

Sacrificing for those in need

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

Whether on combat operations or on a joint task force helping to rebuild infrastructure in Afghanistan, Air Force Global Strike Command Airmen constantly heed our nations call and deploy to various regions throughout the world in support of the overall mission of protecting the homeland.

Airmen often go through eye-opening experiences while at their deployed locations which can create long lasting memories.

Capt. Erik G. Rauglas, 5th Civil Engineer Squadron readiness and emergency flight chief, is one of many servicemembers who, despite having sustained injuries while on deployment, would be honored to answer his nations call once more if needed abroad.

"I had quite an experience while I was deployed and I'd go through it all over again if I had to," said Captain Rauglas. "It was a joint environment where we worked alongside the Army."

The captain said he served for nine months as commander of a provincial reconstruction team whose mission was to oversee management of local construction projects in Nangarhar Province, Afghanistan. Deployed servicemembers, sometimes regrettably, pay the ultimate price for their service. Fortunately Captain Rauglas said he made it back strong, notwithstanding the wounds he endured.

The captain suffered shrapnel injuries during his deployment after a surprise explosion caught his unit off guard during a dismantled construction site inspection.

He was awarded the Purple Heart earlier in May of this year as well as the Combat Action Medal Oct. 13 for his actions. Captain Rauglas acknowledged that the effectiveness of the reconstruction mission he was part of was so great that it really helped him continue forward in fulfilling his duties.

Captain Rauglas explained his deployment to Afghanistan showed him a side of the reconstruction mission in a region that is not too often talked



(U.S. Air Force photo by Capt. Melissa J. Milner)

Capt. Erik G. Rauglas (far left), 5th Civil Engineer Squadron readiness and emergency flight chief, interacts with local Afghan contractors during a site condition inspection. The captain served for nine months as commander of the Provincial Reconstruction Team in Nangarhar Province, Afghanistan which had the mission of overseeing the management of local reconstruction projects and providing medical support to the local population. Interacting face to face with the local Afghan officials was an important part of the reconstruction mission because it helped build good relations between the military and the local populous.

about.

"We helped out the locals with little day to day improvements in their lives such as providing medical support, fixing irrigation systems for farmers, to even overseeing larger scaled projects like restoring city hospitals," explained Captain Rauglas.

"In working side by side with the locals to help better their lives, you definitely feel and see firsthand the positive impact our coalition troops have in the region," said the captain.

He explained the importance of interacting face to face with local village elders and district governors to find out what the community was in most need of.

"The aid we provide all helps build good relations with the Afghan people," the captain said.

The reconstruction team also

provided the community by building schoolhouses for the children and constructing roadways that connect Afghan villages.

The gratification felt when helping out the underprivileged is immense, explained Captain Rauglas, especially when it involved aiding children.

"There were some students in the region that often attended school out in the open and had instructors teaching from a chalkboard pegged to a tree," he explained. "We built suitable classrooms for them because it is the least they deserve."

The most memorable moment Captain Rauglas recalls while deployed was during an initial site visit to a local village where they stopped to visit an orphan and widow center.

"It was heartbreaking to see children with no father and mother, or

sometimes missing one parent," Captain Rauglas continued. "Yet despite the condition some of these children found themselves in, I was amazed at how playful these kids remained."

From that point Captain Rauglas realized that whatever help his team provided, the children would grow up with more enriched lives because of it. "Seeing innocent children in those conditions made me want to work even harder," said Captain Rauglas.

Every time they finished a project, the captain said, the faces of happiness and excitement on the locals filled him with a great sense of accomplishment.

"The help we provide ultimately contributes to the counterinsurgency struggle, because it shows the Afghan people what America is really about," said the captain.

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Scammers prey on servicemembers

by **Airman 1st Class Janine Thibault**
354th Fighter Wing
Public Affairs

EIELSON AIR FORCE BASE, Alaska (AFNS) -

Scams can include any trick used to gain information, money or resources. Scammers accomplish this by preying on a person until the scammer can piece together information or convince the individual to meet the scammers' needs.

Even though servicemembers are a prominent part of the nation, they can be targeted like everyone else.

"Anytime someone has access to your personal information, they may try to work a scam on you to get more information, whether it's your social security number, date of birth, name or address," said Anthony Mosher, the 354th Security Forces Squadron branch chief of intelligence and investigations. "Once they start putting together all that information, they literally have control of your financial life."

Scams can be run in a variety of ways, using both new technology and old methods.

Computer scams often deal with companies and websites people trust. For instance,

social networking websites encourage users to input their personal information, including phone numbers and addresses, which if used by the wrong person could result in someone's identity being stolen.

"That's a big thing right now," said Jessica Baker, an investigator with the 354th Security Forces. "People need to protect their identity, because there is not really much you can do once identity theft happens." Scammers have also used real and false names to sell fraudulent items online, hoping someone would pay for an item that will never be sent.

There are also email scams that ask for personal information. The email is sent so it looks like it is from a reputable person or company, but after the victim sends the requested information, scammers are fully equipped to access personal accounts of their choosing.

"Military members have a steady paycheck and drive nice cars," Mr. Mosher said. "If they're a good scammer, they know who to target, and that'll be people with money."

Mr. Mosher said mail fraud cases also still happen, and precautions should be taken when disposing of



(U.S. Air Force photo/Airman 1st Class Janine Thibault)

Staff Sgt. Christopher Tracy inserts a bank card into an ATM Oct. 26, 2010, at Eielson Air Force Base, Alaska. Sergeant Tracy is a 354th Communications Squadron network control center base equipment and custodian officer.

personal mail.

"If it has any personal information at all, shred it," Mr. Mosher said. "There are dumpster divers everywhere, both on base and off base. There are people (who) regularly go to off-base transit or dump sites (to go) through your garbage."

If a person is a victim of a scam of any kind, one of his first actions should be to notify banks and credit card

companies so they can close or freeze accounts.

It is also important to account for what is missing and establish new bank accounts and credit lines, Mr. Mosher said. Some banks will reimburse a person who is the victim of a scam. However, that is not always guaranteed. The footwork to recover belongings may be the responsibility of the victim.

Victims of a scam should

also make a police report, and if it is believed the scammer was a military member, security forces officials can look into the case. If the suspected scammer is civilian, the report must be made with the local police. If the person lives somewhere else, file the report in that town.

"Don't put your personal information out there," Mr. Mosher said. "Safeguard it like you're safeguarding your kids. Don't leave your information in plain sight. Whether or not you have friends coming to the house, put your stuff away."

By knowing about these scams and how they work, Airmen can take the appropriate steps to safeguard their information and prevent others from gaining access to their personal accounts.

Are you getting enough sleep?

by **Rod Krause**

5 BW Ground Safety Manager

Airmen in Air Force Global Strike Command may not be getting enough sleep. Apparently a lot of people aren't, and the result is dangerous.

The U.S. National Highway Traffic Safety Administration estimates that approximately 100,000 police-reported crashes annually involve drowsiness and/or fatigue as a principal causal factor.

Those crashes result in an estimated 1,500 fatalities and 71,000 injuries each year, and an annual monetary loss of approximately \$12.5 billion.

Referred to as the "silent killer" because it is so often overlooked as the cause of an accident, drowsy driving's full effect is not yet known because reporting is impre-

cise, police are not trained to detect sleep-related crashes and there is no Breathalyzer-like test to determine whether someone was driving while dangerously drowsy.

"Driving while drowsy or fatigued is something that most drivers have experienced or will experience at some point," said Greg Ciezadlo, vice president, Farmers Insurance, yawning. "We need to raise the awareness of this problem and educate drivers on how to prevent it from happening."

According to the Farmers survey, almost three times as many men, 15.9 percent, as women, 5.8 percent, said they had fallen asleep while driving. Those ages 55 to 64 had the highest percentage of any age group surveyed 13.7 percent. Nearly twice as many of those surveyed said they

had momentarily dozed while driving. In addition, while 53.4 percent of all surveyed said they have felt drowsy while driving, 41.2 percent claimed they kept driving.

The American Institute of Chartered Personal Casualty Underwriters insists stay awake behaviors such as exercising, turning on the radio, and opening the windows are misconceptions and have not been proven to prevent sleep attacks.

Experts who have looked at the problem say the only safe way to combat drowsy driving is to pull over to a safe parking spot.

"With drowsy driving on the increase, Mr. Ciezadlo said, "it is increasingly important drivers do all they can to prevent this problem, including getting sufficient sleep and avoiding alcohol."

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 Logistics Readiness Squadron

Senior Master Sgt. Chad Yatzeck

Tech. Sgt. Valentine Lara
Staff Sgt. Andrew Hoose

Airman 1st Class John Larson

5th Medical Operations Squadron

Master Sgt. John W. Hearn

23rd Bomb Squadron

Capt. Samuel A. Moore



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warbird journal

Commentary by Col. Douglas Cox
5th Bomb Wing commander



Operational Security

In this age of readily accessible social media, high speed internet and cell phones we're able to keep our situational awareness very high pertaining to those topics we're really interested in. Facebook, twitter, text and chat make it quick and easy to stay in touch with those people we care about and those topics that capture our imagination. If you're into football you can keep tabs on all your favorite players and teams with a running data feed right to your personal cell phone or computer.

For those of us who have a few more gray hairs (or a few less hairs) this wonderful world of information is mostly exciting, but sometimes a little mysterious because it's not something we grew up with. The majority of our population here at Minot AFB, however, is very comfortable with this ready access to information and status. In fact, those who are comfortable in the information domain are able to track, assess, and act with a speed and accuracy that is truly amazing to folks that are a little less savvy.

It's that very speed and accuracy of information transfer that makes our information age communications very helpful not just to us, but also to our

would-be adversaries. Facebook is far from private, and don't fool yourself that our adversaries aren't able to use it and other open source methods to search for significant information about what our unit is up to, how many of us are involved, and what our mission or destination might be.

For someone who is trying to spoil our plans or degrade our combat capability, information is a very valuable weapon - a tool that can be used against us very quickly, and to great effect. It's imperative that we keep any details about our mission off the web: the enemy is surfing to the same sites that we are.

Another information tool that's much more familiar to those of us from an earlier generation is the telephone. It's shocking how easy it is to intercept a conversation using readily available equipment. Anything you say on the cell phone or the land line can be captured and processed by just about anyone who is interested in the conversation. Deny the adversary this valuable information by using secure means to transmit your messages.

If you need a computer driven status feed, Defense Connect Online or chat over a secure computer is an outstanding tool. If you need to talk

business that might be treading the line into sensitive data, "key up", which means use a secure telephone. It only takes a second to keep that information away from those who would use it to harm us. The same goes for the land mobile radio - it's a great coordination tool, but any mission details you transmit unencrypted are now another piece of the puzzle for anyone who cares to tune in.

Our deterrence mission is a very public one - the safe, secure, and effective performance of your duties sends the message that we are strong, and ready to defend our allies and our homeland.

The details of how we perform that mission, and the essentials of our full capability, must be left to the adversary's imagination. Don't help them build the picture. Let them expend scarce resources and valuable time trying to figure it out while we keep our operations secure.

Think OPSEC!

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

Local Weather

Fri 10/29 35/23

More clouds than sun. Highs in the mid 30s and lows in the low 20s.

Sat 10/30 37/23

Mix of sun and clouds. Highs in the upper 30s and lows in the low 20s.

Sun 10/31 38/29

Mostly Cloudy. Highs in the upper 30s and lows in the upper 20s.

Mon 11/1 42/30

Morning clouds followed by afternoon sun.

Tue 11/2 48/29

Mostly sunny. Highs in the upper 40s and lows in the upper 20s.

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operation homefront

Commentary by Sharon Olson
Northern Sentry Production Manager



For the love of North Dakota

As I write this we are under our first Blizzard Warning of the season. It is dreary and gray. The wind is starting to howl and we are waiting for the approaching snow. Another North Dakota winter has begun. What happened to summer?

This year has come and gone so fast. For me it was one full of sorrow. I lost my son this summer. He died suddenly at age 33. An unexpected blow to what should have been a joyous summer. Time seemed to stop in July and then I woke up to the end of October.

As I listened to the weatherman predicting the coming snowstorm, I said to my husband, "Matt is going to miss the snow." When I hear people complain about the North Dakota weather, I think of my son who loved it here all year long. He loved to fly across the prairie on his snowmobile in winter and the ATV in summer.

He would sit in our family room and stare out the big windows across the plains. You could see his imagination working. He was daydreaming of the feel of North Dakota air across his face.

We moved here from California when he was in second grade. We bought a small farmstead and began the usual adjustment to country life. He raised chickens and pigs. He joined the local 4-H club where his dad served as leader. After school, he and his sister would explore the whole farmstead. They climbed the trees and played in every building. He knew every corner of the property.

In the winter, the kids would take turns sledding down the big snow mounds that had been created when the driveway was cleared. Who could go the furthest and the fastest?

He had worked several years out of state but had longed to return. He

had offers to work all over the country but just wanted a job in North Dakota. He had finally found an opening a few years ago at a power plant in Beulah so he could come home full time.

Today I look back and I am so glad that my children grew up here. They had the freedom of open country and a lifestyle you can't find in most other places. Yes, we do have some cold snowy days but look at those times as family time. It is time to stop your normal rush of everyday life and just enjoy some hot cocoa and play a board game with the whole family. Now that I think about it, I wish I had done that more often.

The snow is starting to fly and wind is howling. Maybe this is the blizzard of 2010? Through all this I still say, "Thank God I live in North Dakota."

Not feeling yourself these days?

**Commentary by Airman 1st Class
Awotash Asmare**

5th Medical Operations Squadron

Are you or a loved one feeling especially stressed or anxious lately? While everyone occasionally experiences ups and downs, lingering sadness and feelings of disconnection could be signs of more serious underlying issues. Whether you are personally suffering through these feelings or have observed them in a friend or family member, it is important for you or your loved one to seek help before

the problems become more significant.

Because it's not easy to determine if you have a problem, the military is offering free, confidential online self-assessments for people who may be experiencing stress, moodiness, or other unsettling feelings. These online screenings can help you regain your emotional stability.

Taking stock of your emotions and seeking help are signs of courage, not weakness. Air Force Global Strike Command Airmen can take advantage of the anonymous mental health

and alcohol use self-assessments that Minot AFB is offering on Oct. 27 at the base exchange from 9 a.m. to 5 p.m. Attendees will have the opportunity to take a brief questionnaire that gauges their likelihood for mental health and alcohol use disorders. The self-assessments are also available year-round, 24 hours a day, seven days a week, either online at www.MilitaryMentalHealth.org or by phone at 877-877-3647.

Screenings are a part of Military Pathways, a voluntary, anonymous mental health and alcohol self-assess-

ment and referral program offered to military families and service members affected by deployment. It is available online and via the telephone 24 hours a day, seven days a week, as well as in-person events. This program is offered without charge through the DoD's Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

For more information on National Depression Screening Day, call Airman 1st Class Asmare at 723-5527.

Shape your life with values

**Commentary by Capt.
Matthew Foisy**

628th Security Forces
Squadron commander

JOINT BASE CHARLESTON, S.C. (AFNS) - Take a minute and reminisce back to the day when you first put on your military uniform. For many, it was probably basic training, Reserve Officer Training Corps or the Air Force Academy. Can you recall the sense of pride you felt at the time?

As I often recall, it was a feeling of pride, honor, commitment and an overwhelming sense of patriotism. It was being part of something bigger, not just another organization. Soon, the indoctrination began. For weeks, we drilled and trained in the customs and courtesies, history and teachings of our respective services. We were "blued" and ready to go out and make a difference serving our great nation.

One of the best aspects of my job is seeing the face of a new "one-striper" or "butter bar" fresh out of school and having the opportunity to sit down with them and provide expectations, direction and encouragement. We all typically hit the ground running with a strong desire to succeed and make a difference. Over time, we all learn the lessons of life, the job, and often times, we are quickly faced with challenges and adversity. These are defining moments in our career which everyone will learn to deal with differently.

I entered the service at a time when our nation was at war, a time that is arguably the most challenging our military has faced since Vietnam.

The strain which deployments, high-operations tempos and numerous competing demands place on our

Airmen, Sailors, Soldiers, Marines and families are immeasurable. It is something only understood by those of us who have experienced it, and it is in this environment we are most tested and tried. For most, it will be these times that help us grow into better leaders and make us stronger.

Our respective services provide us with sets of core values developed to guide us in our every action. The importance of Integrity First, Service Before Self and Excellence In All We Do defines the Air Force, and I make it a point to consider these values in every decision I make. They help guide me through the tough decisions.

The Security Forces Apprentice Course at Lackland Air Force Base took the Air Force core values a step further. The acronym by which we remember our security forces core values is SHIELD. Designed after the device we proudly wear on our left front pocket, which distinguishes us as law enforcement officials, the acronym also defines the values I expect every one of our defenders to uphold.

Service: Service before self reminds us of our commitment to the Air Force, always putting the mission first, and of the sacrifice we and our families must make to continue keeping our Air Force safe and secure.

Honor: To remind us what an honor it is to be able to serve our great nation, to have the distinction of being a law enforcement official, to wear the badge and beret and to serve the base populous in this capacity; but most importantly to honor all the core values.

Integrity: As a law enforcement official, integrity is paramount. People look to us to be the example and do what is right all the time. Without integrity, our word means nothing.

Excellence: We strive for excellence at all times and to be the example. We are the first and the last Airmen any patron transiting our installation will see. We must leave them with an impression of excellence.

Leadership: Every defender must be a leader. Whether they are controlling entry to the base or leading a convoy, they are expected to make decisions which impact the lives of others.

Discipline: We strive for discipline in everything we do. Not only must we meet the standards, but we also enforce them.

I make it a point to catch every member entering the 628th Security Forces Squadron prior to putting them to work to reinforce these values. Core values must be the bedrock which defines our character. Without family, personal, or service oriented values we would be undisciplined.

You need not look far within your organizations to see those who embrace the values to their fullest. I am reminded daily of their impact as I come through the base gates and am greeted by a professional like Tech. Sgt. Brian Saylor, who I receive daily compliments on for his professionalism, or when I read about Senior Airman Samuel Siewert from the 628th Civil Engineer Squadron being recognized as one of the Air Force 12 Outstanding Airmen of the Year.

On the contrary, there are a few amongst our ranks who have lost focus on our core values. Just last year, Charleston AFB issued 61 Articles 15, and we have already exceeded that number this year with three calendar months left. We are also challenged with an unacceptable rate of physical-fitness failures to a standard which is not overly challenging.

Lastly, although they make up a small minority, we have a population that has lost focus on basic customs and courtesies expected of us within the profession of arms.

This is unacceptable and I am sure if you fall into one of these categories, it is the last place you thought you would be when you entered the service. Many of my defenders have heard me say time after time, "Discipline yourself so that others won't have to." The worst part of any commander's day is having to discipline a member of their unit because they failed to embrace or follow the core values.

I challenge all of you who have taken the time to read this article to reaffirm what your respective core values mean to you. Challenge yourself to consider them in your every day decision making process.



Lives saved through AADD

Airmen Against Drunk Driving is a voluntary organization Airmen can call when they need assistance from a wingman, at 838-2233.

Volunteers for the weekend of Oct. 28 to 30 are from the 5th Security Forces Squadron.

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Military spouses are heroes, first lady says

by Cheryl Pellerin
American Forces Press Service

WASHINGTON (AFNS)

The needs and concerns of military spouses, whose sacrifices benefit the nation, should be of concern to all Americans, First Lady Michelle Obama said Oct. 26.

"These women and men - they are heroes, and it's time that we recognize the challenges they face and the obstacles they overcome and the contributions they make," Mrs. Obama said at the Women's Conference 2010, held Oct. 24 through 26 in Long Beach, Calif.

"It is an issue that I believe should be on the agenda of every women's conference, right up there with equal pay, right up there with work-family balance, right up there with breaking the glass ceiling," the first lady told 30,000 attendees, who gathered to hear Mrs. Obama and more than 100 other speakers during the annual forum.

California Gov. Arnold Schwarzenegger and his wife, Maria Shriver, hosted the meeting. The Women's Conference also is a global, online community with more than 1 million participants.

Dr. Jill Biden, wife of Vice President Joe Biden, also addressed the conference.

"One of the best parts of my role as second lady is the time I spend meeting service members, military families, veterans and wounded warriors - people who honor us with their service across this country and around the world," she said.

Women make up 15 percent of the military and serve in leadership positions in every branch of the service, Dr. Biden added.

"In recognition of that evolution, the president is expanding and enhancing care for women veterans and looking for ways to expand childcare," she said.

Mrs. Obama said her husband, President Barack Obama, also has worked hard on behalf of military families, strengthening support programs and counseling services and increasing funds for housing, childcare and career development.

"He's extended the Family and Medical Leave Act to more military families and caregivers, and we're working with states to streamline requirements so that spouses don't have to reapply for pro-

fessional credentials and take new tests every time they move," she said.

Mrs. Obama called on teachers, school administrators and PTA members to see what their schools can better do to support military kids. Lawyers, accountants or counselors can offer services

pro bono to some military families in their communities.

The needs and concerns of military spouses "should be on the agenda of every woman and every American because they represent the very best this country has to offer," the first lady said.

"It's time that each of us did our part to give them the support they need, the recognition they deserve and the gratitude they've earned," she added. "I look forward to working with all of you in some way, shape or form to make that happen in the months and years ahead."



Indoor Triathlon winner

(Submitted photo)

Oscar Mahew shows off his running form that contributed to his winning time of 56:53 minutes for the Indoor Triathlon held at the Fitness Center on Saturday, October 23rd. Finishing second with a time of 1:01:45 was John Rolsen while Eli Terry picked up third place with a time of 1:04:12. Participants swam a half mile, biked 10K, and ran 5K utilizing the Indoor swimming pool, bikes, and treadmills located inside the Fitness Center. The Indoor Triathlon 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.*

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Lose the training wheels

**Commentary by
Col. Scott Brewer**

386th Expeditionary
Operations Group commander

SOUTHWEST ASIA

(AFNS) - I first taught my daughter to ride a bicycle using training wheels. The added support gave her the confidence to take off like a daredevil. She was content for awhile, until she realized her training wheels were holding her back.

Over the next few days, we tried, but didn't make progress. She just couldn't balance on her own. I struggled to figure out why, and then, it hit me. I was getting in the way. My fear of her falling kept me so close that as soon as she'd begin to tip, I'd steady her. I had become her training wheels, and if she was going to learn, I'd have to let her go, both figuratively and literally.

We both had to find balance. How should I support and guide her without causing unnecessary injury? Should I catch her before

she skins her knee and possibly gives up, or is she just leaning and able to recover? This was a tricky dilemma that meant I had to time my engagement just right.

That problem - determining when and how to engage - is the central challenge we face as leaders. It's the sweet spot between balancing the success of our mission with the risk of failure so young leaders can learn how to spot mistakes early and correct them. While it's quite natural to try to avoid failure, doing so can limit one's opportunity to learn.

Just like learning to ride a bike, no one starts off as an expert. It takes trial and error to learn to get your balance. When you step out of your comfort zone to do something new and fall short you are rewarded with feedback. It's this process of making decisions, and living with the consequences, that enables our Airmen to grow and improve.

So what should you do when someone doesn't meet

your expectations? Ask what they were thinking and then have them re-engage? Identify their good ideas and interject only what is needed to strengthen their ability to handle the project? Make it a collaborative effort and do it with them? Take it and do it yourself?

There's a wide range of options, so how do you choose? I made all kinds of excuses when I started teaching my daughter to ride without training wheels, like "she's too young," or "I'm pushing her too hard." I couldn't resist my instinct to come to her rescue. I needed the courage and poise to let her lean closer to the ground so she had the opportunity to catch herself.

As soon as I changed my approach, I created a learning opportunity to help her gain self-reliance, freeing her to learn to balance herself. Within days she mastered her bike and gained the confidence to explore the neighborhood without being limited by her - or my - training wheels.



(U.S. Air Force graphic)

Voting options available to servicemembers

SAN ANTONIO (AFNS) - As the Nov. 2 election approaches, servicemembers can take advantage of new options intended to make voting easier.

For voters in many states, absentee ballots can be obtained electronically for printing and mailing.

Additionally, according to officials from the Federal Voting Assistance Program, "voters from all 55 states and territories can use the FVAP online Federal Write-in Absentee Ballot automated assistant to vote for at least all federal candidates."

For additional voting information, visit the Federal Voting Assistance Program's website at www.fvap.gov.

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2009 Pontiac Vibe.....	\$14,995
2007 Honda Accord EX.....	\$15,995
2010 Chevy Impala LT.....	\$15,995
2007 Jeep Commander	\$17,995
2008 Chevy Equinox.....	\$18,995
2008 Mazda Miata MX-5 Convertible.....	\$18,995
2005 Chevy Crew LS	\$19,995
2006 Chevy Crew LT	\$19,995
2007 Chevy Trailblazer LT	\$19,995
2008 Buick Lucerne CXS	\$19,995
2006 Chevy Crew Cab LT	\$20,995
2005 GMC Yukon Denali XL.....	\$21,995
2009 GMC Canyon.....	\$23,995

2010 Chevy Camaro.....	\$24,995
2010 Jeep Commander	\$24,995
2010 Buick LaCrosse CXL.....	\$24,995
2006 Lincoln Mark LT.....	\$26,995
2008 Ford F-150 Super Crew	\$26,995
2010 GMC Terrain.....	\$26,995
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2008 Chevy 1500 Crew LTZ.....	\$28,995
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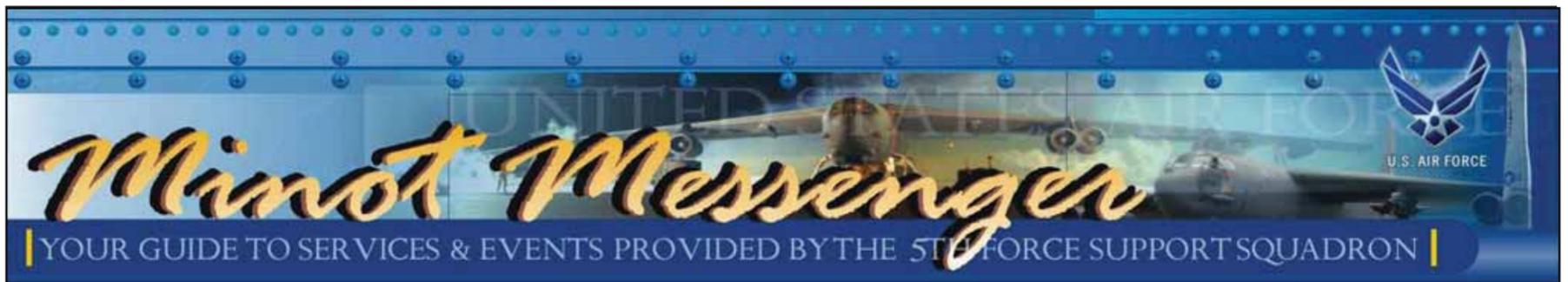
Jeff Luedke



Jason Soine



Ashley Halligan



Let 5 FSS Facilities Make Your Holiday Party Planning Easy

Organizing a holiday party can be an overwhelming task. Where is a convenient location the party can be held at? What type of menu will be served? Who will be responsible for cooking the food? The prospect of a holiday party can be made significantly less stressful and more enjoyable with the assistance of a number of 5th Force Support Squadron facilities.

The Jimmy Doolittle Center offers a take-out catering service perfect for your office or home holiday party whether it includes a small gathering of close friends and associates or a large crowd of holiday fun seekers. The staff at the Jimmy Doolittle Center will prepare a delicious menu for your holiday get-together; all you have to do is choose the menu selections you desire and let them know when you want to pick it up.

If you are looking for a traditional holiday meal for your party, the Jimmy Doolittle Center offers a mouth-watering array of scrumptious options. For \$6 per person (\$1 more per person for a second meat), you have a choice of roasted turkey with stuffing, baked ham, or roast beef. Plus, the meal includes mashed potatoes with gravy or Au Gratin potatoes, buttered corn or home style green beans, and dinner rolls with butter. A prime rib option is available for \$7.50 per person.

If you'd prefer a hors d'oeuvres party, you can mix and match 2 meat items and 3 additional items for \$5 per person. Meat items include meat balls (sweet & sour, barbecue, or Swedish), chicken wings (buffalo, teriyaki, or traditional country fried), teriyaki chicken strips, bulgogi marinated beef, pulled pork with rolls, party buns, or pigs in a blanket. The additional items offer a wide variety of choices including: vegetable tray, fruit tray, tortilla roll-ups, seven layer dip with tortilla chips, cheese board with crackers, bruschetta, mozzarella



cheese sticks, potato skins, stuffing balls, cookies, and brownies. For details on the holiday party catering service, call 723-3731.

Are you searching for a location for your holiday party? J.R. Rockers invites you to book it in the Top of the Rock. J.R. Rockers can help you plan your party just the way you want it. Groups of 15-75 people can be accommodated; they have a catering menu available with a diverse selection of appetizing options. A minimum of 24 hours notice is required. For complete details, call 727-ROCK.

Maybe you're thinking a pizza party would be a terrific way to celebrate the holidays. Rough Riders has a great selection of tasty pizzas available in three different sizes or perhaps you'd like to try their yummy sandwich choices and signature salads. The Community Center, where Rough Riders is located, can host small office parties in the Common Grounds, Canadian room or kid friendly gatherings in Darbyland. For additional information, call Rough Riders at 727-4377.

The Rough Rider Golf Course has accommodations for up to 65 people with food catered from FSS facilities. Call 723-3164 for details.



Haunted House At Outdoor Rec Is October 29th & 30th

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 details, call Outdoor Recreation at 723-3648.

VOLUNTEERS NEEDED FOR "DAY OF LOVE" EVENT

Express your thanks and appreciation to local senior citizens during the Day Of Love event on November 25th. Volunteer to escort senior citizens to the Doolittle Center or help serve the Thanksgiving meal. Interested volunteers should call the Community Center at 723-4670. Must be 18 years old.

Event Update

Halloween Scary Sale

October 29 • 10 a.m.-4 p.m. • Arts & Crafts Center

Halloween Costume Party

October 29 • 4:30 p.m. • Doolittle Center

Family Bowl-a-Rama

October 29 • 5 p.m. • Rough Rider Lanes

Kids Night Out

October 29 • 6:30 p.m. • Youth Center

Preteen Rockin-N-Rollin

October 29 • 8 p.m. • Youth Center

Haunted House

October 29 & 30 • 8-10:30 p.m. • Outdoor Rec

Lights & Strikes Bowling

October 29 & 30 • 10 p.m. • Rough Rider Lanes

LAN Party & X-Box Gaming

October 30 • 10 a.m. • Community Center

Beginning Knitting Class

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

Sunday Champagne Brunch

October 31 • 10:30 a.m. • Doolittle Center

Football Frenzy

October 31 • 11 a.m. • J.R. Rockers

Halloween 9 Pin No Tap

October 31 • 2 p.m. • Rough Rider Lanes

3 Person Team Tournament

October 31 • 2 p.m. • Rough Rider Lanes

Swimming Lesson Open Enrollment

November 1 • 5:30 p.m. • Indoor Pool

Turkey Shoot During League Play

November 1-19 • Rough Rider Lanes

Veterinary Appointments

November 2 & 3 • Vet Clinic

Weekly Story Time

November 3 • 10:30 a.m. • Base Library

Give Parents A Break

November 5 • 6 p.m. • CDC/SAP

2nd Bi-Annual Aerobathon

November 6 • 9 a.m. • Fitness Center

2-4-1 Steak Night

November 6 • 5 p.m. • J.R. Rockers



Visit our website at www.5thforcesupport.com

Halloween Scary Sale

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; all customers will receive 25% off their retail store purchases during this event. Stop by and enjoy free refreshments. For more information, call the Arts & Crafts Center at 723-3640.

Swimming Lesson Open Enrollment

Swimming lesson open enrollment will be held at the indoor pool on Monday, November 1st at 5:30 p.m. The swimming lesson session runs from November 1st to November 12th. Cost of the lessons are \$30 per person. Participants must be 5 years of age or older. Call Outdoor Rec at 723-3648 for more information.

Halloween Costume Party

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.

Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on October 29th from 5-7 p.m. During this affordable, fun family event, you can bowl for 2 hours with up to 6 people on a lane for only \$25. The price includes shoe rental and a pitcher of soda. Call Rough Rider Lanes at 727-4715 for details.

Halloween 9 Pin No Tap 3 Person Team Tourney

Have some fun on Halloween during the 9 Pin No Tap Three Person Team Tournament at Rough Rider Lanes on October 31st at 2 p.m. Cost for the tournament is \$45 per team. There must be at least 10 teams to conduct the event. Pay out will be 1 in 4. For additional details, call Rough Rider Lanes at 727-4715.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party on October 30th beginning at 10 a.m. at the Community Center. Children 16 and under must be accompanied by an adult. For more information, visit www.dakrats.net or call the Community Center at 723-4670.

Family Child Care Pre-Orientation

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

Turkey Shoot

From November 1st-19th, league bowlers can pay \$2.75 during league play to enter the Turkey Shoot promotion at Rough Rider Lanes. If you get a strike in the 3rd, 6th, and 9th frame of any game, your name will go into a drawing for a chance to win a turkey. You'll have a one in four odds of winning. For details, call Rough Rider Lanes at 727-4715.

Family Coming For Thanksgiving?

Do you have family members coming to visit you during the Thanksgiving holiday? Reserve them a room at the Sakakawea Inn. Reservations are being accepted and can be made between 3 to 30 days in advance of the stay, depending on occupancy. Open to all military and civilian personnel assigned to Minot AFB. Call the Sakakawea Inn at 727-6161 for details.

2nd Bi-Annual Aerobathon Coming To Fitness Center

After a tremendous response earlier this year to the inaugural Aerobathon, the Fitness Center invites you to the 2nd Bi-Annual Aerobathon scheduled for November 6th beginning at 9 a.m. Come out for a day of calorie burning fun and healthier living. Among the classes offered for the day are Yoga, Indoor Cycling, Turbo Kick, and Zumba. Sign up at the Fitness Center customer service desk until the day of the event. Open to all DoD ID card holders 16 years of age or older. The 2nd Bi-Annual Aerobathon is the final "Fall Fitness Focus" promotion event. The "Fall Fitness Focus" is sponsored by SRT Communications. *No Federal Endorsement of Sponsor Intended.* For more information, call the Fitness Center at 723-2145.

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¹ See Rewards Program Rules and Regulations for details. ² This bonus offer only applies to net purchases made with your credit card during the promotional period at merchants that (usually) have merchant locations for MasterCard as any of the following categories: Military Exchange, Commissary, MEXX, Army MWR, and Force Support Squadron merchant locations (excluding convenience purchases). We do not determine whether merchants correctly identify and bill transactions as being made in each category. However, we do reserve the right to determine which purchases qualify for the bonus rewards. Please allow 4 to 8 weeks after the last day of each month of the promotional period for bonus rewards to post to your account. Cash and credit charges during the promotional period will reduce the bonus offer. To qualify for the promotional offer, account must be open and not in default at the time of activation. This promotional offer is open to all eligible members.

Prairie Adventures

by Patricia Stockdill

'tis the day before deer season and all through the house...

Well, not quite. It's more than a week before the Nov. 5 start of the 2010 deer season, which means there's still time to get things in order to avoid the Thursday evening or Friday morning rush. But regardless, now is the time to get ready for what is arguably the most popular North Dakota hunting season. Ask almost any game warden and you'll get a near universal answer as to what their most frequent last minute, pre-deer season phone calls are about and they'll probably tell you it's from a frantic hunter who lost their license.

Yup, put it in the safest place possible and now it's so safe it will never surface again. It happens a lot, admits one game warden, more than what one would imagine. There is a solution other than not losing it in the first place, said N.D. Game and Fish Department district game warden Tim Larson, Turtle Lake. He recommends hunters go to their closest district office, explain the situation, and fill out an affidavit to receive a duplicate license and tag for the same unit, species, and sex as what was on the original license.

There is a fee, Larson said, and a person can be charged for a violation if applying for a duplicate license and tag fraudulently. Duplicate applications must be made in person and aren't issued over the telephone or via an Internet application.

The duplicate includes the tag going on the animal and carcass tag accompanying the meat. District offices are located in Devils Lake, Dickinson, Riverdale, Jamestown, Williston, and the Lonetree Wildlife Management Area near Harvey, as well as the main Bismarck office. The caveat is offices don't issue duplicates on a 24/7 basis and are open normal 8 a.m. to 5 p.m. business hours.

Having dealt with many phone calls from hunters regarding last minute discoveries of missing licenses, Larson developed his own technique to avoid the situation: He has a small, inexpensive fanny pack dedicated for things he needs while in the field deer hunting.

The pack contains a rope to easily drag a deer, Sagan saw or similar device to aid in field dressing, rubber gloves, knife, and – perhaps the most important item of all – deer license.

The first thing he does after getting his license in the mail is place it in the fanny pack so everything is together.

It doesn't have to be big or expensive and can easily be stored with other hunting gear or under the vehicle seat, Larson described. Tailor fanny pack size and design so it can hold any other personal items you might want with you in it. A small first aid kit is also good to include.

Some other last minute thing on the hunting "to do" checklist:

- Sight in the rifle, regardless of whether or not it was shot last year. It could have gotten bumped so the scope is off or any other possible scenarios that could have altered its settings.
- Practice, practice, practice. It's never too late to practice. Good, accurate shooters didn't get that way by accident.
- Organize shells to avoid a last minute crunch of having to find a box of your favorite caliber only to find out the local store is sold out.
- Organize clothing to avoid discovering the hunter orange clothing or cap is in the same location as the lost license or too faded to qualify as legal attire.
- And always think safety, even before the start of the season.

Quote of the Week:

"When you get your license, put it in that fanny pack and you won't lose it."

– N.D. Game and Fish Department district game warden Tim Larson

Hunters encouraged to donate deer

The North Dakota Game and Fish Department is encouraging deer hunters to consider donating a deer to the Sportsman Against Hunger program.

SAH is a charitable program that raises money for processing of donated deer, and coordinates distribution of ground venison to food pantries in North Dakota. It is administered by the North Dakota Community Action Partnership, a non-profit agency that serves low-income families across the state. In 2009, SAH adopted new processing guidelines. Participating processors will not accept deer shot in the hind quarters, and donated deer will be processed individually or only with other donated deer.

A current list of SAH venison donation processing sites

is available by accessing the NDCAP website, capnd.org, or by calling 701-232-2452 or 1-800-726-7960.

Doe licenses sold through season

The North Dakota Game and Fish Department will continue to issue remaining doe licenses through the end of the archery season. There is no limit to the number of deer licenses a hunter can receive.

While more than 97 percent of this year's deer licenses have been issued, nearly 2,700 antlerless licenses remain. Doe licenses are available in units 2D, 2L, 3E1, 3F1, 3F2 and 4F.

These remaining antlerless licenses – and doe licenses that have already been issued and are printed with second, third or ad-

ditional concurrent season designations – can be used during any open season: bow season with a bow; the deer gun season with a bow, rifle, or muzzleloader; or during the muzzleloader season with a muzzleloader. Hunters must stay in the unit to which the license is assigned.

Interested hunters can apply for a remaining doe license by accessing the Game and Fish Department's website at gf.nd.gov. Hunters who do not have Internet access can call the department's main office in Bismarck at (701) 328-6300. North Dakota's 2010 deer gun season runs from Nov. 5-21, and muzzleloader season is Nov. 26 – Dec. 12. The archery season extends through Jan. 2, 2011. License fees are \$20 for residents and \$55 for non-residents.

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2010-2011 MAFB School Bus Schedule

Bus # 1		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
114	Summit Dr	8:00	8:01	2:57	2:58
116	Summit Dr	8:01	8:02	2:58	2:59
126	Summit Dr	8:02	8:03	2:59	3:00
Corner	Summit Dr/ 127 Roaming Rd	8:03	8:04	3:00	3:01
122	Roaming Rd	8:04	8:05	3:01	3:02
126	Roaming Rd	8:05	8:06	3:02	3:03
130	Roaming Rd	8:06	8:07	3:03	3:04
104	Summit Dr	8:07	8:08	3:04	3:05
TLF	Summit Dr	8:08	8:09	3:05	3:06
Youth Center Annex	Summit Dr	8:09	8:10	3:06	3:07
TLF	Missile Ave	8:10	8:11	3:07	3:08
Bus # 2		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
112	Dakota Ct	8:10	8:11	3:01	3:02
Corner	102 Landing Ct/ H St	8:11	8:12	3:00	3:01
Bus Stop	Sirocco Dr/ Arrowhead Dr	8:12	8:13	2:59	3:00
143	Sirocco Dr.	8:13	8:14	2:58	2:59
137	Sirocco Dr.	8:14	8:15	2:57	2:58
Bus # 3		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
112	E St	8:00	8:01	3:09	3:10
108	E St	8:01	8:02	3:08	3:09
104	E St	8:02	8:03	3:07	3:08
100	E St	8:03	8:04	3:06	3:07
101	Mallard Tr	8:04	8:05	3:05	3:06
105	Mallard Tr	8:05	8:06	3:04	3:05
109	Mallard Tr	8:06	8:07	3:03	3:04
113	Mallard Tr	8:07	8:08	3:02	3:03
117	Mallard Tr	8:08	8:09	3:01	3:02
104	Lariat Ln	8:09	8:10	3:00	3:01
102	Lariat Ln	8:10	8:11	2:59	3:00
100	Lariat Ln	8:11	8:12	2:58	2:59
Bus # 4		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
108	Delmar Ct	8:00	8:01	3:09	3:10
122	Indian Rock Cr	8:01	8:02	3:08	3:09
128	Indian Rock Cr	8:02	8:03	3:07	3:08
130	Indian Rock Cr	8:03	8:04	3:06	3:07
118	Delmar Ct	8:04	8:05	3:05	3:06
113	Sherwood Cr	8:05	8:06	3:04	3:05
126	Singletree Wy	8:06	8:07	3:03	3:04
108	Singletree Cr	8:07	8:08	3:02	3:03
106	Sherwood Cr	8:08	8:09	3:01	3:02
116	Sirocco Dr	8:09	8:10	3:00	3:01
100	Locke Ln	8:10	8:11	2:59	3:00
102	Locke Ln	8:11	8:12	2:58	2:59
112	Roaming Rd	8:12	8:13	2:57	2:58
109	Roaming Rd	8:13	8:14	2:56	2:57
105	Roaming Rd	8:14	8:15	2:55	2:56
Bus # 5		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
102	Rock Ridge Cr	8:00	8:01	3:10	3:11
106	Rock Ridge Cr	8:02	8:03	3:09	3:10
114	Rock Ridge Cr	8:04	8:05	3:08	3:09
122	Rock Ridge Cr	8:06	8:07	3:07	3:08
124	Rock Ridge Cr	8:08	8:09	3:06	3:07
126	Rock Ridge Cr	8:10	8:11	3:05	3:06
128	Rock Ridge Cr	8:12	8:13	3:04	3:05
Corner	Peacekeeper Pl/ Raintree Cr	8:14	8:15	3:03	3:04
108	Hampton Lp	8:16	8:17	3:02	3:03
106	Chevy Chase	8:18	8:19	3:01	3:02
110	Chevy Chase	8:20	8:21	3:00	3:01
116	Tangley Rd	8:22	8:23	2:59	3:00
107	Tangley Rd	8:24	8:25	2:58	2:59
101	Tangley Rd	8:26	8:27	2:57	2:58
Corner	Peacekeeper Pl/ Tangley Cr	8:28	8:29	2:56	2:57
Bus # 6		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
113	Sirocco Dr	8:00	8:01	2:56	2:57
111	Sirocco Dr	8:01	8:02	2:57	2:58
105	Sirocco Dr	8:02	8:03	2:58	2:59
101	Sirocco Dr	8:03	8:04	2:59	3:00
97	Sirocco Dr	8:04	8:05	3:00	3:01
91	Sirocco Dr	8:05	8:06	3:01	3:02
87	Sirocco Dr	8:06	8:07	3:02	3:03
79	Sirocco Dr	8:07	8:08	3:03	3:04
104	Sunset Lp	8:08	8:09	3:04	3:05
102	Grammercy Ct	8:09	8:10	3:05	3:06
104	Grammercy Ct	8:10	8:11	3:06	3:07
106	Grammercy Ct	8:11	8:12	3:07	3:08
110	Grammercy Ct	8:12	8:13	3:08	3:09
112	Grammercy Ct	8:13	8:14	3:09	3:10
94	Sirocco Dr	8:14	8:15	3:10	3:11
Bus # 7		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
101	Largo Ln	8:00	8:01	2:56	2:57
102	Largo Ln	8:01	8:02	2:57	2:58
104	Largo Ln	8:02	8:03	2:58	2:59
109	Largo Ln	8:03	8:04	2:59	3:00
135	Waverly Wy	8:04	8:05	3:00	3:01
131	Waverly Wy	8:05	8:06	3:01	3:02
129	Waverly Wy	8:06	8:07	3:02	3:03
127	Waverly Wy	8:07	8:08	3:03	3:04
123	Waverly Wy	8:08	8:09	3:04	3:05
121	Waverly Wy	8:09	8:10	3:05	3:06
113	Waverly Wy	8:10	8:11	3:06	3:07
109	Waverly Wy	8:11	8:12	3:07	3:08
107	Waverly Wy	8:12	8:13	3:08	3:09
103	Waverly Wy	8:13	8:14	3:09	3:10
101	Waverly Wy	8:14	8:15	3:10	3:11
114	Mallard Tr	8:15	8:16	3:11	3:12
112	Mallard Tr	8:16	8:17	3:12	3:13
Bus # 8		North Plains		2010-2011	
		Arrival	Depart	Arrival	Depart
Youth Center	Peacekeeper Pl	8:15	8:16	2:59	3:00

All times/routes are approximate and are subject to change due to construction, road closures/openings or other circumstances beyond our control.

Bus # 1		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
139	Shawnee Rd	8:30	8:31	3:38	3:39
125	Shawnee Rd	8:31	8:32	3:37	3:38
128	Shawnee Rd	8:32	8:33	3:36	3:37
131	Shawnee Rd	8:33	8:34	3:35	3:36
127	Shawnee Rd	8:34	8:35	3:34	3:35
125	Shawnee Rd	8:35	8:36	3:33	3:34
121	Shawnee Rd	8:36	8:37	3:32	3:33
115	Shawnee Rd	8:37	8:38	3:31	3:32
111	Shawnee Rd	8:38	8:39	3:30	3:31
126	Glacier Dr	8:39	8:40	3:29	3:30
130	Glacier Dr	8:40	8:41	3:28	3:29
134	Glacier Dr	8:41	8:42	3:27	3:28
138	Glacier Dr	8:42	8:43	3:26	3:27
140	Glacier Dr	8:43	8:44	3:25	3:26
144	Glacier Dr	8:44	8:45	3:24	3:25
148	Glacier Dr	8:45	8:46	3:23	3:24
Bus # 2		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
Corner	Sirocco Dr/ Arrowhead Rd	8:30	8:31	3:36	3:37
Corner	148 Sirocco Dr/ Eagle Wy	8:31	8:32	3:35	3:36
108	Landing Ct	8:32	8:33	3:34	3:35
99	H St	8:33	8:34	3:33	3:34
96	H St	8:34	8:35	3:32	3:33
Corner	116 Siesta Dr/ Glencoe Ln	8:35	8:36	3:31	3:32
111	Glencoe Ln	8:36	8:37	3:30	3:31
107	Glencoe Ln	8:37	8:38	3:29	3:30
108	Siesta Dr	8:38	8:39	3:28	3:29
111	Siesta Dr	8:39	8:40	3:27	3:28
107	Siesta Dr	8:40	8:41	3:26	3:27
103	Siesta Dr	8:41	8:42	3:25	3:26
102	H St	8:42	8:43	3:24	3:25
104	H St	8:43	8:44	3:23	3:24
Bus # 3		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
117	Spruce St	8:30	8:31	3:23	3:24
115	Spruce St	8:31	8:32	3:24	3:25
Corner	113 Spruce St/ Winding Wy	8:32	8:33	3:25	3:26
210	Winding Wy	8:33	8:34	3:26	3:27
195	Winding Wy	8:34	8:35	3:27	3:28
187	Winding Wy	8:35	8:36	3:28	3:29
181	Winding Wy	8:36	8:37	3:29	3:30
177	Winding Wy	8:37	8:38	3:30	3:31
171	Winding Wy	8:38	8:39	3:31	3:32
163	Winding Wy	8:39	8:40	3:32	3:33
159	Winding Wy	8:40	8:41	3:33	3:34
155	Winding Wy	8:41	8:42	3:34	3:35
153	Winding Wy	8:42	8:43	3:35	3:36
151	Winding Wy	8:43	8:44	3:36	3:37
145	Winding Wy	8:44	8:45	3:37	3:38
139	Winding Wy	8:45	8:46	3:38	3:39
137	Winding Wy	8:46	8:47	3:39	3:40
129	Winding Wy	8:47	8:48	3:40	3:41
123	Winding Wy	8:48	8:49	3:41	3:42
132	Winding Wy	8:49	8:50	3:42	3:43
Bus # 4		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
Youth Center	Peacekeeper Pl	8:35	8:36	3:35	3:36
Corner	Linden Ct/ Rocket Rd	8:43	8:44	3:30	3:31
Bus # 5		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
TLF	Summit Dr	8:30	8:31	3:37	3:38
Youth Center Annex	Summit Dr	8:31	8:32	3:36	3:37
tif	Missile Ave	8:34	8:35	3:35	3:36
	Back of Memorial/ Coral Ct	8:41	8:42	3:29	3:30
139	Delta Dr	8:44	8:45	3:26	3:27
134	Delta Dr	8:45	8:46	3:25	3:26
Bus # 6		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
121	Winding Wy	8:30	8:31	3:35	3:36
117	Winding Wy	8:31	8:32	3:34	3:35
115	Winding Wy	8:32	8:33	3:33	3:34
113	Winding Wy	8:33	8:34	3:32	3:33
111	Winding Wy	8:34	8:35	3:31	3:32
107	Winding Wy	8:35	8:36	3:30	3:31
103	Winding Wy	8:36	8:37	3:29	3:30
104	Spruce St	8:37	8:38	3:28	3:29
104	Prarie Pl	8:38	8:39	3:27	3:28
108	Prarie Pl	8:39	8:40	3:26	3:27
110	Prarie Pl	8:40	8:41	3:25	3:26
191	Delta Dr	8:41	8:42	3:24	3:25
187	Delta Dr	8:42	8:43	3:23	3:24
Bus # 7		Dakota		2010-2011	
		Arrival	Depart	Arrival	Depart
181	Delta Dr	8:30	8:31	3:39	3:40
177	Delta Dr	8:31	8:32	3:38	3:39
175	Delta Dr	8:32	8:33	3:37	3:38
182	Delta Dr	8:33	8:34	3:36	3:37
171	Delta Dr	8:34	8:35	3:35	3:36
167	Delta Dr	8:35	8:36	3:34	3:35
105	H St	8:36	8:37	3:33	3:34
102	Lilac Ln	8:37	8:38	3:32	3:33
106	Lilac Ln	8:38	8:39	3:31	3:32
109	Lilac Ln	8:39	8:40	3:30	3:31
163	Delta Dr	8:40	8:41	3:29	3:30
161	Delta Dr	8:41	8:42	3:28	3:29
157	Delta Dr	8:42	8:43	3:27	3:28
Corner	Carlton Ct/ Eagle Wy	8:43	8:44	3:26	3:27
102	Dauphin Dr	8:44	8:45	3:25	3:26
108	Dauphin Dr	8:45	8:46	3:24	3:25
Corner	Polar Pl/ H St	8:46	8:47	3:23	3:24

Bus # 8		Dakota		2010	
		Arrival	Depart	Arrival	Depart
Corner	77 Dundee Dr/ Rocket Rd	8:30	8:31	3:42	3:43
65	Dundee Dr.	8:31	8:32	3:41	3:4

Friday Evening		October 29, 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		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				
Cable Channels											
AMC	Predator							Predator 2			
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360			Larry King Live			
DISC	Swamp Loggers		Swamp Loggers		Beyond Survival			Swamp Loggers			
DISN	Phineas	Kings	Fish Hook	Deck	Wizards	Wizards	Phineas	Fish Hook	Deck	Fish Hook	
ESPN	NBA Basketball							NBA Basketball			
FAM	Mask				Funniest Home Videos		The 700 Club	My Wife	My Wife		
FX	Halloween: Res		Halloween H2O				Sons of Anarchy		Sunny		
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Reba	Reba	
NICK	iCarly	iCarly	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Ways Die	Ways Die	
TBS	Fam. Guy	Fam. Guy	Catch Me if You Can						Phenomenon		
TNT	GoldenEye						GoldenEye				
USA	NCIS		NCIS		NCIS			Welcome Home Roscoe			
WGN	Chris	Chris	How I Met	How I Met			WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk
Premium Channels											
HBO	The Lovely Bones			24/7	Real Time/Bill Maher		Real Time/Bill Maher	Eastbound	The Blind		
MAX	Friday Social				Public Enemies				Lingerie		
SHOW	Weeds	The Big C	Halloween II				Life Is Ho				

Tuesday Evening		November 2, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Dancing With the Stars				Vote 2010		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	NCIS		NCIS: Los Angeles		Election Coverage		Local	Late Show Letterman	Late		
KMOT/NBC	The Biggest Loser		Decision 2010				Local	Decision 2010			
KNDX/FOX	Glee		America's Election				Local				
Cable Channels											
AMC	Top Gun							Undisputed			Silence
CNN	Election Night										
DISC	Nitty Gritty		Dirty Jobs		Auction	Auction	Nitty Gritty		Dirty Jobs		
DISN	Deck	Fish Hook	Good Luck	Deck	Hannah	Hannah	Deck	Deck	Hannah	Hannah	
ESPN	30 for 30		2010 Poker		2010 Poker		SportsCenter		NFL Live	NBA	
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		My Wife	My Wife	
FX	Mr. & Mrs. Smith				Sons of Anarchy		Sons of Anarchy		Terriers		
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	Entourage	Entourage	
TBS	Office	Office	Office	Office	Fam. Guy	Fam. Guy			Office	Earl	
TNT	Walking Tall				Walking Tall				CSI: NY	CSI: NY	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Hollywood	Hollywood	
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk	
Premium Channels											
HBO	Treatment	Treatment	Treatment	Treatment	Eastbound	Eastbound	Bored	Boardwalk Empire	24/7		
MAX	Black Sunday				Night-Smithsonian						
SHOW	The Other Man	Weeds	The Big C	Dexter			Weeds	The Big C	Against the Current		

Saturday Evening		October 30, 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	CSI: Crime Scene		48 Hours Mystery		48 Hours Mystery		Local				
KMOT/NBC	Shrekless	Pumpkins	Law-Order L.A.		Law & Order: SVU		Local	Saturday Night Live			
KNDX/FOX	MLB Baseball		Raising		Local		Fringe	Wilde	Local		
Cable Channels											
AMC	From Dusk Till Dawn						Evil Dead 2			28 Days	
CNN	CNN Presents		Larry King Live		Newsroom		CNN Presents		Larry King Live		
DISC	MythBusters		MythBusters		MythBusters		MythBusters		MythBusters		
DISN	Sonny	Deck	Wizards-Place		Phineas	Wizards	Sonny	Deck	Wizards-Place		
ESPN	College Football						SportsCenter		Football Final		
FAM	Hocus Pocus				Hocus Pocus				Clue		
FX	The Strangers		Two Men	Two Men	Two Men	Two Men	Sunny	Sunny	Two Men	Two Men	
LIFE	Within		Flatliners				The Fairy Jobmother		Project Runway		
NICK	iCarly	Jackson	Victoriou	Big Time	Lopez	Lopez	Lopez	Lopez	Chris	Malcolm	
SPIKE	Blade: Trinity		Halloween						Jason		
TBS	Titanic								Twister		
TNT	Tomorrow Never Dies						Tomorrow Never Dies				
USA	NCIS		NCIS		NCIS		NCIS		NCIS		
WGN	Bones		Funniest Home Videos		Funniest Home Videos		How I Met	How I Met	South Pk	South Pk	
Premium Channels											
HBO	Amelia				24/7		Taken		24/7	Boardwalk	
MAX	Twelve	The Unborn			The Final Destination			Lingerie	Online Crush		
SHOW	The Big C	Weeds	Punisher: War Zone				Fight	Zack and Miri Make a Porno			

Wednesday Evening		November 3, 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	In the Spotlight		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Survivor: Nicaragua		Criminal Minds		The Defenders		Local	Late Show Letterman	Late		
KMOT/NBC	Undercovers		Law & Order: SVU		Law-Order L.A.		Local	Tonight Show w/Leno	Late		
KNDX/FOX	MLB Baseball						Local				
Cable Channels											
AMC	Predator							Predator 2			
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360			Larry King Live			
DISC	MythBusters-		MythBusters		Storm Chasers		MythBusters-		MythBusters		
DISN	Minutemen				Hannah	Hannah	Deck	Deck	Hannah	Hannah	
ESPN	NBA Basketball						NBA Basketball				
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		My Wife	My Wife	
FX	S.W.A.T.						Terriers		Terriers	Two Men	Two Men
LIFE	Reba	Reba	9 1/2 Weeks				How I Met		9 1/2 Weeks		
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	UFC: Best of 2009				The Ultimate Fighter		BlueMount	BlueMount	The Ultimate Fighter		
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Lopez Tonight		Earl	Earl	
TNT	Bones		Bones		Bones		Law & Order		CSI: NY		
USA	NCIS		NCIS		NCIS		Hairspray				
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk	
Premium Channels											
HBO	Invictus				Boardwalk Empire		Real Time/Bill Maher		Treatment	Treatment	
MAX	Footloose				The Final Destination		Miss March				
SHOW	Black and Blue		Inside the NFL		Inside NASCAR		Inside the NFL		Inside NASCAR		

Saturday Evening		November 6, 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		The Defenders		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	Wilde	Local		
Cable Channels											
AMC	Jeepers Creepers				Jeepers Creepers 2			Jeepers Creepers			
CNN	CNN Presents		Larry King Live		Newsroom		CNN Presents		Larry King Live		
DISC	Swamp Loggers		Swamp Loggers		Swamp Loggers		Swamp Loggers		Swamp Loggers		
DISN	Camp Rock 2				Sonny	Sonny	Sonny	Sonny	Hannah	Hannah	
ESPN	College Football				Score		College Football				
FAM	Back-II	Back-Future III					Dirty Dancing				
FX	Kung Fu Panda		Two Men	Two Men	Two Men	Two Men	Sunny	Sunny	Two Men	Two Men	
LIFE	Sisterhood-Trav		Never Been Kissed				The Fairy Jobmother		Wife Swap		
NICK	iCarly	Jackson	Big Time	Victoriou	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Disorderly Con.		Rambo				Disorderly Con.		Rambo		
TBS	Dumb & Dumber				Dumb & Dumber				Mars Atk		
TNT	Kill Bill: Vol. 1				Kill Bill: Vol. 2				Lethal Weapon 2		
USA	Bad II	Street Kings					House		House		
WGN	Bones		Funniest Home Videos		WGN News at Nine		How I Met	How I Met	South Pk	South Pk	
Premium Channels											
HBO	Avatar						24/7		Boxing		
MAX	Bev. Cop	Bride Wars			Time Traveler						
SHOW	The Big C	Weeds	Jamie Kennedy		Boxing				NASCAR		

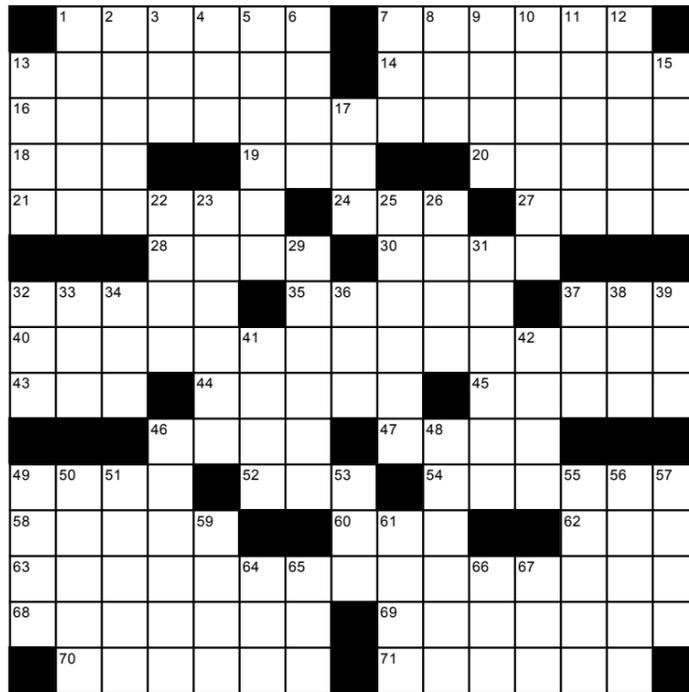
Sunday Evening		October 31, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Extreme Makeover		Desperate Housewives		Brothers & Sisters		Local				
KXMC/CBS	The Amazing Race 17		Undercover Boss		CSI: Miami		Local				
KMOT/NBC	Football	NFL Football					Local		Dateline NBC		
KNDX/FOX	MLB Baseball						Local				
Cable Channels											
AMC	Dawn of the Dead				The Walking Dead		The Walking Dead		The Walking Dead		
CNN	State of the Union		Larry King Live		Newsroom		State of the Union		Larry King Live		
DISC	Ghost Lab		Dirty Jobs		Dirty Jobs		Ghost Lab		Dirty Jobs		
DISN	Twitches Too				Mostly Ghostly				Wizards	Hannah	Hannah
ESPN	SportsCtr	Countdown	NHRA Drag Racing				SportsCenter				
FAM	Van Helsing						Funniest Home Videos		J. Osteen	Ed Young	
FX	The Ruins		Prom Night				Sons of Anarchy		Bernie		
LIFE	The Return		The Eye				The Return				
NICK	My Wife	My Wife	Chris	Chris	The Nanny	The Nanny	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	Forrest Gump						Forrest Gump				
TNT	World Is Not						World Is Not				
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		
WGN</											

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F8:00 a.m. Saturday5:30 p.m. Sunday8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental <i>Meeting at the Carnegie Center</i> 105 2nd Ave SE - 833-1798</p> <p>Sunday School9:30 a.m. Sunday Worship10:45 a.m. Sunday Evening6:00 p.m. Wed. Prayer/Bible Study7:00 p.m. Wed. Children's Patch Club.....7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i> Protestant Services (All Sunday)</p> <p>Traditional Service.....10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service.....2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p>Chapel 723-2456</p>	<p><i>Minot Air Force Base Chapel</i> Catholic Services</p> <p>Eucharist (Mass) Daily Mass9:00 a.m. (Northern Lights) Sunday9:30 a.m. & 5:00 p.m. (Northern Lights) Sunday CCD.....11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship.....7:00 p.m. Wed. Evening Family Night.....7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship.....6:00 p.m. Wednesday Evening7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School11:00 a.m. Sunday Worship11:00 a.m. Tuesday Lunch Bible Study.....12 Noon Wednesday Youth Classes.....6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes9:30 a.m. Worship5:00 p.m.</p> <p>Wednesday: Bible Classes7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship8:30 a.m. Sunday School9:30 a.m. Sunday Traditional Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper.....5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Sunday School2:00 p.m. Sunday Worship3:30 p.m. Wednesday Bible Study7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee & Conversation9:00-9:30 a.m. Sunday School9:30 a.m. Morning Worship10:45 a.m. Evening Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper5:00 pm WOW (Worship on Wednesday)5:45 pm Wednesday School & Confirmation ..6:20 pm Saturday Worship5:30 pm Sunday Worship8:45 & 10:45 am Sunday School & Adult Forum9:45 am</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship8:30 a.m. & 11 a.m. Sunday School & Bible Class9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st & 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p>2209 4th Ave. NW • 839-4663 Carlyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship7:00 p.m. Sunday Worship8:15 a.m. & 10:45 a.m. Fellowship9:15 a.m. Adult Forum9:30 a.m. Sunday School9:30 a.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church SBC 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching & Teaching.....9:30 a.m. Morning Worship11:00 a.m. Bible Study5:30 p.m.</p> <p>Pastor Dan Andrus</p>	<p>St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday7:00 p.m. Wednesday - Friday9:00 a.m. Saturday5:00 p.m. Sunday8:00 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship10:00 a.m. Wednesday Worship5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church <i>A Church with a Christian School</i> 700 16th Ave SE</p> <p>Sundays Worship Services8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM11 a.m. Children's programs9:45 a.m. Youth & Adult Bible Classes10 a.m. <i>Interpreter services for the deaf</i>10:45 a.m.</p> <p>Wednesdays Supper5:40 p.m. Bible Classes for all ages6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal.....9:00 a.m.</p> <p>Pastor Michon Weingarther Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <i>Nursery Available</i></p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages).....9:45 a.m. Sunday Worship11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ..6:30 p.m.</p> <p>www.angellinet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Children's Church10:30 a.m. Wednesday Family Training Hour6:30 p.m. Wednesday Kids on the Rock6:30 p.m. Youth Center, Friday7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ"</i></p> <p>Sunday School9:30 a.m. Worship Service10:30 a.m. Adult Study/WINGS/Youth Wednesday6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p>River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Sunday Evening Service6:00 p.m. Wednesday Service.....7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship8:30 a.m. Adult Sunday School9:45 a.m. Contemporary Worship Service.....9:50 a.m. Sunday School (All Ages)11:00 a.m. Contemporary Worship Service.....11:05 a.m. Wed. AWANA Clubs (Sept. - May).....6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Church of the Nazarene 2220 24th Ave. SE Minot, ND • 852-0684</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship6:00 p.m. Wednesday Bible Study6:45 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School9:45 a.m. Worship11:00 a.m. Sunday Evening6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p>Trinity Church <i>An Evangelical Free Church</i> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May</p> <p>Sunday School9 a.m. Worship10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School9:15 a.m. Sunday Worship10:30 a.m.</p> <p>Wednesdays Soup Kitchen11:30 a.m. - 12:30 p.m. Family Supper5:45 p.m. Classes for all ages6:30 p.m. Adult Choir Rehearsal8:10 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p>	<p>Grace Evangelical Lutheran Church <i>Wisconsin Synod</i></p> <p>WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev. Carl A. Lindemann</p>	<p>ZION Lutheran ELCA</p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship5:00 p.m. Sunday Worship8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship8:30 a.m. & 11 a.m. Sunday School9:30 a.m. Coffee Fellowship10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

crossword puzzle

ACROSS

- 1. Marshy area
- 7. Spiffs up the wingtips
- 13. Having great wisdom
- 14. Suffering memory loss
- 16. Imposing sight at Fenway
- 18. Toreador's trophy
- 19. Merino mother
- 20. Franklin or potbelly
- 21. Two-dimensional
- 24. Old Ford model
- 27. Blunted blade
- 28. To boot
- 30. "American Gothic" artist
- 32. Left, at sea
- 35. Mansard and gambrel
- 37. ___-relief
- 40. Hoax of 1869
- 43. Fallen Russian orbiter
- 44. "Peg Woffington" author Charles
- 45. Ready to serve, as ale
- 46. Pre-Russian Revolution ruler
- 47. Sweater letters
- 49. Fleck or Bartók
- 52. Pot pie spheroid
- 54. Having an aroma
- 58. Flee to wed
- 60. Diarist Anaïs
- 62. "This ___ test ..."
- 63. Biblical adversaries
- 68. In an unyielding fashion
- 69. Sources of wisdom
- 70. Some English exam answers
- 71. Time for dodge ball, maybe



- 17. "___ blu, dipinto di ..."
- 22. Pusher pursuer
- 23. Where sacrifices are made
- 25. Get-one-free deal
- 26. Tip, as a hat
- 29. Madonna's "Truth ___"
- 31. Newsman Charles
- 32. PIN requester
- 33. Honor society letter
- 34. Not 'neath
- 36. Suffix with human or fact
- 37. Exemplar of blindness
- 38. Actress ___ Alicia
- 39. Indy 500 sponsor
- 41. Use a scythe
- 42. Not ___ many words
- 46. Fleshy-snouted critters
- 48. Writer ___ de Balzac
- 49. Nursing home count
- 50. Tickle pink
- 51. Is gaga over
- 53. "___ how!"
- 55. Iranian cash
- 56. ___ Park, Colorado
- 57. Bits of Morse code
- 59. "So Big" novelist Ferber
- 61. Humpbacked helper
- 64. Khan married to Rita Hayworth
- 65. George Pataki's former bailiwick: Abbr.
- 66. Fond du ___
- 67. Diamonds, to hoods

DOWN

- 1. Taj ___
- 2. Met production
- 3. Fix, as a fight
- 4. ___ Lingus
- 5. Looks from Snidely
- 6. Culinary potpourri
- 7. Houston of Texas
- 8. Med. insurance plan
- 9. Travelers' stopovers
- 10. Placed one inside another
- 11. Prevent, in legalese
- 12. Holey utensil
- 13. "___ right up!"
- 15. Manitoba tribesmen



Solution to puzzle from October 29.

movies

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

Devil

Friday, October 29, at 7 p.m.

(Bojana Novakovic, Chris Messina)

A typical day at the office takes a sudden detour into terror when the elevator becomes stuck between floors, and the passengers discover that the Devil does exist, and he's standing right before them. As emergency workers work frantically to free them, secrets are revealed and the passengers realize their only hope for survival is to confront their darkest sins in front of the others.

Rated PG-13

(violence and disturbing images, thematic material and some language including sexual references)

80 min

Alpha and Omega

Saturday, October 30, at 7 p.m.

(Hayden Panettiere, Justin Long)

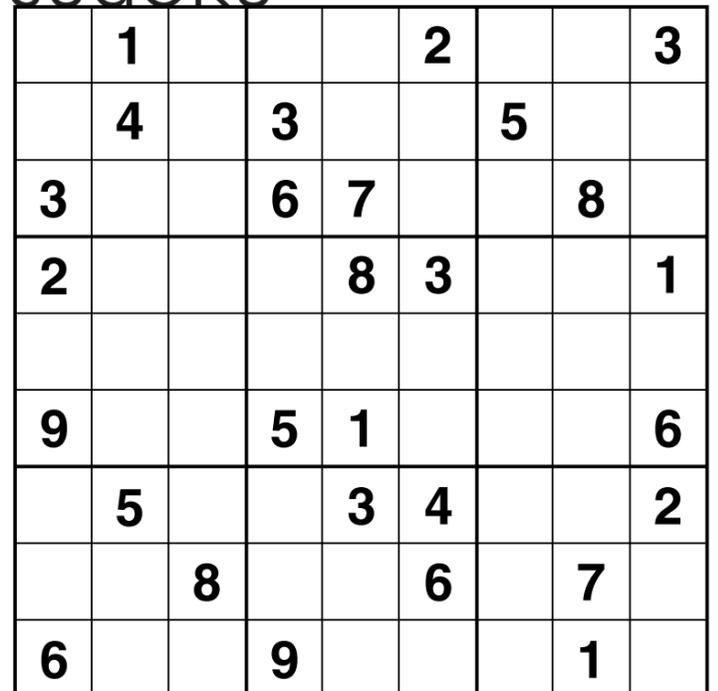
Hitchhiking, truck stops, angry bears, prickly porcupines and a golfing goose with a duck caddy. Just ask Kate and Humphrey, two wolves who are trying to get home after being taken by park rangers and shipped halfway across the country. Humphrey is an Omega wolf, whose days are about quick wit, snappy one-liners and hanging with his motley crew of fun-loving wolves and video-gaming squirrels. Kate is an Alpha: duty, discipline and sleek Lara Croft eye-popping moves fuel her fire. Humphrey's motto - make 'em laugh. Kate's motto - I'm the boss. And they have a thousand miles to go. Back home rival wolf packs are on the march and conflict is brewing. Only Kate and Humphrey can restore the peace. But first, they have to survive each other.

Rated PG

(rude humor and some mild action)

88 min

sudoku



Solution to puzzle on page 26.

Weight loss: A balancing act for life

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

The scale and the tape measure: possible enemies to anyone wanting to lose weight, especially since an abdominal circumference measurement is part of the Air Force physical fitness test.

Weight loss isn't an easy thing to do, especially when a person is stressed, busy and tired. Pressure to lose weight can even lead to extreme and harmful weight loss efforts.

Waist circumference is one of the components of the physical fitness assessment that concern Air Force Global Strike Command Airmen. According to a recent article published in Air Force Times, some Airmen are resorting to unhealthy weight loss measures like starving themselves and even laxative abuse.

However, health experts say weight loss shouldn't be something that adds to the stress of an Airman's life, nor should it affect one's health.

Airmen who are looking to lose extra pounds can get assistance from their health and wellness center which is available to help them in their quest to lose weight and maintain Air Force standards.

Stephanie Wheeler, a HAWC health educator here, says she is available to assist Airmen, as well as their families, with improving their lifestyle.

"It's more about establishing a healthy lifestyle and making small changes rather than taking things away from someone," she said. "Whatever a person does to lose weight needs to fit their needs, the way they live their lives."

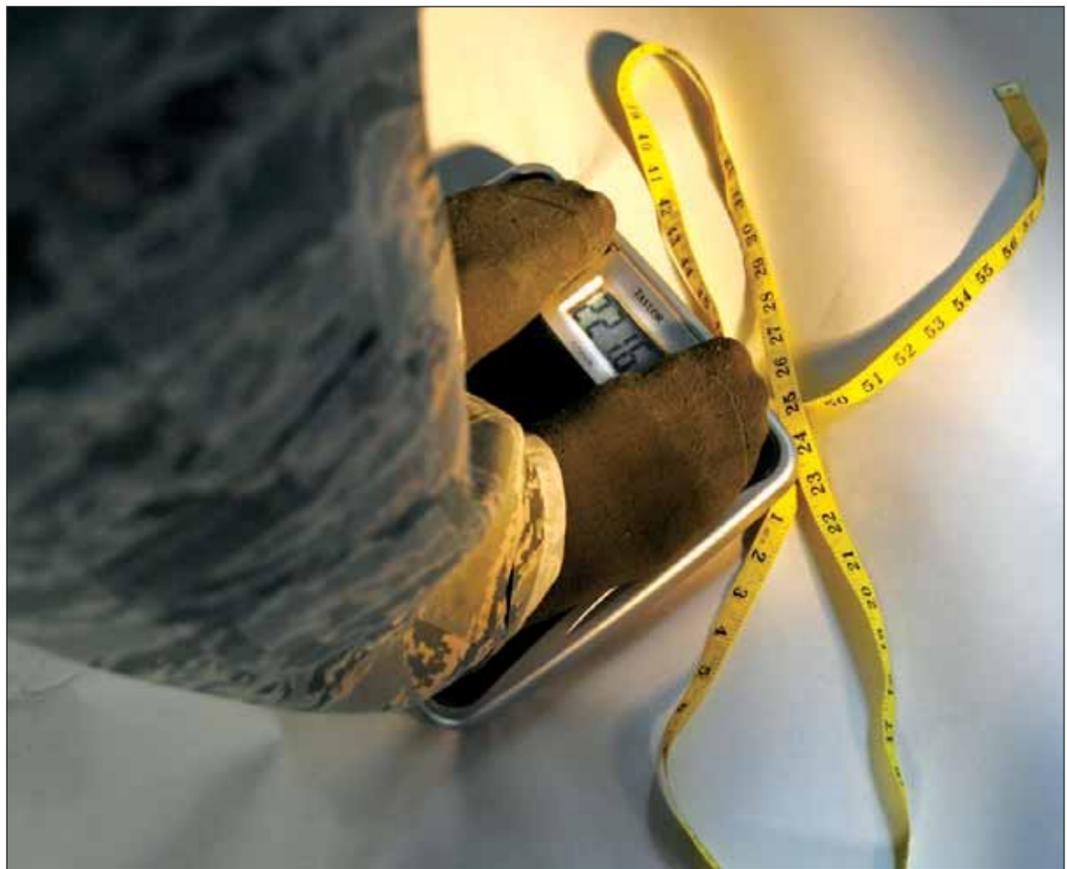
Ms. Wheeler believes focusing on the four pillars of weight loss can lead the way to stress-free and healthy weight loss.

Ms. Wheeler said nutrition, exercise, support and positive reinforcement are the four pillars of weight loss people should focus on, with the first step being establishing a goal.

"A person should know how much they want to lose," she said. "The goal should be realistic and attainable. One small goal each week is better than having only one goal that will take months to accomplish."

Senior Airman Michael Veloz, a Minot Public Affairs photographer, practiced and still uses this strategy in his own personal weight loss journey.

"It's good to have one goal overall, but having multiple goals to accomplish through-



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

The scale and the tape measure: possible enemies to anyone wanting to lose weight, especially since an abdominal circumference measurement is part of the Air Force physical fitness test.

out the process serves as positive reinforcement each week," said Airman Veloz. "My overall goal is to lose the weight, but this week my goal was to lower my run time. Accomplishing smaller goals every week keeps me motivated to stick with it."

Airman Veloz also credits support as being another reason for his success in weight loss. He said his family and supervisor have helped him through some difficult hurdles.

"I wouldn't have made much progress without the support of my family and my supervisor, Sergeant Lara," he said. "I also feel accountable to them. They keep me on track." Ms. Wheeler also serves as a support and accountability system for people seeking help with weight loss.

"We usually follow up with the person," she said. "Whatever is convenient for that person; some check in weekly, others e-mail me once a month. It's really whatever is most convenient for them."

"I think checking in motivates them and keeps them excited about their progress," she added. "They can

celebrate their success with someone who has been there since the beginning."

Most people believe losing weight means they have to follow a strict diet plan, but that doesn't have to be the case.

According to Ms. Wheeler, a person doesn't necessarily have to give anything up. Changes to be made are up to that individual, she said.

"People should eat a variety of foods to ensure they are getting all the right nutrients," said Ms. Wheeler. "The important thing to watch is portion size. I don't like telling people they can't eat something because that will usually just lead to a binge later on."

The amount of calories consumed is dependent on the person, said Ms. Wheeler.

"It depends on their activity level. When it comes to supplements and meal replacements, always research the product and keep calorie counts in mind," she continued.

Airman Veloz had to adjust his way of eating to achieve the results he wanted. He said he did make

changes to his diet, but they weren't drastic. He said he made sure his changes were gradual and things he could stick with.

"At first I just stopped drinking soda," he said. "That alone led to a ten pound weight loss. I also started using meal replacements. Everyone is different. Each person needs to personalize their weight loss for themselves so that it's a realistic way for that person to live."

Weight loss wouldn't be complete without working out, said Airman Veloz.

"People need to know what they're doing it for," he said. "It's important for people to do it for themselves and their own personal needs, not someone else's needs. It has to be important enough to make it a way of living, not just a temporary fix."

The HAWC is available to assist anyone aiming for better health. For more information, call 723-2990.

[Editors note: This story is part of an ongoing series highlighting the many tools available for Airmen to maintain healthy, active lives.]

Air Force Reserve Opportunities

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

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

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

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

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

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