

# Northern SENTRY

Serving the Minot Air Force Base Community • Vol. 49 No. 48 • Friday, December 3, 2010

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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 Maintenance Squadron**  
Master Sgt. Anthony Rogers



### STRATCOM commander visits Minot

(U.S. Air Force photo/Senior Airman Michael J. Veloz)  
Gen. Kevin P. Chilton, U.S. Strategic Command commander, speaks to the men and women of Minot AFB during his visit here Nov. 30. General Chilton's visit highlighted the nuclear deterrence role of Team Minot in the Air Force Global Strike Command mission. The general also congratulated the men and women of Minot AFB for successfully completing their recent inspections and Global Thunder exercises.

## Angels descend for those in need

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

Operation Angel Tree is scheduled to run from Nov. 26 through Dec. 10, providing an upwards of nearly 400 children from Air Force Global Strike Command families here with holiday gifts this winter season.

Master Sgt. Jennifer Shelley, 5th Communications Squadron first sergeant and coordinator of the operation said she is delighted to manage this assignment. The First Sergeant's Council heads up the operation each year for the benefit of military families.

"This is my first time organizing this operation and I'm pleased to be a part of it," Sergeant Shelley added.

For the operation, Christmas trees are set up at the Exchange and Northern Lights Chapel, Sergeant Shelley said.

Hanging from the trees will be



(U.S. Air Force photo/Senior Airman Benjamin Stratton)  
Angels hang on the Christmas tree in the Exchange with holiday gift wishes from children of active duty members here Nov. 30. The angels on the tree are a significant part of Operation Angel Tree.

small paper angels containing information about a child's wishes for

SEE ANGELS ON PAGE 2

# Making a winter resolution to get fit

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

Winter is the season of snow, celebrating the holidays, office parties and presents. To almost everyone, including Air Force Global Strike Command Airmen and their families, this season is synonymous with good food and keeping warm by the fire, a surefire way to gain weight if one isn't careful. But it's okay, that's what New Year's resolutions are for, right?

Unfortunately, this is a common trend, one most people wish wasn't part of their holiday season.

"One of the main causes of weight gain is the cold weather, something in abundant supply here," said Tech. Sgt. Keith A. Lewis, 5th Medical Operations Squadron aerospace and operational physiology technician.

"There are several reasons why this is," he continued. "First, fat is a natural insulator for our bodies. According to Lawrence Cheskin, MD, founder of the Johns Hopkins Weight Management Center in Baltimore, the body may work against itself in order to keep warm. Biologically speaking, most people are already behind the power curve."

He added the lack of sunlight during the winter also tends to depress people, leaving people gloomy-feeling and less likely to work out.

"We fight these feelings

with comfort foods, usually of the calorie-dense category," the sergeant said. "Of course, the holiday season falls right smack in the middle of the winter, so eating all those large, rich meals tend to pack on the pounds."

So what is a person supposed to do when it seems as though the weather and holidays make gaining weight inevitable?

"Try to implement some sort of extracurricular activity," said Ronda Knutson, David C. Jones Youth Center youth programs chief. "There are dance games for Xbox and Wii, which can be fun to do with your children, or by yourself. They can be quite the workout!"

There are also programs offered for parents who find it hard to work out with such hectic schedules.

"The youth center offers a 'Stroll 2B Fit' time in the fitness center for parents," she continued. "They can come in with stroller and kids in tow, Monday through Friday from 11 a.m. to 1 p.m. The pool at the fitness center is open from 11:30 a.m. to 5:30 p.m. Monday through Friday and Saturdays from noon to 4 p.m. Additionally, the fitness center offers a variety of classes every day throughout the week."

Other ways to stay fit during winter months include using Web-based goal incentive programs such as [www.usaFitFamily.com](http://www.usaFitFamily.com) or [www.afgetfit.com](http://www.afgetfit.com). Each Web site is geared toward setting goals and tracking progress,

with the second site offering prizes to youth when a level is reached.

It's even possible to get exercise in for those who would rather stay home and watch television than go to the gym and work out.

"While watching TV, do a set of pushups or sit ups during commercial breaks," Sergeant Lewis said. "It keeps one strong and also has the added benefit of improving fitness test scores."

And for those living downtown, the Minot State University Dome is also available as an alternate training location.

So what about the holiday parties? These can be a danger zone for many with a sweet tooth and lower will power.

"If hosting, use the internet to find recipes for healthier snacks and food for the holiday season," said Ms. Knutson. "There are several creative recipes one could use for holiday parties. If going to the party, try eating some fruit or something healthy before going so hunger isn't out of control."

Waiting to lose the weight later so one can indulge now is much easier said than done.

"When gaining weight, moods decline," Sergeant Lewis said. "People comfort themselves by eating larger quantities of high-calorie food, thus creating a vicious cycle. Excess weight makes exercise more difficult or painful and people are therefore less willing to do it, making weight loss much more



(U.S. Air Force photo/Airman 1st Class Aaron-Forrest Wainwright) Payal Mehta, 5th Force Support Squadron youth management trainee, uses a stationary bike at the McAdoo Sports and Fitness Center here Dec. 1. Exercise is one of the keys ways to fight weight gain during the cold weather season.

difficult than weight gain."

"We can add 10 pounds and two inches in just a couple weeks of guilty indulgence," he added. "This in turn takes several weeks or even months to shed. It only gets worse as people age."

The sergeant noted that the average person loses five pounds of muscle each decade during adulthood. Muscles burn calories. The less muscle one has results in a lower amount of calories burned throughout the day. All of this ultimately affects fitness test scores.

"Keeping active prolongs the life of one's muscles," said the sergeant. "It also helps the body operate more effi-

ciently in numerous ways."

So before promising to go on a strict diet and work out every day of the week beginning the first of the new year, think about how much easier it would be if the weight wasn't there to lose.

"Find reason to celebrate eating healthy and starting a new fitness activity," said Ms. Knutson. "If a person does it now, then a New Year's resolution can be something else besides losing weight or starting to exercise."

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

## ANGELS FROM PAGE 1

Christmas.

Individuals throughout the base will then be able to take an angel and become an anonymous contributor who can make that child's gift request true.

There will be a box at the chapel and at the Exchange where unwrapped presents can be dropped off.

"This is a great program which will ensure families provide gifts for their children this holiday season," Sergeant Shelley said. "We're hoping to provide them with toys and clothes."

She explained Airmen can

solicit their first sergeant in order to be participants of this community service event.

"Airmen will need to fill out a form requesting their children participate in the program to receive a gift or offer to donate presents to those in need," Sergeant Shelley continued. "Forms should be submitted to squadron first sergeants by Dec. 10."

The application asks for simple information on a parent's child including a specific gift request and clothing sizes in case any attire is preferred, Sergeant Shelley

explained.

"We are requesting that the cost of the desired gift range somewhere between \$10 to \$25," she said.

The sergeant explained this operation is an excellent way to assist families in offsetting winter bills.

"If families are having a little trouble with finances," said Sergeant Shelley. "Parents will know they'll at least be able to offer their children a gift for the holidays."

She said this operation is especially helpful for single parents and spouses of deployed Airmen.

Master Sgt. James Hayes, 5th Bomb Wing NCO in charge of chapel operations agrees with Sergeant Shelley in that this community event is very beneficial to the families on base. He has been helping out with the operation by providing a storage area for the donated gifts at the Northern Lights Chapel.

"This operation gives back to those in our military community," he said. "Right now I'm happy to be helping out with what I can."

Sergeant Shelley said she is hoping gifts for the children will be wrapped and

ready to be handed out to the families by Dec. 13.

"The First Sergeants Council is planning on getting together to start wrapping up the gifts," she said.

Participants will be able to pick up toys at the NLC or coordinate with their first sergeant to arrange a personal pick up or delivery.

Sergeant Shelley said she hopes to have numerous participants by the end of the operation this year. If interested in volunteering to gift wrap or for more information regarding OAT, contact Sergeant Shelley at 723-2151.

# Air Force implements new transition program

by Staff Sgt. Kimberly Moore  
81st Training Wing  
Public Affairs

**KEESLER AIR FORCE BASE, Miss. (AFNS)** - The Air Force's new technical training transition program was implemented Nov. 15, after test periods here and at Goodfellow Air Force Base, Texas.

"Over the past 18 years, the enlisted phase program had transformed into a bloated management tool used to control and manage Airmen," said Chief Master Sgt. Edward Bradley, the training chief of 2nd Air Force's military, in explaining why the change was necessary.

In an effort to create a more descriptive way to explain the duties of their position, military training leaders have gone through a few title changes, from student training adviser to military training managers to MTLs.

"Unfortunately, the management philosophy did not change with the titles, so a new transition program was developed," the chief said.

The new transition program will better help Airmen ease into the Air Force lifestyle. A few noticeable

differences between the old program and the new are the number of phases, phase backs, MTL workload, physical training testing and tobacco use.

"Previously, in the three-phase system, if an Airman met all requirements, Phase II was granted on day 15 and Phase III was granted on day 36," Chief Bradley explained. "The new two-phase transition program uses an initial transition period and an advanced transition period that employs a core values approach to adapt Airmen to the military lifestyle.

"During the ITP, the goals are to indoctrinate a technical training lifestyle, set the standard and define expectations," he said. "Airmen must meet requirements such as excelling in performance in dormitory and dress and appearance inspections, display knowledge of the unit mission and core values and exhibit academic excellence prior to transitions into the ATP.

"During the ATP, MTLs will continuously monitor and mentor, focusing on the whole Airman," he said. "They will inspire Airmen's behavior through their own actions and rehabilitate Airmen when required, providing ap-



(U.S. Air Force photo/Kemberly Groue) Students in the 336th Training Squadron march Nov. 30, 2010, after classes with their military training leader, Tech. Sgt. Terrance Boyd. A new technical training management system was implemented Nov. 15, 2010, by 2nd Air Force officials.

propriate counseling.

"The new program allows MTLs to act as leaders rather than just managers, to get away from their desk to provide more supervision and utilize their personal and military experiences while mentoring," Chief Bradley said.

Once Airmen reach the ATP, they'll remain there. Gone are the fears of phase backs, in which a student would be reassigned to a previously completed phase and have to re-accomplish requirements to "phase up," he said. "Phase backs will no longer be in place," Chief Bradley said. "Rather, those identified would undergo a remedial transition period which will run parallel with their current ITP or ATP. The specifically identified behavior will be focused on and corrected. MTLs will work in conjunction with squadron senior leadership to tailor corrective measures."

The remedial transition period, a temporary measure tailored to raise performance to meet standards, should last no more than 15 calendar days, officials said. A flight chief may extend the RTP another 15 days, not to exceed 30 consecutive days. Subsequent RTPs may be applied whenever performance falls below standards.

Workloads of MTLs will also change. To allow MTLs to better interact and lead, a unit may have to instill three work shifts.

Additionally, with academic success as a requirement to advance into ATP, MTLs will have to work closely with the Airmen's academic instructors.

"Previously, there was little to no interaction between the two," Chief Bradley said.

"Through the old phase system, Airmen took physical training tests to 'phase up' and prior to departing for their first duty station," he noted. "In the new transition program, Airmen will take monthly PT appraisals and PT three days per week."

Another noticeable change from the phase system to the transition program is the smoking policy. Under the old phase program, students weren't allowed to smoke on base.

"Not allowing students to smoke presented a huge obstacle with our local communities," Chief Bradley said. "Unfortunately, Airmen were smoking right outside the gates or in front of people's residences. They were also smoking in the woods and dormitories, creating a fire hazard. With the new program, students can use tobacco in designated tobacco use areas within their training area during non-academic hours and while not in uniform."

Students smoking, PT standards, phases and MTL workloads are just a few areas undergoing changes with the new transition program, and tweaks are expected to be made.



## Keeping Minot mentally healthy

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

Airman 1st Class Frances Jimenez, 5th Medical Operations Squadron mental health technician, cycles through the personnel reliability program files in the record room here Nov. 23. The mental health clinic at the 5th Medical Group supports the men and women of the 5th Bomb Wing and 91st Missile Wing making sure they are mentally ready for duty.

**CONTACTUS**

**Sharon Olson**  
Advertising & Production Manager  
701.839.1867 • nsads@srt.com

**Morgan Bauer**  
Graphic Designer  
northernentry@bhgnews.com

**Desiree Murphy**  
Ad Designer  
nsdesign@srt.com

**Hannah Searle**  
Sales Representative  
701.839.1867 • bhgads@srt.com

**NEWS SUBMISSIONS**  
Northern Sentry Office  
nsads@srt.com • 701.839.0946

**MAFB Public Affairs Office**  
5bw.pa.dl@minot.af.mil  
701.723.6212

**MAIL&FAX**  
15 1st Ave SE • PO Box 2183  
Minot, ND 58701 • 701.839.1867

**VIEW ONLINE**  
www.northernentry.com

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We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication.

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

warbird journal

Commentary by Col. Douglas Cox  
5th Bomb Wing commander



Take care, Happy Holidays

Earlier this week we had the privilege of receiving motivational talks from two U.S. Air Force leaders who have, between them, more than 72 years of service-before-self to our great nation. Both Gen. Kevin Chilton, U.S. Strategic Command commander, and Lt. Gen. Frank Klotz, Air Force Global Strike Command commander, inspired us with their words about pride in our service, the high quality of our Airmen and Air Force civilians, and the importance of our mission to deter aggression and assure our allies.

There is little to be said here that can add to their sentiments - their words were well crafted and perfectly delivered. The only thing to emphasize is that each and every one of you, personally and professionally, makes

their words true. Without each and every one of you striving for excellence, delivering sacrificial service, and maintaining your rock solid integrity, our team and our Air Force would fail.

So I urge each one of you to take care of yourselves during the month of December. The holidays are a time of fun and happiness, of good cheer and merriment. They are also a busy time when we can become harried with all the priorities and objectives that we set for ourselves. We can lose sight of the true purpose of the holidays and forget the gratitude and love we should be sharing with our friends and families during this time of year.

As we prepare for and enjoy the true meaning of the holidays, please don't forget the important role that

each one of you plays, not only in the Air Force mission, but in the lives of all of us that are a part of Team Minot. Take good care of yourself, use good judgment, and approach the parties and break time with prudence and moderation. Each and every one of you must absolutely come back to work in the New Year healthy in mind and body, ready to tackle fresh challenges. Don't hurt yourself or anyone else this holiday by trying to do too much, too fast, with the wrong mindset about what it all means. Relax, enjoy, and go easy.

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

Back to the basics

Commentary by Master Sgt. Patrick Michaels  
319th Operations Group

**GRAND FORKS AIR FORCE BASE, N.D.** - As leaders we're expected to be experts at our job, but our jobs require us to have a bigger picture of how processes work and how different organizations on base interoperate.

In doing so, we run the risk of losing the tactical view of how the job is really accomplished. How can we be experts, when more often than not, we're entrenched in daily management, enlisted performance reports, declarations, awards and taking care of our Airmen?

There's an easy fix: take time to get back to the basics. Crack open the newest version of the technical order, Air Force instructions and checklists that govern your specialty and analyze the changes that have been written into them. Bounce those changes against the way the job is done and think about the ramifications for the person doing the job and

the customer. Does it make sense? Set the standard per the guidance and hold your Airmen to it. It's what they want. Once you've set the standard, enforce it by insisting that your folks meet it. Give feedback and be clear about your expectations. Airmen should come away from a feedback session with a clear understanding of where they stand. Follow up and monitor, because informal feedback helps keep folks on the path you want them on.

Don't get caught up in reactionary leadership. Reactionary leadership is relying on progressive discipline to fix problems. Instead, lead toward the future. Rely on standards and expectations. Trust that your Airmen are going to put their best foot forward.

Trust goes a long way in ensuring you get the right answers from your Airmen. It also works the other way. Your Airmen have to trust that you know your job and you are there to

back them up. Show them they can trust you by weighing in on the issues that matter.

What matters? We've already discussed what matters in the job. Housing, food, and good, old-fashioned knowing your people are what matter outside the technical core competencies of our job.

Take the time to get to know your people. Lt. Gen. Robert Allardice, the 18th Air Force commander, recently came and spoke to the 905th Air Refueling Squadron. He challenged everyone to take 90 seconds and talk to someone.

As an example, he picked an Airman out of the audience and asked him his name, his hobbies, his immediate family, his extended family and their hobbies. Within that 90 seconds, he found out that the Airman had a sister whose hobby was ice skating. His supervisor, sitting right next to him, didn't know that.

Visit your Airmen, whether it's the dorms, base housing or off base. You can tell a lot about people and their situations by how they live. For Airmen in the dorms, visit the dining facility, sit down with them, have a good meal and join in the conversation. Make sure that Airmen are not only getting a properly cooked meal, but are receiving the service they deserve.

Getting back to the basics can be difficult. It takes time out of your day that could be spent taking care of all those other things that keep falling off of your plate. It's a process that has to be built into your daily schedule. Use it to understand your Airmen, their job, your job and to set the standard.

WEATHERFORECAST

Your Local Weather

Fri 12/3	Sat 12/4	Sun 12/5	Mon 12/6	Tue 12/7
<b>22/9</b> Snow show-ers possible.	<b>16/-3</b> Cloudy. Highs in the mid teens and lows -1 to -5F.	<b>10/-1</b> Morning clouds followed by afternoon sun.	<b>13/0</b> Mostly sunny. Highs in the low teens and lows 2 to -2F.	<b>13/7</b> Times of sun and clouds.

## Safety Corner: Holiday season decorating safety tips

Commentary by Rod Krause  
5th Bomb Wing Ground Safety

It's that festive time of year again. It's time to string the lights, hang decorations, put up Christmas trees and bring out the candles to celebrate the holidays. To keep the holiday season a merry one, the U.S. Consumer Product Safety Commission has recommended decorating safety tips for consumers to follow this holiday season.

No matter how Air Force Global Strike Command families plan to celebrate the holidays, special care should be taken when decorating. Following the CPSC's safety tips can prevent holiday traditions from turning into tragedies.

Each year, hospital emergency rooms treat approximately 12,800 people for falls, cuts, shocks and burns due to incidents involving faulty holiday lights, dried out Christmas trees and other holiday decorations. Christmas trees alone involve approximately 300 fires annually, resulting in an average of 10 deaths, 40 injuries and about \$7 million in property damage and loss.

To prevent incidents associated with holiday decorations, the CPSC monitors holiday lights and other decorations sold at stores and on the internet. The CPSC works with the Bureau of Customs and Border Pro-

tection to identify and prevent unsafe holiday light sets from being distributed in the U.S.

When purchasing an artificial tree, look for the label fire resistant. Although this label does not mean the tree won't catch fire, it does indicate the tree is more resistant to burning.

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The bottom of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic, and do not block doorways.

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or non-leaded materials. Leaded materials are hazardous if ingested by children.

In homes with small children, take special care to avoid sharp or breakable decorations, keep trimmings with small removable parts out of the reach of children who could swallow

or inhale small pieces. Avoid trimmings resembling candy or food that may tempt a child to eat them.

Indoors or outside lights should only be used if tested for safety by a nationally recognized testing laboratory. Use only newer lights that have thick wiring and are required to have safety fuses to prevent the wires from overheating.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires or loose connections. Throw out damaged sets.

If using an extension cord, make sure it is rated for the intended use.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

When using lights outdoors, check labels to be sure they have been certified for outdoor use and plug them in only ground-fault circuit interrupter protected receptacles.

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Use care with fire salts, which produce colored flames when thrown on wood fires. They contain heavy metals that, if eaten, can cause intense gastrointestinal irritation and vomit-

ing. Keep them away from children.

Do not burn wrapping papers in the fireplace. Wrappings can ignite suddenly and burn intensely, resulting in a flash fire.

Place a screen around the fireplace to prevent sparks from igniting nearby flammable materials.

Keep matches, lighters and candles out of the reach of children.

Avoid smoking near flammable decorations.

Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. Practice the plan!

Avoid wearing loose fitting clothes, particularly long, open sleeves, near open flames such as those of a fireplace, stove or candlelit table.

Never burn candles near evergreens. Burning evergreens in the fireplace can also be hazardous. When dry, greens burn like tinder. Flames can flare out of control and send sparks flying into a room, or up the chimney to ignite creosote deposits.

Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees and electrical connections.

## Your family, your career, your choice ... choose wisely

Commentary by Lt. Col. Eric Duncan  
375th Contracting Squadron commander

**SCOTT AIR FORCE BASE, ILL. (AFNS)** - Serving in the military can place a lot of demands on us. Sometimes though, we are so busy focusing on our jobs, we forget that military life can be tough on our families, as well.

To emphasize a commitment to families, Air Force senior leaders implemented The Year of the Air Force Family program, which wrapped up in July. It was a great campaign, but our families need and deserve more than that.

My dad passed away last January, and apart from the pain of losing him, I struggle with guilt that I wasn't around much and didn't spend enough time with him. We talked on the phone almost daily, but that will never replace the foregone time together.

I've been in the Air Force now for more than 17 years, and it always seemed there was some job-related

excuse that kept me away. As I look back, I regret some of the choices I made.

We hear these kinds of thoughts all the time from people who lose a loved one, yet we rarely make any changes in our own lives to prevent us from experiencing those same feelings. Instead, we say "I'm just too busy," "there will be time later," or my favorite, "I'm too important to the organization, and the mission will suffer if I'm gone."

I now realize that there may not always be time later. Our kids grow up quickly, and life is short. I've heard "things are busier than ever" for as long as I've been in the Air Force, and I really doubt things are going to slow down anytime soon, if ever.

Yes, we are busy, and we all play key roles, but do you really believe that your occasional absence will have such a devastating impact on

your unit that aircraft will fall out of the sky and the Air Force mission will fail? If so, you may be surprised to know that the Air Force was flying, fighting and winning long before you joined and will continue to do so long after you're gone.

Balancing family and career can be tough, but I once read an enlightening article by an Army brigade commander on the difference between "important" versus "urgent." The author provided three rules to consider before missing any professional or personal event:

- It is important to someone who's important to you
- Your personal presence makes a difference
- The opportunity is not going to come around again

If those three conditions are satisfied, you should have a pretty good idea as to what you should do. The holidays are a great time to re-emphasize your commitment to your family, but don't limit your involvement to this time of year.

More than knowing the Air Force supports them, our families need us to be there for them. Beyond the financial support, they deserve our attendance at student teacher conferences, sporting events and graduations, taking part in birthdays and anniversaries and basically being an active participant in their lives and not just a picture on their mantle.

No one ever said it will be easy, but your choices may determine whether you run out of family before you run out of career.

## AADDSAVES

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 Dec. 2 to 4 are from the 5th Medical Group.

**Lives saved through Nov. 27: 893**

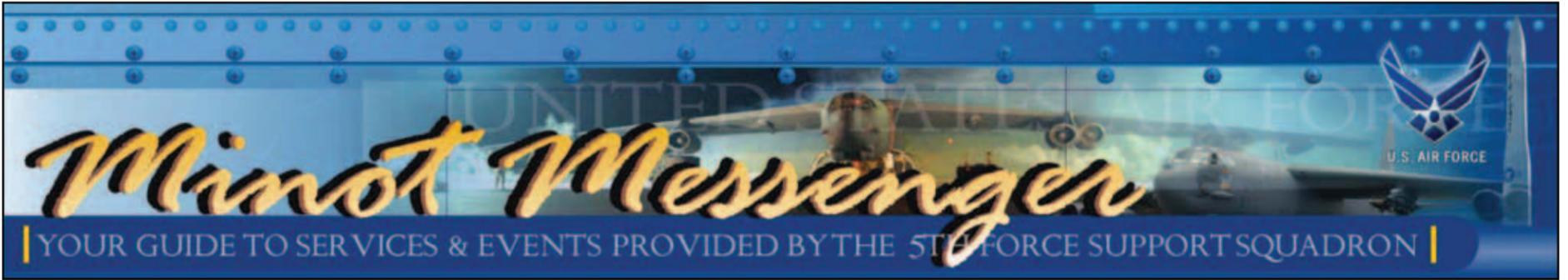
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## AF Arts & Crafts Gallery Submissions Being Accepted

Submissions are being accepted through January 21st for the Air Force Arts & Crafts Gallery Showcase. There are two categories: Artist-Craftsman and Photography. Each category has three age divisions including youth ages 6-12, youth ages 13-17, and adults age 18 and over. All active duty personnel, their families, retirees, and DoD civilians including employees of Arts & Crafts centers and those who work for Public Affairs are eligible to participate.

There is a limit of three entries per person per category, for a maximum of six. Entries should be submitted to the Minot AFB Arts and Crafts Center.

Individuals whose entries are selected for Gallery Showcase display will receive recognition from HQ AFSVA; recognition includes a commemorative medallion and other items if funding permits.

Details and applications are available on the Arts & Crafts Center page of the 5 FSS website at [www.5thforcesupport.com](http://www.5thforcesupport.com). For more information, contact the Minot AFB Arts & Crafts Center at 723-3640.

Great creations leave a legacy.



What's yours?



The Air Force Arts and Crafts Gallery showcases fine arts, crafts and photography created by military personnel and their family members. Contact your base Arts & Crafts Center for information on how to enter, or visit [www.airforcegallery.com](http://www.airforcegallery.com).

See and be seen!

[www.airforcegallery.com](http://www.airforcegallery.com)




## Hit The Slopes During Bottineau Winter Park Ski Trip



Need a little "lift" to get you out of the winter doldrums? You're sure to find some fun and excitement during the Bottineau Winter Park ski trip offered by Outdoor Recreation on December 18th.

Bottineau Winter Park sits in the heart of North Dakota's snowbelt and offers the best and most snow that Mother Nature has to offer. Dubbed "The Jewel Above The Prairie", this winter resort

is located in the Turtle Mountains and provides enjoyable skiing or snowboarding on a variety of terrain for everyone from beginners to experts. The facilities snowmaking machines are always available to assist Mother Nature to ensure the best possible snow conditions.

The ski trip to Bottineau Winter Park will depart from Outdoor Recreation at 9 a.m. on December 18th. Cost for this winter getaway is \$50 per person for ages 14 and older and \$40 for children age 13 and under. The 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 for the Bottineau Winter Park ski trip is December 16th.

For details or to reserve your spot for this great ski and snowboarding day trip, call Outdoor Recreation at 723-3648.

## Event Update

**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

**Lights & Strikes Bowling**  
December 3 & 4 • 10 p.m. • Rough Rider Lanes

**Family Fun Night**  
December 4 • 6 p.m. • Rough Rider Lanes

**No Sunday Champagne Brunch**  
December 5 • Doolittle Center

**Football Frenzy**  
December 5 • 11 a.m. • J.R. Rockers

**Federal Resume Workshop**  
December 6 • 9 a.m. • A&FRC

**Veterinary Appointments**  
December 7 & 8 • Vet Clinic

**Weekly Story Time**  
December 8 • 10:30 a.m. • Base Library

**Beginning Knitting Class**  
December 8 • 10:30 a.m. • Arts & Crafts Center

**Anime Club**  
December 10 • 4:30 p.m. • Base Library

**Holiday Open House**  
December 10 & 11 • 10 a.m. • Arts & Crafts Center

**Hot Cocoa Hullabaloo**  
December 11 • 1 p.m. • Base Library

**Best 3 Game Tournament**  
December 11 • 6 p.m. • Rough Rider Lanes

**Latin Nite**  
December 11 • 10 p.m. • J.R. Rockers

**Sunday Escapes Book Club**  
December 12 • 1:30 p.m. • Base Library

**Framing Class**  
December 13 • 10 a.m. • Arts & Crafts Center



**HOLIDAY OPEN HOUSE AT THE ARTS & CRAFTS CENTER**  
Friday & Saturday, Dec. 10th & 11th - 10 a.m. to 4 p.m.

You'll receive 25% off your retail store purchases and enjoy delicious free refreshments. For details, call the Arts & Crafts Center at 723-3640.



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

### **Best 3 Game Tournament**

Rough Rider Lanes is hosting a Best 3 Game Tournament on December 11th from 6 p.m. to 10 p.m. Participants will bowl 5 games and take their best three games for the high series in the tournament. Cost is \$25 per person. Must be 18 years of age or older to bowl in this event. For more information, contact Rough Rider Lanes at 727-4715.

### **Dance The Night Away**

Dance, party, and hang out during J.R. Rockers Hip Hop Night on December 18th. 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.

### **Resume Writing & Interview Skills Workshop**

Get the tools to write a resume and brush up on your interviewing skills during the Resume Writing and Interview Skills Workshop on December 14th from 5-6:30 p.m. at the Airman and Family Readiness Center. This fact filled 90 minute seminar has great information to assist you in writing your resume to get the interview you want. Additionally, you'll learn interviewing skills to make that impression which will help you get the job. Call the Airman and Family Readiness Center at 723-3950 to pre-register.

### **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.

### **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.

### **Dakota Inn Open To Authorized Users On Special Advertised And Holiday Meals**

The Dakota Inn dining facility allows active duty enlisted and officers, retirees, and immediate family members to dine at their facility on special advertised and holiday meals. Civilians who are on TDY orders are allowed to eat at the Dakota Inn during holiday meals. (per IAW, AFI 34-239 & Wing Commanders Policy) For additional information, contact the Dakota Inn at 723-2359.

### **Federal Resume Workshops**

In order to provide everyone a more active workshop on USAJOBS and accommodate ALL DoD civilians for the new way to apply for 'internal civilian' federal jobs, the Airman & Family Readiness Center will be holding a "Federal Resume Workshop" on December 6th from 9-11 a.m. This workshop is open to all active duty members, spouses, retirees, DoD civilians, and NAF employees. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSA's, and tips on writing a resume. To sign up for the workshop, call the Airman & Family Readiness Center at 723-3950.

### **Veterinary Appointments**

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

### **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 details, call 723-2838.

### **Membership Appreciation Dinner – "The Arts Are Alive" Theatre**

Youth Center members and their families are invited to attend the first annual "The Arts Are Alive!" dinner theatre on December 14th from 6-8 p.m. at the Youth Center. Youth will be displaying their works of art. Attendees can enjoy a free spaghetti dinner along with entertainment. This is a free event for Youth Center members. For additional information, call the Youth Center at 723-2838.

### **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 10 p.m. For more information, call J.R. Rockers at 727-ROCK.

### **Winter Golf Simulator League**

Keep your golf swing in shape by joining the golf simulator league at the Rough Rider Golf Course. League consists of 2-person teams playing weekly throughout winter. Cost is \$13 per person each week and prizes will be given away at the end. Leagues start January 3rd. Call 727-4715 and talk with Shane for details.

### **No Sunday Brunch In December**

Due to the numerous squadron parties/events, there will be no Sunday Champagne Brunch at the Doolittle Center throughout the month of December. We apologize for any inconvenience.

**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

**Happy Birthday!**

Luben & Noah Rodriguez  
turned 3 on December 2!

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

sponsored by **GEICO**  
No Federal Endorsement Of Sponsor Intended

## Prairie Adventures

by Patricia Stockdill

*This isn't right; there are lights where there shouldn't be lights.*

N.D. Game and Fish Department district warden Ken Skuza was witnessing a wildlife crime unfold before his eyes.

His cell phone rang as he watched the lights in the inky darkness of an Oct. 9 night.

It was a RAP call, amazingly providing a blow-by-blow description of the very event Skuza was also witnessing: Several shots, followed by three people loading something large into the back of a vehicle and hastily driving away.

What the caller didn't know was Skuza was nearby. As the Suburban sped down the gravel road - the only way in and the only way out - Skuza had them trapped.

The only thing they could do was stop as they approached his vehicle.

*Good evening, gentlemen.*

The three Max residents explained they were pheasant hunting earlier in the Custer Mine Wildlife Management Area east of Garrison.

They showed Skuza their hunting licenses. They showed him their birds, two roosters. But something still wasn't right. The driver and front seat passenger's hands, arms, and clothes were covered with blood. The back seat passenger sat stone-faced, staring straight ahead.

At Skuza's request, the driver opened the back door.

*Several guns were in the back of the Suburban and hunting clothing was piled up. There was considerable amount of blood on the interior sides of the Suburban and all over the guns. On the right side of the vehicle a deer head was sticking out from under the hunting clothes.*

An untagged doe, not field-dressed, with blood running out of at least three holes.

*Who shot the deer?*

They all shot at it, declared the driver's side passenger.

They needed the meat, he explained.

The driver had a different story: No, his passenger was the sole shooter.

The back seat passenger's story was the same: The front seat passenger was the only shooter.

However, being friends and co-workers, he admitted they all assisted in loading the deer.

They just didn't count on an eye witness and game warden being there, witnesses to a slam-dunk case against them.

With an outstanding, non-Game and Fish warrant, the violator was charged with a Class A misdemeanor, illegal taking of big game, and carted off to jail. His freedom came at the expense of an \$850 bond, which was returned to him upon his court appearance.

*On Oct. 10, I removed the hide from the large doe. I found 00 buckshot holes and pellets in the hide.*

The shooter: Guilty. The driver: Guilty, as well. Yes, a slam-dunk case. Class A misdemeanor wildlife violations carry a maximum penalty of \$2,000 fine, \$325 court administrative fee, and/or one-year in jail - or both fine and jail time per offense. A guilty verdict can also bring loss of hunting, fishing, and trapping privileges for a maximum of three years and seizure of all equipment used in the crime.

That same week, other Game and Fish Department violations across North Dakota included illegal taking of a hen pheasant costing a Grand Forks violator \$100. Exceeding bird limit cost a Minnesota hunter \$225. Another Minnesota hunter paid \$250 for license misrepresentation. A guilty wanton waste verdict cost a Cleveland, N.D. resident \$50.

In this case in McLean County district court, a guilty plea cost two of the violators \$25 and loss of hunting privileges each for a year. The shooter forfeited his Mossberg 12-gauge shotgun.

The third was fined \$25 for failure to carry license.

# Becoming an Outdoors-Woman winter workshops

The North Dakota Game and Fish Department's Becoming an Outdoors-Woman program has scheduled one-day winter workshops Feb. 25, 26 and 27 at Lake Metigoshe State Park, Bottineau.

In addition, a one-day ice fishing and darkhouse spearfishing class will be offered Jan. 8 at South Carlson Lake in Ward County.

Lake Metigoshe offers a variety of classes. A class on dog sledding is available all

three days with a limit of six participants per session (this class fills quickly).

Snowshoeing and tracking, winter survival and cross-country skiing are available Feb. 26 and 27, with each class limited to 12-15 students.

Women interested in the workshops should register immediately due to limited space available. The cost is \$60 for dog sledding and \$50 for the other classes. Take a class on two days and the fee

is \$90. Preregistration with payment is required. Equipment and snacks will be provided.

Information and registration forms will be available Dec. 1 by accessing the education/outreach link on the Game and Fish website, [gf.nd.gov](http://gf.nd.gov); or by contacting Nancy Boldt, North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095; (701) 328-6312; or e-mail [ndgf@nd.gov](mailto:ndgf@nd.gov).

## Tentative 2011 season opening dates

To help North Dakota hunters prepare for hunting seasons in 2011, the North Dakota Game and Fish Department annually provides its best estimate for opening dates for

the coming year.

Dates become official when approved by governor's proclamation. Tentative opening dates for 2011 include:

<b>Spring Crow</b>	March 12	<b>Sandhill Crane</b>	September 17
<b>Spring Turkey</b>	April 9	<b>Early Resident Waterfowl</b>	September 24
<b>Fall Crow</b>	August 13	<b>Pronghorn* Gun</b>	September 30
<b>Dove</b>	September 1	<b>Youth Pheasant, Regular Waterfowl</b>	October 1
<b>Deer and Pronghorn* Bow, Mountain Lion</b>	September 2	<b>Pheasant, Fall Turkey</b>	October 8
<b>Sharptail, Hun, Ruffed Grouse, Squirrel</b>	September 10	<b>Deer Gun</b>	November 4
<b>Youth Deer</b>	September 16	<b>Deer Muzzleloader</b>	November 25
<b>Youth Waterfowl,</b>		<i>Important note: *If pronghorn season is offered.</i>	

## NATIONAL NEWS

# Keeping Yokota moms fit

by Airman 1st Class  
Lynsie Nichols

374th Airlift Wing Public Affairs

**YOKOTA AIR BASE, Japan (AFNS)** - The team at the health and wellness center here has recently added a prenatal aerobics class to help expectant mothers stay in shape.

Staff Sgt. Treshawna Gwendo, a diet therapist with the 374th Aerospace Medicine Squadron, is the instructor for the class. She said the class is for anyone a soon-to-be mom or who is a new mom getting back into her workout routine.

"If you're pregnant, you're qualified to come to this class," said Sergeant Gwendo. "Also, if you just had a baby and you want to ease yourself back into the workout program, you can come to this

class."

Sergeant Gwendo said there was a need for a prenatal aerobics class.

"We saw a need for the class because there were a lot of pregnant ladies at Yokota Air Base," Sergeant Gwendo said. "We didn't offer anything specific for pregnant women, so they got me certified to teach the prenatal class."

Sergeant Gwendo went to Yokuska to attend a four-day workshop to become certified. During the course, she learned some routines that would work for pregnant women.

"The class I offer is one fun-filled hour of aerobics and light weights," Sergeant Gwendo said. "We work the arms, the legs and the major muscles."

The class teaches the

importance of working out during pregnancy. Sergeant Gwendo said too many people think they should wait until after they give birth to continue with an exercise program.

"This class enables the female to make sure that when she goes back to work, she hits the ground running," Sergeant Gwendo said. "If you keep working out, it's going to be so much easier to workout after the baby is here." Sergeant Gwendo encourages pregnant women to come to her class.

"It's not hard," Sergeant Gwendo said. "If you start working out throughout your pregnancy, then you start making life-changing goals for yourself. It's a good class to ease your way into working out even though you are pregnant."

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Daily M-F .....8:00 a.m. Saturday .....5:30 p.m. Sunday .....8:30 a.m. &amp; 11:00 a.m.</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p> <b>St. Peter The Aleut Eastern Orthodox Church</b> 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><b>Heritage Baptist</b> Independent Fundamental <b>Meeting at 435 21st St. NW</b> <b>833-1798</b></p> <p>Sunday School .....9:30 a.m. Sunday Worship .....10:45 a.m. Sunday Evening .....6:00 p.m. Wed. Prayer/Bible Study .....7:00 p.m. Wed. Children's Patch Club.....7:00 p.m.</p> <p><b>Pastor Brian Ferree</b></p>	<p><i>Minot Air Force Base Chapel</i> <b>Protestant Services (All Sunday)</b></p> <p> Traditional Service.....10:00 a.m. (North Plains Chapel) Gospel Service .....11:30 a.m. (Northern Lights Chapel) Contemporary Service.....2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p><b>Chapel 723-2456</b></p>	<p><i>Minot Air Force Base Chapel</i> <b>Catholic Services</b></p> <p> <b>Eucharist (Mass)</b> 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><b>Northern Lights Chapel</b> <b>723-2456</b></p>
<p><b>Bible Fellowship</b> 1720 4th Ave. NW • 838-0916 <a href="http://www.minotbiblefellowship.org">www.minotbiblefellowship.org</a></p> <p>Sunday School .....9:45 a.m. Sunday Worship .....10:45 a.m. Sunday Evening Worship .....7:00 p.m. Wed. Evening Family Night.....7:00 p.m. • Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p><b>Pastor Duane Deckert</b> </p>	<p><b>Minot Baptist Church</b></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><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> <b>Harvest Reformed Church</b> 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><b>Morning Service 10:30 a.m.</b> <b>838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b> 430 N. Broadway 839-1064</p> <p>Sunday School .....11:00 a.m. Sunday Worship .....11:00 a.m. Tuesday Lunch Bible Study.....12 Noon Wednesday Youth Classes.....6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p><b>Welcome to the Minot Church of Christ</b> 1315 1st St. NE</p> <p><b>Sunday:</b> Bible Classes.....9:30 a.m. Worship .....5:00 p.m.</p> <p><b>Wednesday:</b> Bible Classes.....7:00 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p><b>First Presbyterian Church</b> 1000 3rd St. NE (Next to Trinity Nursing Home) <b>852-0315</b></p> <p>Sunday Contemporary Worship .....8:30 a.m. Sunday School .....9:30 a.m. Sunday Traditional Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper.....5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation &amp; Nursery Available</p> <p><a href="http://www.minotpc.org">www.minotpc.org</a> <i>Visitors Welcome</i></p>	<p><b>Apostolic Faith Church, UPCI</b> 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Sunday School .....2:00 p.m. Sunday Worship .....3:30 p.m. Wednesday Bible Study .....7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>Minot First Church of The Nazarene</b> 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee &amp; Conversation .....9:00-9:30 a.m. Sunday School .....9:30 a.m. Morning Worship .....10:45 a.m. Evening Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p><b>Senior Pastor Francis Warren</b></p>	<p> <b>First Lutheran Church - ELCA</b> 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper .....5:00 pm WOW (Worship on Wednesday) .....5:45 pm Wednesday School &amp; Confirmation ..6:20 pm Saturday Worship .....5:30 pm Sunday Worship .....8:45 &amp; 10:45 am Sunday School &amp; Adult Forum .....9:45 am.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael &amp; Kari Pancoast <a href="http://www.firstlutheranchurchminot.com">www.firstlutheranchurchminot.com</a></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship .....8:30 a.m. &amp; 11 a.m. Sunday School &amp; Bible Class.....9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st &amp; 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p><b>2209 4th Ave. NW • 839-4663</b> Carlyle Roth, Pastor</p>
<p><b>Bethany Lutheran</b> 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship .....7:00 p.m. Sunday Worship .....8:15 a.m. &amp; 10:45 a.m. Fellowship.....9:15 a.m. Adult Forum .....9:30 a.m. Sunday School .....9:30 a.m.</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p> <b>North Hill Baptist Church SBC</b> 524 21st Ave. NW • 839-7283</p> <p>Bible Reaching &amp; Teaching.....9:30 a.m. Morning Worship .....11:00 a.m. Bible Study .....5:30 p.m.</p> <p><b>Pastor Dan Andrus</b></p>	<p><b>St. John the Apostle Catholic Church</b> 2600 West Central Ave. Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday .....7:00 p.m. Wednesday - Friday .....9:00 a.m. Saturday .....5:00 p.m. Sunday .....8:00 and 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>All Saints' Episcopal Church</b> (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship .....10:00 a.m. Wednesday Worship .....5:15 p.m.</p> <p><a href="http://www.allsaintsminot.org">www.allsaintsminot.org</a></p>	<p><b>Our Redeemer's Church</b> <i>A Church with a Christian School</i> 700 16th Ave SE</p> <p><b>Sundays</b> Worship Services.....8:30 a.m. &amp; 10:45 a.m. Radio Broadcast KHRT 1320 AM .....11 a.m. Children's programs .....9:45 a.m. Youth &amp; Adult Bible Classes .....10 a.m. Interpreter services for the deaf.....10:45 a.m.</p> <p><b>Wednesdays</b> Supper.....5:40 p.m. Bible Classes for all ages .....6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>
<p><b>Augustana Lutheran Church</b> 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship .....8:00 &amp; 10:30 a.m. Sunday School, Confirmation, Adult Forum &amp; Choir Rehearsal.....9:00 a.m.</p> <p><b>Pastor Michon Weingarther</b> Home of Campus Pastor Kerri Williamson</p>	<p> <b>Faith United Methodist Church</b> 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <i>Nursery Available</i></p> <p><b>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food &amp; Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. &amp; Wed. 2 - 4 p.m.</b> <b>Rev. Debra Ball-Kilbourne</b></p>	<p> <b>Cross Roads Baptist</b></p> <p>Sunday School (all ages).....9:45 a.m. Sunday Worship .....11:00 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ..6:30 p.m.</p> <p><a href="http://www.angellinet.net/crossroads">www.angellinet.net/crossroads</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a> 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p> <b>West Minot Church of God</b> "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School .....9:30 a.m. Sunday Worship .....10:30 a.m. Children's Church .....10:30 a.m. Wednesday Family Training Hour .....6:30 p.m. Wednesday Kids on the Rock .....6:30 p.m. Youth Center, Friday .....7:00 - 11:00 p.m. ABC Child Care &amp; Pre-School Center 852-6352</p>	<p> <b>Bethel Free Lutheran AFLC</b> <i>"Building Followers of Jesus Christ"</i></p> <p>Sunday School .....9:30 a.m. Worship Service .....10:30 a.m. Adult Study/WINGS/Youth Wednesday .....6:30-8:30 p.m.</p> <p><b>530 22nd Ave NW (4 Blocks W of Airport)</b> 852-6492 <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p> <b>River of Life Church</b> 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><b>Joe VanEst, Pastor • 858-7777</b></p>	<p> <b>First Baptist Church</b> 220-3rd St. S.W. 852-4533 <a href="http://www.firstbaptist-minot.org">www.firstbaptist-minot.org</a></p> <p>Summer Worship Schedule: Classic Worship.....8:30 a.m. Adult Sunday School .....9:45 a.m. Contemporary Worship Service.....9:50 a.m. Sunday School (All Ages) .....11:00 a.m. Contemporary Worship Service.....11:05 a.m. Wed. AWANA Clubs (Sept. - May).....6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship &amp; Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p><b>Your ad could be here!</b> <b>Call (701) 839-0946</b> <b>or email</b> <b>nsads@srt.com!</b></p>	<p><b>BEREAN BAPTIST CHURCH</b> Independent KJV</p> <p>Sunday School .....9:45 a.m. Worship .....11:00 a.m. Sunday Evening .....6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p>Pastor Joe Minnerup <a href="http://www.bereanbaptistminot.com">www.bereanbaptistminot.com</a> 601 1st Ave SE • Minot 833-9811</p>	<p><b>First Assembly of God</b> 1805 2nd St. SE 838-1111</p> <p>Morning Worship .....8:30 a.m. Sunday School .....10:00 a.m. Morning Worship .....11:00 a.m. Evening Worship .....6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p> <b>Trinity Church</b> <i>An Evangelical Free Church</i> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p><b>September - May</b> Sunday School .....9 a.m. Worship .....10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Immanuel Baptist Church</b> 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School .....9:15 a.m. Sunday Worship .....10:30 a.m.</p> <p>Wednesdays Soup Kitchen .....11:30 a.m. - 12:30 p.m. Family Supper .....5:45 p.m. Classes for all ages .....6:30 p.m. Adult Choir Rehearsal .....8:10 p.m.</p> <p><b>Pastor Allen Lively</b> Sarah Dvirnak, Youth Director</p>	<p><b>Grace Evangelical Lutheran Church</b> <i>Wisconsin Synod</i></p> <p> <b>WELS</b> Christ's Love, Our Calling.</p> <p>1615 2nd St SE • Minot • 838-4280</p> <p>Services 1st and 3rd Sunday at 2 p.m. <b>Rev. Carl A. Lindemann</b></p>	<p> <b>Zion Lutheran ELCA</b> 1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship .....5:00 p.m. Sunday Worship .....8:30 a.m. &amp; 11:00 a.m.</p> <p><b>John Streccius, Pastor</b> <b>Nathan Mugaas, Pastor</b></p>	<p> <b>Vincent United Methodist Church</b> 1024 2nd St. SE • 838-4425 <i>Behind Town &amp; Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Service .....5:00 p.m. Sunday Worship .....8:30 a.m. &amp; 11 a.m. Sunday School .....9:30 a.m. Coffee Fellowship .....10:30 a.m.</p> <p><b>Gary L. Ball-Kilbourne</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>

**Friday Evening December 3, 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	A Walk in My Shoes				Dateline NBC		Local	Tonight Show w/Leno	Late	
KNDX/FOX	House		The Good Guys		Local					
<b>Cable Channels</b>										
AMC	Independence Day			The Walking Dead		Predator				
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360		Larry King Live			
DISC	Swamp Loggers		Swamp Loggers		Gold Rush: Alaska		Swamp Loggers		Swamp Loggers	
DISN	Deck	Phineas	Take Two	Kings	Shake it	Sonny	Hannah Montana	Deck	Phineas	
ESPN	NBA Basketball				NBA Basketball					
FAM	Polar	The Polar Express				The 700 Club		My Wife	My Wife	
FX	The Marine		XXX: Union		Sons of Anarchy					
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Reba	Reba
NICK	SpongeBob	Carly	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	1,000 Ways to Die		Ways Die	Ways Die	Ways Die	Entourage	Entourage			
TBS	Fam. Guy	Fam. Guy	The House Bunny		Office		Office	Glory Daze		
TNT	Forbidden King			Forbidden King		Swordfish				
USA	Sex and the City				Enchanted					
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk	
<b>Premium Channels</b>										
HBO	REAL Sports Gumbel		Avatar							
MAX	Enough				The Hangover					
SHOW	We Were S				Inglourious Basterds		Boxing		In NFL	

**Tuesday Evening December 7, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Charlie Brown		No Ordinary Family		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	Minute to Win It		The Biggest Loser				Local	Tonight Show w/Leno	Late	
KNDX/FOX	Glee		Raising	Wide	Local					
<b>Cable Channels</b>										
AMC	Nanny McPhee		Nanny McPhee		October Sky					
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360		Larry King Live			
DISC	Dirty Jobs		Dirty Jobs		Auction		Auction	Dirty Jobs	Dirty Jobs	
DISN	T. Burton's Nightmare		Deck		Hannah	Hannah	Wizards	Wizards	Hannah	Hannah
ESPN	College Basketball		College Basketball		SportsCenter					
FAM	Frosty's	Home Alone 2				The 700 Club		My Wife	My Wife	
FX	Babylon A.D.		Babylon A.D.		Terriers					
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	Ways Die	Ways Die	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Glory Daze		Conan		Lopez Tonight	
TNT	Bones		10,000 B.C.		Southland		CSI: NY		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	
<b>Premium Channels</b>										
HBO	Treatment	Treatment	Treatment	Treatment	Wartorn 1861-2010		Boardwalk Empire		Katie	
MAX	WarGames				Jennifer's Body					
SHOW	Valkyrie		Dexter		Punisher: War Zone					

**Saturday Evening December 4, 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	Evan Almighty				48 Hours Mystery		Local			
KMOT/NBC	Chase		Law-Order L.A.		Law & Order: SVU		Local	Saturday Night Live		
KNDX/FOX	Cops	Cops	Amer. Most Wanted		Local		Fringe	Wilde	Local	
<b>Cable Channels</b>										
AMC	Independence Day				Independence Day					
CNN	Losing Lennon		Larry King Live		Newsroom		Losing Lennon		Larry King Live	
DISC	MythBusters		MythBusters		MythBusters		MythBusters		MythBusters	
DISN	Sonny	Deck	Hannah	Phineas	Take Two	Good Luck	Good Luck	Sonny	Deck	
ESPN	College Football				SportsCenter		Football Final			
FAM	Harry Potter				T. Burton's Nightmare		Prince			
FX	Eagle Eye	Two Men	Two Men	Two Men	Two Men	League	League	League	League	
LIFE	The Christmas Shoes		Unanswered Prayers		The Fairy Jobmother		Wife Swap			
NICK	Big Time Rush	School Gyrls	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	The Ultimate Fighter		The Ultimate Fighter		MANswers		Ultimate			
TBS	The House Bunny		Mean Girls		Legally Blonde					
TNT	Troy				The Fugitive					
USA	Sex and the City				I Now Pronounce You					
WGN	NBA Basketball		News/Nine		How I Met	How I Met	South Pk	South Pk		
<b>Premium Channels</b>										
HBO	Sherlock Holmes		Boardwalk Empire		Sherlock Holmes					
MAX	Spider-Man 2		The Wolfman							
SHOW	Knowing		Strikeforce						Dexter	

**Wednesday Evening December 8, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Middle	Better	Family	Cougar	The Whole Truth		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Survivor: Nicaragua		Criminal Minds		The Defenders		Local	Late Show Letterman	Late	
KMOT/NBC	The Sing-Off		Law & Order: SVU		Local	Tonight Show w/Leno		Late		
KNDX/FOX	Human Target		Hell's Kitchen		Local					
<b>Cable Channels</b>										
AMC	Road House				Cliffhanger		RoadHouse			
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360		Larry King Live			
DISC	MythBusters		MythBusters		Storm Chasers		MythBusters		MythBusters	
DISN	The Polar Express		Hannah		Hannah	Wizards	Wizards	Hannah	Hannah	
ESPN	NBA Basketball		College Basketball		SportsCenter					
FAM	Home 2	Miracle-34 St.				The 700 Club		My Wife	My Wife	
FX	Horton Hears		Are We There Yet?		Zoolander					
LIFE	Reba	Reba	Traveling Pants 2		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	Ways Die	Ways Die	Ways Die	MANswers	BlueMount	MANswers	MANswers	MANswers
TBS	Payne	Payne	Browns	Browns	Browns	Browns	Conan	Lopez Tonight		
TNT	Bones		Bones		Bones		CSI: NY		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	
<b>Premium Channels</b>										
HBO	Leap Year		Boardwalk Empire		Treatment	Treatment	Treatment	Treatment		
MAX	Ghosts		Anaconda		The Wolfman					
SHOW	We Were Soldiers		Inside the NFL		Epps, Rated		Inside the NFL		Extreme Movie	

**Sunday Evening December 5, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Extreme Makeover		Desperate Housewives		Brothers & Sisters		Local			
KXMC/CBS	The Amazing Race 17		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	Football	NFL Football			Local		Dateline NBC			
KNDX/FOX	Simpsons	The Cleveland Show	Amer. Dad	Local						
<b>Cable Channels</b>										
AMC	The Walking Dead		The Walking Dead		The Walking Dead		The Walking Dead		Breaking Bad	
CNN	Losing Lennon		Larry King Live		Newsroom		Losing Lennon		Larry King Live	
DISC	MythBusters		MythBusters		MythBusters		MythBusters		MythBusters	
DISN	Hannah	Shake it	Sonny	Wizards	Hannah	Hannah	Hannah	Hannah	Hannah	
ESPN	SportsCtr	Countdown	Bowl Selection		SportsCenter		SportsCtr			
FAM	Harry Potter		Harry Potter-Phoenix		J. Osteen		Ed Young			
FX	Run Down		Tropic Thunder		Sons of Anarchy		Run Down			
LIFE	Holiday Switch		Unanswered Prayers		Holiday Switch					
NICK	My Wife	My Wife	News	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	CSI: Crime Scene		The Perfect Storm		The Nanny		The Nanny		The Nanny	
TBS	The House Bunny		The House Bunny		Along Came Polly					
TNT	Pearl Harbor				Saving Private Ryan					
USA	Sex and the City				The Game Plan					
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk	Monk		
<b>Premium Channels</b>										
HBO	Sherlock Holmes		Boardwalk Empire		Big Love		Boardwalk Empire		Leap Year	
MAX	Wolverine		The Wolfman		Yes Man					
SHOW	Dexter		Dexter		Californ.		Californ.		Dexter	

**Thursday Evening December 9, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Shrek	Landing	Walters-Oprah		Fascinating People		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	The Office		The Apprentice		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Bones		Fringe		Local					
<b>Cable Channels</b>										
AMC	Scrooged				Scrooged		Tremors			
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360		Larry King Live			
DISC	Auction	Oddities	Auction	Oddities	Auction	Auction	Oddities	Auction	Oddities	
DISN	Shake it	High School 2			Hannah	Wizards	Wizards	Hannah	Hannah	
ESPN	College Foot. Awards	College Basketball		SportsCenter		NFL Live				
FAM	Santa Claus, Town	Year Without a Santa		Miser Brothers		The 700 Club		My Wife	My Wife	
FX	Two Men	Two Men	Two Men	Two Men	Sunny	League	League	Sunny	League	League
LIFE	Reba	Reba	Unanswered Prayers		The Fairy Jobmother		Frasier	Frasier		
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Gangland		TNA Wrestling		TNA ReACTION		MANswers		Son Beach	
TBS	Meet the Parents		Fam. Guy		Fam. Guy	Conan	Lopez Tonight			
TNT	NBA Basketball				NBA Basketball					
USA	Indiana Jones		Burn Notice		White Collar		Psych			
WGN	WWE Superstars	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	WWE Superstars			
<b>Premium Channels</b>										
HBO	Mr. Fox	Transformers		Taxicab Confessions		Public Speaking				
MAX	Valentine	Mr. Deeds		Fighting						
SHOW	Push		Dexter		Next Stop		Single		Sex and Breakfast	

**Monday Evening December 6, 2010**

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Skating With the Stars		Family		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	The Sing-Off		Chase		Local		Tonight Show w/Leno		Late	
KNDX/FOX	Country Awards		Local							
<b>Cable Channels</b>										
AMC	Mrs. Doubtfire				You've Got Mail					
CNN	Parker Spitzer		Larry King Live		Anderson Cooper 360		Larry King Live			
DISC	Behind Bars		Get Out Alive		Brew Masters		Behind Bars		Get Out Alive	
DISN	16 Wishes		Sonny		Hannah	Hannah	Wizards	Hannah	Hannah	
ESPN	Countdown		NFL Football		SportsCenter					
FAM	Rudolph t	Willy Wonka				The 700 Club		My Wife	My Wife	
FX	Superbad				The One					
LIFE	Kate & Leopold		Sundays at Tiffany's		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	Jail	Jail	Jail	Jail	Jail	Jail	Jail	Jail	Jail	
TBS	Office	Office	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Conan	Lopez Tonight		
TNT	Rizzoli & Isles		The Closer		Men of a Certain Age		The Closer		Men of a Certain Age	
USA	NCIS									

# crossword puzzle

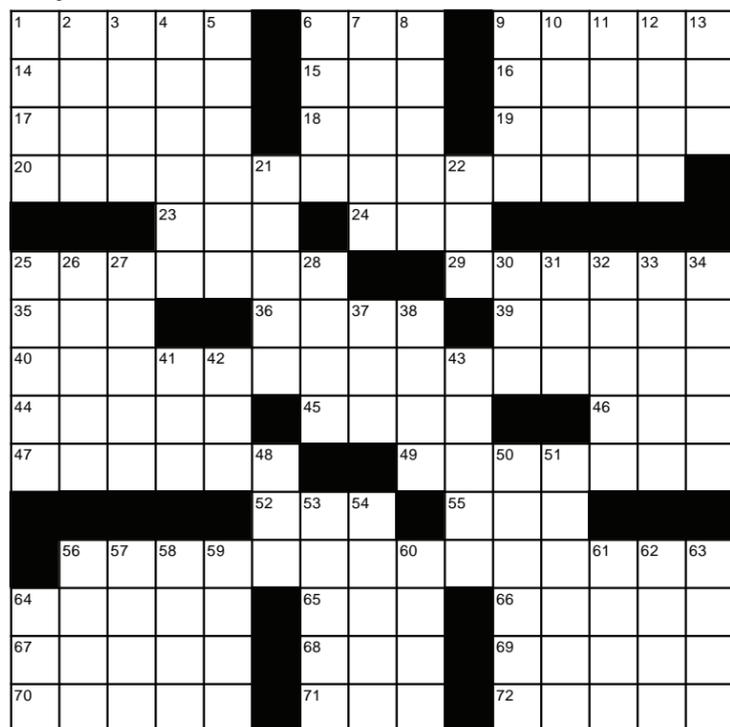
**ACROSS**

1. Disney dog
6. Faux \_\_\_
9. Bel \_\_\_ cheese
14. Mongol invader
15. Little League official
16. How actors enter
17. Crumble, as support
18. Francis Drake title
19. Not listed above
20. "California Dreamin'" group member
23. Hr. part
24. Poseidon's realm
25. Takes into custody
29. Wine expert's sense
35. "Told you so!"
36. Decorative pitcher
39. Ancient Greek physician
40. Jean Arp spearheaded it
44. Gave a glowing review
45. Accessory for Miles Davis
46. "\_\_\_ it or lose it"
47. Followed orders
49. Chipmunk or squirrel, to a backwoodsman
52. UN charter member
55. Word before -Cat or -cone
56. "Iris" band
64. Loud, as the surf
65. Weisshorn or Matterhorn
66. Bonehead
67. \_\_\_ Castle (Havana landmark)
68. November honoree
69. Feat of genetic engineering
70. Comic actor Arnold
71. Sci-fi visitors
72. Religious principle

**DOWN**

1. Watch part
2. Irene of "Fame"
3. Positron's place
4. Title for Tussaud
5. Concise summary
6. Kisser
7. Out of whack
8. Mall binge
9. "The Hustler" game
10. "No" voter
11. Cave ricochet
12. Tallow source

**Baby Talk**



13. Without end, poetically
21. Chipped in
22. Drink from the dog dish
25. Nolan Ryan, for many years
26. Post-op regimen
27. "The Canterbury Tales" pilgrim
28. Used a scissors kick
30. Stone or Iron
31. Hasty escape
32. Unalaska resident
33. Knotted up
34. Maze word
37. Cassowary cousin
38. Cadet's org.
41. "L.A. Law" actress Susan
42. Sidewalk-stand
43. Left-hand page
48. Batman and Robin, e.g.
50. Accuse of wrongdoing
51. "\_\_\_-oo!"
53. Dry Italian wine
54. Shoelace tip
56. Pull a sulky, perhaps
57. Bar Mitzvah dance
58. Pull down
59. Privateer's potion
60. \_\_\_ out (withdraws)
61. Liger's father, or tiglon's mother
62. Situated by itself
63. Leave in, after all
64. Early hrs.



Solution to puzzle from November 26.

# movies

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

**Jackass 3-D** (Presented in 2-D format)  
Friday, December 3, at 7 p.m.

(Johnny Knoxville, Steve-O)

Johnny Knoxville and company return for the third installment of their TV show spin-off, where dangerous stunts and explicit displays rule.

Rated R (male nudity, extremely crude and dangerous stunts throughout and for language)  
94 min

**Red**

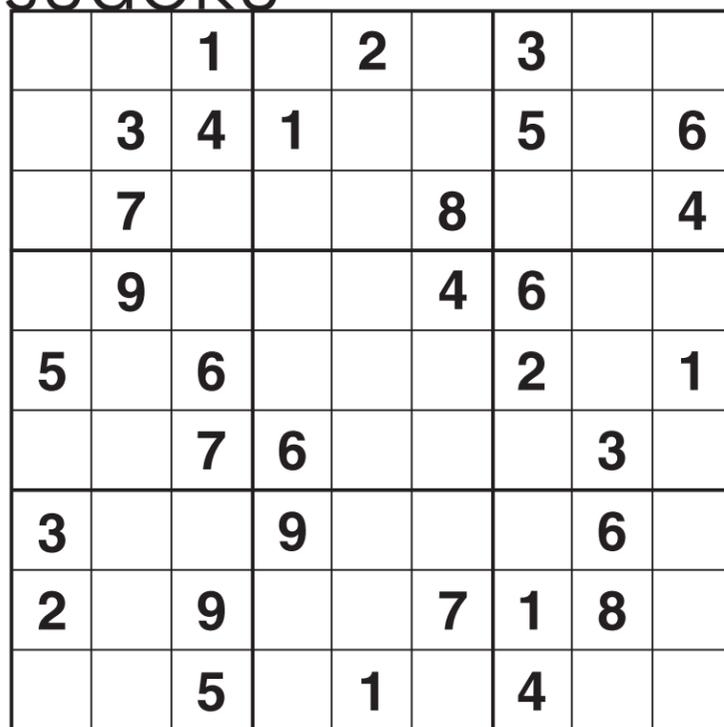
Saturday, December 4, at 7 p.m.

(Bruce Willis, Morgan Freeman)

Frank, Joe, Marvin and Victoria used to be the CIA's top agents but the secrets they know just made them the Agency's top targets. Now framed for assassination, they must use all of their collective cunning, experience and teamwork to stay one step ahead of their deadly pursuers and stay alive. To stop the operation, the team embarks on an impossible, cross-country mission to break into the top-secret CIA headquarters, where they will uncover one of the biggest conspiracies and cover-ups in government history.

Rated PG-13 (intense sequences of action violence and brief strong language)  
105 min

# sudoku



Solution to puzzle on page 21.



# JUST ANNOUNCED!

CHEVY'S GIVING MORE THIS HOLIDAY SEASON WITH THESE GREAT OFFERS!



2010 CHEVY MALIBU

2010 CHEVY TRAVERSE

2010 CHEVY SILVERADO 1500 CREW

**0%** APR FINANCING - PLUS - **\$1,500** HOLIDAY ALLOWANCE<sup>1</sup> - PLUS - **NO MONTHLY PAYMENTS<sup>2</sup> UNTIL SPRING 2011**

## PRE-OWNED SPECIALS

03 Mazda 6.....#5357810....	<b>\$6,902</b>
06 Saturn Ion.....#6323410....	<b>\$7,952</b>
04 Cadillac DeVille.....#5387220....	<b>\$8,975</b>
07 Pontiac G6 GT.....#6324713....	<b>\$11,967</b>
07 Honda Accord EXL.....#5392811....	<b>\$12,964</b>
05 GMC Envoy SLE.....#5403021....	<b>\$12,967</b>
05 Toyota Camry XLE.....#6306410....	<b>\$12,970</b>
09 Chevy Impala LS.....#5404011....	<b>\$13,940</b>
08 Chevy Uplander LS.....#6300610....	<b>\$14,928</b>
06 Nissan Frontier Crew.....#6305710....	<b>\$16,207</b>
10 Ford Fusion SE.....#5397111....	<b>\$16,924</b>
09 Kia Sportage.....#5404811....	<b>\$17,817</b>
05 Ford F-250 SD SuperCab.....#6301010....	<b>\$19,903</b>
06 Silverado 1500 Crew Z71.....#5378710....	<b>\$21,957</b>
10 Chevy Camaro 2LT.....#6306010....	<b>\$25,465</b>
08 Silverado 2500HD Crew.....#5312010....	<b>\$31,929</b>
09 Jeep Wrangler Rubicon.....#5400711....	<b>\$32,609</b>
10 GMC Acadia SLT-1.....#5407911....	<b>\$32,813</b>
09 Ram 2500 Quad Cab.....#6320011....	<b>\$33,447</b>
08 Chevy Suvurban LTZ.....#5394711....	<b>\$36,961</b>

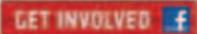
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