real Time/Bill Maher		Treatment	Treatment	
MAX	The Best Man				Pirate Radio				Lingerie	Alien Sex	
SHOW	Soul Men		Inside the NFL		Inside NASCAR		Inside the NFL		Inside NASCAR		

Sunday Evening		October 24, 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				
<b>Cable Channels</b>											
AMC	28 Days Later						Jeepers Creepers 2				
CNN	Black in America				Newsroom		Black in America				
DISC	First Life With				Life		First Life With				
DISN	Sonny	Good Luck	Halloweentown		Sonny	Sonny	Good Luck	Hannah	Hannah		
ESPN	SportsCtr	Countdown	NBA Preview		NBA Tonight		SportsCenter		SportsCtr		
FAM	Spiderwck Chr				Spiderwck Chr			J. Osteen	Ed Young		
FX	Shutter		Cloverfield				Sons of Anarchy		Premonition		
LIFE	Saved!		One True Thing				One True Thing				
NICK	Boy Who Cried		News	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	Diary-Black				Meet the Browns				Guess Who		
TNT	Gladiator						Gladiator				
USA	50 First Dates		Pretty Woman				Over Her Dead Body				
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk		Monk		
<b>Premium Channels</b>											
HBO	Invictus		Boardwalk Empire		Bored	Eastbound	Boardwalk Empire		Bored	Eastbound	
MAX	Pirate Radio				Terminator Salvation				Online Crush		
SHOW	Dexter		Dexter		Weeds	The Big C	Dexter		Look	Last Stop	

Thursday Evening		October 28, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Great Pumpkin		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	Shrekless	Community	Office	Outsource	The Apprentice		Local	Tonight Show w/Leno	Late		
KNDX/FOX	MLB Baseball				Local						
<b>Cable Channels</b>											
AMC	Constantine				Jason Goes to Hell					Friday 13	
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360				Larry King Live		
DISC	River Monsters		River Monsters		Ghost Lab		River Monsters		River Monsters		
DISN	Camp Rock 2: The Final Jam		Sonny		Wizards	Wizards	Sonny	Sonny	Hannah	Hannah	
ESPN	College Football						SportsCenter		SportsCenter		Baseball
FAM	The Haunted Mansion		Spiderwck Chr				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		The Fairy Jobmother		Project Runway		
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		MANswers	MANswers	
TBS	Drumline				Fam. Guy	Fam. Guy	Lopez Tonight		Earl	Earl	
TNT	NBA Basketball						NBA Basketball				
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		NCIS		

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Daily M-F .....8:00 a.m. Saturday .....5:30 p.m. Sunday ..... 8:30 a.m. &amp; 11:00 a.m.</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>SUNDAY LITURGY ..... 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>Heritage Baptist</b> Independent Fundamental <i>Meeting at the Carnegie Center</i> <b>105 2nd Ave SE - 833-1798</b></p> <p>Sunday School .....9:30 a.m. Sunday Worship .....10:45 a.m. Sunday Evening .....6:00 p.m. Wed. Prayer/Bible Study .....7:00 p.m. Wed. Children's Patch Club.....7:00 p.m.</p> <p><b>Pastor Brian Ferree</b></p>	<p><b>Minot Air Force Base Chapel Protestant Services (All Sunday)</b></p> <p>Traditional Service .....10:00 a.m. (North Plains Chapel) Gospel Service .....11:30 a.m. (Northern Lights Chapel) Contemporary Service .....2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p><b>Chapel 723-2456</b></p>	<p><b>Minot Air Force Base Chapel Catholic Services</b></p> <p><b>Eucharist (Mass)</b> Daily Mass .....9:00 a.m. (Northern Lights) Sunday ..... 9:30 a.m. &amp; 5:00 p.m. (Northern Lights) Sunday CCD.....11:15 a.m. (North Plains School)</p> <p><b>Northern Lights Chapel 723-2456</b></p>
<p><b>Bible Fellowship</b> 1720 4th Ave. NW • 838-0916 <a href="http://www.minotbiblefellowship.org">www.minotbiblefellowship.org</a></p> <p>Sunday School .....9:45 a.m. Sunday Worship .....10:45 a.m. Sunday Evening Worship .....7:00 p.m. Wed. Evening Family Night.....7:00 p.m.</p> <p>• <i>Pioneer Club • Youth Club</i> • <i>Women's Bible Study • Adult Bible Study</i></p> <p><b>Pastor Duane Deckert</b></p>	<p><b>Minot Baptist Church</b></p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></p> <p>Sunday School .....9:45 a.m. Morning Worship .....11:00 a.m. Evening Worship .....6:00 p.m. Wednesday Evening .....7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p><b>Harvest Reformed Church</b></p> <p><i>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</i></p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p><b>Morning Service 10:30 a.m.</b></p> <p><b>838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b> 430 N. Broadway 839-1064</p> <p>Sunday School .....11:00 a.m. Sunday Worship .....11:00 a.m. Tuesday Lunch Bible Study .....12 Noon Wednesday Youth Classes.....6:30-8:30 p.m.</p> <p><b>Rev. Frank Picard</b></p>	<p><b>Welcome to the Minot Church of Christ</b> 1315 1st St. NE</p> <p><b>Sunday:</b> Bible Classes .....9:30 a.m. Worship .....5:00 p.m.</p> <p><b>Wednesday:</b> Bible Classes .....7:00 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p><b>First Presbyterian Church</b> 1000 3rd St. NE (Next to Trinity Nursing Home) <b>852-0315</b></p> <p>Sunday Contemporary Worship .....8:30 a.m. Sunday School .....9:30 a.m. Sunday Traditional Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper.....5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation &amp; Nursery Available</p> <p><a href="http://www.minotfpc.org">www.minotfpc.org</a> <i>Visitors Welcome</i></p>	<p><b>Apostolic Faith Church, UPCI</b> 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Sunday School .....2:00 p.m. Sunday Worship .....3:30 p.m. Wednesday Bible Study .....7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>Minot First Church of The Nazarene</b> 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee &amp; Conversation .....9:00-9:30 a.m. Sunday School .....9:30 a.m. Morning Worship .....10:45 a.m. Evening Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p><b>Senior Pastor Francis Warren</b></p>	<p><b>First Lutheran Church - ELCA</b> 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper .....5:00 pm WOW (Worship on Wednesday) .....5:45 pm Wednesday School &amp; Confirmation ..6:20 pm Saturday Worship .....5:30 pm Sunday Worship .....8:45 &amp; 10:45 am Sunday School &amp; Adult Forum .....9:45 am.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael &amp; Kari Pancoast <a href="http://www.firstlutheranchurchminot.com">www.firstlutheranchurchminot.com</a></p>	<p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship .....8:30 a.m. &amp; 11 a.m. Sunday School &amp; Bible Class .....9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st &amp; 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p><b>2209 4th Ave. NW • 839-4663</b> Carlyle Roth, Pastor</p>
<p><b>Bethany Lutheran</b> 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship .....7:00 p.m. Sunday Worship .....8:15 a.m. &amp; 10:45 a.m. Fellowship.....9:15 a.m. Adult Forum .....9:30 a.m. Sunday School .....9:30 a.m.</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p><b>North Hill Baptist Church SBC</b> 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching &amp; Teaching.....9:30 a.m. Morning Worship .....11:00 a.m. Bible Study .....5:30 p.m.</p> <p><b>Pastor Dan Andrus</b></p>	<p><b>St. John the Apostle Catholic Church</b> 2600 West Central Ave. Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday .....7:00 p.m. Wednesday - Friday .....9:00 a.m. Saturday .....5:00 p.m. Sunday .....8:00 and 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>All Saints' Episcopal Church</b> (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship .....10:00 a.m. Wednesday Worship .....5:15 p.m.</p> <p><a href="http://www.allsaintsminot.org">www.allsaintsminot.org</a></p>	<p><b>Our Redeemer's Church</b> <i>A Church with a Christian School</i> 700 16th Ave SE</p> <p><b>Sundays</b> Worship Services.....8:30 a.m. &amp; 10:45 a.m. Radio Broadcast KHRT 1320 AM .....11 a.m. Children's programs .....9:45 a.m. Youth &amp; Adult Bible Classes .....10 a.m. Interpreter services for the deaf.....10:45 a.m.</p> <p><b>Wednesdays</b> Supper.....5:40 p.m. Bible Classes for all ages .....6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>
<p><b>Augustana Lutheran Church</b> 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship .....8:00 &amp; 10:30 a.m. Sunday School, Confirmation, Adult Forum &amp; Choir Rehearsal.....9:00 a.m.</p> <p><b>Pastor Michon Weingartner</b> Home of Campus Pastor Kerri Williamson</p>	<p><b>Faith United Methodist Church</b> 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <i>Nursery Available</i></p> <p><b>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food &amp; Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. &amp; Wed. 2 - 4 p.m.</b></p> <p><b>Rev. Debra Ball-Kilbourne</b></p>	<p><b>Cross Roads Baptist</b></p> <p>Sunday School (all ages).....9:45 a.m. Sunday Worship .....11:00 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ..6:30 p.m.</p> <p><a href="http://www.angellnet.net/crossroads">www.angellnet.net/crossroads</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a> <b>415 28th Ave SE (Behind Menards)</b> 838-1873 Dr. Ben Pierce, Pastor</p>	<p><b>West Minot Church of God</b> "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School .....9:30 a.m. Sunday Worship .....10:30 a.m. Children's Church .....10:30 a.m. Wednesday Family Training Hour .....6:30 p.m. Wednesday Kids on the Rock .....6:30 p.m. Youth Center, Friday .....7:00 - 11:00 p.m.</p> <p>ABC Child Care &amp; Pre-School Center 852-6352</p>	<p><b>Bethel Free Lutheran AFLC</b> <i>"Building Followers of Jesus Christ"</i></p> <p>Sunday School .....9:30 a.m. Worship Service .....10:30 a.m. Adult Study/WINGS/Youth Wednesday .....6:30-8:30 p.m.</p> <p><b>530 22nd Ave NW (4 Blocks W of Airport)</b> 852-6492 <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p><b>River of Life Church</b></p> <p><b>400 22nd Ave NW • Minot</b></p> <p>Sunday School .....9:30 a.m. Sunday Worship .....10:30 a.m. Sunday Evening Service .....6:00 p.m. Wednesday Service.....7:00 p.m.</p> <p><b>Joe VanEst, Pastor • 858-7777</b></p>	<p><b>First Baptist Church</b> 220-3rd St. S.W. 852-4533 <a href="http://www.firstbaptist-minot.org">www.firstbaptist-minot.org</a></p> <p>Summer Worship Schedule: Classic Worship .....8:30 a.m. Adult Sunday School .....9:45 a.m. Contemporary Worship Service.....9:50 a.m. Sunday School (All Ages) .....11:00 a.m. Contemporary Worship Service.....11:05 a.m. Wed. AWANA Clubs (Sept. - May).....6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship &amp; Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p><b>Church of the Nazarene</b> 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday School .....9:45 a.m. Morning Worship .....11:00 a.m. Evening Worship .....6:00 p.m. Wednesday Bible Study .....6:45 p.m.</p>	<p><b>BEREAN BAPTIST CHURCH</b> Independent KJV</p> <p>Sunday School .....9:45 a.m. Worship .....11:00 a.m. Sunday Evening .....6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p><b>Pastor Joe Minnerup</b> <a href="http://www.bereanbaptistminot.com">www.bereanbaptistminot.com</a> <b>601 1st Ave SE • Minot 833-9811</b></p>	<p><b>First Assembly of God</b> 1805 2nd St. SE 838-1111</p> <p>Morning Worship .....8:30 a.m. Sunday School .....10:00 a.m. Morning Worship .....11:00 a.m. Evening Worship .....6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p><b>Trinity Church</b> <i>An Evangelical Free Church</i> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p><b>September - May</b></p> <p>Sunday School .....9 a.m. Worship .....10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Immanuel Baptist Church</b> 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School .....9:15 a.m. Sunday Worship .....10:30 a.m.</p> <p>Wednesdays Soup Kitchen .....11:30 a.m. - 12:30 p.m. Family Supper .....5:45 p.m. Classes for all ages .....6:30 p.m. Adult Choir Rehearsal .....8:10 p.m.</p> <p><b>Pastor Allen Lively</b> Sarah Dvirnak, Youth Director</p>	<p><b>Grace Evangelical Lutheran Church</b> <i>Wisconsin Synod</i></p> <p><b>WELS</b> Christ's Love, Our Calling.</p> <p><b>1615 2nd St SE • Minot • 838-4280</b></p> <p>Services 1st and 3rd Sunday at 2 p.m. <b>Rev. Carl A. Lindemann</b></p>	<p><b>ZION Lutheran ELCA</b></p> <p><b>1800 Hiawatha St. • 852-1872</b></p> <p>Saturday Worship .....5:00 p.m. Sunday Worship .....8:30 a.m. &amp; 11:00 a.m.</p> <p><b>John Streccius, Pastor</b> Nathan Mugaas, Pastor</p>	<p><b>Vincent United Methodist Church</b> <b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i> <b>open hearts...open minds...open doors!</b></p> <p>Saturday Informal Service .....5:00 p.m. Sunday Worship .....8:30 a.m. &amp; 11 a.m. Sunday School .....9:30 a.m. Coffee Fellowship .....10:30 a.m.</p> <p><b>Gary L. Ball-Kilbourne</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>

# crossword puzzle

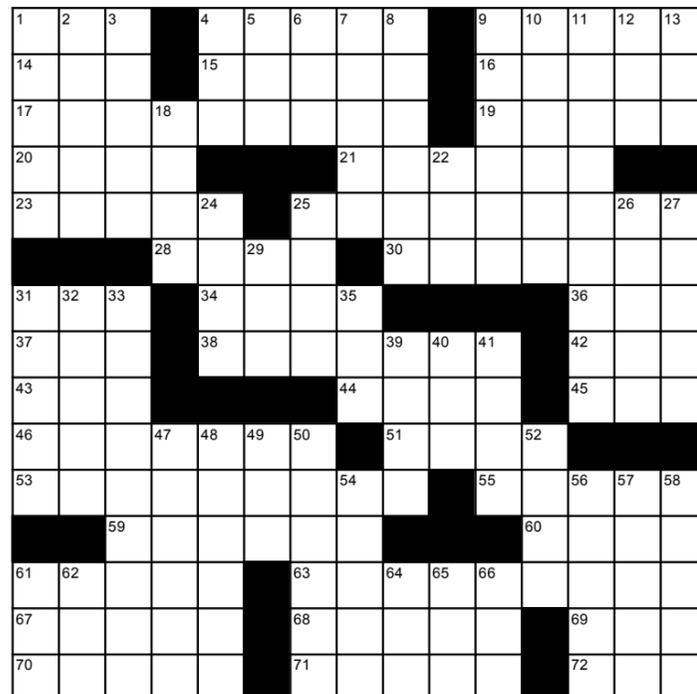
## ACROSS

1. Regular or high-test
4. Chicago Bears founder George
9. Fat eschewer of rhyme
14. Gardner of film
15. Novelist Jong
16. Use a pattern
17. Cop's weapon
19. Put on the radio
20. Down in the dumps
21. Hypnotic state
23. "Bullitt" director Peter
25. Old Scratch
28. Atlantic City game
30. Coastal region
31. Pince-\_\_ glasses
34. City near Tahoe
36. Eighteen-wheeler
37. YOU \_\_ HERE
38. Smokey, when he was rescued
42. Modern-day trial evidence
43. Roll-on name
44. Pro \_\_ (free, in legalese)
45. Actor's workplace
46. Diffuses, as through a membrane
51. Rude dude
53. Scavenge, in a way
55. Playwright Capek
59. Disco light
60. \_\_ Lee cakes
61. Curriculum \_\_ (résumé)
63. Fine performance
67. Upturned, as a box
68. Iroquois tribesmen
69. Commotion
70. Merchandise
71. "The Inferno" author
72. The Beatles' "And I Love \_\_"

## DOWN

1. Hayes of old westerns
2. Walled city of Spain
3. Port-\_\_ cheese
4. "You there!"
5. Rainbow shape
6. Dogpatch diminutive
7. Less than right?
8. Buffalo hockey team
9. Ballad part
10. Does some

## Small Ammo



- |                                |                                       |
|--------------------------------|---------------------------------------|
| comparison shopping            | game                                  |
| 11. Unique individuals         | 41. Throw the __ at (punish severely) |
| 12. Aviation hero              | 47. Fuel rating                       |
| 13. Mack of old TV             | 48. Reduces to confetti               |
| 18. Vichyssoise veggie         | 49. Environmentalist's prefix         |
| 22. Tankard filler             | 50. Blubbered                         |
| 24. Belgrade resident          | 52. Coarse file                       |
| 25. __ fide                    | 54. Stiller's mate                    |
| 26. City northeast of Venice   | 56. Big Indian                        |
| 27. Sired, biblically          | 57. Wear down                         |
| 29. Formerly named             | 58. Cabinet department                |
| 31. Wealthy one                | 61. "I do," e.g.                      |
| 32. Wipe clean                 | 62. Pig-poke connection               |
| 33. Revered Buddhist           | 64. Diarist Anaïs                     |
| 35. Celestial body             | 65. Comprehend                        |
| 39. Baseball's "Georgia Peach" | 66. Put to work                       |
| 40. Big-selling card           |                                       |



Solution to puzzle from October 15.

# movies

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

## Resident Evil: Afterlife

Friday, October 22, at 7 p.m.

(Milla Jovovich, Ali Larter)

In a world ravaged by a virus infection, turning its victims into the Undead, Alice, continues on her journey to find survivors and lead them to safety. Her deadly battle with the Umbrella Corporation reaches new heights, but Alice gets some unexpected help from an old friend. A new lead that promises a safe haven from the Undead takes them to Los Angeles, but when they arrive the city is overrun by thousands of Undead - and Alice and her comrades are about to step into a deadly trap.

Rated R

(sequences of strong violence and language)

96 min

## The American

Saturday, October 23, at 7 p.m.

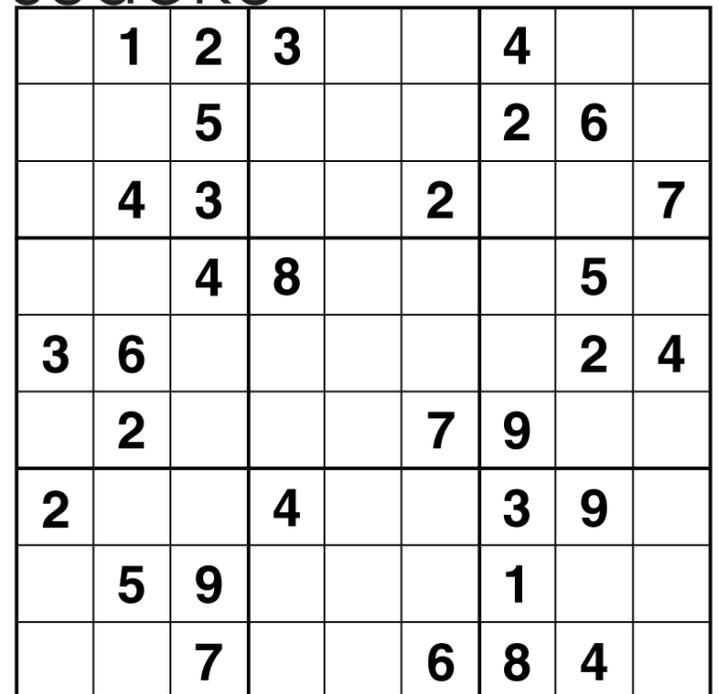
(George Clooney, Irina Bjorklund)

As an assassin, Jack is constantly on the move and always alone. After a job in Sweden ends more harshly than expected for this American abroad, Jack retreats to the Italian countryside. He relishes being away from death for a spell as he holes up in a small medieval town. While there, Jack takes an assignment to construct a weapon for a mysterious contact, Mathilde. Savoring the peaceful quietude he finds in the mountains of Abruzzo, Jack accepts the friendship of local priest Father Benedetto and pursues a torrid liaison with a beautiful woman, Clara. Jack and Clara's time together evolves into a romance, one seemingly free of danger. But by stepping out of the shadows, Jack may be tempting fate.

Rated R (violence, sexual content and nudity)

105 min

# sudoku



Solution to puzzle on page 26.



(Courtesy photo)

## Avoiding collisions with wildlife

by **Rod Krause**

5th Bomb Wing Ground Safety

It is during the fall and winter seasons when animal related vehicle collisions occur the most. It is during this time of the year when wild animals, especially deer, go out and actively seek food everywhere they can.

According to a 2009 statistics report from the United Services Automobile Association, North Dakota had the seventh highest frequency rate of animal-vehicle collisions in the country. Across the country there is an upward trend for these animal related accidents beginning in September, with November spiking as the month with the highest number of accidents.

Collisions with animals can be very costly for many Air Force Global Strike Command Airmen. The USAA report also found an average claim in 2009 for these types of accident was \$2,886. Deer strikes occurred most often between 7 and 8 a.m. and during the evenings from 6 to 10 p.m.

North Dakota's heavy deer population has affected many drivers' pocketbooks across the state. The state's Department of Transportation reported in 2009 there were a total of 3,519 deer related accidents. That is slightly down from 2008's total of 3,656 animal collisions and down even more from 2007's number of 4,118. This past November was the worst month for deer related accidents, in 2009 they totaled 809. Despite these shocking statistics there are various tips drivers can follow to avoid these types of accidents.

According to Linda Butts, the state's DOT deputy director of driver and vehicle services, "Drivers should always wear a seat belt whether driving on a highway or a rural road, and need to be especially vigilant during the early morning and evening hours."

A good way to avoid collisions in general is by driving at the speed designated by the road. The main reason is drivers would be more apt to slam on their breaks if they are driving fast. Avoiding deer or any other animal on the road is much more difficult when speeding. It would take longer to bring the car to a halt before it comes close to hitting the animal. Allowing more time to react to deer on the road is important. Thus, following speed limits, or going lower than the required speed limit in areas where deer are prevalent, is one of the best ways to avoid hitting a deer this winter.

Using high beams is likely to help in preventing collision encounters with deer is because it helps one see farther away than headlights alone. There are many areas where high beams are allowed including secluded back roads or wooded areas which are areas where deer enjoy hiding out. However, it is also important to keep in mind that using high beams is not allowable in certain areas, such as highways or main roads. Having a great visual of what is ahead gives drivers the opportunity to react and be more alert and aware of surroundings.

Another good way of preventing road collisions with animals is to avoid distractions.

A few distractions can include talking on a cell phone while driving, fumbling with the vehicle's audio system, or even eating while on the road. These types of distractions can keep drivers' eyes off the road which in turn could lead to accidents. The less distracted, the more likely drivers will know what is on the road ahead.

Unfortunately, there will be situations where colliding with a deer will be entirely inevitable. If deer pop out of nowhere and there is no time to react in any way to avoid a collision then sometimes the best thing to do is to hit them straight on.

The reason being is more injuries and deaths occur from those who choose to swerve drastically and ultimately land themselves slammed up against a tree or telephone pole. Even though the vehicle will endure heavy damages if it collides head on with the animal; it is more likely the injuries drivers face will not be half as bad as if they had swerved.

Whenever drivers find themselves in an animal related collision, it is important they contact law enforcement officials to report the crash. Attempting to move to the side of the roadway should only be done when road conditions allow for it.

In case drivers are involved in deer collisions and the animal involved poses a road hazard, they are encouraged to contact the state's DOT district office in Minot at 837-7625, or the North Dakota State Radio at 1-800-472-2121 to have designated officials deal with the situation.

## For best health, take medicine as prescribed

By **Gabrielle Kirk**  
TRICARE Management Activity

Drugs must be taken exactly as prescribed, without missing doses, if they are to work to their full potential. Failure to take medications exactly as directed, also called medication adherence, can lead to illness or even death.

According to the Food and Drug Administration (FDA), factors that can affect medication adherence include a patient's belief that treatment is unnecessary or not effective, confusion about how and when to take medication and the cost of medications. Medication adherence may be especially difficult for patients taking multiple medications or those with complex dosing schedules.

"It is best to follow the doctor's prescribed therapy to effectively treat an illness," said Rear Adm. Thomas McGinnis, chief of TRICARE's Pharmaceutical Operations Directorate. "Patients should let their doctor or pharmacist know if the prescription directions are not clear."

In the case of taking an antibiotic for a minor respiratory infection, patients may feel better before taking the last dose. But not finishing a prescription can make it more difficult to treat the illness if it comes back or lead to other complications.

"Patients often stop taking antibiotics when they begin to feel better," McGinnis said. "Unless they complete the prescription, it's possible that some of the bacteria that are making them sick are still alive. This can result in the development of strains of bacteria resistant to treatment with common antibiotics, which presents a serious public health risk."

Other tips for medication adherence include:

- If the benefits and risks of taking prescribed medications are not clear, patients should discuss concerns with their doctor or pharmacist. Many maintenance medications are intended to reduce risk for serious, life-changing events such as heart attacks or strokes. A patient may or may not feel any different while taking these medications, but they can have a major impact on their future health.
- If a patient is experiencing side effects, his or her doctor may be able to reduce the dosage, change dosage timing or switch to a different medication.
- If patients tend to forget to take medications on time, possible solutions include keeping a written or computerized schedule of medications, setting up computerized reminders, using daily dosing containers, keeping medications in an easy place to find and linking medication schedules to their daily routine.
- Patients should talk to their doctor or pharmacist to explore less costly but equally effective alternatives to prescribed medications. Filling prescriptions at a military pharmacy or by TRICARE home delivery option (mail order) can decrease out-of-pocket costs.

• Patients should allow enough time to get refills. For maintenance medications, the TRICARE home delivery option offers lower out-of-pocket costs, provides 90-day supplies of medications, and allows beneficiaries to sign up for automatic refills.

Learn more about medication adherence and other related topics from the FDA at [www.fda.gov/drugs/resourcesforyou](http://www.fda.gov/drugs/resourcesforyou). For more information about enrolling in the TRICARE home delivery option, see [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery).

If you know of an event or happening on base or around the area, let us know!

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00 GMC Sierra 1500 X-Cab.....#5317931	<b>\$12,968</b>	07 Silverado 2500 X-Cab 1LT.....#5358010	<b>\$19,989</b>	09 Jeep Wrangler Rubicon.....#5400711	<b>\$32,609</b>
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06 Chevy Equinox LT.....#6306110	<b>\$14,971</b>	05 Ford F-250SD SuperCab.....#6301010	<b>\$21,867</b>	10 Silverado 2500 Diesel Crew.....#6303310	<b>\$42,926</b>
03 Chevy Avalanche.....#5336720	<b>\$15,961</b>	08 Silverado 2500 X-Cab 1LT.....#6301010	<b>\$21,986</b>	09 Cadillac Escalade AWD.....#5402911	<b>\$50,919</b>



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