

Northern SENTRY

Serving the Minot Air Force Base Community • Vol. 49 No. 47 • Friday, November 26, 2010

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Welcome Home Deployers!

Due to the amount of returning Airmen, please visit:
www.minot.af.mil/deployers.asp



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

Airmen are greeted in a grand fashion by their families during the re-deployment here Nov. 20. These Airmen arrived from their deployment to Andersen AFB, Guam, as part of U.S. Pacific Command's Continuous Bomber Presence.

5th OG changes command



Col. Charles Patnaude, 5th Operations Group commander, relinquishes command to Col. Douglas Cox, 5th Bomb Wing commander, during a change of command ceremony here Nov. 19.



Col. Troy Van Bemmelen, 5th Operations Group commander, assumes command from Col. Douglas Cox, 5th Bomb Wing commander.

(U.S. Air Force photos/
 Senior Airman Michael J. Veloz)

5th BW launches back-to-back deployment

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

Air Force Global Strike Command's 5th Bomb Wing reenergized history this month by successfully launching its first back-to-back deployment since the Vietnam War.

The last of the more than 200 Airmen from the 69th Bomb Squadron departed on a six month deployment to Andersen AFB, Guam, Nov. 18 swapping places with its sister squadron, the 23rd BS. Once in theater the 69th BS operates as an expeditionary BS.

Members of the returning squadron were greeted by family, friends and co-workers here Nov. 20 as they arrived home, having fulfilled U.S. Pacific Command's commitment to stability in the region.

The rotation of bombers in the Western Pacific has been ongoing since March 2004 as part of U.S. PACOM's Continuous Bomber Presence

at Guam. AFGSC's bombers enhance security in the region by providing a prudent deterrent capability.

"This back-to-back deployment demonstrates the 5th BW's ability to deploy for long durations abroad, while still maintaining its mission of strategic deterrence worldwide here at home," said Lt. Col. Robert Billings, home-station 69th Bomb Squadron commander.

He expressed gratitude to the numerous Airmen involved in the coordination and execution of these deployments.

"Despite the various exercises our Airmen have had to take on for the past year, we have really shown Team Minot's potential in effectively carrying out our bomber presence both here and abroad," Colonel Billings said.

"It is easy to work together with your sister units here and coordinate efficiently because that's what Team Minot is all about," he added. "We come together not just as co-workers but as fellow Airmen to get work

done."

The colonel mentioned that while the 69th EBS has left Minot, there is no doubt in his mind the 23rd BS will continue to ensure the 5th BW's commitment to worldwide deterrence.

"Whether we are a bomb squadron here or anywhere else, we are expected to perform at the highest level of efficiency, being that we are part of the nuclear enterprise," he said.

As for the task bestowed to the 69th EBS, Lt. Col. Michael Cardoza, 69th EBS commander, said he is also confident in the squadron's ability to fulfill mission requirements.

"We have been focusing a lot on nuclear operations at this base for a long time," Colonel Cardoza said. "But we hope to have a lot more training through exercises with our joint and combined forces in Guam."

While deployed in Guam, bombers actively participate in exercises and airshows which emphasize the U.S. bomber presence, demonstrating our

see **DEPLOYMENT** on page 6

Minot IDEA winner saves AF millions

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

A member of Air Force Global Strike Command and Team Minot received the maximum payout of \$10,000 for his submission of the Launch Control Center NetLink System to the Innovated Development through Employees Awareness, otherwise known as IDEA, program.

Douglas Angell, a technical engineer from the 526th Intercontinental Ballistic Missile Systems Group, submitted his idea to the program more than three years ago in 2006, while he was a master sergeant working as a facility manager.

Mr. Angell said this new system was needed because crewmembers could not access the internet from their workstations while on duty in the LCC.

He added these crewmembers were left to complete their training and other tasks during their off time.

"Crewmembers had to go home or go back to base, and during their time off, they would have to complete their Career Development Courses and other training that others can normally complete during slack time in the office," he said.

Mr. Angell's invention is called the Launch Control Center NetLink, the system responsible for crewmembers' having computer access while on duty.

"As I was researching some components, I ran across this technology that would take keyboard, video and mouse signals you would normally have at your desk and would convert those signals to fiber optic light," he said. "The system would then send those signals over fiber optic for miles. This technology allows for crew members to control their computers from downstairs while the actual networked computer is upstairs."

Now, with these systems installed in the LCC's, Airmen have the ability to access the internet and get work done they weren't able to do before.

Retired Maj. Gen. Thomas F. Deppe, a former Air Force



(U.S. Air Force Photo/Airman 1st Class Aaron-Forrest Wainwright)

Douglas Angell, 526th Intercontinental Ballistic Missile Systems Group technical engineer, poses with his invention, the launch control center NetLink, here Nov. 23. The LCC NetLink concept allows personal computing capability to crewmembers while on duty at the missile alert facilities.

Space Command vice commander, recognized the importance of this system in a memorandum addressed to the Major Command missile wings.

"LCC NetLink is a system mission tool that is quickly becoming an integral part of the ICBM alert force," he said. "While LCC NetLink is not part of the Minuteman weapon system, it is an operations tool which can expedite information to the LCC. This capability will be used to its fullest for crew productivity and mission-related tasks such as the AF Portal, performance reports, electronic dispatches, vehicle tracking and weather forecasts."

Mr. Angell said his contribution saved the Air Force more than one million dollars because this system was accomplished within the Air Force and not contracted out.

"This was technology the Air Force wanted," he said. "They wanted this system and I was able to design it for them. I also manufactured enabling components for this system. This was all done in house, versus finding a company like Boeing and having

their engineers design the system. It would have cost millions of dollars. The total cost of this system, including installation, was \$250,000."

Mark H. Kauer, 5th Force Support Squadron manpower management analyst, said the IDEA Program is an incentive based program which

promotes process improvement and resource savings.

"It encourages Airmen and Air Force employees to look for ways of doing the Air Force business, faster, better and cheaper, through program awareness," he added.

Mr. Kauer concluded, "This program enables our

force providers to provide combatant commanders the necessary resources in a more timely and efficient manner."

For more information on how to submit an idea to this program, visit the IDEA website <https://ipds.randolph.af.mil>.



Minot construction improving quality of life

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

Construction of the new dormitory is well underway in the insulation process here Nov. 10. Construction projects like this help foster a better quality of life for Air Force Global Strike Command Airmen here.

Safe, secure, effective confirmed

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

Air Force Global Strike Command's 5th Bomb Wing received a satisfactory rating after successfully completing its nuclear operational readiness inspection here Nov. 10.

The inspection lasted over seven days and included 24-hour operations said Maj. Jose L. Castaneda, 5th BW chief of nuclear plans and exercises.

"The AFGSC inspector general came to see the 5th BW demonstrate its nuclear operational capabilities in a timed-constrained environment," Major Castaneda said. "The hard work of the many Airmen involved in all of the operations paid off."

The various squadrons involved in the inspection, ranging from 5th BW maintainers to security forces personnel, reaffirmed the 5th BW's readiness to fulfill its strategic deterrence mission worldwide.

They are indeed a finely tuned military machine, added Major Castaneda.

"We practice dealing with war-time scenarios all the time," continued Major Castaneda. "The success of the various exercises we have completed reflect in the outcome of this inspection."

Major Castaneda said everything played out well and the mission was carried out in unison.

"It's no doubt our Airmen were definitely prepared to demonstrate our readiness capabilities," he said. "Our command knows we are ready, willing and able to execute our mission of ensuring a safe, secure and effective force."

In appreciation for the hard work carried out by everyone during the inspection, command leadership set up a burger-burn luncheon Nov. 10 at the security forces training building.

Major Castaneda expressed his gratitude to the many Airmen of the 2nd BW at Barksdale AFB, La., for augmenting the 5th BW with operators and maintainers in order to fulfill mission requirements.

"It was a seamless combination of forces, proving the efficiency we have in working together," he said.

Echoing the major's reflection of the exercise, Col. Doug Cox, 5th BW commander, gave applause for what his Airmen accomplished during the exercise.

"I'm extremely proud of all the hard work our Warbirds put into this inspection," said Colonel Cox. "The combined efforts of the 2nd Bomb Wing and 17th Munitions Squadron were key elements in helping our wing earn the Satisfactory rating. Our Airmen have proven that we can provide combat ready forces to conduct safe, secure and effective nuclear deterrence and global strike operations."



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

Members of the 5th Security Forces Squadron escort a weapons convoy to the flight line as part of an Air Force Global Strike Command inspection here Nov. 4. AFGSC's 5th Bomb Wing received a satisfactory rating after successfully completing its nuclear operational readiness inspection here Nov. 10.



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

Aircrew members respond to an aircraft alert as part of an Air Force Global Strike Command inspection here Nov. 6. AFGSC's 5th Bomb Wing received a satisfactory rating after successfully completing its nuclear operational readiness inspection here Nov. 10.

Holiday trip planning

by Staff Sgt.
Michelle Humann
5th Bomb Wing Safety

It's hard to believe the holiday season is in fast approach. These times bring with it family get-togethers, food and travel. Air Force Global Strike Command Airmen and families are expected to drive out of the local area and even out of state to spend time with their loved ones.

With long road travel, it is important drivers keep in mind safety on the road to help ensure their trip is a safe one. It is recommended drivers map the route they plan on driving and not plan on deviating from the proposed route unless emergency road conditions call for it. Airmen can make sure their supervisors are aware of where they are planning to travel and leave a contact phone number in case of emergency.

Ensuring vehicles are

in good mechanical condition is key for safe traveling. Checking motor oil levels, window washer fluid and tire pressure is also important for safety. Packing a survival kit is essential as well. Survival kits can include: candles, matches, flashlights, sleeping bag (one per occupant of vehicle) and non-perishable foods that can be eaten without preparation. A meal-ready-to-eat is ideal for this.

It is recommended to get adequate rest before starting a trip. Altering normal sleep patterns may make a person more susceptible to drowsy driving. Wear sunglasses to prevent eye strain caused by glare off snow and road way. Planning rest stops every two hours of drive time can help alleviate feeling tired when driving. While en-route to a traveler's destination, estimate arrival times to ensure accountability. Remember to give the contact person details such as make and model of vehicle, license plate number, color and number of people in vehicle to contacts

in case any emergency situation arises. If stuck in a ditch, stay with the vehicle. Use a cell phone to call for help.

It is important drivers inform themselves of current weather and road conditions. Remember to run the engine for about 10 minutes every half hour if weather is really cold.

The American Automobile Association recommends cycling the engine every hour for about 20 minutes. By using ten minute half hour cycles, it allows oil in the vehicle to stay fluid, and generate heat to keep wars as well allow the radio to function in order to listen to weather updates and emergency broadcasts at the top and the bottom of the hour, instead of just one segment per hour.

For additional information, please call the wing safety office at 723-2259 or 723-3305. Have a great holiday season and return home safely!

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Deadline: The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

Publisher: The Northern Sentry is published by BHG, Inc., a private firm operating independently of the U.S. Air Force.

Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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Local Weather

Fri 11/26	26/15	
Partly cloudy. Highs in the mid 20s and lows in the mid teens.		
Sat 11/27	24/14	
Partly cloudy. Highs in the mid 20s and lows in the mid teens.		
Sun 11/28	23/10	
Mostly Cloudy. Highs in the low 20s and lows in the low teens.		
Mon 11/29	14/1	
Snow showers at times.		
Tue 11/30	15/10	
Times of sun and clouds. Highs in the mid teens and lows in the low teens.		

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Commentary by Chief Master Sgt. Brian Hornback
Eighth Air Force command chief



Eighth AF command chief thanks you for your service

BARKSDALE AIR FORCE BASE, La. - I hope this finds the men and women of the Mighty Eighth all doing well as we enter this holiday season! With Thanksgiving upon us and the mad rush for Christmas and the New Year quickly approaching, I wanted to take the time to let you know how much I appreciate your sacrifice and dedication to this great country.

Thanksgiving is an opportunity for families to come together, look back on the year and give thanks for the many blessings enjoyed by all. I hope you take the time this Thanksgiving to thank your families, those both near and far, immediate and extended, as they sacrifice in serving alongside each of us.

I also want to personally thank each of you for your service this holi-

day season - whether you're responding to the call in support of operations New Dawn and Enduring Freedom, deploying in support of the Continuous Bomber Presence, restoring our nation's confidence in the nuclear mission by being prepared for the numerous no-notice Nuclear Surety Inspections or remaining strategically vigilant in projection of nuclear deterrence around the globe. You, the men and women of the Mighty Eighth, epitomize the silent professionals that have kept this nation safe from outright attack, assured our allies and kept our enemies heads down as they know we can reach them anywhere on the globe, at our time and choosing, to strike in defense of this nation.

Your quiet dedication is the backbone of the United States military and what allows us to do our job no

matter where or when and it doesn't go unnoticed! Your silent dedication is what keeps the wheels of freedom turning everyday and for that I'm forever thankful for your service and sacrifice.

On a personal note, it has been my distinct honor to serve as your Mighty Eighth command chief for the last 17 months. The Mighty Eighth has three great wings assigned, each with strong, steady leadership and great, dedicated and motivated Airmen - of all ranks. You can rightly be proud of your units and what you have accomplished over the past year, both at home and deployed.

I wish each and every one of you a very happy and safe Thanksgiving.

Commentary by Lt. Gen. Donald Wurster
Air Force Special Operations Command

I am here for you: Suicide and the Air Commando family

HURLBURT FIELD, Fla. - For the second time this month, one of our Air Commandos committed suicide. Suicide is a problem that requires us to all work together to take care of each other. I need your help, because it is all important.

Our force has been engaged in combat for nearly a decade. We have faced great challenges and made tremendous progress for our nation. Many have sacrificed much, and some have given all, in the defense of our country.

Many of us know the sting of a fallen comrade, a wounded brother or sister or a grieving family. We honor their service and sacrifice through ceremony and remembrance. Our force prepares for bad news of this type, and all pull together for the sake of the family and the unit to mourn and then to return to our sworn duty.

On the other hand, when one of us commits suicide, we are left with unanswered questions, regret, remorse and sometimes even anger at what appears to be a senseless and unnecessary loss. That individual meant something to us, and we did not get the chance to prove it t at the moment when that person most needed us. We sense failure in ourselves and our culture of commitment to "never leave an Airman behind."

We need to change the culture of "I can face this on my own, no matter what." We can do this by looking out for each other with more earnestness, honesty, caring questions and camaraderie that reinforces the fact that

no matter what one of us faces...the rest of us will be there for them.

There are dangerous indicators that I want us all to recognize in each other.

Failing relationships are involved in the majority of suicide cases. The stresses of modern-day service make relationships with our loved ones more complicated. A transient presence, difficult communications and distance conspire against the strong bonds we seek to build with spouses and loved ones.

Please share this with your spouses, who are in many cases connected to a better network than we are, to find people who may be at risk and help them along the path to continued well-being.

Finally, we have to recognize that in some cases, despite our best efforts, things tragedy can happen. It is in those moments that we need to catch our friends when they are hurting and be there for them. We need to take care of each other.

I am counting on you, the commanders, chiefs, shirts, and supervisors. However, the front line of defense remains our friends, teammates

and partners. It is up to us to detect and help those in need.

If you are a person who is struggling with your own value, or wonder if it is too much for you to handle, talk to somebody you trust. If you are serious about doing yourself harm at some time and feel you have nowhere else to turn, I am here for you. I will tell you how important you are to our mission, to your teammates and to your family. We'll get you into a support network that knows how to help you deal with these kinds of stressors.

Protect yourself and your future. Don't drink if you are depressed, and find somebody you trust to have a frank discussion about what is bothering you. A different perspective can make all the difference. Each Air Commando has an important role to play on our team. Every person matters and is important. Each of us has a duty and responsibility to ensure that we transmit that message to each other frequently, especially when one of us faces hard times.

This is essential, and I know I can count on you.

Lives saved through AADD

Volunteers for the weekend of Nov. 24 to 27 are from the 5th Force Support Squadron, 5th Contracting Squadron and 5th Communications Squadron.

Saves through Nov. 20: 882

I think I pulled a G or something

Commentary by Staff Sgt. Andrea Thacker
23rd Wing Public Affairs

MOODY AIR FORCE BASE, Ga. (AFNS) - It wasn't until the moment that he fastened the parachute hooks around my thighs that I became super nervous.

I looked down at him said, "Gary, I think I might crap my pants."

"Trust me," he said, grinning. "You'll be fine."

His wife Gwen must have heard my comment, because she immediately brought me a little white plastic airsick bag.

She said, "You probably won't need this -- but just in case."

I was getting ready to jump in the front seat of a PT-17 Stearman as part of practice for our Community Appreciation Day Air Show.

Gary Rower, the pilot and owner, was laughing at me because he's been flying since he was 17 and has logged more than 17,000 flying hours. Not only that, but he was also one of the Air Force's first F-16 pilots -- an impressive resume compared to my measly record.

During my several deployments to Iraq and Afghanistan, I flew quite a bit from location to location. I've ridden on different versions of C-130 Hercules, HH-60G Pave Hawks, CH-47 Chinooks and more. But even the worst combat landings never scared me as much as standing on the flightline, getting ready to experience the aerobatics of an airplane without a canopy.

"Will this be like flying downrange in a helicopter?" I asked.

"Oh, no Andrea, this'll be nothing," Gary said. "No one's shooting at us here."

As we taxied down the airport runway, he asked some questions. I think he did this to take my mind off of what was about to happen. We lifted off and shot skyward, engines whining.

The PT-17 Stearman started as a basic flight trainer for the U.S. Army Air Corps in 1942. More pilots have trained in the PT-17 than in any other aircraft. It was befitting I join their ranks on Veterans Day.

The 220-horsepower engines took us three miles away from the airport to begin the aerial stunts. We lifted to a certain height in the sky. How far? I can't remember. I was too worried about "where do I put my hands?" and "where do I look when we start getting crazy, so I don't get sick?"

We glided up and banked left and I pushed on my pocket with the airsick bag. Check. I felt the pocket with my phone to make sure it was buttoned. Check. Gary told me what the plane was going to do and gave me one last chance to turn back.

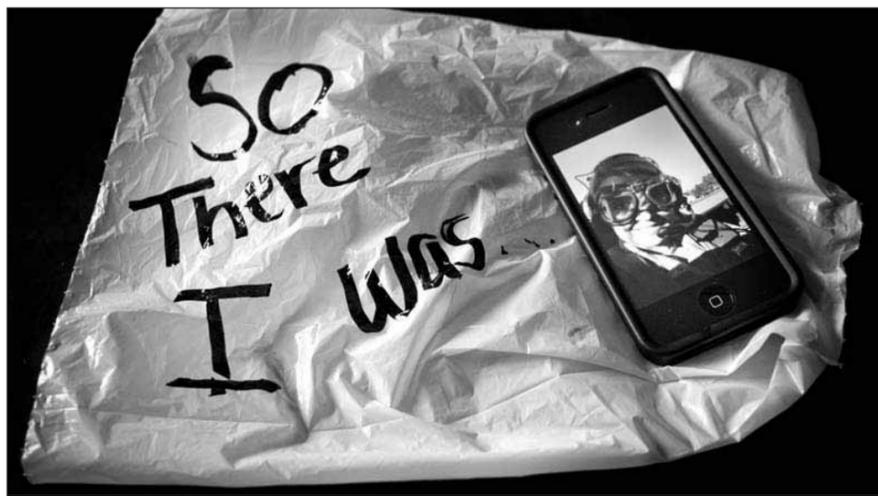
"We can tell them we did the stunts," he said. "They're back there, they will never know."

I thought to myself, this is my shot, I can't turn back now. Go big or go home, right?

He told me to put my hand out and feel the wind. I immediately put my right arm out and it slammed back against the plane.

He laughed and said "No. Ease 'em back. That's 120 mph hurricane-force wind."

I eased my hand out again and as I did, I wasn't scared anymore. I



(U.S. Force photo illustration/Staff Sgt. Andrea Thacker)

A self portrait taken on a cell phone and an airsick bag -- a few momentos from Staff Sgt. Andrea Thacker's first ride in an open cockpit aircraft Nov. 11, 2010, over Valdosta, Ga.

looked down again, and I remembered my phone and decided to snap a quick self-portrait.

It was time for the barrel roll and Gary slammed the stick back and the the next thing I knew I sat pinned to the seat, with what felt like a 1,000 pound weight on my lap.

Before I realized what was happening, up was down and down was up, as the plane rolled upside down. I was looking at Valdosta, Ga., from a whole new perspective. It was amazing!

Quickly, we moved through the rest of his air show demonstration and I enjoyed every minute of it.

I couldn't help but think, pilots like Gary fly every day. But I also kept thinking, pilots like the ones in

our A-10C Thunderbolt IIs must have felt like me at some point, right? Our pilots from the 75th Fighter Squadron have flown more than 5,000 hours since arriving in Afghanistan in September. An average A-10 pilot flies around 300 combat hours during a single tour downrange.

I'm sure my five minutes of fear would turn into complete shock in an A-10. I would actually crap my pants, or use the barf bag, if I truly flew with the speed and accuracy of a combat pilot.

After we landed Gary said, "Mere mortals don't do these things every day. You just pulled 4 Gs, girl!"

That night I was very tired and a little achy. I guess I pulled a G or something?

Proper preparation can save lives

Commentary by Al Strait
21st Space Wing

PETERSON AIR FORCE BASE, Colo. (AFNS) - Recently I had the opportunity to spend a couple of days in the great Colorado outdoors. Like any trip, there was a lot of planning involved.

To start, I got out my proven checklist I had used for previous outdoor trips. I reviewed the checklist and started gathering gear. After gathering the gear and reviewing the checklist one final time, I also took advantage of a few operational risk management opportunities.

First, I checked the weather and road conditions for the final destination of the trip. Road conditions were good with no expected areas of concern. The weather report predicted temperatures ranging from the mid 50s to the mid 20s, with a chance of scattered rain showers at the lower elevations and light snow at the higher elevations.

Once at our destination, I spoke with friends who arrived earlier to see what weather conditions were like

at higher elevations. They reported favorable conditions with two to three inches of snow on the ground at the higher elevations which made conditions perfect for the trip. Even though we had planned properly and felt confident with our preparations, there were unexpected problems.

The first problem or hitch came when the propane regulator for cooking at the lower elevation developed a small leak. Despite several "survivor man" corrective actions, using the propane stove was a no-go. We were able to solve this problem by using the backup one-burner stove.

The second glitch came as we started setting up the tent right at timberline. The light snow, which we had expected, started to fall. What we did not expect was the additional 12 to 15 inches, which soon made the domed tent take on a flatter look. Fortunately, the tarp we added to the pack at the last minute helped keep snow off the tent.

The final glitch came when the

temperatures went from the mid 20s to the mid teens, which made any gear that was a little wet take on a very frozen state. Again, proper planning paid off as we had extra winter gear at the base camp.

Now you might ask, what does planning for a winter outdoors trip have to do with anything?

On the drive home I drew a lot of parallels of the experience to what all of us can do on a daily basis to keep our families safe and complete our various missions. For example, during our daily activities we should remember the importance of good ORM practices. Have we winterized our cars? Do we have a survival bag in our car for winter conditions? Have we checked the furnace filters or other home items to ensure our safety? Are we prepared if we get an early snow storm that keeps us homebound for two to three days? Do we follow the laws with regard to wearing our seatbelts or texting while driving?

For wing personnel, the paral-

els are even greater as we finalize preparation for the upcoming operational readiness inspection and unit compliance inspection. Have we run all applicable checklists to ensure we have all the key elements of our mission covered? Have we reviewed ORI reports from other wings? Have we worked with the functional experts to get updates on any changes to the Air Force Instructions?

Regardless of our planning, there will still probably be unexpected glitches we must deal with. What is our back up plan when we get the short notice deployment tasking? What do we do when our ace planner comes down with flu-like symptoms and is on quarters for one to two weeks? Despite proper preparations and planning, these are the realities we face in completing the mission.

We cannot forecast future problems, but with proper planning and following the ORI battle plan, we will be mission ready. Remember, prior planning prevents poor performance.



Popeyes grand opening at Exchange

(U.S. Air Force photo/Senior Airman Benjamin Stratton)
 Kathi Zeller, Minot and Grand Forks Exchange general manager, Col. Doug Cox, 5th Bomb Wing command, David Larrison, Minot and Grand Forks Exchange concept manager, and Col. Fred Stoss, 91st Missile Wing commander, cut the ribbon at the grand opening of Popeyes Express in the Exchange food court here Nov. 22. This is the first Popeyes Express in the Army/Air Force Exchange Service and the only one in North Dakota. After three years of planning, coordination and preparation, the new fast food place provides for greater food options on base.

17 Airmen graduate FTAC

**Minot Air Force Base
 Public Affairs**

Congratulations to the following Airmen who graduated from the First Term Airman Center here Nov. 19.

The First Term Airman Center is a one-week transitory seminar designed to aid Airmen with their transition from the systematic and regimented environment of basic military training and technical school to their first duty station.

- 5th Mission Support Group**
 Airman Aisha Wassom
- 5th Aircraft Maintenance Squadron**
 Airman 1st Class Whitney Craig
- 5th Civil Engineer Squadron**
 Airman 1st Class Stanley Douralamur
- 5th Civil Engineer Squadron**
 Airman 1st Class Rachel Hill
- 5th Civil Engineer Squadron**
 Airman 1st Class Michael Stickner

- Airman 1st Class Brandon Verwey
- Airman Aaron O'Shell
- 5th Maintenance Squadron**
 Airman 1st Class Kevin Darnley
- Airman 1st Class Timothy Madewell
- Airman 1st Class David Popp
- Airman Samantha Hathaway
- 5th Medical Operations Squadron**
 Airman 1st Class Jenny Lowe
- 5th Communications Squadron**
 Airman 1st Class Amber Kochalka
- Airman 1st Class Tyra Shelton
- 91st Maintenance Operations Squadron**
 Airman Christopher Parise
- 17th Munitions Squadron**
 Airman 1st Class James Piddington
- Airman Chas Herrera

DEPLOYMENT continued from page 1

commitment to the pacific region.

"We will be flying 5 days a week, conducting various exercises with both our allies and sister servicemembers," he added. "We will also get a chance to operate in a different environment with different rules and guidances."

Colonel Cardoza noted the 69th EBS has a unique repu-

tation preceding it as it was recently reactivated Sept. 3, 2009. "We are the newest B-52 squadron in the Air Force," said Colonel Cardoza.

The colonel was grateful for the support from squadrons all across the wing.

"It is not just operators and maintainers who are deploying with us," he added. "We've got personnel

from supply and the medical group, among others joining us." "Anytime servicemembers deploy, it's a challenge for them because they are away from home," he continued. "Especially when it is during the holidays."

Nonetheless, Colonel Billings said the general atmosphere at the dock was full of excitement and enthusiasm.

Your Vision In Focus



Dr. Brad Schimke
 is available for appointments
 Monday - Friday
 8:30 a.m. - 5:00 p.m.
 Health Center—Medical Arts
 400 Burdick Expy.
 Minot, ND
 Call 701-857-7890



Dr. Nelson & Dr. Martinson
 are available for appointments
 Monday - Friday 8 a.m. - 5 p.m.
 Saturdays 8 a.m. - 11 a.m.
 120 E. Burdick Expy.
 Minot, ND
 Call 701-TLC- EYES
 (701-857-3937)

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Under Secretary praises AFGSC at symposium

by Master Sgt. Mary Davis
2nd Bomb Wing Public Affairs

SHREVEPORT, La. -

Detailing the significant commitment of Air Force senior leaders to the nuclear mission, Under Secretary of the Air Force Erin C. Conaton told a packed convention hall here Nov. 17 that the nuclear and global strike mission is critical to the United States.

"What you do matters; it matters to the Air Force and to our nation's security," Ms. Conaton told more than 400 Air Force Global Strike Command Technology and Innovation Symposium attendees and Global Strike Challenge competitors at the Shreveport Convention Center here.

"Your contributions are why we have a safe and secure nuclear enterprise, and an effective strategic deterrent."

Ms. Conaton emphasized that for the Air Force, strengthening the nuclear enterprise is a top priority.

"Your work is on the front

pages of papers around the country and on the table for discussions at the highest levels of our government," she said.

"What has not changed, nor will ever change, is that this mission demands a level of attention to detail and constant vigilance beyond all others in the Department of Defense."

After becoming the Air Force's under secretary, the first base Ms. Conaton visited was an Air Force Global Strike Command installation. Since then, she has toured both B-52 Stratofortress and B-2 Spirit bombers, and visited a missile launch control center. Ms. Conaton lauded the work of the Airmen associated with those missions.

"These Airmen, though not always deployed to overseas locations, spend large amounts of time away from their homes and families in order to keep us safe," she said.

Since the strength of the Air Force's nuclear enter-

prise lies within the hands of Airmen to maintain a safe, secure and effective nuclear deterrent, a lot is expected of them, she said.

"And we can be proud that we've taken some significant steps over the past few years to ensure we remain a credible strategic force both at home and abroad," Ms. Conaton said.

As one example, the under secretary commended Air Force Global Strike Command for reaching full operational capability Sept. 30, on schedule and less than 14 months after the command's official activation.

Ms. Conaton pointed out that Air Force Global Strike Command's first-ever Global Strike Challenge is "a continuation of a long history of vigorous competition between Air Force nuclear professionals that serves to improve our readiness. I know that the fierce competition brought out the best in you."

The under secretary concluded her remarks with

the following words for the Airmen of Air Force Global Strike Command:

"We're celebrating the first year of Global Strike Command, but our nuclear mission has a rich heritage. For more than 60 years in a variety of command structures, our Airmen have done an incredible job of remaining vigilant and prepared to respond, in order to deter the threat of nuclear attack.

"It was brave Airmen like you-missileers and bomber crews-who helped to defuse the Cuban Missile Crisis, won the Cold War, and even now stand watch to deter aggression from around the globe.

"Because we live in a world where nuclear weapons exist, and we face enemies that seek to do us grave harm, our missileers stand constant alert.

Our bombers remain prepared to generate. Our nuclear security forces continually patrol. And our maintainers and force support personnel

ensure our weapons systems and operators are always at the ready. They do all this while focusing on excellence, adhering to the highest standards, and executing the precise day-to-day operations required of those responsible for our nuclear weapons systems. It is an amazing thing you do, and you serve a grateful nation."



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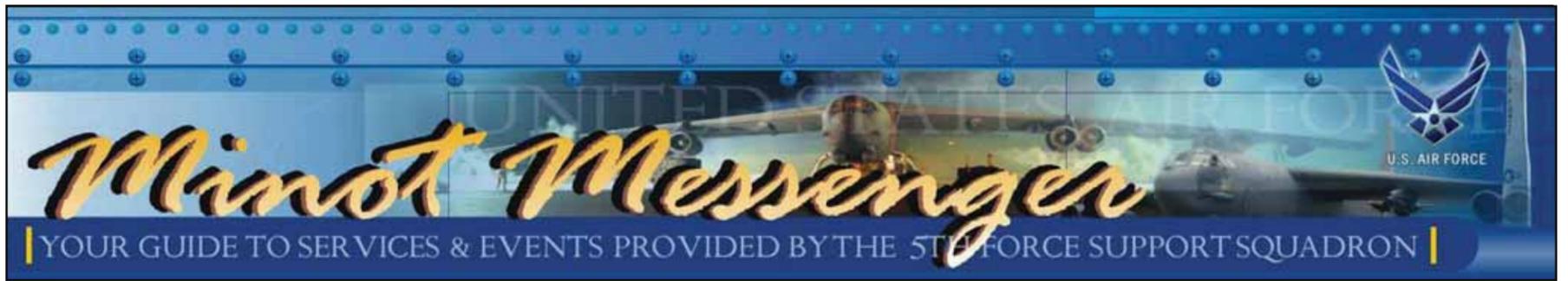
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Gift Certificates From 5th Force Support Squadron Activities Make Great Gifts For The Holiday Season

Are you looking for a great gift idea for the upcoming holiday season? Numerous 5th Force Support Squadron activities offer gift certificates that are perfect for the hard to shop for person on your list or are terrific stocking stuffers. Whether it's a delicious meal, a fun bowling outing, or a season pass to the golf course, gift certificates from various 5th Force Support facilities are sure to bring a smile to those special people on your holiday gift list.

Who wouldn't enjoy a mouth-watering Sunday brunch or a delectable Touch of Class dining experience at the Jimmy Doolittle Center? Or maybe there is a bowler on your list that would love receiving a gift certificate they can use for bowling games or a tasty meal at Kelley's Place. Do you have a sports fan on your holiday shopping list? J.R. Rockers Sports Café offers appetizing meals and drinks for both lunch and evening dining accented by their sports motif and numerous special promotions. Almost everyone would enjoy a gift certificate for scrumptious pizza or piazza sandwiches at Rough Riders. All these 5th Force Support Squadron activities offer gift certificates in whatever dollar amount you choose and are valid for one year from the date of purchase. These certificates are treated as cash and you will receive change back for any unused amount after your purchase.

At the Rough Rider Golf Course, gift certificates are available which are only valid at that facility. You may purchase these certificates in any dollar amount over \$10 with an expiration date of



September 30 (end of the fiscal year). If you have an avid golfer on your gift giving list, they are sure to appreciate a season pass to the Rough Rider Golf Course or you can purchase punch cards available for 5 or 10 rounds of golf. As an added bonus, when purchasing a 5 round punch card you'll receive an extra round free or an additional two free rounds of golf with a 10 round punch card. Additionally, Rough Rider Golf Course gift certificates can be utilized for locker rent or for merchandise in the Pro Shop. They offer a wide variety of stocking stuffers to include golf balls, tees, socks, gloves, and sunglasses. For more information, contact the Rough Rider Golf Course at 723-3164. In the event the golf course isn't open, you may contact Rough Rider Lanes at 727-4715 for additional details and assistance with your gift certificate purchase.

With the holiday season right around the corner, don't forget to add 5th Force Support Squadron gift certificates to your gift giving choices.

Volunteers Needed For Above and Beyond Tutoring Program

Many individuals find one of life's most fulfilling experiences is helping youngsters gain knowledge. The David C. Jones Youth Center is in need of adult volunteers interested in assisting with their Above and Beyond Tutoring Program. The Above and Beyond Tutoring Program connects students seeking tutoring in specific subject areas with volunteer tutors who are proficient in that subject. This tutoring program is special as it provides one on one tutoring.

Adult volunteers interested in participating in the Above and Beyond Tutoring Program simply need to contact the Youth Center, complete a volunteer packet, and advise the Youth Center staff as to what grade and subject level they are

comfortable tutoring. Local background checks are conducted on all tutors. Parents who are seeking tutoring assistance for their child need to complete a packet detailing the tutoring needs of their child/student. Once the request for a tutor is submitted, the Youth Center staff attempts to match the needs of the child to the tutors available. If a match is found, a meeting is conducted between the Youth Center staff, tutor, student, and parent. At the meeting, a contract is drafted to designate a time and place (public location only, homes/dorms are not authorized) for the tutor and student to meet. Once finalized, let the learning begin!

For more information or to volunteer to become a tutor, contact the Youth Center at 723-2838.

Event Update

Anime Club

November 26 • 4:30 p.m. • Base Library

Family Bowl-a-Rama

November 26 • 5 p.m. • Rough Rider Lanes

Lights & Strikes Bowling

November 26 & 27 • 10 p.m. • Rough Rider Lanes

LAN Party & X-Box Gaming

November 27 • 10 a.m. • Community Center

Hip Hop Nite

November 27 • 11 p.m. • J.R. Rockers

No Sunday Champagne Brunch

November 28 • Doolittle Center

No Sunday Brunches During December

Football Frenzy

November 28 • 11 a.m. • J.R. Rockers

Bowling/Golf Game Tournament

November 28 • 2 p.m. • Rough Rider Lanes

Counted Cross Stitch Class

November 30 • 1 p.m. • Arts & Crafts Center

Veterinary Appointments

Nov. 30 & Dec. 1 • Vet Clinic

Bundles For Babies

December 2 • 9 a.m. • A&FRC

Holiday Photos

December 2 • 11 a.m. - 7 p.m. • Community Center

Hosted by Airman & Family Readiness Center

Beginning Scrapbooking Class

December 3 • 10:30 a.m. • Arts & Crafts Center

Give Parents A Break

December 3 • 6 p.m. • CDC/SAP

Kids Night Out

December 3 • 6:30 p.m. • Youth Center

Preteen Treasure Island

December 3 • 8 p.m. • Treasure Island

Hosted by the Youth Center

Federal Resume Workshop

December 6 • 9 a.m. • A&FRC

Beginning Knitting Class

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



Visit our website at www.5thforcesupport.com

Bowling/Golf Game Tournament

Birdies/Strikes, Par/Spares, Bogeys/Open Frames! Bowl your way to the lowest "golf" score during the Bowling/Golf Game Tournament at Rough Rider Lanes on November 28th beginning at 2 p.m. High game and high series side pots to win. Cost is \$20 person. For more information, call Rough Rider Lanes at 727-4715

Family Coming For The Holidays?

Do you have family members coming to visit you during the upcoming holidays? 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.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on November 30th, and December 1st, 7th, 8th, 14th, 15th, 21st, 22nd, 28th, and 29th. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

Latin Nite

Gather up your friends and get ready to party during Latin Nite at J.R. Rockers on December 11th. The event is free for club members and \$5 for non-members; the fun starts at 11 p.m. For more information, call J.R. Rockers at 727-ROCK.

Holiday Open House At The Arts & Crafts Center

The Arts & Crafts Center invites you to their Holiday Open House on December 10th and 11th from 10 a.m. to 4 p.m. each day. You'll receive 25% off your retail store purchases and enjoy delicious free refreshments. For more information, call the Arts & Crafts Center at 723-3640.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on November 27th 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.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on December 2nd at 9 a.m. The class offers information on Air Force Aid Society community enhancement programs and the financial impact and family stressors of having a baby. For additional information, call the Airman and Family Readiness Center at 723-3950.

Family Fun Night

Enjoy a great bowling outing during Family Fun Night on December 4th from 6 p.m. to midnight at Rough Rider Lanes. Participants will enjoy lights and strikes bowling complete with music and bumpers for the tots. It's fun for the whole family. Cost is \$2.50 per game. For additional information, call Rough Rider Lanes at 727-4715.

Bottineau Winter Park Ski Trip

Get a "lift" out of the winter doldrums during the Bottineau Winter Park ski trip on December 18th departing from Outdoor Recreation at 9 a.m. Cost for this winter getaway is \$50 per person for ages 14 and older and \$40 for children age 13 and under. Price includes transportation, ski or snowboard rental, and lift ticket. You will receive \$10 off the price if you bring your own equipment. Children age 17 and under must be accompanied by a parent or guardian. Registration deadline is December 16th. Call 723-3648 for details.

Family Bowl-a-Rama

Rough Rider Lanes has a great way for you to enjoy some affordable, family fun after your big Thanksgiving feast. During Family Bowl-a-Rama on November 26th from 5-7 p.m., 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 additional information.

Youth Indoor Soccer Registration

The Youth Center will hold registration for Youth Indoor Soccer from December 1st through December 30th. Cost is \$26 plus current Youth Center membership for youth 5-18 years of age. A current physical is required to sign up. Registration after December 30th will be \$31 while slots are still available. The season is tentatively scheduled to begin January 11th. For more information, call the Youth Center at 723-2838.

Auto Hobby Specials For November

Auto Hobby is offering the following special during the month of November:

- November 21-30 - Tire Balancing Special, receive 50% off tire balancing. Regular price is \$4.50. During this limited time, price is \$2.25.

For more information, call 723-2127.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on November 27th. The fun starts at 11 p.m.; free for members and \$5 for non-members. Gather up your friends and enjoy a great night out. Call J.R. Rockers at 727-ROCK for additional information.

Rough Riders' November Specials

Rough Riders features the following November specials:

- Chicken Philly Pizza – Golden pizza crust topped with pizza sauce, chicken, onions, peppers, and smothered in our pizza blend cheese.

Large \$16.50 Medium \$11.50 Small \$8

- Chicken Philly Flatbread Sandwich – Toasted flat bread topped with chicken, onion, peppers, and melted provolone cheese. Served with your choice of chips and drink for only \$8.

For details, call Rough Riders at 727-4377.

Snow Removal

Don't want to shovel your driveway this winter? Base residents can call the Snow Removal Hotline at 723-6134 and leave their name, address, and phone number. An Auto Hobby employee will return your call with a time they can clear your driveway. Cost is \$20 per driveway or \$10 per driveway for spouses of deployed members (copy of orders needed). Fee is per individual housing unit. For details, call 723-2127.

No Sunday Brunch Beginning Nov. 28th

Due to the Thanksgiving weekend holiday and numerous squadron parties/events, there will be no Sunday Champagne Brunch at the Doolittle Center starting November 28th and throughout the month of December. We apologize for any inconvenience this may cause.

Join the Hot Cocoa HULLABALOO!
Dec 11th, 1pm

Come to the Library and celebrate the changing season! Enjoy a Hot Cocoa Station and an ornament craft, along with story time!

For details, call 723-3344

Influx of stop loss claims may cause approval delays

by Daniel P. Elkins

Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) - An influx of claims in October and November by members applying for retroactive stop loss special pay is leading to an increased processing time as the Dec. 3 deadline nears.

Air Force Personnel Center officials here said applicants can anticipate the processing time to take from 10 to 12 weeks from the date claims arrive at the center, but want to reassure all claimants that applications received by the cutoff date will be properly adjudicated.

"Contributing to the influx in applications is the response to a mass mail-out by the Defense Manpower Data Center to the last known address for all potential eligible Airmen," said Col. Michael Pitts, the chief of the operations division here. "Every effort is being made to reach Airmen whose sacrifices during a time of war may make them eligible for this special pay."

Those eligible served on active duty while their enlistment or period of obligated service was involuntarily extended, or whose eligibility for separation or retirement was suspended as a result of stop loss. Airmen who accepted a selective re-enlistment bonus subsequent to being affected by stop loss are not eligible for the special pay.

To help alleviate the increase in processing time, two Air Force Reserve members

are joining the AFPC staff in processing claims at the end of November.

To date, more than 9,500 claims have been filed by applicants since September 2009. Of the 5,000-plus claims processed through Nov. 12, more than 4,000 have been approved for retroactive stop loss special pay.

Eligible individuals submitting a claim can expect to receive a personnel system-generated notice by e-mail seven to 10 days after receipt of their application informing them that their claim has been received. Following that initial notice, individuals should anticipate a decision on their application approximately 10 to 12 weeks later. Those not notified of a decision within that time can contact the Total Force Service Center at 800-525-0102 with their claim number to request a status update. The claim number can be found on a claimant's receipt acknowledgment letter.

Air Force officials used stop loss for Operation Enduring Freedom from Oct. 2, 2001, through Jan. 31, 2003; and Operation Iraqi Freedom from May 2 through Dec. 31, 2003. Individuals who were deployed during either operation may be eligible beyond the inclusive dates depending on their Air Force specialty and deployment return date.

The 2009 War Supplemental Appropriation Act set aside \$534.4 million for the retroactive stop loss special pay compensation authority to allow eligible current and former Airmen or their le-

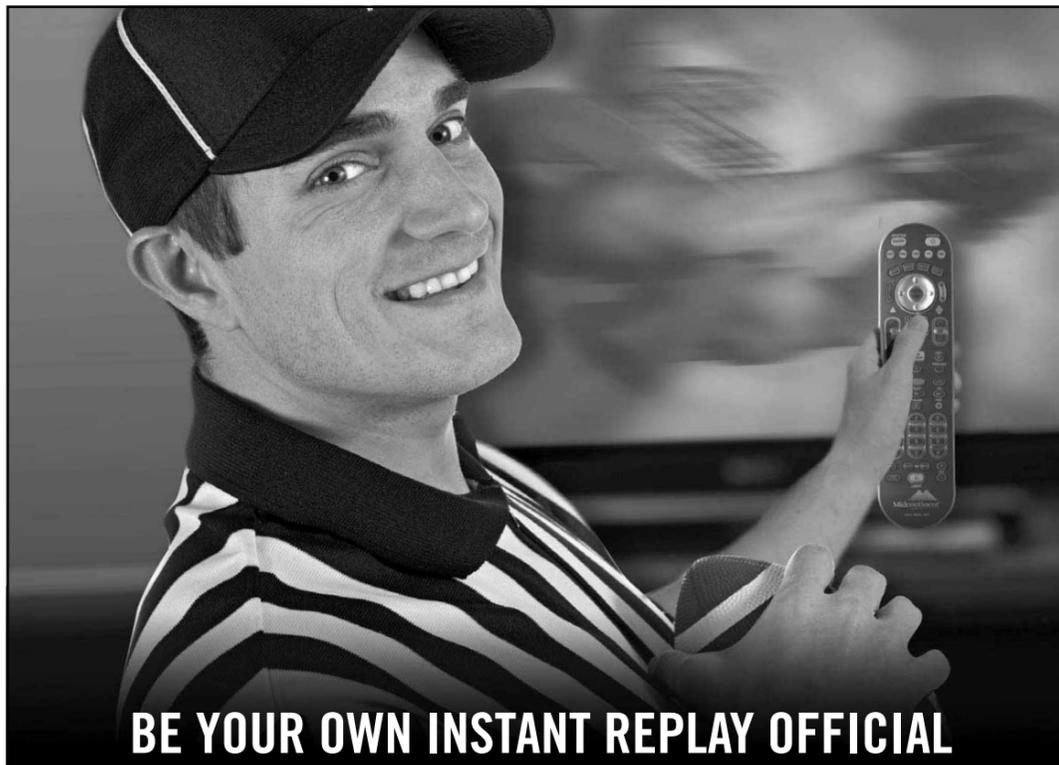
gally designated beneficiaries to file a claim through Oct. 21, 2010. A continuing resolution signed by the president in September extended the application period until Dec. 3.

To file a claim, eligible members or legally designated beneficiaries may down-

load a stop loss claim application at www.afpc.randolph.af.mil/stoploss. The website also offers additional information on application procedures, the types of supporting documents required for a claim, as well as answers to the most frequently asked questions. Applicants who

were serving in the Reserve or Guard at the time of stop loss may apply by visiting the Air Reserve Personnel Center website at <https://arpc.afrc.af.mil/vPC-GR>.

For more information, current Air Force employees may call the Total Force Service Center at 800-525-0102.



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**CHECK OUT
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 IN THE
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Fight against holiday depression

by Tech. Sgt. Stacy Fowler
332nd Air Expeditionary
Wing Public Affairs

JOINT BASE BALAD, Iraq (AFNS) - The holiday season is viewed by many celebrants as a time of "peace on earth" and a sudden influx of packages through the post office.

But for some servicemembers deployed during the holidays, peace and packages might be hard to find, or replaced entirely by depression or even thoughts of suicide.

Mental health professionals advise servicemembers not to hide from the holidays.

"We know you can't be home with your family, so celebrate the holidays here with your friends," said Dr. (Maj.) Dennis Tansley, an Air Force certified psychologist. "Make the most of it, and do as much as you can of what you would do at home, whether it's decorating a tree or playing holiday tunes at work."

Many might view going to a chaplain or to a mental health professional as too "official," but there are just as many "unofficial" sources of support at JB Balad that can make a holiday season bearable.

The first lines of defense are front-line supervisors.

"Front-line supervisors are our best bet for taking care of our Airmen, Soldiers, Sailors, Marines and civilian employees," said Chief Master Sgt. Harold Hutchison, the 332nd Air Expeditionary Wing command chief. "Supervisors should have a vast scope on the lives of their troops, including if they have a spouse, boyfriend, girlfriend, and if they have children. Supervisors shouldn't be in their troops' chili, but they should know what's in it."

One of many benefits available at JB Balad is the overabundance of choices to stay connected with friends and family at home, Chief Hutchison said. Between the USO, the Red Cross, and the 332nd Force Support Squadron there are countless wired and wireless connection capabilities available.

"With all the available services, we have a bundle of ways to say 'happy holidays' to our folks back home," Chief Hutchison said.

However, if after a video

chat or a phone call, you start to feel any of the following, it's probably a good idea to speak with someone:

- Feelings of sadness or unhappiness
- Irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite, including decreased appetite and weight loss or increased cravings for food and weight gain
- Agitation or restlessness, including pacing, hand-wringing or an inability to sit still
- Slowed thinking, speaking or body movements
- Indecisiveness, distractibility and decreased concentration
- Fatigue, tiredness and loss of energy - even small tasks may seem to require a lot of effort
- Feelings of worthlessness or guilt, such as fixating on past failures or blaming yourself when things aren't going right



(U.S. Air Force photo illustration/Senior Airman Matthew Coleman-Foster)

- Trouble thinking, concentrating, making decisions and remembering things
- Frequent thoughts of death, dying or suicide
- Crying spells for no apparent reason

- Unexplained physical problems, such as back pain or headaches
- "As long as you confide in someone and get those issues out into the open, you're taking the first steps to mak-

ing things better. We have a great support system here: chaplains, first sergeants, front-line supervisors. Use them, and they will help get you through."

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Prairie Adventures

by Patricia Stockdill

North Dakota's hunters and anglers have a unique opportunity not typically afforded in other states – a guarantee they have direct access at least twice a year to the people who manage their fish and wildlife.

Most state wildlife and natural resource agencies tend to hold public meetings as a reaction to issues that have arisen or as management plans are being developed. The public then can ask questions and query their officials.

But here in North Dakota, the N.D. Game and Fish Department is mandated to conduct two public meetings each year hosted by a district Game and Fish Department advisory board member.

Yup, discuss issues and answer directly to the public, face-to-face.

Advisory board members are the direct liaison between the public and the agency, as well as the Governor's office when it comes to wildlife issues, explained N.D. Game and Fish Department deputy director Roger Rostvet.

Got a beef?

Got a compliment or comment?

Bring it up to a district advisory board representative. Or better yet, attend any of the eight meetings across the state coming up in late November and early December.

Advisory board meetings provide a mechanism for the public to have direct input and provide comments, Rostvet said. They're also an opportunity for agency officials and fish and wildlife managers to receive first-hand input.

Rostvet anticipates the 2010 deer gun season to generate the most interest during upcoming meetings because they come on the heels of the season's end. Typically winter meetings draw the most attendance, he said, because they're held during season and hunting is fresh on people's minds. Attendance varies greatly, he said. "If there's a hot issue in an area, then you know something is up," he said, because attendance is often strong.

In past years, meetings were often department-driven, Rostvet described. The format featured a set agenda of topics with time allotted in the end for public comment. It was more of a presentation of information than open dialogue.

But that's changed in the past eight to 10 years to allow people more opportunities to bring up issues of concern, ask questions, and provide open doors of discussion and feedback. Plus, Game and Fish staff will stay after the official close of the meeting to give people opportunities to visit one-on-one with biologists and managers.

Not everyone wants to discuss an issue or concern publicly, Rostvet said. In addition, one-on-one conversations allow for more focused discussions that may not be of interest or concern to a broader audience.

Area upcoming meeting schedule:

- Monday: Nelson Science Center, Dakota College campus, Bottineau.
- Tuesday: Ray Senior Center.
- Wednesday: Killdeer American Legion.
- Dec. 2, N.D. Game and Fish Department headquarters, 100 N. Bismarck Expressway.

Four other meetings will be held in Cando, Pekin, Finley, and Valley City.

All meetings begin at 7 p.m. local time.

Any organizations interested in hosting future advisory board meetings can contact their district board member, Rostvet said.

Go to the Game and Fish Department Web site, www.gf.nd.gov, and click "About Us", then "Staff Directory", and "Advisory Board" to learn which counties are in each of the eight advisory board districts and who represents that district.

Quote of the Week: "The big (advisory board meeting) topic will probably be deer season. What were your (hunter's) expectations and were they realized?" – N.D. Game and Fish Department deputy director Roger Rostvet.

Darkhouse spearfishing opens Dec. 1, anglers must register

Additional opportunities highlight this winter's darkhouse spearfishing season, as more lakes have been added to open waters. However, Patterson Reservoir (Dickinson Reservoir) in Stark County has been removed.

Carlson Lakes (Ward County), Gravel Lake (Roulette County), West Napoleon Lake (Logan County) and all waters open to public fishing in Ramsey County have been added to the list of lakes open for darkhouse spearfishing.

North Dakota's darkhouse spearfishing season opens on most state waters Dec. 1, with the exception of Spiritwood Lake which opens Jan. 1. The season runs through March 15. Legal fish are northern pike and nongame species.

Darkhouse spearing is allowed for all residents with a valid fishing license and for residents under the age of 16. Nonresidents may darkhouse spearfish in North Dakota if they are from states that offer the same privilege for North Dakota residents.

All individuals who participate in darkhouse spearfishing must register with the North Dakota Game and Fish Department prior to participating.

Registration is available at the department's website, gf.nd.gov, or through any Game and Fish Department office.

Winter access difficulties in 2009-10 were reflected in the number of darkhouse spearfishing participants. Although the number of registrants remained relatively stable, overall harvest last winter, when nearly 700 participants speared more than 2,300 pike, was the second lowest on record.

Lake Laretta (Nelson County), Devils Lake (Ramsey/Benson County) and Buffalo Lodge Lake (McHenry County) were the top three lakes for harvest.

Lakes open to darkhouse spearing are:

Barnes County – Eckelson Lake Complex; Benson County – Devils Lake; Silver Lake; Bowman County – Gascoyne Lake, Kalina Dam, Spring Lake; Burke County – Powers Lake; Emmons

County – Rice Lake; Foster County – Juanita Lake; Grant County – Heart Butte Reservoir (Lake Tschida); Griggs County – Sibley Lake, Hettinger County – Blickensderfer Dam; Kidder County – Alkaline Lake, Cherry Lake, Etta/Alkaline Complex, Fresh Lake, Helen Lake, Horsehead Lake, Lake Josephine, Lake Williams, Round Lake; LaMoure County – Diamond Lake, Flood Lake; Logan County – Beaver Lake, West Napoleon Lake; McHenry County – Buffalo Lodge Lake; McIntosh County – Clear Lake, Coldwater Lake, Dry/Goose Lake; McLean County – Crooked Lake, Long Lake; Mountrail County – Stanley Reservoir; Nelson County – Lake Laretta, Stump Lake; Ramsey County – All waters open to public fishing; Renville County – Lake Darling; Richland County – Grass Lake; Rolette County – Carpenter Lake, Gravel Lake, Island Lake, School Section Lake; Sargent County – Buffalo Lake; Steele County – North Tobiason Lake; Sheridan County – Coal Mine Lake; Stutsman County – Mallard Marsh, Spiritwood Lake, Sunday Lake; Ward County – Carlson Lakes; Williams County – Cottonwood Lake, Tioga Reservoir; Lake Oahe – South Dakota border to MacLean Bottoms boat ramp and all tributaries upstream to the first vehicular crossing; Lake Sakakawea – Garrison Dam to U.S. Highway 85 bridge at Williston and all tributaries upstream to the first vehicular crossing

Workshop to Focus on Hunting Access
Hunters looking for sug-

gestions on how to gain more access to private land are invited to attend a hunter-landowner relations workshop Monday, Dec. 13 in Bismarck.

The workshop is free, and is scheduled from 6:30 – 9 p.m. at the Career Academy Conference Center (1221 College Drive) on the campus of Bismarck State College.

North Dakota Game and Fish Department personnel will provide tips for hunters on how to approach landowners and ask permission to hunt on private land. Private landowners and representatives from the North Dakota Landowner-Sportsman Council will assist with the presentation.

Pat Lothspeich, Game and Fish Department outreach biologist, said land access is the main issue facing hunters today.

"There might be more private land that is posted now than when I was a kid, but that doesn't always mean a landowner doesn't allow hunting, and it shouldn't prevent a hunter from seeking permission," Lothspeich said.

"This workshop will help hunters gain the confidence to knock on a door or make a phone call, and provide other tips to improve the experience for both the hunter and landowner."

The primary sponsor of the workshop is BSC's Science, Technology, Engineering and Math program. Co-sponsors are Delta Waterfowl, NDLSC, and Game and Fish.

For more information, contact Scott Terning, Delta Waterfowl, at (701) 222-8857 or Lothspeich at (701) 328-6332.

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



<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F8:00 a.m. Saturday5:30 p.m. Sunday8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental <i>Meeting at the Carnegie Center</i> 105 2nd Ave SE - 833-1798</p> <p>Sunday School9:30 a.m. Sunday Worship10:45 a.m. Sunday Evening6:00 p.m. Wed. Prayer/Bible Study7:00 p.m. Wed. Children's Patch Club7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i> Protestant Services (All Sunday)</p> <p>Traditional Service10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p>Chapel 723-2456</p>	<p><i>Minot Air Force Base Chapel</i> Catholic Services</p> <p>Eucharist (Mass) Daily Mass9:00 a.m. (Northern Lights) Sunday9:30 a.m. (Northern Lights) Sunday CCD11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship7:00 p.m. Wed. Evening Family Night7:00 p.m. • Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship6:00 p.m. Wednesday Evening7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School11:00 a.m. Sunday Worship11:00 a.m. Tuesday Lunch Bible Study12 Noon Wednesday Youth Classes6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes9:30 a.m. Worship5:00 p.m.</p> <p>Wednesday: Bible Classes7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship8:30 a.m. Sunday School9:30 a.m. Sunday Traditional Worship11:00 a.m. Monday Youth Worship7:00 p.m. Wednesday Community Supper5:00-6:30 p.m. Wednesday Contemporary Worship6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org <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 Service6:00 p.m. Midweek Service (Wed.)7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper5:00 pm WOW (Worship on Wednesday)5:45 pm Saturday Worship5:30 pm Wednesday School & Confirmation ..6:20 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 & Teaching9:30 a.m. Morning Worship11:00 a.m. Bible Study5:30 p.m.</p> <p>Pastor Dan Andrus</p>	<p>St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday7:00 p.m. Wednesday - Friday9:00 a.m. Saturday5:00 p.m. Sunday8:00 and 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> 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. Interpreter services for the deaf10:45 a.m.</p> <p>Wednesdays Supper5:40 p.m. Bible Classes for all ages6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal9:00 a.m.</p> <p>Pastor Michon Weingarther Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <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.angellnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Children's Church10:30 a.m. Wednesday Family Training Hour6:30 p.m. Wednesday Kids on the Rock6:30 p.m. Youth Center, Friday7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <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 Service7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship8:30 a.m. Adult Sunday School9:45 a.m. Contemporary Worship Service9:50 a.m. Sunday School (All Ages)11:00 a.m. Contemporary Worship Service11:05 a.m. Wed. AWANA Clubs (Sept. - May)6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>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 School9:45 a.m. Worship11:00 a.m. Sunday Evening6:00 p.m. Wednesday Evening7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night7:00 p.m.</p>
<p>Trinity Church <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>

Friday Evening		November 26, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Happy Feet				20/20		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	CSI: NY		Blue Bloods		Blue Bloods		Local	Late Show Letterman	Late		
KMOT/NBC	School Pride		Enchanted				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Holiday				Local						
Cable Channels											
AMC	Deep Blue Sea				The Walking Dead		Deep Blue Sea				
CNN	Michael J. Fox	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	Deadliest Catch	Swamp Loggers			Swamp Loggers	Deadliest Catch		Swamp Loggers			
DISN	I'm-Band	Fish Hook	Fish Hook	Phineas	Deck	Deck	Deck	Deck	Deck		
ESPN	College Football				Score	College Football					
FAM	A Boy-Charlie	Snoopy, Come Home				The 700 Club		My Wife	My Wife		
FX	Kung Fu Panda	Alvin-Chipmunk				Sons of Anarchy		Terriers			
LIFE	Lucky 7	Never Been Kissed				Sister Act 2: Back					
NICK	Victorious	My Wife	Chris	George	George	George	George	George	George		
SPIKE	Ways Die	Ways Die	1,000 Ways to Die	Ways Die	Ways Die	Ways Die	1,000 Ways to Die	MANswers			
TBS	The Wizard of Oz				Office	Office	Glory Daze	Shanghai			
TNT	Air Force One	Michael Clayton					Three Kings				
USA	Elf				Semi-Pro			Along Came Polly			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk		
Premium Channels											
HBO	It's Complicated				Gran Torino			Preview	Dennis		
MAX	Friday Social				Four Christmases		Lingerie	Life on Top: Too Hot			
SHOW	The Road				Next Day Air		Cocaine Cowboys II: Hustlin'				

Tuesday Evening		November 30, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Grinch	Shrek	No Ordinary Family		Detroit 1-8-7		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Rudolph, Red-Nosed		NCIS		Fashion Show		Local	Late Show Letterman	Late		
KMOT/NBC	Rockefeller Ctr.		The Biggest Loser				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Glee		Raising	Wilde	Local						
Cable Channels											
AMC	Scrooged				Scrooged			Airplane!			
CNN	Parker Spitzer	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	Dirty Jobs	Dirty Jobs			Auction	Auction	Dirty Jobs		Dirty Jobs		
DISN	Santa Clause 3: Escape Clause	Sonny	Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah		
ESPN	College Basketball		College Basketball					SportsCenter			
FAM	Happy	Home Alone 2			The 700 Club			My Wife	My Wife		
FX	Eagle Eye				Sons of Anarchy			Sons of Anarchy			
LIFE	Reba	Reba	Wife Swap		Wife Swap		How I Met	How I Met	Frasier	Frasier	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Ways Die	Ways Die	Auction	Auction	Auction	Auction	Jail	Jail	MANswers	MANswers	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Glory Daze		Conan		Lopez Tonight		
TNT	Bones		A Time to Kill						CSI: NY		
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Psych		Burn Notice		
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	Public Speaking			Boardwalk Empire	It's Com		
MAX	Crazy Hrt	Whiteout			Gothika						
SHOW	The Road				Dexter		Push				

Saturday Evening		November 27, 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		CSI: Miami		48 Hours Mystery		Local				
KMOT/NBC	Merry	Panda	Bee Movie				Local	Saturday Night Live			
KNDX/FOX	Click				Local		Fringe	Wilde	Local		
Cable Channels											
AMC	Something's						Something's				
CNN	CNN Presents	Larry King Live			Newsroom		CNN Presents	Larry King Live			
DISC	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch		Deadliest Catch			
DISN	Deck	Wizards	Fish Hook	Phineas	Phineas	Good Luck	Sonny	Shake it	Fish Hook	Deck	
ESPN	College Football						SportsCenter	Football Final			
FAM	Home Alone 3	Home Alone 2						Richie Rich			
FX	You Don't Mess	Two Men	Two Men	Two Men	Two Men	League	League	League	League		
LIFE	Christmas Cottage	Undercover Christmas					Accidental-Chr.				
NICK	Victorious	7 Secrets	Victoriou	George	George	George	George	George	George		
SPIKE	Star Wars-The Phantom Menace	Star Wars Ep 2									
TBS	The Wizard of Oz				Princess Diaries 2			Glory-Dz			
TNT	Ocean's Eleven				John Grisham						
USA	The Pacifier	Elf				Semi-Pro					
WGN	Bones	Funniest Home Videos	NBA Basketball					News/Nine			
Premium Channels											
HBO	Leap Year				Boxing			Boardwalk			
MAX	Earth Stood				The Informant!						
SHOW	Push		Boxing				Inside NASCAR	Dexter			

Wednesday Evening		December 1, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Middle	Better	Family	Cougar	The Whole Truth		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Survivor: Nicaragua		Criminal Minds		Grammy Nominations		Local	Late Show Letterman	Late		
KMOT/NBC	Undercovers		Law & Order: SVU		Law-Order L.A.		Local	Tonight Show w/Leno	Late		
KNDX/FOX	Click		Hell's Kitchen		Local						
Cable Channels											
AMC	Scrooged				Scrooged			Bowfinger			
CNN	Parker Spitzer	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	Storm Chasers	Storm Chasers			Storm Chasers		Storm Chasers	Storm Chasers			
DISN	Full-Court Miracle		Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	Hannah		
ESPN	College Basketball		College Basketball					SportsCenter			
FAM	Dr. Seuss'				Dr. Seuss'						
FX	Tropic Thunder				Terriers		Terriers	Sons of Anarchy	How I Met	How I Met	
LIFE	Reba	Reba	The Pelican Brief					The Nanny	The Nanny	The Nanny	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	UFC Unleashed		The Ultimate Fighter				BlueMount	BlueMount	The Ultimate Fighter		
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Conan		Lopez Tonight		
TNT	Bones		Bones		Bones		Southland		CSI: NY		
USA	NCIS		NCIS		Psych		Burn Notice		Royal Pains		
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk		
Premium Channels											
HBO	Boardwalk Empire	Boardwalk Empire	Boardwalk Empire	Boardwalk Empire	Dennis Miller			Treatment	Treatment		
MAX	Jennifer	Taken			The Informant!						
SHOW	The Other City		Inside the NFL		Love in a Time-HIV		Inside the NFL	Valkyrie			

Sunday Evening		November 28, 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		November Christmas				Local				
KMOT/NBC	Football	NFL Football					Local	Dateline NBC			
KNDX/FOX	Simpsons	Cleveland	Fam. Guy	Amer. Dad	Local						
Cable Channels											
AMC	The Mummy		The Walking Dead		The Walking Dead		The Walking Dead	Breaking Bad			
CNN	CNN Heroes				Newsroom		CNN Heroes				
DISC	Nitty Gritty		Dirty Jobs		Brew Masters		Nitty Gritty	Dirty Jobs			
DISN	Good Luck	Shake it	Sonny	Fish Hook	Shake it	Shake it	Sonny	Good Luck	Hannah	Hannah	
ESPN	SportsCtr	Countdown	30 for 30				SportsCenter		SportsCtr		
FAM	Dog Who Saved				Dog Who Saved			J. Osteen	Ed Young		
FX	The Family Stone	Deck the Halls					Sons of Anarchy	The Family Stone			
LIFE	12 Men of Christmas	Comfort and Joy					Deck the Halls				
NICK	Fred: The Movie				Lopez	Lopez	Lopez	Lopez	Lopez	Lopez	
SPIKE	Star Wars IV	Star Wars V						Star Wars VI: Return			
TBS	The Wizard of Oz				The Wizard of Oz			Ace Vent.			
TNT	Michael Clayton				Michael Clayton						
USA	NCIS		NCIS		NCIS		NCIS		Semi-Pro		
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk	Monk			
Premium Channels											
HBO	Leap Year		Boardwalk Empire		Big Love		Boardwalk Empire	Edge of Darkness			
MAX	The Informant!				Panic Room						
SHOW	Dexter		Dexter		Californ.	Californ.	Dexter	Look	House		

Thursday Evening		December 2, 2010									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Santa Claus, Town		Grey's Anatomy		Private Practice		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	Big Bang	Dad Says	CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late		
KMOT/NBC	Community	30 Rock	Office	Outsource	The Apprentice		Local	Tonight Show w/Leno	Late		
KNDX/FOX	Bones		Fringe		Local						
Cable Channels											
AMC	Scrooged				Scrooged			Summer Rental			
CNN	Parker Spitzer	Larry King Live			Anderson Cooper 360			Larry King Live			
DISC	Secret Service		The Kennedy Detail				Secret Service		The Kennedy Detail		
DISN	High School Musical				Sonny	Sonny	Hannah	Hannah	Hannah	Hannah	
ESPN	College Football						SportsCenter		NFL Live		
FAM	The Santa Clause		The Santa Clause				The 700 Club		My Wife	My Wife	
FX	Two Men	Two Men	Two Men	Two Men	Sunny	League	Sunny	League	Terriers		
LIFE	Reba	Reba	The Christmas Shoes				The Fairy Jobmother		Frasier	Frasier	
NICK	My Wife	My Wife	Chris	Chris	Lopez	George	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Gangland		TNA Wrestling				TNA ReACTION		MANswers	Son Beach	
TBS	Along Came Polly				Office	Office	Conan		Lopez Tonight		
TNT	NBA Basketball				NBA Basketball						
USA	Gone in Sixty				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	Showtime		Edge of Darkness			</					

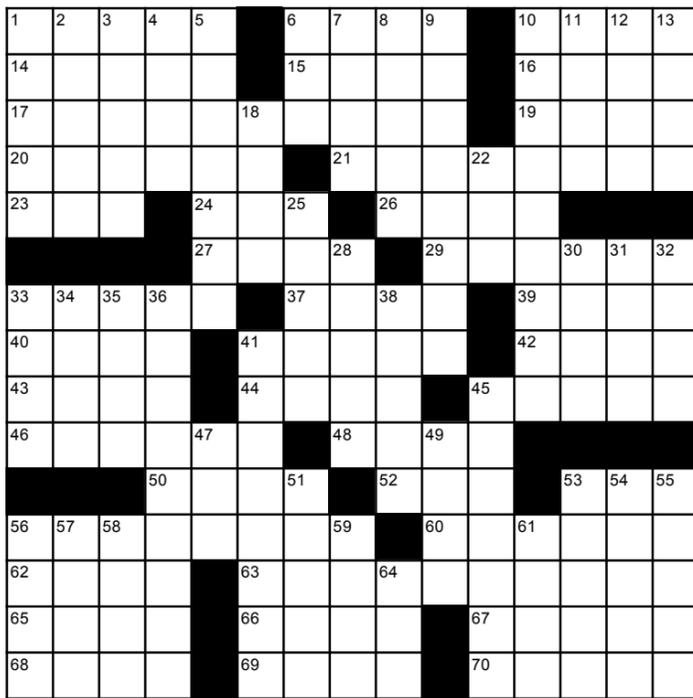
crossword puzzle

ACROSS

1. ___ up (accumulated)
6. Stamp on incoming paperwork: Abbr.
10. Wooden-shoe sound
14. Ekberg or Loos
15. Melville classic of 1847
16. Jekyll's alter ego
17. 1993 Tom Berenger film
19. Monogram pt.
20. Proofreaders' oversights
21. Mythical creatures with lions' bodies
23. Sault ___ Marie
24. Lodging house
26. He smacked 66 homers in '98
27. Collect in the boardroom
29. Articulates
33. Sleuth played by Bogart
37. Catches on to
39. Nabisco favorite
40. McDonald's arches, e.g.
41. Conical quarters
42. Refuses to
43. Scored in the 90s on, say
44. Bad to the bone
45. Granny and clove hitch
46. J.P. or Jaye P.
48. Baseball's Dizzy or Daffy
50. Son of Seth
52. Lunchtime, on a sundial
53. (alternate sp.), in crossword clues
56. Like the colors of a rainbow
60. Wine and dine
62. Pueblo Indian
63. 1992 James Spader film
65. Touched down
66. Suffix with million or billion
67. ___ Island (immigrants' spot)
68. Risqué
69. Foreign: Prefix
70. "I Believe" singer Frankie

DOWN

1. Summons via the intercom
2. Like neon or krypton
3. Petrol measure
4. Blues singer James



5. When soap operas often run
6. Hold up
7. Aussie birds
8. Word with Peace or Job
9. Shepherd's home
10. 1974 Jack Nicholson film
11. Short-tailed wildcat
12. Garfield's canine pal
13. Adoptions from the pound
18. All there
22. Occupational suffix
25. Israeli desert region
28. Not so hot
30. Suffix with smack or switch
31. Patronize Alamo
32. Pink-elephant sightings
33. Bridge coup
34. To a slight degree, musically
35. Antiquing agent
36. 1939 Errol Flynn film
38. Fax forerunner
41. Stan Getz played it
45. Name in motorcycle daredevilry
47. Aardvark's prey
49. Light as a feather
51. Abstract composer Erik
53. Frankie of the 4 Seasons
54. "___ the Family"
55. Baseball's Pee Wee
56. ___-Pei (wrinkly dog)
57. Negri of the silents
58. Of majestic proportions
59. Bereft
61. ___ monster (large lizard)
64. Pierce Arrow contemporary



Solution to puzzle from November 19.

movies

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

The Social Network

Friday, November 26, at 7 p.m.

(Jesse Eisenberg, Andrew Garfield)

On a fall night in 2003, Harvard undergrad and computer programming genius Mark Zuckerberg sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication. A mere six years and 500 million friends later, Mark Zuckerberg is the youngest billionaire in history, but for this entrepreneur, success leads to both personal and legal complications.

Rated PG-13 (language, drug and alcohol use and sexual content)
121 min

Life as We Know It

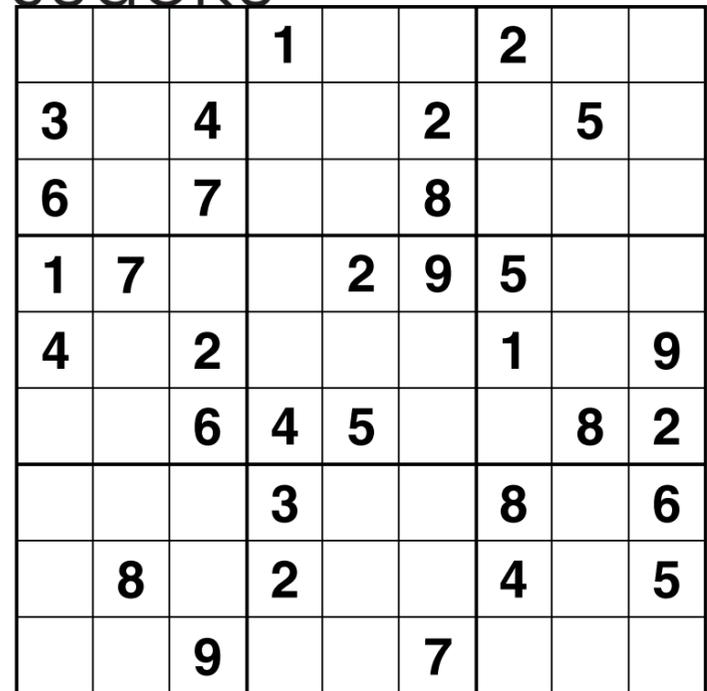
Saturday, November 27, at 7 p.m.

(Katherine Heigl, Josh Duhamel)

Holly Berenson is an up-and-coming caterer and Eric Messer is a promising network sports director. After a disastrous first date, the only thing they have in common is their dislike for each other and their love for their goddaughter, Sophie. But when they suddenly become all Sophie has in the world, Holly and Eric are forced to put their differences aside. Juggling career ambitions and competing social calendars, they'll have to find some common ground while living under one roof.

Rated PG-13 (sexual material, language and some drug content)
115 min

sudoku



Solution to puzzle on page 25.



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05 GMC Envoy SLE.....#5403021....	\$12,967
05 Toyota Camry XLE.....#6306410....	\$12,970
09 Chevy Impala LS.....#5404011....	\$13,940
08 Chevy Uplander LS.....#6300610....	\$14,928
06 Nissan Frontier Crew.....#6305710....	\$16,207
09 Kia Sportage.....#5404811....	\$17,817
10 Ford Fusion SE.....#5397111....	\$17,824
08 Ford Escape.....#5405411....	\$19,645
05 Ford F-250 SD SuperCab.....#6301010....	\$19,903
06 Silverado 1500 Crew Z71.....#5378710....	\$21,957
10 Chevy Camaro 2LT.....#6306010....	\$25,465
09 Jeep Wrangler Rubicon.....#5400711....	\$32,609
08 Silverado 2500HD Crew.....#5312010....	\$32,629
09 Ram 2500 Quad Cab.....#6320011....	\$33,447
08 Chevy Suvurban LTZ.....#5394711....	\$37,861

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