

Operation Warmheart brings Team Minot together

by Senior Airman Benjamin Stratton
Minot Air Force Base
Public Affairs

Operation Warmheart, a year-round program designed to assist Air Force Global Strike Command Airmen and their families at Minot AFB, is gearing up for the holidays.

Operation Warmheart is an assistance program managed by the First Sergeants Council and supported by volunteers. The Officer's Spouses Club, the Enlisted Spouses Club, the Top-3, the Air Force Sergeants Association and base youth groups are just a few of the many private organizations that assist throughout the year.

"Operation Warmheart was established for the purpose of receiving and dispersing money and/or merchandise for the morale and welfare of needy Minot AFB community members and their families," said Master Sgt. Ray Bedwell, 5th Aircraft Maintenance Squadron first sergeant. "This is what we do, Airmen helping Airmen."

The program helps Minot Airmen in a time of need, he added.

According to Sergeant Bedwell, Operation Warmheart helps Airmen through gift baskets and commissary checks. Typically, Operation Warmheart hands out 250 Thanksgiving baskets and more than \$10,000 in commissary vouchers to Minot AFB families during the holiday season.

"Anything we receive is immediately given back to the Airmen," Sergeant Bedwell said.



(U.S. Air Force Photo by Senior Airman Joe Rivera)

Master Sgt. Brian Ellis, 5th Communications Squadron first sergeant, places a Thanksgiving food basket onto a table at the First Sergeant's Food Pantry here during Operation Warmheart Nov. 17, 2009. The food baskets contain a complete Thanksgiving dinner and are given out to Minot AFB families. The First Sergeant's Council conducts Operation Warmheart on an annual basis.

Airmen of all ranks with a need qualify to receive a basket.

"Every Minot first sergeant has used this program to help an Airmen in their squadron in a time of need,"

said Sergeant Bedwell.

"Programs like these give officers and senior noncommissioned officers an opportunity to help make the holiday season a happy time of year for

their troops," the sergeant added.

Sergeant Bedwell said the best way to support the program right now is to donate food items these next two weekends during the annual food drive at the commissary.

"Last year we collected more than 2,500 pounds of food, all of it given away to Minot AFB families," he said.

A Team Minot tradition, Operation Warmheart ensures all Minot AFB families have a memorable holiday season.

"Anyone can make a contribution every time they go to the commissary," said Sergeant Bedwell. "When checking out, just identify the non-perishable food items you've purchased to your bagger and they'll put it in a collection area to be picked up and taken to the food pantry."

"Anyone who wants to contribute can give the funds to their first shirt," he said. "We'll make sure they are put to good use."

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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 Medical Operations Squadron
Tech. Sgt. Shone Topham

5th Force Support Squadron
Tech. Sgt. Juan Pagan
Airman 1st Class Anne Oltesvig

5th Civil Engineering Squadron
Capt. Samuel Logan

Med Group aims for healthy ambience

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

The 5th Medical Group implemented a tobacco free zone at its hospital grounds designed to promote a safe working environment Nov. 1.

Air Force Global Strike Command Airmen at Minot AFB, along with government service workers, will no longer be able to have any tobacco products in the vicinity of the base hospital.

Capt. Trent Shelton, 5th MDG flight surgeon, has worked with medical staff and leadership for a few months now regarding this change in policy.

"Minot Air Force Base has one of the highest tobacco usage rates Air Force wide," he said. "Here on base, approximately 32 percent of the active duty personnel utilize some form of tobacco product, whether it be smoking or chewing."

He explained that overall, tobacco usage among Air Force military personnel averages at around 23 percent.

"The base has a much higher rate," the captain explained. "We believe the removal of smoking within the vicinity of the hospital is a move in the right direction because it will draw attention to this issue."

After all, he stated, the Air Force Surgeon General

has already made it part of his agenda to implement a similar policy at all bases in the near future.

In addition, he explained it was important for leadership to get a head start on this because it is key in promoting a healthy lifestyle as well as setting a good example for all servicemembers and their families.

"Research has shown eliminating tobacco usage in the workplace actually has a positive impact on employees because it encourages them to quit smoking," he continued. "The statistics show employees who work in smoke free environments have a much greater chance at quitting smoking."

"It was an encouraging factor in moving forward with this policy," Captain Shelton added.

He said the medical staff takes pride in caring for its employees and promoting a healthy lifestyle in the workplace.

"Health and wellness center representatives actually offer smoking cessation classes once a month to our employees and those interested here at the hospital," he added. "Supervisors are encouraged to grant airmen the necessary time off to attend such classes."

As a medical provider, he said he knows firsthand the consequences smoking has on the body and any chance he



(U.S. Air Force photo by Senior Airman Benjamin Stratton)

The 5th Medical Group implemented a tobacco free zone at its hospital grounds designed to promote a safe working environment Nov. 1. Senior Airman Michael Veloz, Minot AFB Public Affairs photographer, demonstrates what not to do with the new policies in place.

gets he counsels patients on the repercussions of smoking.

He added smoking can cause abnormalities of all sorts to the body including dental problems, serious respiratory infections, lung cancer and diabetes among other ailments.

"It's important people are aware of the serious consequences smoking can have on them," said Captain Shelton. "Not to mention that it's the leading cause of illness and

death in the US."

"The bottom line is that people come in here all the time for health treatment and it's ironic that we've got people outside smoking, which is not healthy," he added. "This new policy is a step in the right direction for bringing light to this issue."

The HAWC has also done its share of promoting a healthy lifestyle. It plans on hosting a Great American Smokeout event Nov. 18 at

11 a.m. designed to encourage active duty, civilian and dependents to quit smoking.

Tobacco users can pledge to refrain from smoking for 24 hours and in return they will be provided with a complimentary bowl of hot turkey soup and refreshments.

For more information about the event or to learn about the different smoking cessation programs available, contact the HAWC at 723-2991.

Are you ready for winter?

PETERSON AIR FORCE BASE, Colo. (AFNS) - If living in or traveling to a region that experiences snow and freezing temperatures, now is the time to make winter preparations.

Please review the following preparation tips:

Prepare a winter storm plan

Keep the following supplies on hand: Lantern/flashlight, batteries, non-perishable food, potable water, a heat source and a cell phone. Have extra blankets on hand, and ensure that each member of the household has a warm coat, gloves or mittens, a hat, and water-resistant boots. When a storm is predicted, remember to stay tuned for

storm warnings by listening to NOAA Weather Radio and local radio and television stations.

Inspect fireplaces

Have chimneys inspected by a professional prior to the start of every heating season. Creosote, a chemical substance that forms when wood burns, builds up in chimneys and can cause a chimney fire.

Take precautions with wood stoves

Follow manufacturers' recommendations for proper use and maintenance. Burn only wood, and be sure the wood stove is placed on an approved stove board to protect the floor from heat and hot coals.

Be cautious with space heaters

Place space heaters at least three feet away from anything combustible, including wallpaper, bedding, clothing, pets, and people. Never leave space heaters operating when not in the room or when going to bed. Don't leave children or pets unattended with space heaters, and be sure everyone knows that drying wet mittens or other clothing over or on space heaters is a fire hazard.

Vehicle safety kits

Vehicle safety kits don't have to be large and bulky. Depending on the climate, equipment can be added or omitted as needed. Here are

some suggested items: Flash light and extra batteries, jumper cables, tire chains, road flares, a can of fix-a-flat, ice scraper, some basic hand tools, spare fuses, a clean towel or rag, a wool blanket (even if it becomes wet, it still provides warmth), spare gloves or mittens, a can of sterno, matches, candles, an empty soup can to melt snow for water, trail mix and a first aid kit. Extras include a foldable shovel, compass, signal whistle, Meals Ready to Eat, a tow rope, an extra jacket, a wool cap, wool socks and chemical hand warmers.

Winter driving

Inspect vehicles now to identify any potential problems. Check the tread depth

of tires - about 4/32 to 6/32nd of an inch minimum for driving on snow, test vehicles' coolant for correct mixture for the temperatures expected in the region. Fill the windshield wiper reservoir with a winter-rated fluid and inspect or replace windshield wiper blades. Check heaters and windshield defrosters, and be sure to always clear all windows of snow and ice before driving. Allow extra time when roads are icy or snow covered, and travel at a reduced speed. Expect other drivers to make mistakes and give them additional room. Remember, stopping distance on ice increases from 3 to 11 times as compared to dry pavement.

Minot AFB recognized as lean installation

by **Jennifer Elmore**
Air Force Civil Engineer
Support Agency

TYNDALL AIR FORCE BASE, Fla. (AFNS) - October's energy awareness theme, "Think Green, Build Green, Fly Blue," reminds Airmen to seek ways to conserve energy, increase efficiency, and incorporate sustainable practices into their lives.

Responsible for installation support functions at 166 bases worldwide, Civil Engineer Maj. Gen. Timothy A. Byers developed a plan for Airmen to build leaner installations, find cleaner sources of energy and make smarter decisions when planning and using energy.

"Making energy a consideration in everything we do isn't just a tagline," General Byers said. "Energy is the operations enabler allowing us to quickly and effectively deliver our warfighting capabilities to fly, fight, and win."

Leaner Installations

To make installations better platforms for accomplishing the mission, Air Force

officials have improved walls, windows, floors and roofs, installing more efficient lights, and decentralizing heat plants at bases across the country, the general added.

At Minot Air Force Base, N.D., for example, engineers replaced an old central heat plant and distribution system with ground source heat pumps and high-efficiency boilers.

These changes led to a 38 percent drop in energy usage and a 13 percent reduction in water consumption, base officials said.

Around 90 percent of Air Force bases have installed "smart meters" to measure energy usage, find efficiencies, and create energy savings.

Since 2007, the Air Force's compliance with U.S. Green Building Council's Leadership in Energy and Environmental Design standards has led to the construction of 10 new facilities and 736 homes that are LEED Silver certified.

Forty-six additional buildings are currently on track for the Silver designation, and four others are seeking



(U.S. Air Force photo)

Demolition on Minot AFB's central heat plant in 2007-2008 was a big step in increasing the base's energy-efficiency. Facilities previously served by the fossil fuel-run heat plant are now heated by energy-efficient boilers, reducing the installation's use of fossil fuels, lowering its utility usage and costs and shrinking its overall carbon footprint.

LEED Gold.

Tyndall AFB's state-of-the-art fitness center uses 40 percent less energy than a typical building its size, and is expected to become the first DOD facility to reach LEED Platinum level, USGBC's highest attainable certification, General Byers said.

Cleaner Sources

In pursuit of cleaner energy sources, Air Force officials said solar, wind, gas, and ground source heat pump renewable energy projects are in operation at 45 bases, and engineers at the Air Force Facility Energy Center here expect the number of projects to double by 2015.

As the service expands into the biomass arena, AFFEC engineers said two 15- to 25-megawatt wood-waste plants are under consideration for Eglin AFB, Fla., and Warner Robins AFB, Ga.

In total, the Air Force produces 5.8 percent of its annual energy by renewable sources, already surpassing its 5 percent goal for 2009.

"If all planned projects come to fruition by 2015, the Air Force will be producing an estimated 1.5 million megawatt hours annually, or roughly 15 percent of its annual energy usage," General Byers said.

Smarter Decisions

According to General Byers, around 30 percent of the Air Force's energy conservation can be realized by a servicewide cultural change.

As a result, the Air Force Academy's Falcon Green program is bringing energy issues into the curriculum, ensuring that all future Air Force leaders embrace energy awareness from the start of their careers.

Officials at Air Combat Command, at Langley AFB, Va., said the base developed its own energy awareness program that encourages competition among squadrons for increasing energy efficiency and conservation.

ACC officials also developed the "Do One Thing" program, which challenges Airmen to make one significant change in their energy use.

At Air Force Special Oper-

ations Command, at Hurlbert Field, Fla., the energy manager distributed an "Energy Footprint" questionnaire to increase energy awareness and encourage everyone to reduce their energy footprint.

Energy officials at Tyndall AFB plan to hold an energy expo, host a day of educational displays at the base elementary school and display large energy awareness banners at base entrances.

The service's energy efficiency efforts have helped the Air Force reduce its overall facility energy consumption by nearly 12 percent since 2005, General Byers said.

"It is a trend the Air Force hopes, and expects, to continue as (officials) push toward greater energy security, an issue they now see as an operational imperative that not only is good for the environment, but also saves money and lives," he said.

South Dakota officials to pay veterans bonus

PIERRE, S.D. (AFNS)

- Since World War 1, South Dakota officials have paid a bonus to residents who served on active duty during a wartime period and this tradition continues today.

The current bonus program authorizes payments of up to \$500 to current or former members of the Armed Forces who were legal residents of the state for no less than six months immediately preceding their period of active duty and who meet certain criteria during one or more of the following periods:

1. Between the dates of Aug. 2, 1990, to March 3, 1991, all active duty service qualifies for payment.

2. From March 4, 1991, to Sept. 10, 2001, only service in an area qualifying for any U.S. campaign or service medal awarded for combat operations against hostile forces qualifies for payment.

3. After Sept. 11, 2001, all active duty service qualifies for payment.

Those with qualifying service before Dec. 31, 1992, - Desert Storm - and after Jan. 1, 1993 - Operation Enduring Freedom or Operation Iraqi Freedom/Operation New Dawn - may receive two separate bonuses of up to \$500 each.

Veterans living outside of South Dakota may obtain an application by sending an e-mail to john.fette@state.sd.us.

Please include your branch of the military and dates of service. Veterans not having email may request an application and instructions by writing SD Veterans Bonus, 500 E. Capitol, Pierre, SD 57501 or by calling 605-773-7251. Veterans living in South Dakota may apply through the nearest county or tribal veterans service officer.

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.

Saves through October 23: 807

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Sales Representative
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Staff Writer
- Crystal Bloom**
Staff Writer

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Local Weather

Fri 11/5 53/33 
Mostly sunny. Highs in the low 50s and lows in the low 30s.

Sat 11/6 55/36 
Considerable cloudiness. Highs in the upper 50s and lows in the mid 30s.

Sun 11/7 54/36 
Partly cloudy. Highs in the mid 50s and lows in the mid 30s.

Mon 11/8 45/30 
Showers possible. Highs in the mid 40s and lows in the low 30s.

Tue 11/9 39/25 
Times of sun and clouds. Highs in the upper 30s and lows in the mid 20s.

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Vital Heavy Lifting – Every Day

Maj. Gen. C. Donald Alston
20th Air Force commander

ICBM forces within Air Force Global Strike Command operate in an environment where the quality of our work has great consequence every day. The responsibility we share is greater nowhere else in our Air Force. Unlike many other jobs and professions, we can't have a bad day. When we successfully drive towards perfection, we contribute to deterrence. If we fall short of our high standards, the credibility of the alert force is weakened.

So what does this daily pursuit of perfection take?

Daily preparation

First, it's daily preparation. Extensive training underwrites our readiness, but a thorough examination of today's tasks, with a look in each other's eyes to ensure understanding of the work ahead sets the tone for the day. Daily preparation is also a close examination of the tools and equipment involved to ensure you have what you need, perfect technical data included. And its ensuring leadership is fully aware of any help you need. Whatever you are about to do, it's a collaboration with members of a different Group, because none of us performs alone in the ICBM complex. Your depth of understanding how the security forces member or the maintenance technician or the missile crew member supports you in

your task - from their point of view - will distinctly improve your value to your team.

Additionally, there will be days when the weapon system will present itself to you in challenging ways, despite its exquisite engineering, extraordinary maintainability, safety and reliability. And at that time, your training, preparation and depth of knowledge will carry you and your team through to success.

Adherence to technical orders

The next ingredient is found in the absolute adherence to technical orders. There's no compromise here. It's in the book. If you have a suggestion to improve tech data, you know there's a process for that - and until there's a change, what's currently in the tech data is the authorized way to the job.

24/7 mentality

Next, it is a 24/7 mentality the likes of which I have only found in the nuclear business and a combat zone. We are in our war fighting positions right now securing peace and stability, delivering the nation's most ready, first-strike deterrent capability. Days are long and Saturdays might as well be Tuesdays - often. But whatever it takes, we give because nuclear weapons and strategic deterrence demand that level of commitment.

Nuclear surety and safety
Another critical ingredient is an

overarching commitment to nuclear surety and safety because our nation cannot afford to possess nuclear weapons if our leadership and citizens could not be assured that nuclear weapons and support systems will be properly handled and secured by exceptionally well-trained, disciplined professionals. Safety and nuclear-surety conscious leaders and teams ensure this success daily.

Self-critical culture

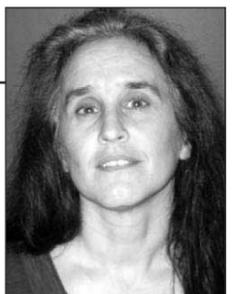
And finally, it is a self-critical culture that examines today's performance and identifies ways to improve. Did the day's activities play out the way you planned them? Did you have to alter your approach to the task? Beyond the task at hand - the alert function, the MGS R&R, the weekly security check, etc., are you contributing to an atmosphere that is always trying to improve your knowledge and understanding of the Minuteman III weapon system and how each Group in the wing mutually supports success?

I am proud of you and our collective commitment to this mission. I have gotten out of bed every morning throughout my career fueled by the incredible responsibility our AF gave me all along the way, with none greater than when I began to work in the ICBM business as a 22-year old. The mission depended on me for success then, just as it depends on you - and all of us - today.

operation homefront

Be a Volunteer

Commentary by **Martina Kranz**
Northern Sentry Writer



Thanksgiving and Christmas are near. Charities ask for donations much more during the holiday season. Sometimes, all the requests for compassion seem overwhelming because, for me, I want to give to every charity.

I can't donate to every altruistic organization because I don't make much money, so I must choose among these wonderful establishments. I donated to paralyzed veterans, a food bank, and children's home.

I wrote small checks and I felt great after I mailed them, but money donation isn't the only way to give to charity. I feel fantastic about my volunteer status in the Public Health Emergency Volunteer Reserve/Medical Reserve Corp.

To become a volunteer is a great way to donate during the holidays or

any other time. Your time is money and your self is priceless.

Many benefits, personal and professional, not just financial, exist when you volunteer. Here are some of these benefits:

1. You make a difference in someone's life. Needy people depend on you. Put your compassion into the community and remember that kindness is not weakness, but strength.
2. You broaden your horizons and learn new skills. You might discover new interests and develop or improve valuable interpersonal communication skills. You develop a social network with diverse and unique people.
3. You lift your spirits. If you feel blue or burned-out, volunteer work can make you feel needed and important. You experience an improved sense of well-being, higher

self-esteem and self-confidence, and a spiritual accomplishment. Get out of the house or the dorm and do something different and help humanity at the same time.

4. You improve your resume. Volunteer positions demonstrate an individual's initiative, personal will, leadership skills, and a good work ethic. Volunteer work shows future employers your character and pleasant nature.

To find a volunteer job that fits your personality, think about your interests and which causes you are most passionate about. Volunteer at a local organization, meet new people, and make new friends and a difference.

Dangers of driving while using cell phone

by Rod Krause
5th Bomb Wing Safety

Using a cell phone while driving a car has been proven to be dangerous. A recent University of Utah study indicated it is just as unsafe to use a cell phone while driving as it is to drive drunk. The dangers were the same for both regular and hands-free cell phones, as the danger appears to be caused by driver distraction. Air Force Global Strike Command Airmen can break the dangers down into the categories of reaction time, inattentiveness, intensity, accident risk and age.

The University of Utah study showed that cell-phone using drivers have a slower reaction time, in fact taking about nine percent longer to hit the brakes and 19 percent longer to resume a normal driving speed after brake application.

The studies also showed 24 percent more variation in the distance at which they followed other vehicles. These impaired reaction times make drivers who are talking on the phone more likely to get into a vehicle mishap.

Of course, when drivers are talking on their cell phones, their attention is taken away from the road. Drivers suffer from what

researchers call inattention blindness. Even though the driver may be looking right at a hazardous road condition, they do not really see it or react to it. Most drivers don't realize they are being inattentive until it is too late to react properly to the dangerous situation.

The American Automobile Association also found intense cell phone conversations are more dangerous to drivers than casual chats. Although any cell phone use while driving will decrease a driver's reaction times, emotional conversations or those that require more concentration have a much greater effect.

In general, drivers who use their cell phones have a greater overall risk of getting into a mishap. A statistical analysis of all the studies conducted showed that they have 5.36 times the risk of an accident over people who operate their motor vehicles with no distractions.

Finally, the dangers of driving while using a cell phone are greater for certain age groups. University of Utah researchers indicated teenagers and young adults have the worst effect. When drivers in these age groups are talking on a cell phone, their reactions slow down to



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

Using a cell phone while driving a car has been proven to be dangerous. Airman 1st Class Jessica McConnell, Minot AFB Public Affairs staff writer, demonstrates the hazards associated with texting while driving as a young Airman uses a crosswalk.

the same level as an undistracted elderly driver. A study by the AAA Foundation found that the distracting effects of cell phones are two to three times greater in drivers over 50, resulting in an increased risk.

Statistically, driving while

using a cell phone is asking for an accident. That's why many states, and the Department of Defense, have implemented rules restricting cell phone use while driving.

At Minot AFB, local policy is that a hands-free device must be used to talk on a

cell phone while driving, and texting while driving is not permitted.

Remember, no matter where or for what reason, the safest way to use a cell phone in a vehicle is to pull over to make that call or send a text.

Open season set for three civilian benefit programs

RANDOLPH AIR FORCE BASE, Texas (AFNS) - Office of Personnel Management officials have announced open season for three civilian benefit programs beginning Nov. 8 and lasting through Dec. 13.

The three programs are the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program, and the Federal Flexible Spending Account.

Federal Employees Health Benefits

The Affordable Care Act, Public Law 111-148, extended the age children may remain covered under their parents' FEHB plans, self and family enrollment, to age 26. Those already enrolled in self and family coverage do not need to re-enroll during open season. New enrollees should

contact their health benefits provider to add eligible children effective Jan. 1, 2011. Employees not enrolled in FEHB, or enrolled in self-only coverage, can elect self and family coverage to add newly eligible children during open season.

Premiums for the 2011 FEHB program will rise an average of 7.2 percent.

"This increase is below last year's premium increase of 8.8 percent," said Kathryn Iapichino, a human resources specialist at the Air Force Personnel Center. "There are many plan choices in 2011, including high-deductible and consumer-driven health plans."

Officials recommend employees review their health care coverage during open season, not only to make desired changes, but to ensure their plan continues to meet

their medical needs, or has not been altered or discontinued. Employees should also review their plan premiums for 2011, since some will see increases of up to 40 percent in the bi-weekly cost. FEHB premium costs, open season comparison guides, and individual plan brochures for 2011 are available for view at www.opm.gov/insure/health/planinfo/index.asp.

Air Force-serviced civilian employees can make their FEHB open season enrollments or changes by one of two methods: the Employee Benefits Information System or Benefits and Entitlements Service Team phone system.

EBIS, a secure web application, is located within the Air Force Portal and AFPC Secure website. Employees making an election via EBIS have the advantage of printing a copy of the Standard

Form 2809, Health Benefits Election Form, as soon as they complete the election.

Employees in the U.S. who wish to use the BEST automated phone system can call 800-525-0102; press 2 for civilian employees, then 2 for benefits and entitlements, and follow the prompts.

Employees overseas can dial the AT&T toll-free direct-access number for the country in which they are currently located, then 800-525-0102. Direct access numbers can be found at <http://www.usa.att.com/traveler/index.jsp>. Hearing impaired employees may call the TDD line at 800-382-0893. Counselors are available Sunday from 3 to 11 p.m., Monday through Thursday from 7 a.m. to 11 p.m., and Friday from 7 a.m. to 6 p.m., CDT.

Federal Employees Dental and Vision Insurance Pro-

gram

The Federal Employees Dental and Vision Insurance Program provides supplemental dental and vision insurance coverage. FEDVIP is group coverage and the employee is responsible for paying 100 percent of the premiums. There are four plans that offer nationwide and overseas dental coverage and several regional plans to choose from this open season. There are three vision plans to choose from, and all plans provide nationwide as well as overseas coverage. Three enrollment categories are available: self only, self plus one, and self and family. Coverage and benefits vary, but they generally include preventive-care services, oral and eye exams, orthodontia, and a variety of eye- and oral-care

see **BENEFITS** on page 11



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(U.S. Air Force photo by Senior Airman Benjamin Stratton)

Mackenzie, 18 months, and her father, Staff Sgt. Kevin Patrick, 5th Force Support Squadron man power analyst, receives candy from Airman 1st Class Haley Johnson, 5th Comptroller Squadron military pay technician, during a 'trick or treating' event at the PRIDE building here Oct. 29. Events like these keep Airmen and family morale and spirits high as cold and snow become a mainstay for Team Minot.

October Articles 15

Minot Air Force Base Staff Judge Advocate

In October 2010, the following Minot Air Force Base service members were punished under Article 15 of the Uniform Code of Military Justice:

1. An Airman First Class from the 5th Civil Engineering Squadron received a suspended reduction in rank to Airman, forfeiture of \$150 pay per month for 2 months, 15 days of extra duty and a reprimand for two violations of Article 92, dereliction of duty.

2. An Airman First Class from the 5th Civil Engineering Squadron received a reduction in rank to Airman, 30 days of restriction to base and 15 days of extra duty for violating Article 86, failure to go and Article 107, false official statement.

3. An Airman from the 5th Civil Engineering Squadron received a suspended reduction in rank to Airman Basic, 15 days of extra duty and a reprimand for violating Article 108, damage to government property.

4. A Staff Sergeant from the 5th Communications Squadron received a suspended reduction in rank to Senior Airman, forfeiture of

\$500 pay per month for two months and a reprimand for violating Article 92, misuse of a government travel card.

5. A Staff Sergeant from the 5th Logistics Readiness Squadron received a suspended reduction in rank to Senior Airman for violating Article 92, failure to obey a military protective order.

6. An Airman Basic from the 5th Medical Operations Squadron received a forfeiture of \$200 pay, 14 days of extra duty and a reprimand for violating Article 92, minor in consumption of alcohol.

7. An Airman from the 5th Operations Support Squadron received a reduction in rank to Airman Basic, 30 days of restriction to base, 30 days of extra duty and a reprimand for violating Article 111, driving under the influence of alcohol.

8. An Airman First Class from the 5th Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 113, sleeping on post.

9. An Airman First Class from the 5th Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 92, failure to obey a revocation of driving privileges.

10. An Airman First Class from the 5th Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 134, communicating a threat.

11. An Airman First Class from the 5th Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 92, use of spice.

12. An Airman First Class from the 5th Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 134, use of spice.

13. A Captain from the 69th Bomb Squadron received forfeiture of \$1,022 pay per month for two months with forfeitures exceeding \$511 pay per month for two months suspended and a reprimand for violating Article 86, absent without leave.

14. An Airman First Class from the 91st Missile Maintenance Squadron received a reduction in rank to Airman and a reprimand for violating Article 134, use of spice.

15. An Airman First Class from the 91st Missile Security Forces Squadron received a reduction in rank to Airman and a reprimand for violating Article 86, absent without leave.

Air Force Reserve Opportunities

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

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

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

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

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

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



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Dial-A-Prayer: 727-6447
KHRT 1320: 9a.m. Sunday
Sunday School 9:45a.m.
Morning Worship 11:00a.m.
Family Hour/Leadership Training .. 6:30p.m.
Evening Worship 7:30p.m.
Bible Study/
Children Worship (Wed) 7:00p.m.
Prayer (Friday) 7:00p.m.

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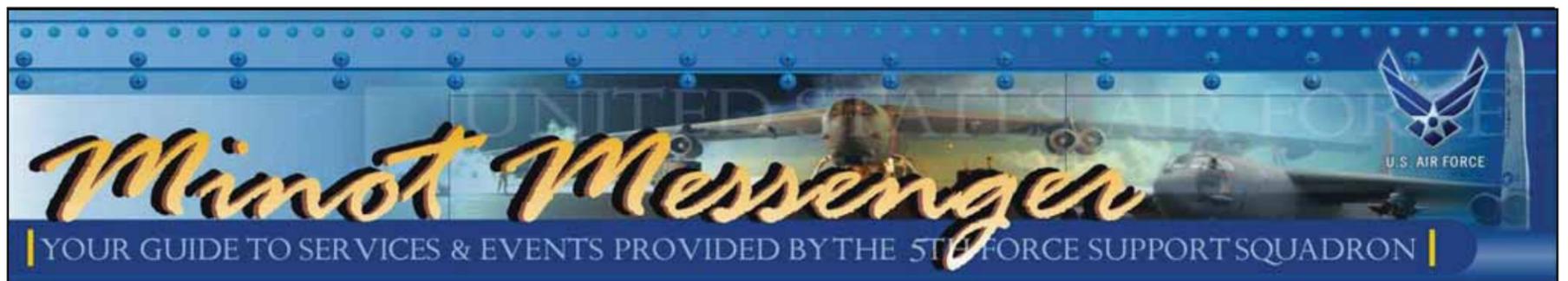
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- Divorce
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- Guardianship
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852-1602

Richard B. Thomas
Attorney At Law
Former USAF Judge Advocate

Robert S. Thomas
Attorney At Law

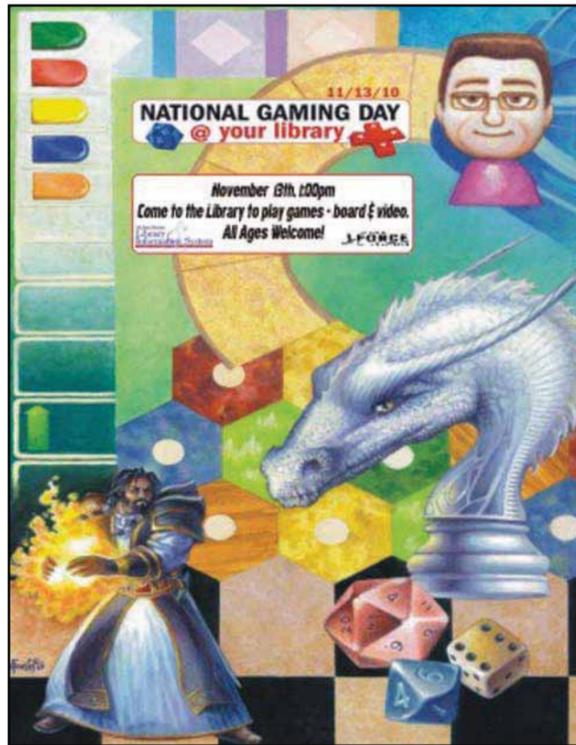


National Game Day At Your Library Scheduled For Nov. 13th

It may be hard for some to believe but yes it is true; there are games that don't involve a television, a game system, or a controller. On November 13, 2010 the Minot Air Force Base Library will be showcasing that fact. Tabletop games will range from the traditional to the very non-traditional. Think Monopoly, Candy Land, Memory, but then consider trying your hand at Magic the Gathering, Monsterpocalypse, or Candamir. This is only a small taste of the variety of board games that will be available for everyone to enjoy at our 2nd annual National Game Day at Your Library (NGD2010).

That's right, 2nd Annual National Game Day at Your Library. Unfortunately, some people missed the epic gaming extravaganza that was held last year. The last game day featured a variety of gaming options including a Smash Bros. Brawl Wii Tournament with gamers of all ages from small children learning the ins and outs of the peppermint forest to local Airmen teaching teens how to play Magic the Gathering.

If you want to get in some practice sessions before NGD2010, every Wednesday at the library is Game Night; we welcome families from 6-8pm.



Ultimately, we welcome everyone to join us on Saturday, November 13th to expand your gaming horizons. For details, call the Library at 723-3344.

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.

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.

Enjoy Mongolian Barbecue At Jimmy Doolittle Center



Enjoy Mongolian Barbecue at the Jimmy Doolittle Center on November 17th from 5-8 p.m. Build your bowl with white rice, beef, pork, shrimp, or chicken, a variety of vegetables, and your choice of sauce. Cost of this delicious dining experience is \$10.95 for club members, \$13.95 for non-members, \$5.95 for children ages 6-11, and free for children under age 5. Kids now have the option of choosing a six piece chicken nugget and fries meal or a six piece mini corn dog and fries meal for \$5.95. For additional details, call 723-3731.

Event Update

Turkey Shoot During League Play

Now - November 19 • Rough Rider Lanes

Give Parents A Break

November 5 • 6 p.m. • CDC/SAP

Kids Night Out

November 5 • 6:30 p.m. • Youth Center

Preteen Treasure Island

November 5 • 8 p.m. • Treasure Island

Hosted by the Youth Center

Lights & Strikes Bowling

November 5 & 6 • 10 p.m. • Rough Rider Lanes

2nd Bi-Annual Aerobathon

November 6 • 9 a.m. • Fitness Center

2-4-1 Steak Night

November 6 • 5 p.m. • J.R. Rockers

Family Fun Night

November 6 • 6 p.m. • Rough Rider Lanes

Sunday Champagne Brunch

November 7 • 10:30 a.m. • Doolittle Center

Football Frenzy

November 7 • 11 a.m. • J.R. Rockers

Framing Class

November 8 • 10 a.m. • Arts & Crafts Center

Family Child Care

Pre-Orientation

November 8 • 6 p.m. • FCC

Held at the old shoppette

Veterinary Appointments

November 9 & 10 • Vet Clinic

Beginning Knitting Class

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

Veteran's Day Meal

November 11 • 10:30 a.m. • Dakota Inn

Veteran's Day Special At Rough Riders

November 11 • 11 a.m. to 8 p.m. • Rough Riders

Veteran's Day Special

November 11 • Noon • Rough Rider Lanes

Triathlon At Treasure Island

November 12 • 5:30 p.m. • Treasure Island



Visit our website at www.5thforcesupport.com

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 more information.

Family Fun Night

Enjoy a great bowling outing during Family Fun Night on November 6th from 6-9 p.m. at Rough Rider Lanes. The lights above the lanes will be turned off as participants enjoy lights and strikes bowling complete with music and bumpers for the tots. It's fun for the whole family. Cost is \$2.25 per game. For additional information, call Rough Rider Lanes at 727-4715.

VETERAN'S DAY EVENTS & SPECIALS AVAILABLE AT 5TH FSS FACILITIES

Rough Riders Pizza Offering Veteran's Day Special

To better serve our customers, Rough Riders and the Community Center will be OPEN 11 a.m. to 8 p.m. on Veteran's Day, November 11th. To show our appreciation to our veterans, Rough Riders will be offering a FREE kid's meal with each paid adult meal. Rough Rider will be offering single folks a free dessert with each paid adult meal. So come on out and enjoy some great food and quality time with your family as we remember those that serve, and have served this great nation. For more information, call Rough Riders at 727-4377.

Community Center Open Veteran's Day

The Community Center will be open on Veteran's Day, November 11th from 11 a.m. to 8 p.m. For details, call 723-4670.

Veteran's Day Bowling Special

Join the fun on November 11th from noon to 10 p.m. at Rough Rider Lanes during the Veteran's Day Special. Active duty personnel and retirees who show their ID card can bowl for \$1.75 per game on open lanes. All other bowlers pay \$2.50 per game. Free shoe rental for all! For details, call Rough Rider Lanes at 727-4715.

Veteran's Day Menu at Dakota Inn

The Dakota Inn has a delicious menu planned for Veteran's Day, November 11th from 10:30 a.m. to 12:45 p.m. Enjoy mouth watering entrees including roast turkey, BBQ spareribs, and french fried shrimp along with cottage fried potatoes, mashed potatoes and gravy, savory bread dressing, Mexican corn, broccoli, glazed carrots, salads, and more. For details, call the Dakota Inn at 723-2359.

Got Game?

Get together with a few close friends and win a Frenzy Getaway.

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J.R. ROCKERS
For details,
call 727-ROCK

Triathlon Set For Treasure Island On November 12th

Are you up to a challenge? Treasure Island is hosting a Triathlon on Friday, November 12th at 5:30 p.m. The event features 3 person teams competing in three different activities. In this relay style event, one member of the team will hit 5 baseballs and tag the next player who will sink a putt-putt ball at mini golf. The third player will then be tagged and begin the rock climbing wall. The team which finishes with the best score will be declared the winner. Cost is \$3 per team.

Come for the triathlon and stay for the play. Enjoy unlimited activities (batting cages, miniature golf, skate park, and rock climbing wall from 5-8 p.m. for \$3 or included with triathlon registration fee. For details, call 723-6936.

Prairie Adventures

by Patricia Stockdill

If it's field-dressed, it's still got to be identifiable.

But for whatever reason, a lot of hunters either fail to remember to leave species or sex identification on waterfowl or upland birds or didn't bother to read the hunting regulation requirements.

Failure to leave identification on game is historically one of the most common hunting violations. It's holding true again so far in the 2010 waterfowl and upland bird seasons. "They need to leave it (identification) on anytime it's in transport," described N.D. Game and Fish Department district warden supervisor Daryl Kleyer, Williston.

More often than not, Kleyer feels hunters don't intentionally commit the violation. And if it is intentional, such as over-bag limit or wrong sex - too many hen mallards or a hen pheasant, for example - there are typically other things tipping enforcement officers off regarding multiple violations.

The violation tends to show up during highway game check stations. So far, three check stations have been conducted this fall, Kleyer said, with more planned as hunting season progresses. Check stations serve as a deterrent, he added, but provide valuable biological information at the same time.

Officers ask people in each vehicle if they were hunting. Non-hunters pass through and hunters are asked to stop so officers can check licenses and any game. Kleyer said officers try to limit the amount of time hunters are stopped so they can continue on their way as soon as possible.

Check stations are part of a multitude of enforcement options available to wardens. They provide opportunities to contact a significant number of hunters with relatively few enforcement people. The number of enforcement officers depends on a check station's location, Kleyer described. Major highways, such as an exit off Interstate-94, require more staff to accommodate safety issues. Other check stations on county roads may only involve a couple of officers.

Another common violation involves safety - loaded firearms in a vehicle. "For some reason people like to leave that shell in the chamber...that is one of the highest numbers of accidents we see," Kleyer said. Not only do people leave a shell in the chamber when in a vehicle, but some instances the violation involves transporting hunters with loaded firearms in the back of a pickup, traveling a short distance to and from a hunting area. It doesn't matter if a person is inside or sitting in a pickup box - that chamber has to be empty, he said.

Break-action firearms are considered loaded even if they're open and have a shell or shells in the chambers.

Kleyer is fearful of another safety problem and while it's not a violation, it certainly isn't a good hunting practice - the situation when hunters stop their vehicle in the middle or side of a lesser traveled road when they see a bird or deer as they're driving.

In addition, in too many instances doors are left open as hunters hastily exit the vehicle. He's fearful that an oncoming vehicle won't see the parked vehicle and a collision occur. It's a very real scenario, especially in Kleyer's district of northwestern North Dakota where increased traffic has reached a crescendo on many township and county roads.

Pull onto an approach, Kleyer said.

No animal is worth being involved in a collision - or worse.

Quote of the Week:

"Getting in and out of a vehicle is one of the most dangerous times when you're handling a firearm."

N.D. Game and Fish Department district warden supervisor Daryl Kleyer, Williston

Deer season questions and answers

Every year the North Dakota Game and Fish Department receives questions from deer hunters who want to clarify rules and regulations. Some common questions are listed below.

What licenses do I need for deer gun season? A fishing, hunting, and fur-bearer certificate, the general game and habitat stamp or a combination license, and the deer license. Gratis license holders need only the gratis license.

I received a lottery license, and I own land in another unit. Can I hunt on my land in the other unit with my lottery license? Only if the unit in which your land is located adjoins the unit in which you have the lottery license.

Can I use my first season license during the muzzleloader season? No. The first season license may be used only for the regular deer gun season.

When can additional concurrent season licenses be used? Hunters possessing these unfilled antlerless deer licenses can use them during the archery season with a bow; the deer gun season with a bow, rifle, or muzzleloader; or during the muzzleloader season with a muzzleloader. These licenses must be used for antlerless deer only, and hunters must stay in the unit to which the license is assigned.

I can't find my deer license. What should I do? You must obtain an application for a duplicate license from the Game and Fish Department - by calling (701) 328-6300 or printing it off the website at gf.nd.gov - or from a county auditor. Fill out the form, have it notarize and return it to the Department along with a fee. You may not hunt without the deer license in your possession.

Can hunters age 12 or 13 purchase and use additional concurrent season antlerless licenses during the regular deer gun season? No, 12- and 13-year-olds are limited to a single antlerless whitetail license valid only during the dates of the youth deer season. However, they can still purchase concurrent licenses for use with a bow in the archery season.

Hunters with further questions are encouraged to call the department at **(701) 328-6300**, from 8 a.m. - 5 p.m. weekdays, or access the hunting link at the department's website, gf.nd.gov.

Can hunters ages 14 or 15 purchase and use additional concurrent season antlerless licenses during the regular deer gun season? Yes, but hunters must stay within the unit to which the license is assigned.

Can hunters age 14 or 15 who did not harvest a deer with a youth season license hunt the regular deer gun season with this license? Yes, but you are subject to the restrictions listed on the license.

I shot a deer, but it is rotten. What can I do? You must take possession of the animal by tagging it. A license only allows you the opportunity to hunt. It is not a guarantee to harvest a deer, or to the quality of the animal.

What should I do if I find a wounded deer? Contact a game warden. Do not shoot the deer unless you want to tag it, or are instructed by the warden to do so.

Is camouflage blaze orange acceptable for the deer gun season? No. You must wear both a hat and outer garment above the waistline totaling at least 400 square inches of solid daylight fluorescent orange.

I hunt with a bow. When do I have to wear orange? During the regular deer gun season you must wear orange. During the muzzleloader season, however, bowhunters do not need to wear orange.

Can I hunt road rights-of-way? Do not hunt on road rights-of-way unless you are certain they are open to public use. Most road rights-of-way are under control of the adjacent landowner and are closed to hunting when the adjacent land is posted closed to hunting.

Can I retrieve a wounded deer from posted land? If the deer was shot on land where you had a legal right to be and it ran on posted land,

you may retrieve it. However, you may not take a firearm or bow with you. The department suggests contacting the landowner as a courtesy prior to entering.

What if the landowner says I cannot retrieve a deer from posted land that was shot on land where I had a right to be? Contact a game warden.

Can I drive off a trail on private land to retrieve a deer? Unless prohibited by a landowner or operator, you may drive off-trail on private land once a deer has been killed and properly tagged. You must proceed to the carcass by the shortest accessible route, and return to the road or trail by the same route. However, off-trail driving is prohibited in all circumstances on state wildlife management areas, Bureau of Land Management lands, national wildlife refuges, national grasslands, federal waterfowl production areas and state school land.

Can I transport someone else's deer? Yes, but you will need a transportation permit from a game warden. The license holder, person transporting the animal, and the carcass must be presented to the game warden before the permit is issued.

What if I am going to take my deer head to a taxidermist and meat to a butcher shop? How do I keep the tag with it all? The tag should remain with the head and the carcass tag should remain with the meat.

May I carry a pistol when I am hunting with a deer rifle? Yes, but the handgun must meet minimum requirements listed in the deer hunting regulations to be legal for taking deer.

Can I use a bow to fill my regular deer gun license? Yes. You may use any legal firearm or bow during the regular deer gun season.

Can I carry both bow and gun afield during deer gun season if I have both licenses? Yes, but only if you are going to fill your gun license. No firearms, except handguns, may be in the hunter's possession while hunting with a deer bow license. However, handguns may not be used in any manner to assist in the harvest of a deer with an archery license.

BENEFITS continued from page 5

products and procedures. The Affordable Care Act does not apply to FEDVIP.

"It's important to understand that FEDVIP and FEHB are entirely separate programs," Ms. Iapichino said. "Federal employees eligible to enroll in the FEHB program may enroll in FEDVIP, even if they have not enrolled in FEHB. Eligibility is the key."

FEDVIP enrollment automatically continues from year to year like FEHB enrollment. FEDVIP enrollment also continues when enrolled employees retire. There is no "five-year rule" and employees cannot cancel FEDVIP coverage due to retirement alone.

Federal employees who wish to enroll, change plans, or cancel their enrollment in FEDVIP during the open season must do so by visiting the BENEFEDS website or by calling BENEFEDS toll-free at 877-888-3337 or TDD 877-889-5680. BENEFEDS will "turn off" open season enrollment functions at midnight, EDT, Dec. 13, 2013.

The enrollment process involves two parts. First, enrollees must create a BENEFEDS.com account by providing demographic and employment information. When this one-time step is complete, eligible employees can compare plans and enroll.

The effective date of FEDVIP coverage for the 2011

plan year is Jan. 1, 2011. Premium deductions will begin for Air Force-serviced employees with the pay period beginning Jan. 2, 2011, and will be reflected in their leave-and-earnings statement for that pay period. Premiums will be deducted on a pre-tax basis for employees.

FEDVIP premium costs and individual plan brochures for 2011 are available on the OPM open season website.

Federal Flexible Spending Account

During the open season, eligible employees may enroll in the Federal Flexible Spending Account program for calendar year 2011. There are three types of FSA accounts: the Health Care FSA, the Limited Expense Health Care FSA, and the Dependent Care FSA. The FSAFEDS program allows federal employees to set aside pre-tax money for a wide range of medical and dependent care expenses. The money is set aside from the employee's salary before taxes are withheld; the employee incurs eligible expenses and receives reimbursement. Enrolling in FSAFEDS lowers the amount of the employee's income tax because the salary set aside for FSAFEDS is exempt from federal income taxes, Social Security taxes, Medicare taxes, and from most state and local taxes.

Employees who are eligible to enroll in the FEHB program may participate in the FSAFEDS program, even if they are not currently enrolled in FEHB. Employees who enroll in one of the high-deductible health plans and are eligible for a health savings account may not have a regular Health Care FSA ac-

count, but they may enroll in the Limited Expense Health Care FSA. All employees with qualified dependents may enroll in a Dependent Care FSA, except temporary employees with no fixed work schedule whose tour of duty is six months or less.

For more information on any of these programs or

other civilian employee benefits and entitlements, visit the AFPC personnel services website and select the Civilian tab, and then select Benefits and Entitlements.

(Courtesy of Air Force Personnel, Services and Manpower Public Affairs)

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Sunday Evening											November 7, 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												
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Amer. Dad	Local									
Cable Channels														
AMC	The Abyss				The Walking Dead	The Walking Dead	Breaking Bad							
CNN	State of the Union	Larry King Live	Newsroom	State of the Union	Larry King Live									
DISC	Dirty Jobs	Dirty Jobs	Auction	Auction	Dirty Jobs	Dirty Jobs								
DISN	Hannah	Shake it	Hannah Forever	Shake it	Hannah	Hannah	Hannah	Hannah						
ESPN	SportsCtr	Countdown	MLS Soccer											
FAM	Pirates-Carib.				Funniest Home Videos	J. Osteen	Ed Young							
FX	Ice Age: Melt	Kung Fu Panda			Sons of Anarchy	Someone Like You								
LIFE	The Perfect Neighbor	Who Is Clark												
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny				
SPIKE	CSI: Crime Scene	CSI: Crime Scene	CSI: Crime Scene	CSI: Crime Scene	CSI: Crime Scene	CSI: Crime Scene								
TBS	Anchorman				Anchorman									
TNT	The Mummy Returns				The Mummy Returns									
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Street Kings										
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk							
Premium Channels														
HBO	Avatar	Boardwalk Empire	Bored	Eastbound	Boardwalk Empire	Bored	Eastbound							
MAX	Time Traveler				Half Baked	Lingerie	Lingerie	Lingerie						
SHOW	Dexter	Dexter	Weeds	The Big C	Dexter	Look	Halloween							

Thursday Evening											November 11, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30				
WDAY/ABC	Grey's Anatomy	Grey's Anatomy	Private Practice	Local	Nightline	Jimmy Kimmel Live								
KXMC/CBS	Big Bang	Dad Says	CSI: Crime Scene	The Mentalist	Local	Late Show Letterman	Late							
KMOT/NBC	Community	30 Rock	Office	Outsource	Local	Tonight Show w/Leno	Late							
KNDX/FOX	Bones		Fringe	Local										
Cable Channels														
AMC	A Few Good Men						Top Gun							
CNN	Parker Spitzer	Larry King Live	Anderson Cooper 360											
DISC	FBI's 10 Most Wanted	Oddities	Oddities	Ghost Lab	FBI's 10 Most Wanted	Oddities	Oddities							
DISN	16 Wishes		Deck	Wizards	Wizards	Good Luck	Good Luck	Hannah	Hannah					
ESPN	College Football													
FAM	Harry Potter							The 700 Club	My Wife	My Wife				
FX	Two Men	Two Men	Two Men	Two Men	Sunny	League	Sunny	League	Terriers					
LIFE	Georgia Rule	The Fairy Jobmother	The Fairy Jobmother					How I Met	How I Met	The Fairy Jobmother				
NICK	SpongeBob	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny				
SPIKE	Gangland	TNA Wrestling					TNA ReACTION	Son Beach	Son Beach					
TBS	Fool's Gold		Fam. Guy	Fam. Guy	Conan			Lopez Tonight						
TNT	NBA Basketball				NBA Basketball									
USA	Burn Notice	Burn Notice	Burn Notice	White Collar				Psych						
WGN	WWE Superstars	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	WWE Superstars							
Premium Channels														
HBO	The Pacific	Wartorn 1861-2010	Bored	Sex Quiz	24/7	Amelia								
MAX	Bride	The Final Destination	The Mod Squad	Secret Lives										
SHOW	Transsibe	Transporter 3	Dexter	Next Stop	Single	Spin								

Monday Evening											November 8, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30				
WDAY/ABC	Dancing With Stars				Castle	Local	Nightline	Jimmy Kimmel Live						
KXMC/CBS	How I Met	Rules	Two Men	Mike	Hawaii Five-0	Local	Late Show Letterman	Late						
KMOT/NBC	Matt Lauer Reports	The Event	Chase	Local	Tonight Show w/Leno	Late								
KNDX/FOX	House	Lie to Me	Local											
Cable Channels														
AMC	Wild Wild West				Tremors		Airplane!							
CNN	Parker Spitzer	Larry King Live	Anderson Cooper 360											
DISC	Wreck	Wreck	American Chopper	American Chopper	Wreck	Wreck	American Chopper							
DISN	Ella Enchanted		Wizards	Wizards	Good Luck	Good Luck	Hannah	Hannah						
ESPN	Countdown	NFL Football												
FAM	Evan Almighty				Funniest Home Videos	The 700 Club	My Wife	My Wife						
FX	Man on Fire					Two Men	Two Men	Little Man						
LIFE	Reba	Reba	Baby for Sale			How I Met	How I Met	Baby for Sale						
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny				
SPIKE	Star Wars	Star Wars Ep 2					BlueMount	BlueMount						
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Conan	Lopez Tonight						
TNT	Bones		Bones		The Closer	Men of a Certain Age	CSI: NY							
USA	NCIS		WWE Monday Night RAW			Welcome Home Roscoe								
WGN	Chris	Chris	Funniest Home Videos	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk						
Premium Channels														
HBO	Real Time/Bill Maher	Treatment	Treatment	Avatar										
MAX	Fast & Furious			Time Traveler										
SHOW	Killshot	Dexter	Weeds	The Big C	Weeds	The Big C	Dexter							

Friday Evening											November 12, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30				
WDAY/ABC	Supernanny		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	Local	Tonight Show w/Leno	Late							
KNDX/FOX	House		The Good Guys	Local										
Cable Channels														
AMC	Wrong Turn				The Walking Dead	Wrong Turn								
CNN	Parker Spitzer	Larry King Live	Anderson Cooper 360											
DISC	Swamp Loggers	Swamp Loggers	Snow Men	Swamp Loggers	Swamp Loggers									
DISN	Avalon High		Wizards	Wizards	Hannah Forever	Shake it								
ESPN	NBA Basketball		NBA Basketball											
FAM	Harry Potter-Chamber					The 700 Club	My Wife	My Wife						
FX	What Happens													
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	The Fairy Jobmother	Reba	Reba					
NICK	iCarly	iCarly	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	The Nanny					
SPIKE	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Ways Die	Ways Die			
TBS	Meet the Fockers						Meet the Fockers							
TNT	Men in Black				Men in Black									
USA	Pretty Woman					Juno								
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk					
Premium Channels														
HBO	24/7	24/7	24/7	Real Time/Bill Maher	Real Time/Bill Maher	Eastbound	Unstop.							
MAX	Earth	A Perfect Getaway	Beverly Hills Cop											
SHOW	Weeds	The Big C	Housebroken	Jamie Kennedy										

Tuesday Evening											November 9, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30				
WDAY/ABC	No Ordinary Family	Dancing With Stars	Detroit 1-8-7	Local	Nightline	Jimmy Kimmel Live								
KXMC/CBS	NCIS	NCIS: Los Angeles	The Good Wife	Local	Late Show Letterman	Late								
KMOT/NBC	The Biggest Loser		Parenthood	Local	Tonight Show w/Leno	Late								
KNDX/FOX	Glee	Raising	Wilde	Local										
Cable Channels														
AMC	Death Wish 3				Death Wish 4		Death Wish							
CNN	Parker Spitzer	Larry King Live	Anderson Cooper 360											
DISC	Dirty Jobs	Dirty Jobs	Auction	Auction	Nitty Gritty	Dirty Jobs								
DISN	Wizards-Waver		Wizards	Wizards	Good Luck	Good Luck	Hannah	Hannah						
ESPN	30 for 30		2010 Poker											
FAM	What a Girl Wants		Funniest Home Videos	The 700 Club	My Wife	My Wife								
FX	Jeopardy!		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	Auction	Auction	Auction	Entourage	Entourage					
TBS	Office	Office	Office	Office	Fam. Guy	Fam. Guy	Conan	Lopez Tonight						
TNT	Bones	Law & Order	Law & Order	Law & Order	CSI: NY	CSI: NY								
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Psych										
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	Pirate Radio				Stephen King's Thinner	Lingerie	Life on Top: Too Hot							
SHOW	Twilight	Weeds	The Big C	Dexter	Weeds	The Big C	The Gift							

Saturday Evening											November 13, 2010			
	7:00	7:30	8:00											

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F 8:00 a.m. Saturday 5:30 p.m. Sunday 8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental <i>Meeting at the Carnegie Center</i> 105 2nd Ave SE - 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening 6:00 p.m. Wed. Prayer/Bible Study 7:00 p.m. Wed. Children's Patch Club 7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p>Minot Air Force Base Chapel Protestant Services (All Sunday)</p> <p>Traditional Service 10:00 a.m. (North Plains Chapel) Gospel Service 11:30 a.m. (Northern Lights Chapel) Contemporary Service 2:00 p.m. (North Plains Chapel)</p> <p>Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p>Chapel 723-2456</p>	<p>Minot Air Force Base Chapel Catholic Services</p> <p>Eucharist (Mass)</p> <p>Daily Mass 9:00 a.m. (Northern Lights) Sunday 9:30 a.m. (Northern Lights) Sunday CCD 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916</p> <p>www.minotbiblefellowship.org</p> <p>Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. Sunday Evening Worship 7:00 p.m. Wed. Evening Family Night 7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School 11:00 a.m. Sunday Worship 11:00 a.m. Tuesday Lunch Bible Study 12 Noon Wednesday Youth Classes 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday:</p> <p>Bible Classes 9:30 a.m. Worship 5:00 p.m.</p> <p>Wednesday:</p> <p>Bible Classes 7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship 8:30 a.m. Sunday School 9:30 a.m. Sunday Traditional Worship 11:00 a.m. Monday Youth Worship 7:00 p.m. Wednesday Community Supper 5:00-6:30 p.m. Wednesday Contemporary Worship 6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Sunday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee & Conversation 9:00-9:30 a.m. Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6:00 p.m. Midweek Service (Wed.) 7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper 5:00 pm WOW (Worship on Wednesday) 5:45 pm Wednesday School & Confirmation 6:20 pm Saturday Worship 5:30 pm Sunday Worship 8:45 & 10:45 am Sunday School & Adult Forum 9:45 am.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p>St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 8:30 a.m. & 11 a.m. Sunday School & Bible Class 9:45 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 Worship 7:00 p.m. Sunday Worship 8:15 a.m. & 10:45 a.m. Fellowship 9:15 a.m. Adult Forum 9:30 a.m. Sunday School 9:30 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 Worship 11:00 a.m. Bible Study 5:30 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:</p> <p>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>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 Worship 10:00 a.m. Wednesday Worship 5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church with a Christian School 700 16th Ave SE</p> <p>Sundays</p> <p>Worship Services 8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m. Children's programs 9:45 a.m. Youth & Adult Bible Classes 10 a.m. Interpreter services for the deaf 10:45 a.m.</p> <p>Wednesdays</p> <p>Supper 5:40 p.m. Bible Classes for all ages 6:30 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 Worship 8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal 9:00 a.m.</p> <p>Pastor Michon Weingartner Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. Nursery Available</p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angelnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church 10:30 a.m. Wednesday Family Training Hour 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p> <p>"Building Followers of Jesus Christ"</p> <p>Sunday School 9:30 a.m. Worship Service 10:30 a.m. Adult Study/WINGS/Youth Wednesday 6:30-8:30 p.m.</p> <p>530 22nd Ave NW (4 Blocks W of Airport) 852-6492 bethel@minot.com</p>
<p>River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service 6:00 p.m. Wednesday Service 7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule:</p> <p>Classic Worship 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA Clubs (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Your ad could be here!</p> <p>Call (701) 839-0946</p> <p>or email nsads@srt.com!</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Sunday Evening 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10:00 a.m. Morning Worship 11:00 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7:00 p.m.</p>
<p>Trinity Church An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May</p> <p>Sunday School 9 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p> <p>Wednesdays</p> <p>Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir Rehearsal 8:10 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p>	<p>Grace Evangelical Lutheran Church Wisconsin Synod</p> <p>WELS Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. Rev. Carl A. Lindemann</p>	<p>ZION Lutheran ELCA</p> <p>1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship 5:00 p.m. Sunday Worship 8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!</p> <p>Saturday Informal Service 5:00 p.m. Sunday Worship 8:30 a.m. & 11 a.m. Sunday School 9:30 a.m. Coffee Fellowship 10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>

crossword puzzle

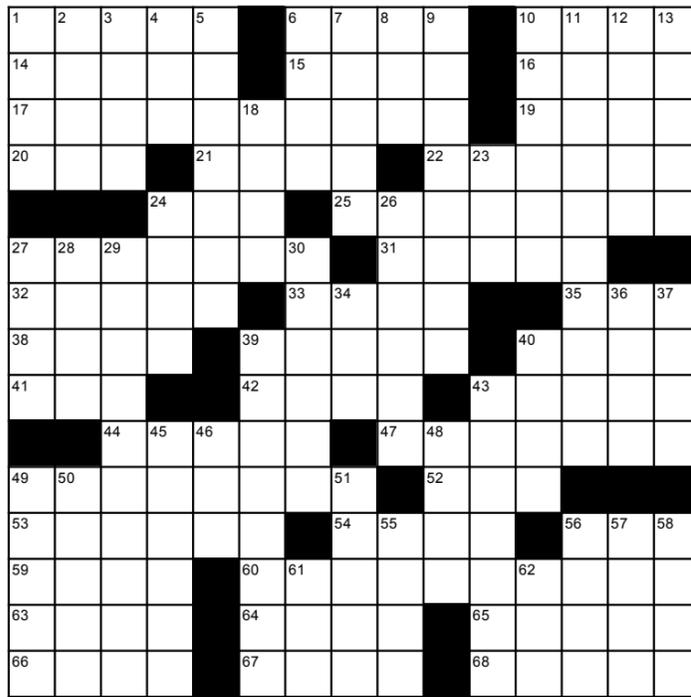
ACROSS

1. Postgame summary
6. A nephew of Donald Duck
10. ___ out a living
14. Early calculators
15. Regarding, in memos
16. Nut center
17. "The Day of the Locust" actress
19. Anka's "Eso ___"
20. Wrap up
21. Avery Fisher's field
22. Visitor to the JP, maybe
24. Short mo.
25. In a lax manner
27. Get ready to shoot
31. Budweiser rival
32. Put to the grindstone
33. Zillions
35. Jay-Z's music
38. Condo division
39. "Fantasy Island" sighting
40. Shakespearean villain
41. NYSE overseer
42. X-rated
43. Acquire, as debt
44. ___ light (movie-set illumination)
47. Writer H. L. ___
49. Cotton Belt state
52. Poseidon's realm
53. Shutterbugs' accessories
54. Actor Epps
56. Suffix with hobby or lobby
59. Hellenic H's
60. One on an Israeli cooperative
63. Chinese takeout staple
64. Creative spark
65. Slowly, on a score
66. Toll rds.
67. Cigarette substances
68. Nods of the head

DOWN

1. Clear the leaves
2. Israel's Abba
3. Part of a hand
4. Star of the rotation
5. Dunce
6. Thirty minutes of football
7. Name on jetliners, once
8. List-ending abbr.
9. Working partner,

K Rations



- as for an ox
10. Mold in relief
11. Maintains records
12. Flip chart holder
13. Load of baloney
18. Israel's Netanyahu, familiarly
23. Rights movement word
24. Corns' locales
26. Rudolf Diesel, re the diesel
27. In this manner
28. Top-notch
29. Ornamental trinket
30. Sweet dessert wine
34. Fond du __,

- Wisconsin
36. Flu symptom
37. X-rated stuff
39. Promo package
40. Andean of old
43. In a sluggish way
45. Highlands girls
46. Having four sharps
48. Jacob's twin
49. On one's toes
50. Fix, as a pool cue
51. On the wagon
55. Wharton degs.
56. Rural stopovers
57. Construction area
58. Ring stoppages, for short
61. "Rhoda" mom
62. Zuider __



Solution to puzzle from October 29.

movies

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

The Town

Friday, November 5, at 7 p.m.

(Ben Affleck, Rebecca Hall)

Doug MacRay is an unrepentant criminal, the de facto leader of a group of ruthless bank robbers who pride themselves in stealing what they want and getting out clean. With no real attachments, Doug never has to fear losing anyone close to him. But that all changed on the gang's latest job, when they briefly took a hostage-bank manager, Claire Keeseey. Though they let her go unharmed, Claire is nervously aware that the robbers know her name and where she lives. She lets her guard down when she meets an unassuming and rather charming man named Doug not realizing that he is the same man who only days earlier had terrorized her. The instant attraction between them gradually turns into a passionate romance that threatens to take them both down a dangerous, and potentially deadly, path.

Rated R

(strong violence, pervasive language, some sexuality and drug use)

125 min

You Again

Saturday, November 6, at 7 p.m.

(Kristen Bell, Jamie Lee Curtis)

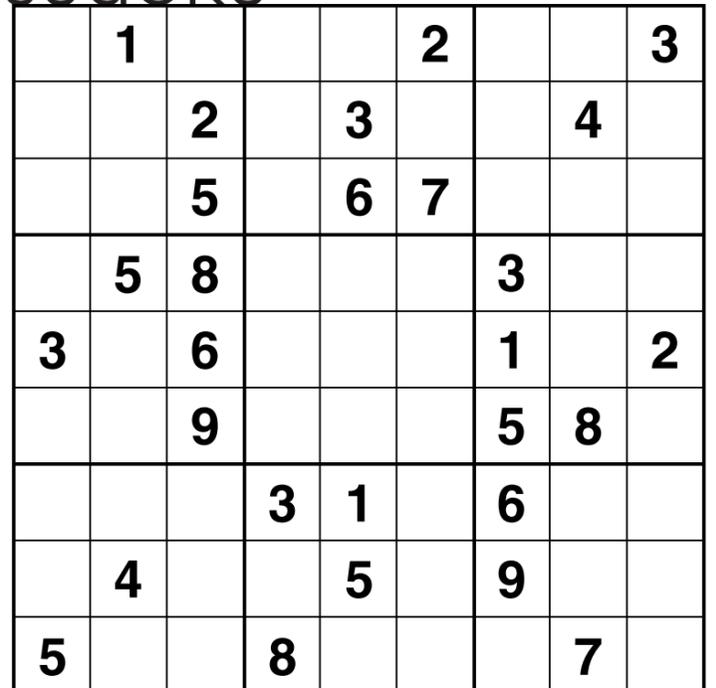
Successful PR pro Marni heads home for her older brother's wedding and discovers that he's marrying her high school arch nemesis, who's conveniently forgotten their problematic past. Then the bride's jet-setting aunt bursts in and Marni's not-so-jet-setting mom comes face to face with her own high school rival. The claws come out and old wounds are opened in this crazy comedy that proves that not all rivalries are forever.

Rated PG

(brief mild language and rude behavior)

105 min

sudoku



Solution to puzzle on page 26.

11-year-old becomes a pilot for a day

by Staff Sgt. Carolyn Viss
15th Airlift Wing Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii (AFNS) - When an 11-year-old becomes a pilot, it's a headline maker. When an 11-year-old survives potentially terminal brain cancer, it's a headline maker.

And the heroes who made both of those things possible for 11-year-old Ryder Lum were the doctors and staff of Kapiolani Women's and Children's Hospital, and the men and women of the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam, Hawaii.

Ever since Ryder was unexpectedly diagnosed with diabetes insipidus in March 2007, his parents, Richelle and David, and his best friend since preschool, Everett Fan, were by his side, helping him through.

After multiple surgeries to remove a massive brain tumor, followed by chemotherapy and radiation, Ryder has accomplished what they thought might be impossible: he earned a clean bill of health.

Then, the four of them were able to visit JB Hickam together and see him do something else that wouldn't otherwise be possible: fly a

C-17 Globemaster III.

Ryder got to fly Hickam's C-17 simulator as part of the 535th AS Pilot for a Day program Oct. 29, 2010. His day-long agenda also included tours of the military working dog kennels here, a personal tour of a static KC-135 Stratotanker, and the opportunity to talk to pilots and crewmembers.

"I wasn't expecting this place to be like this," Ryder said when the day was over. "I knew it would be cool, but I didn't realize they were going 'all out' like this!"

Each stop they made showed Ryder, who is an only child, more and more about the men and women of the Air Force in Hawaii, who care enough about kids like him to take the time every three months to invite a child to join them for a day.

He became an honorary member of both the 535th AS and the 96th Air Refueling Squadron.

They gave him his own flight suit, unit patches, challenge coins to add to his growing collection, T-shirts, and other mementos that will always remind him that his life is valued and celebrated.

"Doing this allows us to singularly focus on an individual and show how much we value their courage in

fighting whatever condition it is they're battling," said Lt. Col. Brian Hill, the 96th ARS commander. "We want to let that person know that, despite whatever ailment or disease they're fighting, they're not alone. They've got people in their corner who want to encourage them, and they have a network of support that's bigger than they could ever imagine."

Fortunately, even though Ryder's entire pituitary gland is gone, he is still able to produce some of his own hormones. But, he "has to take pills and give himself shots every day for the rest of his life," said David, his father.

A shunt was surgically placed into Ryder's skull to drain the fluid caused by what he jokingly refers to as his "type 3" diabetes.

This delicate implant limits the amount of sports and other high-risk activities Ryder can do. Although he played every sport before his diagnosis and now he has to take it easy, he and his family are just thankful for his life.

"This experience has put everything into perspective," said Richelle, his mother.

"What was important back then isn't as important now. We try not to take anything for granted, and make the



(U.S. Air Force photo/Staff Sgt. Carolyn Viss)

11-year-old Ryder Lum flies a C-17 Globemaster III simulator Oct. 29, 2010, during his visit to Joint Base Pearl Harbor-Hickam, Hawaii. Ryder was part of the 535th Airlift Squadron's quarterly Pilot for a Day program, which allows children with catastrophic disorders or illnesses to experience a day in the life of an Air Force pilot.

most of and appreciate everything we do have."

Simply being in the community is reason enough for Hawaii's Airmen to support the Pilot for a Day program, Colonel Hill said.

"Especially in ... such a fantastic community, any opportunity we have to get engaged and show what it is we do in their service is a positive," Colonel Hill said. "A lot of people might look at the gates and wonder what's going on. This gives them a

chance to get a peek at what their tax dollars are being used for and the kind of people who are serving."

"It's very important for us to be able to spread what we do and how we do it, and our ability to tell it to someone who has been through so much is very gratifying," said Tech. Sgt. Royer, the 96th ARS boom operator who answered all of Ryder's "non-standard, grownup questions" about the tanker. "It was a very special day."

TRICARE covers the HPV vaccine in the fight against cancer

By Sharon Foster
TRICARE Management Activity

In a recent study published in the Lancet medical journal, scientists identified the eight human papillomavirus (HPV) types responsible for more than 90 percent of cervical cancer cases worldwide. Scientists agree these types should be the targets for the next generation of HPV vaccines.

Currently, Cervarix and Gardasil vaccines are licensed by the Food and Drug Administration (FDA) and recommended by the Centers for Disease Control and Prevention (CDC) to protect females against the types of HPV that cause most cervical cancers and other genital cancers. TRICARE covers both vaccines.

"It is important to safeguard the health of our beneficiaries," said Kathie McCracken, Health Affairs program director for Patient Advocacy, Medical Ethics and Women's Health Issues. "Immunization for preventable diseases is one of the ways we do that. TRICARE covers all immunizations the CDC's Advisory Committee on Immunization Practices recommends and adopts."

The FDA recommends that all girls who are 11 or 12 years old receive the full series of either brand of HPV vaccine to protect against cervical cancer and precancerous abnormalities. Gardasil also protects against two additional types of HPV that may cause most genital warts. Girls and young women ages 13 through 26 who

have not started or finished the vaccine series should receive all missing doses for the greatest protection.

HPV is a viral infection spread through sexual contact. It is a group of more than 100 different viruses, with at least 30 strains known to cause different types of cancers of the cervix, vagina and vulva. Other types could cause genital warts in both males and females. Symptoms of HPV normally appear in the form of cauliflower-like growths called genital warts. These growths may take weeks or even years to show after having sex with an infected partner. It is possible to have HPV without knowing it.

The best way to be sure that a person gets the most benefit from HPV vaccination

is to complete the vaccine series before sexual activity begins. The HPV vaccines do not prevent all types of cervical cancer or other types of sexually transmitted diseases. It is important for women to continue routine cervical cancer screenings.

Interested beneficiaries should speak with their

healthcare provider to learn more about the HPV vaccine and how it may protect them and their children. To learn more about military vaccines, visit MILVAX's web site (www.vaccines.mil/) and click "Vaccines and Diseases". For more information on HPV vaccines, visit www.cdc.gov/hpv/vaccine.html.

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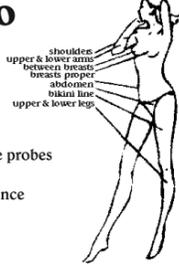
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