

# northern sentry

FRIDAY, FEBRUARY 4, 2011 | VOL. 50 • ISSUE 6 | MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM

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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 Logistics Readiness Squadron

Staff Sgt. Kristi Tessen  
Airman 1st Class Michael Degroat

### 5th Maintenance Squadron

Staff Sgt. Daniel Dallas

### 5th Civil Engineer Squadron

Master Sgt. James Long

### 5th Munitions Squadron

Staff Sgt. Aaron Davey

### 5th Operations Support Squadron

Capt. Cody Moore

### 69th Bomb Squadron

Capt. Mark Pindar  
Capt. Ben Luther  
Capt. John Stephens  
Capt. Dustin Bennett



(Courtesy photo)

Brandyn and Caitlyne Hulett, children of Staff Sgt. Justin Hulett, 5th Logistics Readiness Squadron fuels distribution supervisor, participate in a fishing game during the Winter Carnival at the youth center here Jan. 28. Events like this are provided for Airmen and their families to maintain the well-being of military families.

## Supporting the well-being of military families

by Airman 1st Class  
Jose L. Hernandez

Minot Air Force Base Public Affairs

Whether Air Force Global Strike Command and Team Minot Airmen and families live on or off base, Minot can be an entirely new experience for them.

The environment can be cold, the winters are long and it's surroundings are much different than those of big cities with glamorous skyscrapers.

Nonetheless, establishing a coordinated and comprehensive approach to supporting and maintaining the well-being of military families has always been a top priority for base leadership.

With the Obama Administration now pushing forward with proposals to provide our military families with better support, Minot AFB prides itself in maintaining its own set of initiatives that have worked towards meeting this same goal.

Master Sgt. Carisa Smith, 5th

Force Support Squadron personal and family readiness NCO, said the Airmen and Family Readiness Center is one of many organizations here committed to making sure the needs of servicemembers and their families are met.

"If a family is seeking out information or help with anything, we're always a good starting point," said Sergeant Smith. "We'll either provide or get them in touch with the respective resources available."

Master Sgt. Markus Nehlsen, 5th FSS AFRC NCOIC, said supplying adequate information to newly arriving Airmen and their families from the very beginning is key to ensuring base personnel become familiar with the resources available to them.

"From the start, we make sure unit sponsors receive adequate training online and that they are provided with the proper guidance on supplying quality information," said Sergeant Nehlsen.

Sergeant Smith pointed out the

various organizations spouses and their families can join on arrival here.

"Spouses can join the Minot Enlisted Spouses Club or the Minot Officer's Spouses Club depending on their wife or husband's rank," said Sergeant Smith. "These clubs are a network of spouses who come together and do different activities."

She explained they hold fundraisers, auctions, run the Airman's Attic and often contribute to the center. She added the MOSC also offers scholarships to help provide financial aid to students.

"The various activities are generally designed to bring together spouses and help them build good relationships among one another," said Sergeant Smith.

Sergeant Smith also underlined the support children receive on base, mentioning the Minot Youth Center as excellent place for kids to engage

see **SUPPORTING FAMILIES** on page 3

# Military Saves Campaign to kick off

by Cheryl Vedvig  
Airman and Family  
Readiness Center

The average American family has an average of \$8,000 in credit card debt. It's hard to imagine the financial stress that Air Force Global Strike Command Airmen might go through trying to manage their debt while staying focused on the mission.

Military Saves is a financial readiness campaign dedicated to encourage military servicemembers and their families to reduce debt and save money. This year's slogan, "Start Small, Think Big," instills the idea that saving just a little money over time can significantly benefit families in the long term.

Although the Department of Defense will observe Military Saves Week from Feb. 20-27, the Airman and Family Readiness Center, along with other base and community partners, will provide a variety of financial events throughout the month of February.

Each squadron will have the opportunity to invite community readiness consultants from the AFRC to provide short, fun and interactive les-



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

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sons that promote saving, establishing, repairing and maintaining good credit. Other lessons include enrolling in the Servicemembers' Group Life Insurance plan, the Thrift Savings Plan and other investment vehicles to help bring about financial success. The Minot AFRC's Facebook page has more information on a variety of Military Saves

events. Viewers can download the Military Saves newsletter and be inspired by a daily financial quote each day in February.

If interested in taking the "Military Saves Pledge", visit [www.militarysaves.org](http://www.militarysaves.org). By taking a pledge, one is making a commitment to exercise good financial habits and encourage other Americans to do the same.

Military Saves Week Events:

Now through Feb. 28: Confessions of Spending and Saving Habits: Submit a photo or video on the Minot AFRC Facebook page.

- Feb. 1 - 28: Take the Pledge: Go to [www.militarysaves.org](http://www.militarysaves.org).

- Feb. 22 - 25: Plastic Surgery: Shred credit cards at AFRC.

- Feb. 22: Credit Management Workshop: 5 - 6:30 p.m.

- Feb. 23: What's your Money

Habitude: 7:30 a.m. - 3:30 p.m.

- Feb. 24: Build Wealth with the Thrift Savings Plan: 12 - 1:30 p.m.

- Feb. 25: Introduction to Saving and Investing: 12 - 1 p.m.

- Feb. 25: Financially Fit Information Fair at McAdoo Sports and Fitness Center: 7 - 11 a.m.

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## Airmen enjoy appreciation meal

(U.S. Air Force photos/Airman 1st Class Jose L. Hernandez)

Master Sgt. Jeimmy Bermudez, 5th Force Support Squadron food section chief, referees a sumo wrestling match between Airman 1st Class Aaron Rokow, 5th Comptroller Squadron customer service travel pay technician (left) and Airman 1st Class David Shuler, 5th Logistics Readiness Squadron vehicle operator (right) during the quarterly Airmen Appreciation Meal held at the Dakota Inn here Jan. 27. The Outdoor Recreation office provided sumo wrestling gear for the enjoyment of Airmen in attendance, as part of entertainment for that night.



Lt. Col. Donnie Holloway, 742nd Missile Squadron commander, serves a dinner plate to Airman 1st Class Joseph Metzger, 5th Security Forces Squadron security forces team member during the quarterly Airmen Appreciation Meal held at the Dakota Inn here Jan. 27.

## SUPPORTING FAMILIES from page 1

in activities on a day-to-day basis. The YC here is recognized as the largest youth facility in the Air Force. "The YC offers great programs for children," explained Sergeant Smith. "They hold different activities each month, and sometimes take field trips to different places, which helps keep them motivated."

In addition, the YC offers students a variety of physical activities and games to engage in, various sports programs, as well as tutoring in a wide range of subjects among other things.

Sergeant Smith also explained the importance of reaching out to a child and

behavioral youth family life consultant if families ever feel the need to seek advice regarding any family issue concerning their child.

"These consultants are available at the child development center and the YC," Sergeant Smith explained. "They provide parents with counseling and guidance free of charge." Sergeant Smith said she understood the value in providing services to those stationed here and has constantly worked hard to provide them with support they deserve.

Whether it's offering resume workshops, educational benefit briefings, employment

opportunities for family members or informing spouses of deployed servicemembers about some of the benefits they're entitled to, Sergeant Smith has proven her work in advocating for families on base. "We are constantly trying to let those on base know about the services we have to offer," said Sergeant Smith. "It's truly essential people on base seek out the resources available to them and find out what Minot AFB has to offer."

For more information on services provided to servicemembers and their families, contact the AFRC at 723-3950.

# January Articles 15

## Minot Air Force Base Staff Judge Advocate

Nonjudicial punishment, also known as an Article 15 punishment, provides commanders with an essential and prompt means of maintaining good order and discipline and promotes positive behavior changes in service members without the stigma of a court-martial conviction. Punishment is determined on a case by case basis.

1. An Airman First Class from the 5th Aircraft Maintenance Squadron received a reduction in rank to Airman and a reprimand for violating Article 112a, use of marijuana.

2. An Airman First Class from the 5th Aircraft Maintenance Squadron received a reduction in rank to Airman and a reprimand for violating Article 112a, use of marijuana.

3. A Senior Airman from the 5th Communications Squadron received a suspended reduction in rank to Airman First Class, forfeiture of \$140.00 pay and a reprimand for violating Article 107, false official statement.

4. A Staff Sergeant from the 5th Security Forces Squadron received a reduction in rank to Senior Air-

man and a reprimand for violating Article 92, misuse of a government travel card.

5. An Airman from the 5th Security Forces Squadron received a reduction in rank to Airman Basic and a reprimand for violating Article 86, failure to go.

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

7. A Senior Airman from the 91st Missile Maintenance Squadron received a reduction in rank to Airman First Class and a reprimand for violating Article 92, possession of spice.

8. An Airman First Class from the 91st Missile Maintenance Squadron received a reduction in rank to Airman Basic and a reprimand for violating Article 112a, possession and manufacture of marijuana.

9. An Airman First Class from the 91st Missile Security Forces Squadron received a reduction in rank to Airman Basic, 30 days of restriction, and suspended 15 days of extra duty for violating Article 121, wrongful appropriation, Article 121, larceny and Article 107, false official statement.

## Changes made to pre-deployment medical clearance

by Airmen 1st Class Keith Debose and Marcus Miller  
5th Medical Operations Squadron

Air Force Global Strike Command and Team Minot Airmen will be able to complete their medical clearance for deployment through a new web-based process starting Feb. 1. The new system is a web-based Preventive Health Assessment Individual Medical Readiness program called the Deployment Medical Clearance program. The new system aims to simplify the deployment process by making it as customer-friendly as possible. It will allow the medical group personnel to communicate with unit deployment managers without having to necessarily see the deployer face-to-face.

This new program is expected to cut down the number of visits Airmen make to the clinic as well as give unit deployment managers instant updates on the deployers online. This will greatly reduce the amount of time spent on the phone between various agencies.

The first change, implemented Dec. 1, 2010, was the pre-deployment health assessment, DD Form 2795. This is now electronic and initiates the deployment resiliency assessment. The DRA was implemented to address possible health concerns directly with a medical provider prior to departure. The new system may be accessed at [www.afchips.brooks.af.mil/dmc](http://www.afchips.brooks.af.mil/dmc). For more information please contact the public health office at 723-5408 or 723-5204.

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The official newssource for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil).

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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



Deterrence through performance

Allow me to offer congratulations to the men and women of the 5th Bomb Wing for achieving 50 days without a DUI! Last Friday's minimum manning day was in appreciation for all the wingmen who supported their friends and co-workers in reaching this goal. Let's make it 100 consecutive days next! The fact of the matter is, DUIs take lives - your determination to prevent them as a team makes our community a better place, and it keeps all of us from having to endure the tragedy of a meaningless death or injury.

This achievement proves that nothing is impossible for a committed team that's willing to work together. We should all be proud of it, and we should also take it to heart. Our team will face more challenges in the days and months ahead - the first of which applies to all of Team Minot. Safe, Secure, and Effective nuclear operations every single day and night must be our constant vigil. This past week we sharpened the nuclear sword with

the newly-dubbed "Prairie Guarantee" surety exercise. The events associated with the exercise will prepare our new personnel, and refresh our more experienced folks, to face the demanding environment of nuclear operations.

This Spring will also hold tests

*"Safe, Secure, and Effective nuclear operations every single day and night must be our constant vigil."*

- Col. Douglas Cox

for Team Minot. We are charged to be ready 24/7 for a no-notice nuclear surety inspection. Our vulnerability window opens in March...and we must be rock solid when the inspector general comes. Folks often say "it's not about inspections, but about performance in combat." Well in the nuclear mission, our performance in inspections tells the story of deterrence. Allies and adversaries measure us as we measure ourselves. Team Minot must be ready, and we will be. Study and exercise hard, and live

PRP every day.

On the conventional side too our full-spectrum mettle is being tested and refined. Our 69th Bomb Squadron Nighthawks and their maintenance and logistics professionals are holding the line against totalitarianism in the Pacific. Back at home we are working toward a Conventional Operational Readiness Inspection in May. This is tough; we must be ready for war in all of its varieties. But you are tough.

You've already shown your grit and determination. And you've shown your ability to achieve things that many labeled impossible.

It's such an honor to serve with each and every one of you, and to know that we'll be shouldering the challenges of our mission and calling together, each step of the way. Thanks so much for your tremendous service. If you're underage don't drink, if you're of age don't drink and drive, and never, ever leave your wingman.

**WEATHERFORECAST**

Your Local Weather				
Fri 2/4	Sat 2/5	Sun 2/6	Mon 2/7	Tue 2/8
<b>30/23</b>	<b>27/16</b>	<b>16/0</b>	<b>4/-1</b>	<b>5/0</b>
Morning snow showers, windy. Highs in the low 30s and lows in the low 20s.	Cloudy with occasional flurries.	Snow showers at times. Highs in the mid teens and lows 2 to -2F.	Considerable cloudiness. Highs in the mid single digits and lows 1 to -3F.	Times of sun and clouds. Highs in the mid single digits and lows 2 to -2F.

**OPERATIONSAFERIDE**

Operation SafeRIDE is a voluntary organization ready to provide assistance to Airmen in need of a wingman. Airmen can call **838-2233**.

Volunteers for the week and weekend of Jan. 31 to Feb. 7 and Feb. 3 to Feb. 5 are from the 5th Logistics Readiness Squadron.

**Lives saved through January 31: 81**

Check out  
**Spry & Relish**  
Magazines  
In the  
Northern Sentry

## Safety Corner: Simple rules for a safe adventure

Commentary by Tech. Sgt. Michelle Humann  
5th Bomb Wing Ground Safety

Riding a snowmobile is an exciting recreational sport Air Force Global Strike Command and Team Minot Airmen and Families can enjoy. It's been one of the most popular things to do during winter and it's fun. However, accidents are bound to happen. The main factors proven to contribute to snowmobile mishaps and fatalities are:

- Impaired riding
- Excessive speeds
- Riding on highways/roads
- Riding on ice/unfamiliar terrain
- Riding after dark

When operating a snowmobile, never consume alcoholic beverages or drugs of any kind before riding. These substances can impair judgment and slow reaction times.

Alcohol also causes body temperatures to drop at an accelerated rate, which increases the likelihood of hypothermia.

Many fatal snowmobile mishaps, excessive speed is often a contributing factor. Be sure to slow down, especially if riding on an unknown trail. Ride at a comfortable speed, enough to react appropriately in any

situation. Always remember to drive defensively, especially after sunset.

When riding off base, it's highly recommended to ride only on trails meant for snowmobiles. Stay in the ditches or on marked trails. When crossing a road to get back on trail and watch out for vehicles. Be aware of fences, tree stumps and wire fences that may be concealed by the snow or blend in with the environment.

Try to avoid riding on bodies of water when unsure of the thickness of ice. Especially running water and unpredictable weather as it changes all the time. They may affect the thickness and strength on lakes and ponds.

Riding in the dark can also be a contributing factor to accidents. It can impair vision and if one is riding in an unfamiliar environment; it may be fatal. It's also highly recommended to carry a first aid kit.

In accordance with AFI 31-204 MAFB Supp., a snowmobile may be operated to and from the operating area using the most direct route which includes using the field area or within the right of way of any

street or roadway on Minot AFB. Snowmobiles shall travel in the same direction as motor vehicles traveling immediately adjacent to the right of way. This applies when conditions are such that no damage will be caused to seeded areas.

To operate a snowmobile on Minot AFB owners/operators must meet the following:

- While in operation, headlight and taillight must be illuminated
  - Must have operational brake light.
  - Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.
- The following is a list of required safety equipment for on-road use:
- Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation, The American National Standards Institute or Department of Transportation.
  - Full finger gloves, long sleeve shirt or jacket, long pants, over-the-ankle boots.
  - Operators and passengers will wear brightly colored clothing or re-

fective and/or retro-reflective materials.

- Operators must possess a valid driver's license or permit, carry military identification, maintain current state registration, and vehicle insurance.

- Operators under 16 years of age (YOA), but at least 12 YOA, who do not possess a valid driver's license or permit, will not operate a snowmobile on Minot AFB unless the person has completed a state-sponsored safety training course as prescribed by the Director of the North Dakota State Parks and Recreation Department.

The operator must then carry on their person and exhibit, upon demand to any law enforcement or safety official, the certificate of training. These persons must have adult supervision while operating the off-road vehicle

Snowmobiling is a fun and healthy recreation for people of all ages. Remember to follow the guidelines and requirements and teach these tips to your children to ensure a safe and exciting time while snowmobiling.

## Five superfoods to keep your heart healthy

By Shari Lopatin  
TriWest Healthcare Alliance

You know diet plays an important role in living a heart-healthy life, but do you know which foods can keep your heart pumping stronger, longer?

February is American Heart Month, so we're offering you the top five superfoods for the heart from The American Dietetic Association (ADA) and the "Nutrition Action Health Letter." They'll not only make you feel good, but will protect against heart disease, the top killer of adults in the U.S.

**Beans.** Each tiny bean, according to the ADA, has a powerful combination of protein, fiber, vitamins and minerals. Researchers have found that diets including beans may reduce the risk of heart disease and certain cancers.

**Salmon.** The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Not into fish? Some other options to get

omega-3 fats include walnuts, fresh ground flax seed and canola oil.

**Mushrooms.** Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

**Garlic and onions.** Research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. For the greatest benefit, use the actual vegetable and stay away from onion and garlic powders. You may need to eat one garlic clove daily to make a difference.

**Blueberries.** These fun little berries are bursting with antioxidants. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're loaded with dietary fiber and vitamins A and C.

**Surprise superfood: dark chocolate!**

Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and



blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure. To reap the health

benefits of dark chocolate, make sure the chocolate has at least 70 percent cacao—otherwise, it's just candy.

For more heart-healthy living tips, visit TriWest's Heart Health website at [www.triwest.com/hearthealth](http://www.triwest.com/hearthealth).

## PUBLIC NOTICE

Recently the 5th Munitions Squadron lost one of its Airmen; Steven Crawford. The Summary Court Officer (SCO) is making every attempt to return any and all property to Mrs. Crawford. In order to facilitate this, the SCO is asking anyone with a claim for or against the estate to step forward. The SCO can be reached by phone at 701-723-6742 or by email at [chris.sweeney@minot.af.mil](mailto:chris.sweeney@minot.af.mil).

## Prairie Adventures

by Patricia Stockdill

It smacks like a three-day blizzard.

It's the reality that what lots of North Dakotans treasure – our outdoor and wildlife opportunities – won't be the same, perhaps for a long time to come.

Actually it's a series of blizzards – three consecutive long, hard, and gut-wrenching winters – coupled with increasing long-term habitat loss that's contributing to fewer deer on the landscape.

Fewer pheasants crowing on a spring morning.

Fewer pronghorn speeding across the prairie.

Maybe even fewer grouse watching the world from a buffaloberry patch.

Brace yourselves now, folks, because the odds are pretty darn good hunters will have less deer licenses in 2011.

Odds are also pretty darn good there won't be nearly as many pheasants, especially in what are fringe habitat areas of the state, which is most of North Dakota.

And who knows if and when sage grouse, prairie chicken, and pronghorn seasons will re-open.

Hunters and wildlife enthusiasts have lived the "good ol' days" for at least the past decade and N.D. Game and Fish Department wildlife division chief Randy Kreil recommends people start adjusting their expectations for coming hunting seasons, even though we're just into February. "People need to start preparing themselves for the fact hunting opportunities for deer and pheasants won't be what they've been accustomed to," he said.

The scenario is gloomy, indeed: In the short term, winter continues taking a toll on wildlife. In the immediate future, the increasing loss of grassland acres enrolled in Conservation Reserve Program (CRP) as contracts expire means less nesting cover. While CRP isn't good wintering habitat, it's critical nesting habitat to help rebound populations so animals that survived winter can reproduce.

It's simple math: bad winters plus nesting cover loss equals fewer wildlife, which equals less hunting opportunities. However, there's things North Dakotans can do, even though controlling Mother Nature isn't one of them.

For starters, Kreil said, speak up – loudly – in defense of Farm Bill Conservation Programs, not just CRP but other conservation provisions. "Their voices need to be heard," he said.

Secondly, invest in good winter cover. In North Dakota, that means planting trees. While the Game and Fish Department has Wildlife Management Areas, their ability to provide enough winter cover for the state's wildlife is limited.

And considering the state is in 95 percent private ownership, it's time people become more involved. "Get involved with your local wildlife clubs and conservation organizations like Pheasants Forever," Kreil said: Work with private landowners to improve habitat – nesting and brood cover, and, yes, trees and shrubs for winter cover.

It's a combination of being involved with maintaining strong conservation provisions of every Farm Bill, coupled with private land wildlife enhancements, conservation easements, and public land acquisition opportunities that can make the current bleak picture facing the state's wildlife a short-term problem rather than the stark, long-term reality.

### Quote of the Week:

"Maybe the silver lining in this bad news is people will remember what hunting is supposed to be about. It's not about getting the biggest and the most, it's about spending quality time in the outdoors. We've been very spoiled the last decade with abundant wildlife resource and unfortunately people have lost sight of the true value of hunting."

– N.D. Game and Fish Department wildlife division chief, Randy Kreil

## Another tough winter for wildlife

It may sound like a broken record, but North Dakota's weather in February and March will once again be critical to the health of the state's wildlife populations.

Randy Kreil, North Dakota Game and Fish Department wildlife chief, said wildlife populations have had to struggle with tough conditions through three consecutive winters. "Animals definitely could use a reprieve," he said. "They are not as resilient as they were in the beginning of winter. The longer winter drags on, the greater the impact to wildlife populations and next fall's hunting opportunities."

Record to near-record snowfall has blanketed much of North Dakota each winter since 2008-09. Because of winter mortality, the number of deer licenses in 2010 was significantly reduced by nearly 30,000, and the pronghorn population was too low to sustain a hunting season last fall.

This winter, the Game and Fish Department has received reports of pheasant losses, but the extent is unknown. Kreil said birds seem to be doing okay in some areas, but no doubt have suffered losses in other areas. "What this winter will mean in terms of pheasant hunting opportunities next fall is hard to tell," he added. "For the most part, birds were able to adapt the past two winters under similar conditions. But then again, good nesting habitat in spring allowed them to rebound. However, with the continued loss of Conservation Reserve Program acres, their ability to rebound could be impaired."

Reports of dying or dead deer are not uncommon in tough winters, and this holds true this winter as well. Mostly fawns and older deer are affected by the cold and wind. In addition, heavy snow cover prevents deer from accessing their usual food sources, which can result in deer dying because of grain

overload – a result of deer switching their natural diet to a diet comprised of mostly corn and/or other grains.

Because deer often gather near farms and ranches in winter, department personnel are working with approximately 200 livestock producers to protect stored feed supplies. This number is similar to last year at this time, but is still far below the winter of 1996-97 when Game and Fish staff worked with more than 1,000 different producers on deer depredation issues.

No wildlife species has suffered the harsh realities of winter more so than pronghorn, as the population has declined by more than 50 percent since 2008. Kreil said there is little doubt pronghorn are in a vulnerable state due to deep snow, and in some cases have limited movement because herds are prevented from moving to areas with less snow.

While this winter so far has been tough on wildlife, Kreil said the next several weeks are critical. "Animals have been stressed for a couple months now, and they don't have the energy they had in early winter," Kreil said. "A mild February and March is much needed, and if we get a break we will see the benefits next fall. If not, then hunters will need to adjust their expectations in 2011."

Midwinter waterfowl

survey completed

The North Dakota Game and Fish Department's annual midwinter waterfowl survey revealed an estimated 7,300 Canada geese wintering on the Missouri River in early January.

Game management section leader Mike Johnson said numerous snowstorms in December with below zero temperatures pushed most waterfowl out of the state. "Late fall was generally warm and mild through Thanksgiving, but December's weather pushed a lot of geese through the area," he said.

Johnson said it's likely this year's count is underestimated because of poor lighting conditions during the morning of the survey, and the tight flocking behavior of roosting geese.

Last year, 25,400 geese were staging on the Missouri River in North Dakota during the midwinter survey. In 2009, only 9,700 geese were counted. Between 2005 and 2008, a new record high was established every year, reaching 175,000 geese in 2008. Record numbers in the mid-to-late 2000s coincided with years of unseasonably mild winter weather.

From 1998 to 2004, the number of Canada geese on the river during the midwinter survey was between 2,000 and 89,000. Prior to 1998, the count was rarely more than 10,000.

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# crossword puzzle

**ACROSS**

1. Treasure hunter's aid
4. Go out of business
9. Send, as payment
14. From \_\_\_ Z
15. TV's Uncle Miltie
16. Pennsylvania sect
17. Leader's fountain treat?
19. Dessert that "there's always room for"
20. Astronaut Shepard
21. Tarzan portrayer Ely
22. Trading post transaction
23. Drive or chip
25. "Misery" Oscar winner Bates
27. NO \_\_\_ TRAFFIC
29. Kerouac's "Big \_\_\_"
30. Neighbor of Mex.
33. \_\_\_ primavera
36. Soft-drink flavoring
39. Green-card holder
40. Holiday preceder
41. Sans cream
42. Sharecropper's employer
44. Takes to the cleaners, so to speak
45. Snaky shape
46. Lawyer's take
47. Math course
49. Whacks sharply
51. Where telecommuters work
55. Congregation leader
58. Wee bit
60. "I'll get around \_\_\_!"
61. Sacrifice site
62. Leader's clarinetist?
64. Nor'easter or nor'wester
65. Toga sporter
66. JFK sked info
67. Gets likkered up
68. Bit of witchcraft
69. Comic Aykroyd

**DOWN**

1. \_\_\_ boy (overly dependent fellow)
2. Not quite erect

**Take Me to Your Leader**

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15					16				
17			18					19				
20				21			22					
23			24		25	26						
			27		28	29			30	31	32	
33	34	35			36	37			38			
39					40			41				
42				43				44				
45			46			47	48					
			49			50	51			52	53	54
55	56	57				58	59		60			
61					62				63			
64					65					66		
67					68						69	

3. Like Peary's expeditions
4. "60 Minutes" network
5. MacNeil's longtime partner
6. Cookie often eaten inside-out
7. Move towards one's prey, perhaps
8. "A mouse!"
9. Leader's toon?
10. Abrasive cloth
11. Comic Kamen
12. Maroon's home
13. Hammer-wielding god
18. Like macramé
22. AC capacity units
24. Leader's unforeseen problem?
26. State confidently
28. Collection of on-line discussion groups
30. \_\_\_ Mountains (Europe/Asia divider)
31. Potatoes purchase
32. Puts a question to
33. Hardly ruddy
34. "Oh, woe!"
35. Confessor's revelations
37. "\_\_\_ Maria"
38. O'Hare departures
43. Get threadbare
48. Michelin tire innovation
49. Vacant look
50. Barber's sharpener
52. \_\_\_ and aahed
53. Sporty Mazda
54. Hawke or Allen
55. Time traveler's destination
56. Kind of sax
57. "Cool it!"
59. "Look \_\_\_ ..." ("Misty" lyrics)
62. "\_\_\_ gratia artis"
63. Blowup: Abbr.

M	A	M	M	A		S	I	M	P		S	A	D	E
E	N	I	A	C		P	A	I	R		C	L	A	P
T	O	N	G	A	T	A	N	G	O		R	A	R	E
O	N	E	I	D	A		S	C	I	E	N	C	E	
			E	D	U			U	N	A				
	D	E	N	M	A	R	K	K	R	A	M	D	E	N
	D	E	W	E	Y		S	I	R	E	N	A	L	I
	A	V	I	D		L	U	N	A	R		A	L	I
	N	I	N		S	A	L	E	M		B	L	A	Z
	A	L	G	E	R	I	A	R	E		G	A	L	L
			G	O	D			R	A	S				
	W	I	N	G	S	I	T			L	E	V	I	N
	A	S	I	S		N	E	P	A	L	P	A	N	E
	R	E	N	O		T	R	I	B		A	N	G	E
	P	E	E	N		O	N	E	S		Y	E	A	R

Solution to puzzle from January 28.

## UPCOMING MOVIES

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

### How Do You Know

Friday, February 4, at 7 p.m.

(Reese Witherspoon, Paul Rudd)  
Feeling a bit past her prime at 27, former athlete Lisa Jorgenson finds herself in the middle of a love triangle, as a corporate guy in crisis competes with Lisa's current, baseball-playing beau.  
Rated PG-13 (sexual content and some strong language)  
115 min

### The Chronicles of Narnia: The Voyage of The Dawn Treader

Saturday, January 29, at 7 p.m.

(Ben Barnes, Skandar Keynes)  
Lucy and Edmund Pevensie return to Narnia with their cousin Eustace where they meet up with Prince Caspian for a trip across the sea aboard the royal ship The Dawn Treader. Along the way they encounter dragons, dwarves, merfolk, and a band of lost warriors before reaching the edge of the world.  
Rated PG  
(some frightening images and sequences of fantasy action)  
112 min

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

Email to: [nsads@srt.com](mailto:nsads@srt.com)

## sudoku

					1	2		
3			4			5		
6	1		7	3				
1			5	8	9			
	2					1		
		9	2	4			6	
			3	9		6	8	
	5			2				4
	7		6					

Solution to puzzle on page 18.

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Daily M-F ..... 8:00 a.m. Saturday ..... 5:30 p.m. Sunday ..... 8:30 a.m. &amp; 11:00 a.m.</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p> 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><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 <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</p> <p><a href="http://www.minotbiblefellowship.org">www.minotbiblefellowship.org</a></p> <p>Sunday School ..... 9:45 a.m. Sunday Worship ..... 10:45 a.m. Sunday Evening Worship ..... 7:00 p.m. Wed. Evening Family Night ..... 7:00 p.m.</p> <p>• 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><b>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</b></p> <p>Sunday School ..... 9:45 a.m. Morning Worship ..... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> <b>Harvest Reformed Church</b></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><b>Morning Service 10:30 a.m.</b></p> <p><b>838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b> 430 N. Broadway 839-1064</p> <p>Sunday School ..... 11:00 a.m. Sunday Worship ..... 11:00 a.m. Tuesday Lunch Bible Study ..... 12 Noon Wednesday Youth Classes ..... 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the <b>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> Visitors Welcome</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> Missouri Synod</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 (Anglican)</b> 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> A Church with a Christian School 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></p> <p><b>Rev. Debra Ball-Kilbourne</b></p>	<p> <b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11:00 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.angellinet.net/crossroads">www.angellinet.net/crossroads</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a> <b>415 28th Ave SE (Behind Menards)</b> 838-1873 Dr. Ben Pierce, Pastor</p>	<p> <b>West Minot Church of God</b> "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church ..... 10:30 a.m. Wednesday Family Training Hour ..... 6:30 p.m. Wednesday Kids on the Rock ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. 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 ..... 9:00 a.m. Worship Service ..... 10:30 a.m. Wednesday Supper ..... 6:15 p.m. Adult/Youth Bible Study Kids Club ..... 7:00 p.m.</p> <p><b>Pastor Shane McLoughlin</b> 530 22nd Ave NW • 852-6492 <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p> <b>River of Life Church</b></p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Sunday Evening Service ..... 6:00 p.m. Wednesday Service ..... 7:00 p.m.</p> <p><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></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>County Road 19, 4 miles south of MAFB Eld. James W. Henderson, Pastor Church: 701-838-4492 Home: 838-5759 Dial-A-Prayer: 727-6447 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School ..... 9:45 a.m. Morning Worship ..... 11:00 a.m. Family Hour/ Leadership Training ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/ Children Worship (Wed.) ..... 7:00 p.m. Prayer (Friday) ..... 7:00 p.m.</p>	<p><b>BEREAN BAPTIST CHURCH</b> Independent KJV</p> <p>Sunday School ..... 9:45 a.m. Worship ..... 11:00 a.m. Sunday Evening ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p>Pastor Joe Minnerup <a href="http://www.bereanbaptistminot.com">www.bereanbaptistminot.com</a> <b>601 1st Ave SE • Minot</b> <b>833-9811</b></p>	<p><b>First Assembly of God</b> 1805 2nd St. SE <b>838-1111</b></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> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p><b>September - May</b></p> <p>Sunday School ..... 9 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Immanuel Baptist Church</b> 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School ..... 9:15 a.m. Sunday Worship ..... 10:30 a.m. Wednesdays</p> <p>Soup Kitchen ..... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir Rehearsal ..... 8:10 p.m.</p> <p><b>Pastor Allen Lively</b> Sarah Dvirnak, Youth Director</p>	<p> <b>Zion Lutheran ELCA</b></p> <p>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></p> <p>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>	

# New website promotes military info sharing

by Donna Miles  
American Forces Press Service

WASHINGTON (AFNS) - Whether they're moving into a new contingency operation or upgrading operations for an existing one, U.S. forces have a new weapon at their disposal when setting up or reconfiguring their command-and-control architectures.

Thanks to the new "C2 Central" website established by U.S. Joint Forces Command, details about command-and-control systems, from their capabilities to their availability to user feedback about how they operate, are just a few keystrokes away.

Joint Forces Command officials stood up the new site Oct. 1 to promote information sharing about more than 300 C2 systems, sensors, platforms and the networks on which they operate, said Mike Powell, the deputy director for advanced systems analysis at the command's

Joint Systems Integration Center.

These systems form the grid of computer equipment and networks the service branches use to communicate with each other, coalition

partners and others engaged in warfighting or other contingency operations worldwide, Mr. Powell said.

"They're critical to how the military operates," he said. "This is how information is flowed up and down the chain of command to plan, strategize, execute and control all the different resources involved in the warfighting activity."

Yet until now, users had no central information clearinghouse about what the different C2 systems do, what they don't do, who's responsi-

ble for acquiring and maintaining them over the long term and whether they're in the existing inventory to support a requirement.

C2 Central does this and more, providing a whole new



*This is how information is flowed up and down the chain of command to plan, strategize, execute and control all the different resources involved*



*in the warfighting activity.*

*This is how information is flowed up and down the chain of command to plan, strategize, execute and control all the different resources involved in the warfighting activity.*

- Mike Powell, deputy director for advanced systems analysis at the command's Joint Systems Integration Center

set of research capabilities over the basic "C2Pedia" database it replaced, Mr. Powell said.

"This isn't just a name change," he said. "It's a night and day difference. In fact, the two systems are not common in any way."

Unlike other systems that require special passwords and administrative permission to access, C2 Central

requires nothing more than a government-issued common access card.

Only a tiny percentage of its content is restricted to the classified network, Mr. Powell said.

And if a particular C2 system isn't immediately available, users can identify other systems that provide similar capabilities.

The database also identifies the service component that manages the alternative system and provides points of contact to get more information or requisition one.

That has the potential to save critical research time for those working with limited resources to set up new contingency operations quickly, Mr. Powell said.

"If you were to go out and

try to find this information, it could take you literally weeks in some cases," he said. "So what we have done is eliminated that time delay on the end users by making this all available and searchable from one central location by an aggregation of all these different databases and sources of information."

C2 Central also provides a library containing thousands of documents about C2 systems, C2 news articles, and announcements about C2 events, training opportunities and conferences.

A C2 Central feature added last month allows authorized users to interface with each other, getting their questions answered, sharing know-how about the system, and in some cases, identifying shortcomings or redundancies.

"This is a truly valuable resource for anyone involved in the C2 community," Mr.

see **NEW WEBSITE** on page 13

## Welcome to Your New Home



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**\$114,900 Lansford**



Great 2 bed room plus 1 non-egress 2 1/2 bath home near MAFB on a large fenced lot with shed, dog kennel and a garden spot. Nice kitchen with snack bar and newer appliances, formal dining room and main floor laundry. This home has many recent updates. Call Brad Livesay Today!  
#20110112

**\$449,900**



This 5 bedroom 5 bath home has History! Original charm and character has been updated and preserved over the last 12 years. Many amenities in this home that sits on a half acre along the Mouse River. Call Alish Charley Today!  
#20110099

**\$98,300**



Make this your 1st home or investment! Great 2 + bedroom home centrally located & close to town & Country Mall. Newer super sized double detached garage plus an attached single stall garage. Front porch is enclosed for added useable space. Call Aisha Vadell Today!  
#20110091

**\$183,900**



This 3 bedroom 1 bath home has vaulted ceilings and spacious living and dining rooms, beautiful kitchen with oak cabinets and a huge basement family room ready for your touch. Large deck and back yard! New furnace and a single stall garage. Call Lorell Seibold Today!  
#20110078

**\$139,000 Kenmare**



Very nice remodeled ranch home in Kenmare with an updated kitchen, flooring, paint and has main floor laundry. Dual heat and central air. Home is ready to just move into. Nice fireplace and deck out back. Call Clyde Thorne Today!  
#20101186

**\$199,900**



Nice 4 bedroom 2 bath split foyer home centrally located in Minot. Home has a nice finished triple garage, maintenance free siding and windows. Call Jerry Thomas Today!  
#20101343

**\$230,000**



WOW! What a fantastic 2 owner home that features 4 bedrooms, 2.5 bathrooms, new windows, radiant heat and central air. Great kitchen with a lot of updates and new laminate flooring across the entire main floor. Call Matt Waind Today!  
#20101650

**\$139,900**



Just like new! This one level townhome has 2 bedrooms, 1 3/4 bathrooms and a double garage. Great open floor plan for living/dining area. Kitchen has stainless steel appliances. Patio off of the living room. Vinyl siding and sprinkler system. Quick access to 83 N to MAFB. Call Sara Luedke Today!  
#20101591

**\$201,900 Surrey**



Quality new construction, 2 bedroom 1 bath with room for more in the unfinished basement. Large kitchen Island and open floor plan. Attached double garage. Call Danette Krumwiede Today!  
#20101469

**\$349,900**



Beautiful log cabin home with 4 bedrooms, 2 baths, 2 garages (24x36 & 28x40). Large family room in the basement with a wood burning fireplace. All of this is located on 5 acres. Call Jerry Thomas Today!  
#20101579

**\$299,800**



"COUNTRY CLUB ACRES" Tri-level home with 4BR, 3Baths and 3 family rooms all recently remodeled! Master deck with beautiful river view and a walk out lower level. 4 Seasons room with bar and hot tub. 40' by 40' insulated shop all on 2.45 beautiful acres!! Call Lorell Seibold Today!  
#20101110

**\$149,900 Granville**



COUNTRY LIVING just East of Minot on this 4+ acre lot! This 2009 manufactured home has 3BR and 2 Baths. Very quiet & peaceful. New tree shelterbelt has been planted. Call Clyde Thorne Today!  
#20101179

**\$170,000**



Great open floor plan in this 3 bedroom 1 & 3/4 bathroom home that offers lots of room upstairs and down. Large backyard is fenced with a super sized shed. Open kitchen w/breakfast bar and a lot of room for a formal dining room. Newer carpet throughout up and down stairs. Call Bruce Walker Today!  
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Bruce Walker.....852-0136



## Valentine's Events Offer Comedy, Fine Dining, Fun, & More

The 5th Force Support Squadron has a variety of great Valentine's events planned for both young and old. Comedy, delicious food, recreation fun, romantic ambiance, and more are available at various Force Support activities.

### Valentine's Sale at Arts & Crafts Center

Visit the Arts & Crafts Center on February 11th to find great gift ideas for your special significant other during their Valentine Sale. Heart scrapbooking items and stamps will be 25% off. For more information, contact the Arts & Crafts Center at 723-3640.

### Comedy Show & Dinner at J.R. Rockers

Are you searching for a perfect opportunity for you and your significant other to enjoy a date night or celebrate Valentine's Day early? Or perhaps you and your friends simply love a great comedy show and delicious food. In either case, J.R. Rockers has the solution during the Valentine's Day Comedy Show and Dinner on February 12th. You'll enjoy hilarious comedy as nationally touring headliner comedian Richard Villa and clever, funny comedian Benny Quash bring their special brand of humor to Minot AFB. Besides a great night of comedy, your admission includes a delicious meal featuring Chicken Cordon Blue, Chicken Kiev, oven roasted potatoes, wild rice, herb gravy, vegetable medley, salad, rolls, and cheesecake. Doors open at 6 p.m. with dinner starting at 7 p.m. and the comedy show beginning at 8 p.m. J.R. Rockers is closed for regular business on this night. Admission prices are \$14 per person for club members and \$19 per person for non-members. Tickets are now available at J.R. Rockers (limited seating). For additional information, contact J.R. Rockers at 727-ROCK.

### Sweetheart's Night at Rough Rider Lanes

For a fun and affordable evening with your special someone, make plans to attend Sweetheart's Night at Rough Rider Lanes on February 14th from 4-9 p.m. You and your sweetheart can bowl 4 games each for only \$12 per couple. Rough Rider Lanes



The annual Valentine's Day Touch of Class fine dining experience at the Jimmy Doolittle is always a favorite for couples. This year's menu features Chateaubriand and Lobster Ragu served on top of Pappardelle pasta. Reservations are required by February 11th; call the Doolittle Center at 723-3731.

is offering a Valentine's Day special of 2 appetizers and 2 sodas for \$10. For details, call Rough Rider Lanes at 727-4715.

### Valentine's Touch of Class at Doolittle Center

If you're searching for an elegant evening complete with a gourmet meal, then don't miss the special Valentine's Day "Touch of Class" at the Doolittle Center on February 14th. This is a candlelight dinner you and your loved one are sure to enjoy. You'll savor the delicious menu which starts with a tasty mandarin orange salad with vinaigrette dressing. Then each couple will share a platter of Chateaubriand and Lobster Ragu served on top of Pappardelle pasta. The entree platter comes with Duchess potatoes, broccoli with hollandaise sauce, cauliflower with cheese sauce, and glazed baby carrots. Your elegant meal will conclude with a tantalizing dessert of chocolate torte with Kahlua fudge sauce. A complete beverage service, to include wine, is available. The entree will be served table side. This is an all-ranks dinner served from 6-8 p.m; cost is \$30 per person for club members and \$35 per person for non-members. Reservations must be made by February 11th by calling the Doolittle Center at 723-3731.



## ROBOTS ARE OUT OF THIS WORLD

Children of all ages won't want to miss the "Robots Are Out of This World" program at the Base Library on Saturday, February 12th at 1 p.m. Kids will explore outer space, the planets, and robots such as the Mars rover. The EOD bomb robot is tentatively set to make an appearance. For details, call the Base Library at 723-3344.

## Event Update

### Beginning Scrapbooking Class

February 4 • 10:30 a.m. • Arts & Crafts Center

### Family Fun Night

February 4 • 6 p.m. • Youth Center

### Lights & Strikes Bowling

February 4 & 5 • 10 p.m. • Rough Rider Lanes

### Give Parents A Break

February 5 • 1 p.m. • CDC/SAP

### 9 Pin No Tap Tournament

February 5 • 6 p.m. • Rough Rider Lanes

### Open Mic Night

February 5 • 7 p.m. • J.R. Rockers

### Sunday Champagne Brunch

February 6 • 10:30 a.m. • Doolittle Center

### Super Bowl Party

February 6 • 3 p.m. • J.R. Rockers

### Resume Writing & Interview Skills Workshop

February 7 • 5 p.m. • A&FRC

### 4-H Business Meeting

February 8 • 5 p.m. • Youth Center

### Veterinary Appointments

February 8, 9, 15, & 16 • Vet Clinic

### Weekly Story Time

February 9 • 10:30 a.m. • Base Library

### No Regular Lunch At Doolittle Ctr

February 10 • Doolittle Center

### Valentine Sale

February 11 • 10 a.m. - 4 p.m. • Arts & Crafts Center

### Anime Club

February 11 • 4:30 p.m. • Base Library

### Texas Hold'em Tournament

February 11 • 7 p.m. • J.R. Rockers

### Retail Store Open

February 12 • 10 a.m. - 2 p.m. • Arts & Crafts Ctr

### Beginning Knitting Class

February 12 • 10:30 a.m. • Arts & Crafts Center

### Comedy Show & Dinner

February 12 • 6 p.m. • J.R. Rockers



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

### Buck Bowling Every Sunday In February

Rough Rider Lanes is offering everyone a great way to get out of the house and enjoy some recreation fun. Every Sunday in February, you can bowl for only \$1 per game all day long (noon to 8 p.m.). Shoe rental is \$1.50 per person. Call Rough Rider Lanes at 727-4715 for additional details.

### 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 February 7th 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 Child Care Pre-Orientation

Would you like to work in your home, be your own boss, and make a difference on Minot AFB and in the life of a child? Then attend the Family Child Care Pre-Orientation on February 14th from 6-8 p.m. at the old shoppette to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. Call the Family Child Care office at 723-6662 to make your reservation to attend.

### No Regular Lunch On February 10th At JDC

There will be no regular lunch service available at the Doolittle Center on February 10th as the facility is hosting the Base Quarterly Awards Luncheon.

### Open Mic Night

Calling all poets, R & B, country, jazz, gospel, rock, and hip-hop artists. Come show off your talent during Minot AFB's "Open Mic Night" on February 5th at J.R. Rockers. The fun starts at 7 p.m. and runs until 11 p.m.; open to club members and non-members. For more information and to sign-up to perform, contact SSgt Brian Wyche at 723-1421.

### Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on February 8th, 9th, 15th, 16th, 22nd, and 23rd. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

### 9 Pin No Tap Tournament

Rough Rider Lanes will host a 9 Pin No Tap Tournament on February 5th at 6 p.m. Nine pins down count as a strike. Cost is \$25 per person; must be 18 years or older to bowl in this event. Requires at least 20 bowlers to conduct this tournament. For details, call Rough Rider Lanes at 727-4715.

### Arts & Crafts Center Retail Store Open Saturday, February 12th

The retail store at the Arts & Crafts Center will be open on Saturday, February 12th from 10 a.m. to 2 p.m. Browse through their wide selection of craft supplies or check out the many unique gift ideas they offer. The center is holding a Beginning Knitting Class from 10:30 a.m. to noon. Persons interested in participating in the class should sign up prior to the class. Cost is \$5 which includes instruction (2 classes) but materials are extra. Be sure to ask about the wide variety of other classes they offer including scrapbooking, framing, counted cross stitch, crocheting, and more. For more information, call 723-3640.

### Texas Hold'em Tournament

Do you know when to hold'em and when to fold'em? J.R. Rockers invites you to the Texas Hold'em tournament scheduled for Friday, February 11th. \$20 for club members and \$25 for non-members; sign in by 7 p.m. with play beginning at 7 p.m. Call 727-ROCK to register.

### YOUth: Nothing Less Than Royalty Pageant

The Youth Center invites children (both girls and boys) from ages 3-8 to participate in their "YOUth: Nothing Less Than Royalty Pageant" on February 18th from 6:30-8 p.m. Everyone's a winner in this pageant! Parent escorts youth down the red carpet while our Master of Ceremonies proudly introduces our kings and queens. Dress up in your finest. Each royal participant receives a crown or tiara at the end of the red carpet. There will be a reception to follow featuring cookies and lemonade. This is a wonderful photo opportunity so be sure to bring your cameras. Each participant receives a FREE picture frame. Cost is \$10 for Youth Center members and \$15 for non-members. Register at the Youth Center by February 15th. For more information, call 723-2838.

### Preteen Prom At The Youth Center

Children ages 9-12 can dance the night away during the Preteen Prom at the Youth Center on February 18th from 8-10:30 p.m. The prom starts with a Grand March followed by plenty of fun. A drawing is scheduled at 10 p.m. where one lucky participant will win a FREE digital camera; must be present to win. Cost of the Preteen Prom is \$5 for Youth Center members and \$6.50 for non-members. For details, call 723-2838.

### Mardi Gras at J.R. Rockers

J.R. Rockers invites you to celebrate Mardi Gras Minot style from 4-7 p.m. on February 18th. The event features a free Cajun buffet in the lounge for club members from 5-7 p.m.; adults only. For additional details, call 727-ROCK.



**FOOTBALL FRENZY**

**J.R. Rockers**

**SUPER BOWL XLV PARTY**

**FEBRUARY 6, 2011 3:00PM**

Doors Open at 1500

Cost: Members - FREE, Non-Members - \$5

Football Game Buffet starts at 1600, free for members while it lasts

\$4.95 Pitchers    \$.35 Wings

55" HDTV-LCD TV giveaway at halftime!

727-ROCK



**Happy Birthday!**

**Ryan Scheuer**  
turns 4 on  
February 5!

**Join the Birthday Club!**

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

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WEEKLY RECIPE



### Southern-Style Grits with Crispy Scallops

- ¼ cup diced bacon strips
- 2 cups water
- 1 cup instant grits
- ½ cup shredded sharp cheddar cheese
- 2 tablespoons snipped chives
- 1 package (10 ounces) breaded scallops

1. In small skillet over medium-low heat, cook bacon until crispy. With a slotted spoon, remove bacon to paper towels to drain.
2. In a large saucepan, bring 2 cups water to boil; whisk in grits. Reduce heat to low. Continue whisking for 4-5 minutes or until all water is absorbed and grits are tender.
3. Remove from the heat. Stir in the cheddar cheese, chives and reserved bacon.
4. Cook scallops in oil according to package directions until crispy and golden brown.
5. Serve grits topped with crispy scallops.

Servings: 4



### Minot Public Schools' Kindergarten Registration

For the 2011-2012 School Term  
 Register at your neighborhood school.  
 Beginning February 7th, 8:00 a.m. to 4:00 p.m.  
 Children must be 5 years old by August 1, 2011.  
 Please contact your neighborhood school for further information or call 857-4456.

## NW Art Center lecture series features guest author

Dr. Brandy T. Wilson, award winning author of fiction and creative nonfiction, will read excerpts of her novel in progress, "The Palace Blues," Wednesday, February 9, 2011 at 7 p.m. in the Aleshire Theater, Minot State University, as a part of the Northwest Art Center Lecture Series.

Wilson's novel tells the story of Frankie, a white Texas tomboy visiting her aunt and uncle in Chicago where she meets and falls for Jean Bailey, an African American, cross-dressing, blues singer. Wilson describes the story as "a physical and emotional journey of self-discovery and identity— a marginalized individual's quest for place in the midst of racial, cultural, gender and class conflicts."

Wilson holds a Doctorate in English / Creative Writing from Florida State University,

a Master's in English / Creative Writing from Florida State University, and a Bachelor's in Psychology and English from the University of Arkansas. In 2010, she was named a Lambda Literary Retreat Emerging LGBT Voices Fellow in fiction. She has been awarded three Bread Loaf Writers' Conference scholarships, the George M. Harper Endowment Fund Award, and the Astraea Emerging Lesbian Writers Fund Finalist Award. Her fiction and creative nonfiction have appeared in Robert Olen Butler's From Where You Dream and Ninth Letter, among other places.

In addition to writing, Wilson works as a scholar, teacher, and mentor. She continues to present scholarly and creative writing at several nationally recognized conferences and has been

teaching writing and literature for over ten years. Her students have gone on to successfully pursue careers in writing, screenwriting, and scholarship at such esteemed places as the Florida Atlantic University Women's Studies Center and the New York Film Academy. Wilson currently lives in Minot, and is visiting MSU as a guest of the English Department.

The lecture is free and open to the public. A question and answer period and informal reception will follow the lecture. Parking on the MSU campus is unrestricted after 5 p.m.

The Northwest Art Center Lecture Series is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

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 <p><b>\$189,900</b>                  JUST LISTED! Spacious home -5 bedroom home that has a 1 bedroom apartment in the lower level. Formal dining room, elec. fireplace in living room, oak cabinets, new fridge and stove in kitchen. Large deck and detached double garage.                  MLS #20110119</p>	 <p><b>\$139,900</b>                  GREAT CONDO - Cozy living room has gas fireplace &amp; great city view. Large master bedroom w/full bath &amp; lots of closet space. New appliances in kitchen, newer laminate floor, loft area great for office, family room or guest room. Underground garage w/elevator to your floor.                  MLS #20110077</p>	 <p><b>\$98,000</b>                  RANCH STYLE - 3 bedroom, 2 bath home in Newburg. Spacious kitchen w/dining area, main floor laundry and many updates to include doors, carpet, dura-ceramic and paint. Attached 3-stall garage.                  MLS #20101670</p>	
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 <p><b>Jessica Silva</b>                  813-598-9771                  jessica@jmodernrealestate.com</p>			 <p><b>Jim Bowman</b>                  578-4253                  jjbowman@minothomes.com</p>

**NEW WEBSITE** from page 9

Powell said.

People can comment about systems information provided, chat in forums about their C2 challenges and swap experiences or lessons learned using the systems, he said.

As word gets out about the new forum, more people are registering each day to participate in the discussions, Mr. Powell said.

While C2 Central provides a valuable resource for hands-on operators who use C2 systems in forward-deployed locations, Mr. Powell said, it also serves two other important stakeholder groups. It's a tool for program managers and the people who design and develop those systems, as well as for administrators who determine C2 requirements and overseeing the budgeting process.

Mr. Powell said providing a central forum creates a huge advantage for these three stakeholder groups to share information, expertise and hands-on experience.

"The biggest advantage to the warfighters is that it helps bridge that information gap between the people in the field trying to operate the C2 systems with the people that acquire the system or

understand issues associated with the technical aspects of the system and plugging it all together," he said.

It also gives forward-deployed troops the ability to reach back to the appropriate points of contact to get information they need, Mr. Powell noted.

"We have done a very thorough job of 'connecting the dots' in that respect, with points of contacts in all the different areas," he said.

Meanwhile, C2 Central provides valuable insight for the people responsible for developing, resourcing and acquiring these systems.

"It's a decision aid to system portfolio managers," Mr. Powell said. "It allows them to go in and look at these capabilities and redundancy gaps and make some important decisions about whether they should keep certain pieces of equipment or consolidate them, or build a new piece that does the functions of three combined and save taxpayer money in the long run."

Ultimately, Mr. Powell said, that makes the whole C2 effort more efficient and responsive to warfighter needs.

# Officials announce Sijan Award winners

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** - Air Force officials announced the winners of the 2010 Lance P. Sijan Leadership Award.

The Sijan Award annually recognizes four Airmen who demonstrate outstanding leadership abilities. Officer and enlisted honorees are chosen in senior and junior categories.

Lt. Col. Tony Millican of Nellis Air Force Base, Nev., was named the winner in the senior officer category. While deployed, Colonel Millican successfully commanded 80 high-threat convoys.

During the aftermath of a suicide vehicle attack, Colonel Millican commanded post-attack recovery actions, accounting for all of his 600 personnel, despite sustaining hearing damage and head trauma.

The junior officer recipi-

ent is 1st Lt. Kathryn Miles of Luke AFB, Ariz. Lieutenant Miles was recognized for her leadership as an engineer for the Panjshir Provincial Reconstruction Team while deployed to Forward Operating Base Lion, Afghanistan.

While deployed, she was in charge of 36 projects essential to building the capacity of the Panjshir government worth more than \$27 million. Lieutenant Miles commanded a four-vehicle convoy under small-arms fire for more than 50 minutes after fragments from a detonated improvised explosive device missed her vehicle by less than five meters.

The senior enlisted recipient is Senior Master Sgt. Brett Rogers of Kirtland AFB, N.M. Sergeant Rogers led 44 Airmen, completing more than 300 combat missions and defusing 35 IEDs. He also instructed Iraqi Army and Police Bomb Squad members in critical tech-

niques and skills, so those agencies could assume the explosive ordnance disposal mission throughout Kirkuk, Iraq, in support of Article 24, Sovereignty Agreement.

In the junior enlisted category, Staff Sgt. Michael Pereira of Eglin AFB, Fla., led a three-person team in support of the 5th Brigade, 2nd Infantry Division, Stryker Brigade Combat Team during Operation Opportunity Hold in Kandahar province, Afghanistan.

The awards will be presented at a later date. The winners are also authorized to wear the Air Force Recognition Ribbon.

For more information on this and other Air Force recognition programs, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil>, or call the Total Force Service Center at 800-525-0102.

*(Air Force Personnel, Services and Manpower Public Affairs)*

## Air Force Reserve has opportunities for separating Airmen

by **Master Sgt. Ralph Bitter**  
Air Force Reserve Command  
Public Affairs

Robins Air Force Base, Ga. (AFNS) - Air Force Reserve officials want separating Airmen to consider opportunities as a reservist. Becoming a traditional reservist or an individual mobilization augmentee offers them the opportunity to pursue a civilian career and still serve their country.

Traditional reservists join a Reserve unit, usually near their homes, and train with the unit one weekend a month and perform two weeks of annual training a year. TRs also deploy with their units and have opportunities to cross-train into a new career field.

Many TRs remain in their unit for their entire career, but they can transfer to another unit if a position is available. IMAs are assigned to active-duty wings or major

commands throughout the world where they work alongside their active duty counterparts.

"Working with active-duty Airmen at headquarters NORAD and Northern Command allowed me to share my years of experience with them and for them to witness the Reserve in action," said Senior Master Sgt. Walter Sheehan, the newly assigned IMA chaplain assistant for the Air Force Reserve Command chaplain.

IMAs are not members of a Reserve unit and don't work the traditional one weekend a month.

They are required to do 12 continuous days of annual training and 24 periods of inactive duty training, or IDTs. The annual training must be done at the same time, but the IDTs are more flexible. An Airman and his or her supervisor create a specific training schedule.

"Being able to work with

my supervisor to schedule my training allows me to work around the needs of my job, family and the Air Force", Sergeant Sheehan said.

IMAs also may transfer to a different position for career enhancement, but the opportunities to cross-train are limited.

Reservists normally keep their previous rank and may have opportunities for promotion. They also continue to accrue retirement benefits. Reservists have access to base facilities such as the exchange, gym and unlimited commissary privileges.

The Reserve also offers educational opportunities. TRs and IMAs can take courses with the Air Force Institute for Advanced Distributed Learning. They can attend professional military education schools and technical schools or pursue an associate degree at the Community College of the Air Force.

To become a reservist, Air-

men should contact their local in-service recruiter. He or she can explain the program and help locate available positions. Airmen also can go online to [www.afreserve.com](http://www.afreserve.com) or call 1-800-257-1212. Individuals interested in becoming an IMA also can contact the base IMA administrator.

"It's best to begin the process 4-6 months prior to your separation," said Master Sgt. James Scapperotti, the Robins Air Force Base in-service recruiter. "Starting early will facilitate a successful transition from Active Duty to the Reserve. If you're an officer, it is important that you don't resign your commission when you separate."

Required documents include an AF Form 1288, Application for Ready Reserve Assignment; the last three performance reports; the last Air Force Fitness Assessment score; and a Preventative Health Assessment completed within the last 12

months. Applicants also will need a resume or a copy of their Verification of Military Experience & Training which can be accessed on the Air Force Portal.

To see what positions are available, go to AFPC Secure Applications on the Air Force Portal and click on the Reserve Vacancy Finder page.

### Soup, Sandwiches & Soul Food!



Monday-Thursday 7am-3pm  
Friday 7am-3pm & 5pm-8pm  
Saturday 8am-2pm & 4pm-6pm

\*Catering available \*Office Parties

**We deliver to base!**

**Deli at the Fair**  
Soups, Sandwiches & Soul Food!  
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## Art Auction

A benefit art auction for Minot Officers' Spouses' Club will be conducted on Saturday, Feb. 5. This exciting event will take place at The Vegas located at 2315 North Broadway in Minot. The art preview will begin at 6 p.m. The auction will begin at 7 p.m. Proceeds will benefit Minot Officers' Spouses' Club Charitable Fund for local and national charities along with our scholarship fund. Over 200 works of art by national and internationally recognized artists will be auctioned. Beginning bids will be below retail gallery prices. State of the Art Fund Raising Art Auctions, Ltd. will conduct this benefit art auction. Hors d'oeuvres will be served with a buy the slice dessert buffet. A cash bar will also be available. Admission is \$14. Contact: Julia Coleman at 310-871-2470 or Krista Tiller at 701-839-0075 or 319-520-7754. This is a private organization. It is not part of the Department of Defense or any of its components and has no governmental status.

## Super Bowl Party

Make plans now to gather your friends and head to J.R. Rockers on Sunday, February 6th for their annual Super Bowl Party. Doors open at 3 p.m. on Super Bowl Sunday with the buffet starting at 4 p.m. (while it lasts). Plus, J.R. Rockers is offering a \$4.95 pitcher special and 35 cent wings. Fans who registered for the Gynormous TV Giveaway will find out at half time if they are the lucky winner of the 55" HD-LCD television. The Super Bowl Party is free for club members and \$5 for non-members. For more information, call J.R. Rockers at 727-ROCK.

## Arts & Crafts Valentine Sale

Visit the Arts & Crafts Center on February 11th to find great gift ideas for your special significant other during their Valentine Sale. Heart scrapbooking items and stamps will be 25% off. For more information, contact the Arts & Crafts Center at 723-3640.

## Robots Are Out of This World

Children of all ages won't want to miss the "Robots Are Out of This World" program at the Base Library on Saturday, February 12th at 1 p.m. Kids will explore outer space, the planets, and robots such as the Mars rover. The EOD bomb robot is tentatively set to make an appearance. For more information, call the Base Library at 723-3344.

## Home Based Business Workshop

The Airman & Family Readiness Center will host a Small Business Administration (SBA) – Home Based Business Workshop on February 14th from 10 a.m. to noon. This free workshop provides an introduction into the steps needed to set up a home-based business in an efficient and effective manner. Participants will learn how to avoid common mistakes and pitfalls that affect many home-based entrepreneurs. Among the key issues to be covered are: evaluating the business opportunity, advantages vs. disadvantages of having a home business, finding the right "space" in your home, and marketing options. The workshop is open, free of charge, to all active duty members, spouses, family members, DoD and NAF civilians, and retirees and their families. To pre-register, contact the Airman & Family Readiness Center at 723-3950.

## Small Business Workshop

The Airman & Family Readiness Center will host a Small Business Administration (SBA) – Small Business Workshop on February 14th from 1 p.m. to 4 p.m. Studies show the mortality rate among new businesses is very high. The purpose

of this workshop is to help prospective business owners identify and minimize the risks associated with opening a new business. Among the key issues to be covered are: evaluating the business opportunity, creating a unique business identity, regulations and the business plan, and finding the money. The workshop is open, free of charge, to all active duty members, spouses, family members, DoD and NAF civilians, and retirees and their families. To pre-register, contact the Airman & Family Readiness Center at 723-3950.

## Valentine's Day Touch of Class

If you're searching for an elegant evening complete with a gourmet meal, then don't miss the special Valentine's Day "Touch of Class" at the Doolittle Center on February 14th. This is a candlelight dinner you and your loved one are sure to enjoy. You'll savor the delicious menu featuring Chateaubriand and Lobster Ragu served on top of Pappardelle pasta. Beverages will include coffee and wine. This fabulous all-ranks dinner will be served from 6-9 p.m. Cost is \$30 for club members and \$35 for non-members. Reservations must be made by February 11th by calling the Doolittle Center at 723-3731. Ladies receive a free rose.

## Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on February 17th 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.

## Airmen Only Night

Need to get out of the dorms? Feel like having some fun and friendly competition? The Community Center invites you to the Airmen Only Night on February 17th from 8 p.m. to midnight. Come on over to the Community Center and challenge your friends to a classic board/video game or a friendly game of poker. Bring your appetite as there will be free food and door prizes. Enjoy a night out at no cost. For additional information, call the Community Center at 723-4670.

## Federal Resume Workshop

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 February 17th from 11 a.m. to 1 p.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.

## Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on February 18th at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. There are two categories of wings – spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for additional details.

## Bench Press Competition

Come out and test your strength against oth-

ers who think they are stronger during the Bench Press Competition at the Fitness Center on February 19th at noon. You can showcase your strength and see how you stack up against the competition. The event is open to all DoD ID card holders age 18 and older; register by February 18th. For more information, call the Fitness Center at 723-2145.

## Deployed Family Dinner

Are you tired of cooking? The Airman & Family Readiness Center invites family members of currently deployed personnel to enjoy a free Deployed Family Dinner on February 24th from 5-6:30 p.m. at the Northern Lights Chapel Annex. This is a great opportunity to network with other family members experiencing a separation. There will be door prizes, resource materials, program/incentive information, great food, and lots of conversation. Interested persons should pre-register by February 18th by calling 723-4500; seating is limited. Please bring a copy of the deployed spouse's orders to receive the free meal. Also included are families of Remote Tours (orders needed) and 91 MW families (spouse must be in the field on the day of the event). For more information, contact the Airman & Family Readiness Center at 723-4500.

## Applications Being Accepted for BGCA Youth of the Year

The Youth Center is accepting applications for this year's BGCA Youth of the Year competition now through February 25th. Program is open to teens between the ages of 14 and 18 years of age, Youth Center member, and active in youth programs clubs. Several certificates, awards, and potential scholarships are available to the state winner. The initial competition will be held at Minot Air Force Base. This is a progressive program where the Minot AFB winner has the potential to advance to state, regional, and national competition. Application packets are available at the Youth Center or visit [www.BGCA.com](http://www.BGCA.com). For additional details, call the Youth Center at 723-2838.

## Scholarship Opportunity

Graduating seniors from Minot area high schools and spouses who are dependents of active duty, retired or deceased military members of any rank or service branch are eligible to apply for scholarships from the Minot Officers' Spouses' Club (MOSC). Please see the application packet for eligibility details. The number of Scholarships and the amount awarded may vary according to available funds. The scholarship selection panel, made up of five independent judges, will use a blind system to determine winners based on a variety of factors. These are merit-based awards and will use both academic records and community involvement. For specifics regarding evaluation elements please refer to the application packet. Applications are available from High School counselors, JR Rockers, Jimmy Doolittle Center, or from the Scholarship Chair of the MOSC. Application requests may be made in person or can be filled by writing to the MOSC, Scholarship Chair, c/o The Jimmy Doolittle Center, 18 Summit Drive, Minot AFB, ND 58704. All applications and accompanying materials must be postmarked or hand delivered no later than February 28, 2011 to the address listed above. You will receive a card acknowledging receipt of your application materials. Scholarship recipients will be notified by the end of March and will be honored at an MOSC social in April. The scholarship money is the result of yearlong fund-raising efforts by MOSC members and the Charitable Committee including our base Thrift Shop and Charitable Art Auction to be held in February.

**ATTN: Housing Residents**

Montana Dakota Utilities reminds housing residents to remove snow and ice accumulation from around the natural gas regulators at their homes. Snow and ice packed natural gas regulators impede proper venting of the regulator and result in regulator failure. If the natural gas regulator quits functioning, the furnace will shut down and the home will not have heat. For more information, contact Montana Dakota Utilities at 857-6810 or the Housing Office at 723-6440.

**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, contact Auto Hobby at 723-2127.

**Today**

- **Beginning Scrapbooking**, 1030-1200, Arts & Crafts
- **Family Fun Night**, 1800-2000, Youth Center
- **Lights & Strikes**, 2200-2400, Rough Rider Lanes

**Saturday**

- **Give Parents a Break**, 1300-1700, CDC/SAP
- **9 Pin No Tap Tournament**, 1800-2200, Rough Rider Lanes
- **Open Mic Night**, 1900-2300, J.R. Rockers
- **Lights & Strikes**, 2200-2400, Rough Rider Lanes

**Sunday**

- **All-Ranks Champagne Brunch**, 1030, JDC
- **Rent a Lane Special**, 1200, Rough Rider Lanes
- **Buck Bowling**, 1200-2000, Rough Rider Lanes
- **Super Bowl Party**, 1500, J.R. Rockers

**Monday**

- **New Parent's Playgroup**, 1000-1130, Youth Center
- **Resume Writing & Interview Skills Workshop**, 1700-1830, A&FRC

**Tuesday**

- **Family Night**, 1700-2100, J.R. Rockers
- **4-H Business Meeting**, 1700, Youth Center
- **Veterinary Appointments Available**, Call 723-6449

**Wednesday**

- **Right Start**, 0730-1200, JDC
- **Wild Wing Wed & \$1 Drafts for Members**, 1600, J.R. Rockers
- **Hello/Goodbye/Birthday Celebration**, 1600, Youth Center
- **2-4-1 Burger Night for Members**, 1700-2100, J.R. Rockers
- **Veterinary Appointments Available**, Call 723-6449

**Thursday**

- **No Regular Lunch at the JDC due to Quarterly Awards Luncheon**
- **Zumba**, 1800, Fitness Center

**February 11**

- **Valentine Sale, 25% OFF Heart Scrap-**

**booking & Stamps, Arts & Crafts**

- **Anime Club**, 1630, Library
- **Texas Hold'em Tournament**, 1900, J.R.

**Rockers**

- **Prairie Knights & Casino Trip**, Feb 11-12, Outdoor Recreation
- **Last day to make reservations for Valentine's Day Touch of Class**, JDC

**February 12**

- **Retail Store Open**, 1000-1400, Arts & Crafts
- **Beginning Knitting**, 1030-1200, Arts &

**AREAHAPPENINGS**

**Love Without Fear Walk-a-thon**

The annual Love Without Fear Walk-a-thon will be on February 5, at the MSU Dome from 10 a.m. to 2 p.m. Get a team together and come on out for this community event. There will be door prizes, music and children's activities. For more information, please call Kari at 852-2258.

**Soup It Up Fundraiser**

The event will be held on Saturday, February 5th from 11am to 1pm. The first 100 people will take home a hand crafted ceramic bowl created by the MSU Ceramics Department. Master Chefs from 10 North Main, Primo's, Badlands Grill House and Saloon, Big Time Bistro, and Michaels are contributing their time and soup for this heartwarming event. Artisan breads are being provided by Marketplace Foods and desserts by volunteers. Tickets are \$10 for members and \$15 for nonmembers, \$5 for children 10 and younger, which does not include a bowl, but does give them the opportunity to create artwork in the Education Classroom! Normal business hours are 10:30am to 5:30pm Tuesday through Friday and 11am to 4pm on Saturday. For more information call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445.

**PTA Founders Day**

The Minot City PTA would like to announce the PTA Founders Day Banquet, celebrating the establishment of PTA and honoring our volunteers, on Monday, February 7, 2011 at the Grand International. For more information about this event, contact Susan Wagers at 720-7203 or Nancy Taylor at 578-4679.

**Human Tractor Pull**

This event will be held on February 12th from 1-4 pm at Dakota Square Mall. There will be 24 teams of six, competing in 4 divisions, racing against time and the mass of a tractor, to win \$250 for their favorite charity. There will be grand prize drawings for 1 free family birthday party at the Sleep Inn & Splashdown Superslides. The goal is to have a ton of fun while letting the Minot Community know about the RSI Children's Home Project.

**17th Annual Frozen Fingers**

**Old Time Music Festival**

Bluegrass and old time and classic country music at Sleep Inn Suites, Minot. High 48s band, Dakota Rose band, Highway 43, and many others. Saturday, February 12 all day and Sunday, February 13 the stage opens at 11 a.m.

**Ramstad PTA Pancake Breakfast**

The breakfast will be held on Saturday, February 12 from 8 am to 11:30 am in the Ramstad Cafeteria. Cost \$5 (6 years old and under eat free) Tickets are available from a Ramstad student, in

**Crafts**

- **Robots are Out of This World**, 1300, Library
- **Valentine's Day Comedy Show**, Doors open at 1800, dinner at 1900, show at 2000, J.R. Rockers, Tickets are available now, Seating is limited.

**Ongoing Events**

- **Equipment Orientation Class**, By appointment, Fitness Center
- **On-Base Roadside Assistance**, Auto Hobby
- **Youth Employment Skills**, for ages 13-18, Youth Center

the main office at the school or at the door. You will receive a coupon for one FREE Wopper Jr. at a Minot Burger King with each ticket sold. Door Prizes will be drawn during the breakfast. You do not need to be present to win.

**Vincent United Methodist Rummage and Bake Sale**

Vincent will hold their Rummage and Bake Sale on Tuesday, Feb 15 from 9 am to 2 pm. Rummage items include office furniture and children's Sunday School chairs as well as clothing and white elephants. Lunch will be served beginning at 11 am. Bag bargains begin at 1 pm.

**Waterfowlers Banquet**

The 5th annual West Dakota Waterfowlers dinner and auction will be held Friday, Feb. 18 at the Grand International, Minot. 5:30 p.m. social and 7:30 p.m. dinner. Raffles! Auctions! Games! and a youth giveaway. For tickets and info contact. Erik Myre-721-2220 or Steve Bogden-833-9497.

**Rutter's Requiem**

The Minot Chamber Chorale is excited to perform one of John Rutter's all-time favorites, the Requiem, Sunday, February 27 at 3:00 pm. This enchanting, expressive and rich piece will be enhanced by the wonderful acoustics of MSU's Nelson Hall. The concert will be accompanied by a small ensemble and organ. No admission charge (a free will offering will be taken).

**"Have A Heart" Food Drive**

The MAHC "Have A Heart" food drive runs from February 1-28, 2011. We encourage people to donate their non-parishable food items at any of the participating businesses/churches through out town. Contributions benefit the local area soup kitchens and food pantries. Contact the Minot Area Homeless Coalition, Inc. for questions 852-6300.

**Magic City Sports Card & Memorabilia Show**

Buying, Selling, and Trading of the latest packs and the hottest cards from all the major sports will take place at the Sleep Inn Suites - Dakota Square Mall, Minot from 9 a.m. to 5 p.m., Saturday, March 5. Former Minnesota Twins great Dave Goltz will be signing autographs from 2 p.m. to 4 p.m. Dave was voted one of the 50 greatest Minnesota Twins of all-time.

**Sexual Assault Survivors' Group**

The winter session of Sexual Assault Survivors' Group will be at the Domestic Violence Crisis Center. The group meets Mondays, 2-4 pm and will run until March 21. For more information, call Diane at the DVCC at 852-2258 or 1-800-398-1098.

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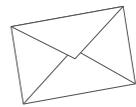
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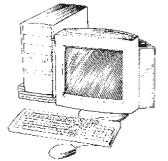
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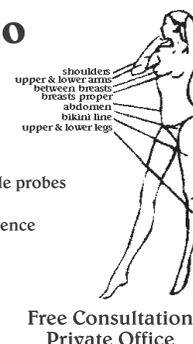
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7	9	4	8	5	1	6	2	3
3	8	2	4	9	6	1	5	7
6	1	5	7	2	3	4	8	9
1	6	7	5	3	8	9	4	2
4	2	8	9	6	7	3	1	5
5	3	9	2	1	4	8	7	6
2	4	1	3	7	9	5	6	8
9	5	6	1	8	2	7	3	4
8	7	3	6	4	5	2	9	1

Answers to puzzle on page 9

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**VALENTINES EXTRAVAGANZA!!!** Vendor show @ American Legion Hall Minot (1949N Broadway) February 12th 12-3pm Free Admission and Lots of Doorprizes and Raffles!! Contact Emma @661-428-4135 with questions.

**DON'T MISS THE SATURDAY BAG SALE!!** Minot AFB OSC Thrift Shop 9:30-12:30 Fill a bag for \$5.00 Last chance for winter holiday decoration.

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**02 MUSTANG GT**  
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Even Smells New, 7200k miles  
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1 local owner, very nice, 26,000 miles  
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5 Spd, Pwr windows/locks/cruise, 49K  
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2WD, MINT, 47K, 6.0 Diesel  
**\$19,995**



**06 TOYOTA CAMRY**  
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**09 PONTIAC G6 GXP**  
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**04 PONTIAC SUNFIRE**  
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**\$5,995**



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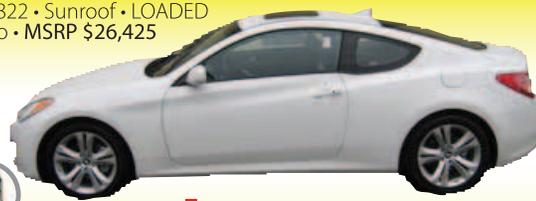
**5-STAR SAFETY RATING**  
★★★★★

**33 MPG**  
expected range for most drivers

**\$24,598**

2010 Hyundai **GENESIS COUPE**

- #M8822 • Sunroof • LOADED
- Turbo • MSRP \$26,425



**47 MPG**  
expected range for most drivers

**\$24,678**

2011 Hyundai **ELANTRA**

- #M9049 • Blue • PW
- PL • MSRP \$20,195



**5-STAR SAFETY RATING**  
★★★★★

**40 MPG**  
expected range for most drivers

**\$19,558**

2010 Hyundai AWD **SANTE FE**

- #M8984 • Gray • LOADED
- PW • PL • SE
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**5-STAR SAFETY RATING**  
★★★★★

**30 MPG**  
expected range for most drivers

**\$25,812**  
\$24,126 after \$1,000 Rebate

2011 Hyundai **VERACRUZ**

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**\$33,601**

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- MSRP \$20,945



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- 2006 DODGE DURANGE SLT 4X4 Blue, 64kmiles, 3rd seat was \$17,995...**NOW \$15,988**

- 2004 CHEVY TAHOE 4X4 Gold, 3rd Seat, Leather, Sunroof was \$18,995...**NOW \$16,990**
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- 2008 CHRYSLER SEBRING was \$13,995...**NOW \$11,995**
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- 2009 HYUNDAI ACCENT #M19333 was \$11,995...**NOW \$9,995**
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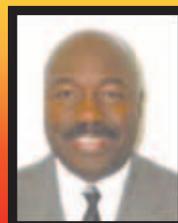
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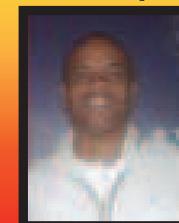
Terry Faul



Kevin Johnson



TJ Lee



Rodney McHenry



Mitch Melby



Robin Shelby

# Valentines for Veterans



(Photos by Jamie Helbling)

Carmen Latella, wife of Master Sgt. Christopher Latella of the 5th AMXS at Minot Air Force Base came to help make handmade valentines for the Valentine's for Veterans activity with her three daughters, Addy, Brooke and Sage.

**By Jamie Helbling**  
Northern Sentry

On Wednesday, January 26, Minot Air Force Global Strike Command and Team Minot Airmen, along with several community members gathered at the Minot Public Library Jan. 26 to help make Valentines for Veterans possible.

This annual activity is a catalyst for bringing a multi-generational, multi-cultural bond to the community. Participants show the true spirit of giving through their gift of time and creativity to honor and appreciate those who have served in the past and continue to serve our country in the armed forces.

"I learned of this activity from a flyer sent home from my daughter's school," said Carmen Latella, wife of Master Sgt. Christopher Latella, 5th Aircraft Maintenance Squadron crew chief. "I thought it would be a lot of fun for me and my girls, while at the same time doing something nice for those who serve."

More than two decades have passed since the District 6, Minot American Legion Auxiliary, Unit 26 first began distributing these hand-made valentines. They are given to veterans living in the local area, Airmen living in the dorms on Minot AFB, North Dakota's Veteran's Homes and troops deployed with the North Dakota National Guard. The number of recipients who will get valentines depends upon the number of cards the auxiliary has to distribute.

Some may ask themselves, "Why do so many come out to help make valentines?" For the LaFontaine family, a personal dedication to honor those who have served is what brings them back year after year. They also have several of their family members have been on active duty and others work out at the base.

Marilyn LaFontaine, a community member, said her family has been coming to make valentines nearly every year since the Auxiliary started this project. Her grandchildren appear most enthusiastic, putting their joy and energy, plus a little

bit of love, into each card they make. They are especially happy since they get to stay up later than usual just for this activity.

One of the participants even came to volunteer on her birthday saying she couldn't think of a better way to spend her birthday. Several young ladies from the Magic City Campus said it was a fun way to spend the evening and do something for others.

The ALA is the women's branch of the American Legion that allows family members of active duty and former military personnel to support the programs and services of the ALA. "Our military have given so much time and service to our country, surely the least we can do is to provide a lift to their Valentine's holiday," said Linda Hyatt, president of the local ALA. "These valentines are our way of showing veterans how much we appreciate them and that they are not forgotten."

*More than 1,500 valentines are still needed before Feb. 11, to reach our goal. If your family, group or organization can make some valentines to distribute, there will be a local drop off location set up to collect them. Please contact Linda Hyatt at 701-852-5258 or minotmom@aol.com for more information.*

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