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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
Master Sgt. Robert Kennedy
Staff Sgt. Paul Haisty

69th Bomb Squadron
Capt. Stephen Koltonski

23rd BS pilot receives Bronze Star

by Airman 1st Class
Jessica McConnell

Minot Air Force Base Public Affairs

He and his team provided more than 3,000 hours of scheduled aircraft coverage for ground troops, which ensured the safe recovery of more than 600 improvised explosive devices before they were used against ground troops.

He wrote and published a seven page intermediate airspace command and control standard operating procedure from scratch, which outlined specific aircraft procedures and was later used as a benchmark publication for five brigade task forces to follow.

And after one of his Airmen was killed by an improvised explosive device, and another wounded, he brought his team together and took care of his men while facilitating the honorable disposition of remains back to the family.

These are only a few of the many experiences Capt. Jonathan A. Gunther, a B-52H Stratofortress aircraft commander from the 23rd Bomb Squadron, had while deployed for a year in Kandahar Airfield, Afghanistan.

Capt. Gunther was awarded the Bronze Star Medal for his meritorious service as an air liaison officer and the 807th Expeditionary Air Support Operations Squadron Operating Location Bravo flight commander during Operation Enduring Freedom.



Col. Doug Cox, 5th Bomb Wing commander, awarded Capt. Jonathan A. Gunther, 23rd Bomb Squadron B-52H Stratofortress aircraft commander, with the Bronze Star Medal for his meritorious service during Operation Enduring Freedom, at a commander's call here Feb. 25.

The Bronze Star Medal recognizes acts of heroism performed in ground combat if they are of lesser degree than that required for the Silver Star. It also recognizes single acts of merit and meritorious service if the achievement or service is of a lesser degree than that deemed worthy of the Legion of Merit; but such service must have been accomplished with

distinction.

Col. Doug Cox, 5th Bomb Wing commander, awarded the medal to Captain Gunther during the 5th Operations Group commander's call Feb. 25.

This was Captain Gunther's first combat deployment and his first

see **BRONZE STAR** on page 8

Public Affairs wins multiple MAJCOM awards

**Minot Air Force Base
Public Affairs**

The Minot Air Force Base Public Affairs office recently placed in 12 categories for major command-level awards.

In January, Air Force Global Strike Command Directors Excellence Awards were announced with the base taking two major awards.

Minot PA was awarded first place for Best Innovative Program for achieving outstanding effects using innovative approaches, strategies, tactics ideas and technology on social media campaign highlighting the mission of the base and

command with its implementation of the Minot Air Force Base Facebook and twitter pages.

Today it continues to dialog directly with audiences to facilitate information flow, rumor control and idea sharing amongst its 1,247 Facebook members--the largest official social media sites in the entire Air Force Global Strike Command.

The program was led by Laurie Arellano, chief of Internal Information.

The command also awarded Tech. Sgt. Thomas Dow, NCOIC Community Relations, as the Non-Commissioned Officer of the Year for revitalizing and revamping eight different

community relations programs. These programs directly helped boost the relationship between the base and local community by providing different ways for military and civilians to meet in work and social environments.

"These winners have truly taken responsibility for highlighting to the world our command's elite standards and Global Strike Command's elite Airmen--and they have done so in an outstanding manner," Lt. Col. John Thomas, AFGSC director of Public Affairs said.

see **MAJCOM AWARDS** on page 8

Upholding maintenance supremacy

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

For many first-term Air Force Global Strike Command Airmen, their impression of training squadrons are reminiscent of technical school and basic military training days where instruction wasn't necessarily on an a personal or individual level.

However, students at the 372nd Training Squadron detachment 22 located here at Minot Air Force Base, can expect to engage in a classroom environment that is strictly designed for one-on-one training on B-52H Stratofortress familiarization of mechanical parts.

"This detachment provides a different side of typical classroom instruction," said Senior Master Sgt. John Lium, 372nd TRS Det. 22 chief. "The majority of what we teach is very hands on."

He explained the classes are specifically designed for Airmen whose Air Force careers involve performing maintenance duties on B-52 aircraft including crew chiefs and specialists.

Det. 22 is part of Air Education and Training Command and is assigned here as a tenant unit providing on-site formal technical instruction on many B-52H maintenance skills ranging from hydraulic maintenance to engine operation. The detachment currently serves approximately 230 students each year, with a projected increase for this year.

"Our training detachment offers 14 Community College of the Air Force accredited courses," said Sergeant Lium. "The classes we offer can be as short as two days to six weeks long."

Having a training detachment locally saves the Air Force a substantial amount of money said Sgt. Lium. He explained Airmen can go through maintenance courses here which avoids costly TDY expenses to technical schools elsewhere. He noted one specific course offered here saved



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

Tech. Sgt. Charles Waters, 372nd Training Squadron B-52 communication and navigation mission systems instructor ensures Tech. Sgt. Shane Sawyer, 5th Maintenance Squadron crew chief, gains familiarization of navigation components. Craft familiarization is essential for cross-over maintainers who have not yet had a chance to work on bomber aircraft specific to this base.

the Air Force approximately \$350,000 on travel expenses.

Tech. Sgt. Charles Waters, 372nd TRS B-52 communication and navigation mission systems instructor, said Airmen who go through these courses dive into advanced material that is very technical and requires hands on instruction to teach.

"In tech school, students learn the overall basics of aircraft maintenance and structure," said Sergeant Walters. "In the courses here we go into depth about the structure and operating systems specific to the B-52 and the students will learn common lingo that is often used here."

He added newer Airmen often don't know the specific mechanics of the B-52H. He also said in some career

fields, certain courses are required for upgrade training.

Tech. Sgt. Matthew Hayes, 372nd TRS aerospace repair and reclamation instructor, explained classes at the detachment are small, ranging from classes comprised of two to six students depending on the course.

"Our teaching objectives here at the detachment have always been to provide advanced quality instruction for students on a one-on-one level," said Sergeant Hayes. "It provides a better learning environment for students and it ensures we pay attention to detail during instruction and evaluation."

He added the B-52 was very manual and required visual aids to explain everything to the smallest detail during training.

Sergeant Lium explained the base currently has only one B-52 aircraft designed for training purposes but its difficult accessibility made it an unreliable tool for instruction.

"Currently the detachment houses nearly \$1.3 million in training equipment that is setup strictly as instructional aides," said Sergeant Lium.

He said the equipment parts are broken down for easy accessibility and much of the training modules, control buttons and circuit panels the instructors use are nearly identical to the parts on an actual B-52.

"Accessible training equipment is truly beneficial to our students," said Sergeant Lium. "It saves 80 to 90 percent of instruction time. Otherwise we'd have to use tools

to open up an active B-52 for instruction purposes which isn't the brightest idea."

He explained that ultimately they're not tying up Air Force assets, which saves time and money.

Sergeant Lium said the instructors at Det. 22 are critical to the program's success. "Our instructors are busy at all times," he said. "When they're not out instructing, they are providing assistance in troubleshooting, maintenance, and system analysis of B-52 aircraft systems out on the flight-line as well."

"We really pride ourselves on having the most highly qualified instructors here," said Sergeant Lium. "They provide the best quality of training, which in turn produces the most productive maintainers."

Pharmacy protects most valuable AF assets

by Staff Sgt. Keith Ballard
Minot Air Force Base
Public Affairs

Phones ringing in the background, pills rattling in their containers and machines humming with activity are just some of the sounds heard at the pharmacy counter inside the 5th Medical Group clinic here.

This is just another day for the men and women assigned to the 5th Medical Support Squadron. "We have nine military and civilian employees servicing 12,300 registered beneficiaries of the pharmacy," said Master Sgt. Tracy Buechler, 5th MDSS diagnostics and therapeutics flight chief.

With an average of 200 to 300 people seen in a day, great care is taken by this Air Force Global Strike Command clinic to ensure everyone receives the correct prescription.

According to the Food and Drug Administration, an estimated 1.3 million Americans are injured each year from medication mistakes. Many of these mishaps are due to drugs having similar names. One example of this is Zantac and Xanax. Zantac is used to treat and prevent ulcers in the stomach and intestines, while Xanax is used to treat anxiety disorders, panic disorders and anxiety caused by depression. Two drugs that sound very similar are used to treat very different problems.

To prevent these kinds of mistakes from happening, the pharmacy here takes several steps to ensure patient safety. Once a prescription is presented at the pharmacy counter, the order is verified by the staff to ensure it is a legitimate order. If a prescription is handwritten, the physician must be contacted directly. This may seem to be an unnecessary step to take, but consider the side effects of some medi-



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

Medication is being counted by hand inside the pharmacy at the 5th Medical Group Clinic, here Jan. 24. This is but one aspect of an office that places emphasis on the quality of care given to patients, not the quantity of patients seen in a day.

cations. A kidney transplant recipient wouldn't want to receive a medication that affects kidney function.

After the order is verified, the dosage of the prescribed medication is checked against what is suggested by the manufacturer. If the dosage requested doesn't match what the

manufacturer suggests, the physician is contacted to verify the order. Once medication and dosages are confirmed, the prescription can be filled.

"It takes us approximately 20 minutes to fill a prescription," said Sergeant Buechler. "Our focus is on quality, not quantity."

Although it may seem to take a little longer than one would like to get a prescription filled, remember all these steps are taken to ensure customer safety. All the hard work behind the scenes is for the Air Force's most valuable asset: Airmen and their families.



Congressman Berg visits Minot

(U.S. Air Force photos/Staff Sgt. Keith Ballard)

N.D. Congressman Rick Berg along with his Director of Communications Ms. Alee Lockman, "practice" their key turning technique inside the missile procedures trainer here Feb. 23. Below, N.D. Congressman Rick Berg lands a B-52H Stratofortress with Maj. Robustino Rodriguez, 23rd Bomb Squadron director of operations, inside the B-52 simulator. This trip marked the congressman's first visit to Minot to familiarize himself with the base and its mission.



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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.

Complacency: A Murphy's Law facilitator

Commentary by Tech. Sgt. Keith A. Lewis
5th Medical Operations Squadron

Anything that can go wrong will go wrong. Oftentimes, predicaments that arise causing one to utter this phrase are preceded by one behavior that no one intends to practice: complacency. Complacency is defined as being pleased with one's accomplishments, often without awareness of or concern for some defect, problem or potential danger.

For Air Force Global Strike Command and Team Minot Airmen, it can occur when one repeats a task over and over, with the process and outcome always the same, until one feels there is no need to follow checklists, technical orders or other guidance to accomplish the task.

When this happens, it is very easy to miss small steps, overlook items or ignore, knowingly or unknowingly, small defects, the accumulation of which can lead to problems down the road. The saying, "I've done this a million times" is the hallmark of complacency.

This problem is common throughout all jobs, no matter how technical or mundane. There are times throughout everyone's workday when attention to detail is less than optimal. This usually occurs when a certain task must be accomplished that has been done over and over again.

It could be an item of paperwork, an MBU-20/P mask inspection, processing a travel voucher or any other number of small jobs that make up the bulk of one's duty day. Eventually, everyone succumbs. The end result may be simple, such as misrepresented statistics. Or it could be life threatening, like hypoxia for an aircrew member.

But all is not doom and woe. While complacency, like an unwanted houseguest, can set in without warning or permission, the condition is not entirely unavoidable.

Prevention is the key. To prevent complacency, one must change their mindset. It is critical to maintain awareness and humility. Keep a tight rein on overconfidence and recognize that no one - not even the technician who has seen it all and done more - is ever fully trained or experienced. People are always developing and improving. Contentment and satisfaction, while deserved, should be brief. There should be no such thing as memorizing the checklist. Memories fail.

Proficient training and currency are part of our bread and butter. Therefore it goes without saying that consistent and frequent training is essential. Looking for declining trends in the quality of the workmanship can also be an aid to correcting this problem.

However, even under the constraints of on the job training and quality control checks, complacency still sets in. Frequent reminders, situational awareness and the practice of vigilance and using safety procedures should be integrated into all of this training.

Another method often used to great effect is affirmation. Affirmations are positive statements we can make about ourselves that highlight our strengths. Typically, they are stated first-person and in the present tense. For example: 'I am a dedicated and determined technician.'

These affirmations should include statements that counter complacency and are task-specific, such as, "I practice attention to detail at all times when reviewing these documents." Outwardly, lines such as those mentioned above may seem a tad corny, but have been demonstrated to have a positive impact on performance and the reduction of complacency-related errors.

Additionally, countermeasures to combat complacency must be promoted by everyone within the unit and not just by the brass or the technicians alone. Mutual reminders about complacency should be a regular part of interactions. The use of a greeting like stay sharp is an excellent example of continuously calling attention to the essential task of combating complacency.

Finally, be creative and use all available resources. Offer incentives whenever possible. Technician of the month or quarter can add a sense of friendly competition to the mix. Having individuals or shift teams competing for annual recognition is also a viable solution.

When incentives are positive, the drive and motivation to excel is increased. These incentives need not be cost-prohibitive. A simple certificate denoting accomplishment can do wonders for an individual's sense of contribution to the mission. Even a small gift certificate to a local establishment ups the ante and facilitates the desire to outdo one's peers. These solutions could greatly reduce complacency in the workplace. But we must all embrace them and believe that complacency is a detriment to our mission effectiveness that is worth addressing.

Remember, complacency can lead to mistakes. In an Airman's line of work, these mistakes can be fatal. A screwdriver forgotten in a cockpit can cause the loss of aircraft, and more importantly, life. Misfiling a travel voucher can mess with someone's pay, potentially impacting that member as well as their family.

When Murphy's Law prevails, we lose. It is incumbent upon each and every one of us to keep an eye out for Murphy and show him and his laws to the nearest exit.

WEATHER FORECAST

Fri 3/4	Sat 3/5	Sun 3/6	Mon 3/7	Tue 3/8
13/7 More clouds than sun.	16/9 Mostly cloudy. Highs in the mid teens and lows in the upper single digits.	13/6 Chance of a few snow showers.	15/6 Snow showers at times.	19/10 Snow showers at times. Highs in the upper teens and lows in the low teens.

OPERATIONS SAFERIDE

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 Feb. 21 to Feb. 28 and Feb. 24 to Feb. 26 are from the 5th Aircraft Maintenance Squadron.

Lives saved through February 21: 181

Release stress with this everyday activity

Commentary by Shari Lopatin
TriWest Healthcare Alliance

The next time you're laughing with your friends at a funny joke, you're helping your heart-literally.

Your body's arteries, the blood vessels which carry oxygen-filled blood from the heart to the rest of your body respond to laughter in a positive way, according to a Harvard Health Letter published in November 2010. In fact, laughter can improve blood flow and affect long-term, overall health.

Studies also show laughter not only improves your mental well-being, but makes your heart smile too.

Heart disease patients laugh less?

In 2000, the University of Maryland Medical Center published the first study stating laughter may help prevent heart disease. In it, researchers found that people with heart disease were 40 percent less likely to laugh, in any situation, than people of the same age without heart disease.

Those with heart disease were actually less likely to recognize humor at all. They also tended to display more anger and hostility in general.

Laughter and stress reduction

Psychology experts commonly agree that laughter and humor are great ways to help reduce stress. According to a 2005 report published in the *Journal of the American Col-*

lege of Cardiology, stress can cause blood pressure to rise and high blood pressure is at least twice as strong a predictor of death as smoking or high cholesterol.

That's why relieving stress on a regular basis is important to keeping one's blood pressure down.

"Humor is absolutely a coping strategy for dealing with stress and adversity," said Dr. Blake Chaffee, a psychologist and the vice president of Integrated Health Care Services at TriWest Healthcare Alliance. "If you can see the humor in something, you can mitigate the stress and the negative effects it has on you."

Dr. Chaffee said if not dealt with, stress can put people at an increased risk of heart disease, sleep problems, digestive problems, depression and obesity.

Need additional help de-stressing?

If the stresses of life are getting to you, and you find yourself struggling to cope, you may be eligible for the TRICARE Assistance Program. This program offers non-medical, but professional counseling via chat, phone or the Web. With an Internet-connected computer and a Webcam, you can talk to licensed therapists



(U.S. Air Force photo/Senior Airman Jesse Lopez)

Psychology experts commonly agree that laughter and humor are great ways to help reduce stress. According to a 2005 report published in the *Journal of the American College of Cardiology*, stress can be detrimental to one's health including problems with sleep, heart disease, digestive problems and depression.

about issues such as stress or relationship problems. These discussions are completely non-reportable (unless required by law) and are available 24 hours a day, seven days a week, so

you can make an appointment that works with your schedule.

Think you want more information? Or curious to know if you're eligible? Visit www.triwest.com/OnlineCare.

Positive thinking proves to be powerful personal ally

Commentary by Master Sgt. Scott T. Sturkol
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, III.

- As 2011 began, I knew I had some tough personal choices to make immediately to start off the year. These choices were life-altering and I knew I needed to find a way to gain the strength through the effects of these choices.

Enter positive thinking.

I knew the choices I was making were going to require a positive attitude as a result of positive thinking. It's a process I've gone through much of my life and it's proven to work for me.

For example, early in my life, I made a decision that the people I associate with on a daily basis would be good for me. Someone once told me, "If you surround yourself with good people, you will do good things." In many ways, that statement has held true, but there is more.

When I joined the military 19 years ago, positive thinking helped get me through basic training and technical school successfully. It helped me get set up at my first base overseas after I was newly married and as I became a father of four.

As life grew for me, positive thinking also helped me become more confident in my abilities to do my job as an Airman.

I believe it has helped me in being a good supervisor to my Airmen and has aided me in setting an example that if you "look at the bright side" of life and work hard, good things will happen.

Now I can truthfully say there have been plenty of times where I wasn't feeling so "positive." As a matter of fact, there have been many times where life got tough, but in the end, it took a positive attitude and some support from the positive people I surrounded myself with, and I got through it.

My wife, for example, provides a positive influence every day. If I am acting or saying something that seems negative, she'll sometimes say, "What's wrong Mr. Negativity?" The statement often triggers a laugh from me because I know she is sending me a message. The second I hear that, I know I'm traveling down a not-so-positive path and need to change my attitude.

At any time, you can go on the Internet and search "positive thinking" and you'll get all kinds of how-to guides on positive thinking and related information. But I can tell you, first hand, that taking the "high road" and doing what you think is right "positively" will affect your life.

I also believe positive thinking fits in with being a more "resilient" person. When you have a positive attitude, the "tough and scary" things you face in life just seem a bit easier to deal with. To prove this, I'll give you another example.

Recently, my family and I went on a three-day road trip that ended up being just over a 1,000-mile round trip. On the first half of the trip, we were towing a trailer behind our vehicle. Toward the end of that leg of the trip, the trailer broke down.

For most people traveling, a broken trailer on a road trip can be a big problem. We just took the "positive" approach to dealing with the issue at hand.

Once the problem was realized, I went to work to get it fixed and wouldn't you know it, a person I never met before stopped to help me get it fixed. Within a couple of hours, we were back on the road to our destination and I had a new friend. In all, a bad situation turned into a positive experience.

On our second leg of that road trip on the way home, we ran into bad weather. And not just any weather. We went from clear skies to blizzard conditions to freezing rain to black ice on the roadways back to clear condi-

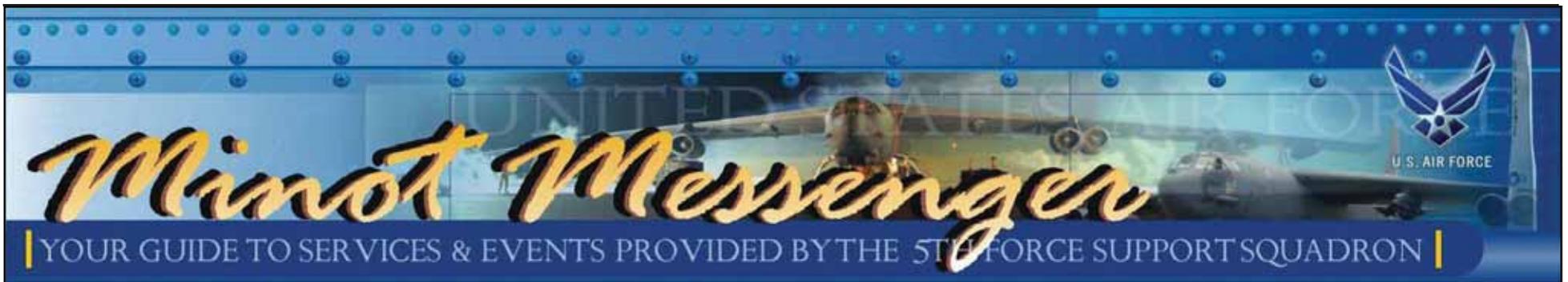
tions. Accidents were everywhere! Through the entire time the driving was stressful but we knew if we took our time, measured our risks and kept a positive attitude, we'd be just fine, and we were.

I can give you many, many more examples, such as how being positive has gotten my family and me through seven overseas deployments and the after-effects of what I've gone through following those deployments. I also could tell you stories of how it has helped me to help other people. The bottom line is that thinking positive has been a powerful personal ally in my life.

Those "tough choices" I mentioned before were just that, tough. In early February I had knee surgery for the first time. At the same time, I decided to stop smoking.

Weeks later, my knee is healing well and I am smoke-free for the first time in nearly a decade. Most of all, I am happy I have made those choices, and thanks to positive thinking, there is no bounds to what I believe I can do.

In your life, I encourage you to think about thinking positive. It helps me every day to the best in my service to my country, to my family, and most importantly, to myself.



Savor The Flavors During “Around The World Beer Tour”

According to Wikipedia, the on-line free encyclopedia, beer is one of the world's oldest alcoholic beverages, possibly brewed for the first time over 10,000 years ago. Beer connoisseurs and novice beer lovers alike won't want to miss the 13th Annual Around the World Beer Tour that begins March 18th, 4:30 p.m. at the Ground Zero Lounge in the Jimmy Doolittle Center.

This year's event will feature 16 different beers from around the world including beers from Ireland, Holland, Germany, Italy, Canada, Belgium, China, Japan, Jamaica, Australia, Scotland, England, Mexico, and more. Each week, two beers will be premiered. Beer tour participants receive a tour card when they begin that lists each of the 16 beers that are part of the event. Each time a listed beer is consumed, the tour card is marked by the Doolittle staff to confirm that beer has been sampled. All members who finish the tour receive a fleece. At the conclusion of the Around the World Beer Tour, a taste test challenge will be held with the winner



being named “Chief Brewmaster”.

The only charge to participate in the Beer tour is the price of the beer which is \$4 each. The event is open to all ranks and is for club members only. For additional information, contact the Jimmy Doolittle Center at 723-3731.



St. Patrick's Day Events

Saint Paddy's Day Celebration at the JDC

You don't have to be Irish to enjoy the Saint Paddy's Day Celebration at the Doolittle Center on March 11th from 4:30-7 p.m. Enjoy traditional Irish cuisine, green beer, and participate in the Pot of Gold Treasure Hunt. For details, call 723-3731.

St. Paddy's Day Celebration at J.R. Rockers

The St. Paddy's Day Celebration at J.R. Rockers will be held on March 11th from 4:30-6:30 p.m. Enjoy a delicious Irish buffet as well as drink specials in the lounge; adults only. Cost is free for club members and \$5 for non-members. For details, call 727-ROCK.

St. Patrick's Day 6-Mile Relay

Show off your green! Join the fun at the Fitness Center on March 17th during the St. Patrick's Day 6-Mile Relay. Teams consist of 4 members with each team having two members of the opposite gender. Each team member runs a mile and a half. Enter by March 16th at the Fitness Center to schedule your run time. Winners determined by the top three teams with the lowest combined team time. For details, call the Fitness Center at 723-2145.



Net An AF Hoops 3-Pointer Combo Meal At Participating 5 FSS Facilities

Food, fun, and basketball is the theme all through March as participating 5th Force Support Squadron nonappropriated food and beverage facilities hold the AF Hoops 3-Pointer Combo Meal Promotion. The promotion features specially priced combo meal choices featuring a 44 oz. Coke Final Four Promotional Cup. During the month of March (while cup supplies last), customers can enjoy great combo meals at J.R. Rockers, Rough Riders Pizza, and Kelley's Place (located in Rough Rider Lanes). At J.R. Rockers, Monday through Friday from 11 a.m. to 1 p.m., enjoy a Grand Slam combo with Final Four cup for \$6.95 for club members and \$8.95 for non-members. You'll love the Two Slice Pizza combo at Rough Riders complete with the Final Four cup for \$4.50. Kelley's Place offers the Final Four cup with any combo meal ranging in price from \$4.50 to \$7.50. You can purchase the 44 oz. Coke Final Four Promotional Cup at the Rough Rider Golf Course for \$2.50. These facilities are great places to watch the National Collegiate Athletic Association basketball tournaments and championships (men's and women's).

Event Update

Beginning Scrapbooking Class

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

Hawaiian Luau

March 4 • 4:30 p.m. • Doolittle Center

Karaoke Night

March 4 • 6 p.m. • J.R. Rockers

Kids Night Out

March 4 • 6:30 p.m. • Youth Center

Pre-Teen Gladiator Night

March 4 • 8 p.m. • Youth Center

March Madness Basketball

March 5 • 10 a.m. • Fitness Center

Members Only \$5 Steak Night

March 5 • 5-9 p.m. • J.R. Rockers

Scotch Doubles Bowling

March 5 • 6 p.m. • Rough Rider Lanes

Lights & Strikes Bowling

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

Sunday Champagne Brunch

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

Resume Writing and Interview Skills Workshop

March 7 • 11:30 a.m. • A&FRC

Weekly Storytime

March 9 • 10:30 a.m. • Base Library

Beginning Knitting Class

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

St. Paddy's Day Celebration

March 11 • 4:30 p.m. • J.R. Rockers

Anime Club

March 11 • 4:30 p.m. • Base Library

Saint Paddy's Day Celebration

March 11 • 4:30 p.m. • Doolittle Center

Family Fun Night

March 11 • 6 p.m. • Youth Center

Texas Hold'em Tournament

March 11 • 7 p.m. • J.R. Rockers

Dr. Seuss Day

March 12 • 1 p.m. • Base Library



Visit our website at www.5thforcesupport.com

Retro Day At Rough Rider Lanes

Take a ride on the time machine as Rough Rider Lanes turns back time during Retro Day on March 20th from noon to 7 p.m. Bowl for \$1 per game and if you wear your favorite bowling shirt you can bowl for 50 cents per game! Shoe rental will be 50 cents. Get a strike with the red headpin and win a free game! Enjoy great oldies music along with food and soda specials in Kelley's Place. Bring the family and register for door prizes; kids receive a special surprise. For more information, call Rough Rider Lanes at 727-4715.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on March 12th, 19th, and 26th. The fun starts at 11 p.m.; free for members and \$5 for non-members. Gather up your friends and enjoy a great night out. Call 727-ROCK for details.

Scotch Doubles Bowling

Rough Rider Lanes invites you to Scotch Doubles bowling on March 5th starting at 6 p.m. Cost is \$25 per team. Five games will be bowled with two of the games 9 Pin No Tap. Participants must be 18 years of age or older to bowl in this event; at least 15 teams needed to conduct event. For details, call Rough Rider Lanes at 727-4715.

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, March 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.

Karaoke Night

Whether you've got singing talent or simply love to watch the performances, you don't want to miss Karaoke Night on March 4th at J.R. Rockers. Enjoy a great fun-filled night with your friends from 6 p.m. until closing. For additional information, contact J.R. Rockers at 727-ROCK.

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 March 14th from 6-8 p.m.; contact FCC for location. 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.

Youth Basketball Registration

Registration for Youth Basketball is now through March 18th at the Youth Center for youth ages 5-18. The cost is \$26. Participants must be Youth Center members and have a current physical. The Youth Center is seeking coaches and assistants; mandatory training is provided. Apply at the Youth Center. For details, call the Youth Center at 723-2838.

Members Only \$5 Steak Night

If you're looking for a delicious meal at an unbelievable price, make plans to attend the Members Only \$5 Steak Night at J.R. Rockers on Saturday, March 5th from 5-9 p.m. Club members can enjoy a steak, baked potato, and veggie of the day for \$5 (in-house only). You must be a club member to receive this great offer; if you're not a member don't worry as J.R. Rockers can sign you up. For more information, call J.R. Rockers at 727-ROCK.

Youth Cheerleading Registration

Registration for Youth Cheerleading is now through March 18th at the Youth Center for youth ages 5-18. The cost is \$26 plus the cost of uniform. Participants must be Youth Center members and have a current physical. The Youth Center is seeking coaches and assistants; mandatory training is provided. Apply at the Youth Center. For details, call the Youth Center at 723-2838.

Buck Bowling Every Sunday In March

Rough Rider Lanes is offering everyone a great way to get out of the house and enjoy some recreation fun. Every Sunday in March, you can bowl for \$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.

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 March 18th 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.

Bundles For Babies

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

Dr. Seuss Day

The Base Library invites you to their annual celebration of Dr. Seuss' birthday on March 12th at 1 p.m. Enjoy stories, crafts, and games all related to the world famous works of this most influential of children's authors. Call the Base Library at 723-3344 for additional details.

Family Fun Night

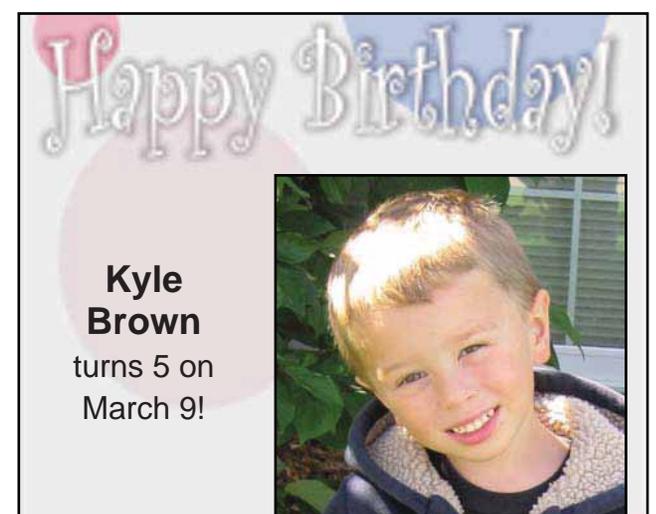
Enjoy a great bowling outing during Family Fun Night on March 12th from 6-9 p.m. at Rough Rider Lanes. Bring the whole family for a night of bowling fun! Rough Rider Lanes has bumpers so even the tiny tots can bowl. Cost is \$2.50 per game. For additional information, call Rough Rider Lanes at 727-4715.

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 March 7th from 11:30 a.m. to 1 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. Whether you are looking for a new position or starting out in the work force, this workshop is for you. Call the Airman and Family Readiness Center at 723-3950 to pre-register.

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 March 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.



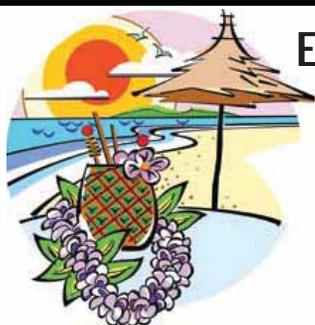
Join the Birthday Club!

E-mail your name, address, phone number & birth date to 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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Enjoy Hawaiian Luau at the Doolittle Center On March 4th

The Doolittle Center is warming things up with a fun-filled Hawaiian Luau on March 4th beginning at 4:30 p.m. You'll almost feel the warm breezes and sun as you enjoy delicious kahlua pork and tropical drink specials. Don't miss out on your chance to experience the limbo contest or sumo wrestling. Make plans now to enjoy this island getaway without ever leaving base. For more information, call the Doolittle Center at 723-3731.

BRONZE STAR on page 8

time in Afghanistan. He was charged with many responsibilities while in Kandahar, but his main mission was focused on protecting others so they could successfully complete their mission.

"The main focus was to provide close air-support to the 4th Brigade Combat Team so they could partner with the Afghan National Security Forces in order to build their capacity and capability," he said. "My team accomplished this by providing combat aircraft overhead to protect paratroopers on the ground. We also provided the Joint Terminal Attack Controllers the ability to control the aircraft, getting bombs on target whenever needed."

Although Captain Gunther achieved many things while deployed, there are two major accomplishments that stood out to him the most.

"One thing I felt particularly proud of was working on an airspace plan for the Kandahar city region," he said. "I partnered with other airspace managers to design and construct a plan managing up to 50 flights a day in the Kandahar airfield."

Aside from constructing an airspace plan, Captain Gunther made sure to take time out to take care of his Airmen.

"Another accomplishment

I was proud of was getting one of my Airmen promoted below the zone," he said. "My NCO in charge and I worked tirelessly at making sure all the Airmen in my flight were recognized for the work they did. When I told him, he was so excited. I couldn't help but feel excited with him. It's those little things in a combat zone that can make all the difference."

Captain Gunther's previous commander was not surprised to hear that he received this medal.

"While we were together, Captain Gunther displayed professionalism, excellence and a positive can-do attitude," said Lt. Col. Anthony Abernathy, 14th Air Support Operations Squadron commander. "He tackled the monumental task of preparing to deploy for 365 days like a veteran, and his success downrange is a testament to his exemplary leadership."

Captain Gunther said he was proud to serve his country and to have had the deployment opportunity.

"We have a very important mission that has been given to us," said Captain Gunther. "Airmen need to support that mission and do what they can to contribute to it. I feel proud to support the Air Force mission and would gladly go again."

MAJCOM AWARDS on page 8

In a recent announcement of the major command 2010 media awards, the base public affairs office placed first in the following categories:

Senior Airman Michael Veloz, photographer, was named AFGSC Outstanding New Photographer of the Year. This award recognizes personnel working in photography for less than two years.

Senior Airman Benjamin Stratton, former senior journalist at Minot AFB, was awarded the AFGSC Print Journalist of the Year. This award recognizes the journalist who exemplifies the highest standards of military journalism as shown by writing across a spectrum of categories.

Airman Stratton recently had a permanent change of station to the 8th Fighter Wing Public Affairs at Kunsan Air Base, Republic of Korea.

Airman Stratton also was awarded first place in the series article category for writing two or more feature articles dealing with a common theme.

First place for best Web site in AFGSC was awarded to Minot AFB PA for the base's number one information source, www.minot.af.mil. The award was for an organizational Internet or intranet site hosted on a

DoD-authorized domain that presents news and information to a primarily internal audience.

Tech. Sgt. Lee Osberry, former base visual information manager, was awarded first place for his illustrative photo depicting the topic of suicide and suicide prevention. Sergeant Osberry recently had a change of duty station to the 48th Fighter Wing Public Affairs at RAF Lakenheath in England.

Staff Sgt. Miguel Lara, a traditional broadcaster from the PA office here, was awarded first place in the picture story category. His picture story highlighted U.S. and Iraqi military vehicle mechanics working together during his deployment to Ali Base, Iraq.

Additionally, newcomer Airman First Class Jessica McConnell, journalist, placed second in the News Article category for her article titled "Minot IDEA winner saves Air Force millions"

Capt. Genieve David, chief of Public Affairs at Minot and former deputy director for Public Affairs at 13th Air Force, was awarded second place in the 2010 Pacific Air Forces Media Contest Awards for the news article category. The article focused on the U.S. Air Force Airmen and representatives from the local

health department who were on a crusade to combat the Dengue virus in barangays, or villages, as part of Operation Pacific Angel Feb.15-22, 2010.

In the Combat Documentation Photograph category Airman Veloz was awarded second place for images captured during his documentation of Air Combat Command's Chemical, Biological, Radiation and Nuclear Equipment Challenge.

Similarly Airman Stratton placed second for Portrait-Personality Photograph with an image of Senior Airman Ashley N. Avecilla taken for the article "Islamic faith, Christian world."

Third place was awarded to Sergeant Dow for his pictorial photograph wildlife on base.

Airman McConnell was awarded third place as the command's Outstanding New Writer of the Year, which is awarded to personnel working in print journalism for less than two years.

"I'm extremely proud of the efforts of our Airmen in this office," said Captain David.

"They work hard here to support the Air Force's only dual-wing nuclear capable base and I'm excited that their efforts didn't go unnoticed."

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B



Friday Evening March 4, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Supernanny		Primetime: What		20/20		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	The Defenders		CSI: NY		Blue Bloods		Local	Late Show Letterman	Late	
KMOT/NBC	Who Do You		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	42nd NAACP						Local			
Cable Channels										
AMC	The Walking Dead		Walk:Dead							
CNN	Race and Rage		Piers Morgan Tonight		Anderson Cooper 360		Race and Rage		Piers Morgan Tonight	
DISC	Flying Wild Alaska		Flying Wild Alaska		American Loggers		Flying Wild Alaska		Flying Wild Alaska	
DISN	Deck	Fish Hook	Phineas	Deck	Deck	Deck	Deck	Deck	Fish Hook	Phineas
ESPN	NBA Basketball		NBA Basketball						SportsCenter	
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?
FX	Meet Dave				Meet Dave				Justified	
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Reba	Reba
NICK	Big Time	Victorou	Chris	Lopez	Lopez	G. Martin	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Auction	Auction	Auction	Auction	Auction Hunters		CSI: Crime Scene		Freddy vs. Jason	
TBS	The Bucket List				The Bucket List				A Walk in the Clouds	
TNT	Journey-Center				Journey-Center				Deep Blue Sea	
USA	NCIS		NCIS		CSI: Crime Scene		CSI: Crime Scene		NCIS	
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Catch Me if You Can		Gervais	Eastbound	Real Time/Bill Maher		Real Time/Bill Maher		Funny or	Gervais
MAX	It's Complicated				People vs. Flint				Life-Top	
SHOW	Punisher: War Zone				The Ghost Writer				I Hope	

Saturday Evening March 5, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	King Kong						Local			
KXMC/CBS	College Basketball				48 Hours Mystery		Local			
KMOT/NBC	Harry's Law		Law-Order L.A.		Law & Order: SVU		Local	Saturday Night Live		
KNDX/FOX	Cops	Cops	Amer. Most Wanted				Fringe		Fame	Local
Cable Channels										
AMC	Scarface						Scarface			
CNN	Race and Rage		Piers Morgan Tonight		Newsroom		Race and Rage		Piers Morgan Tonight	
DISC	Desert Car Kings		American Chopper		Explosions-Wrong		Desert Car Kings		American Chopper	
DISN	Shake It	Good Luck	Wizards	Wizards	Wizards	Wizards	Phineas	Phineas	Phineas	Phineas
ESPN	College GameDay		College Basketball				SportsCenter		Final	NBA
FAM	A Bug's Life				Ice Age				Look-Talking	
FX	The Incredible Hulk		Two Men	Two Men	Two Men	Two Men	Archer	The Strangers		
LIFE	My Family's Secret		Date With Darkness				One Born Ev.		Kids	Kids
NICK	Big Time	Victorou	Jackson	iCarly	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Best of PRIDE		Unforgiven						The Last Boy Scout	
TBS	What Women Want				Pretty Woman					
TNT	The Mummy Returns				Deep Impact					
USA	Indiana Jones						The Bourne Ultimatum			
WGN	Bones		Funniest Home Videos		WGN News at Nine		Scrubs	How I Met	South Pk	South Pk
Premium Channels										
HBO	Robin Hood				Boxing				Robin	
MAX	Coming	Night-Smithsonian			Tooth Fairy					
SHOW	Shameless		Caroline Rhea		Strikeforce				NASCAR	

Sunday Evening March 6, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Secret Millionaire		Desperate Housewives		Brothers & Sisters		Local			
KXMC/CBS	The Amazing Race		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	America's		Celebrity Apprentice				Local		Dateline NBC	
KNDX/FOX	Simpsons	Burgers	Fam. Guy	Cleveland	Local					
Cable Channels										
AMC	Scarface						Scarface			
CNN	Fareed Zakaria GPS		Piers Morgan Tonight		Newsroom		Fareed Zakaria GPS		Piers Morgan Tonight	
DISC	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
DISN	Good Luck	Shake It	Shake It	Deck	Fish Hook	Fish Hook	Good Luck	Good Luck	Hannah	Hannah
ESPN	NBA Basketball		NBA Basketball				SportsCenter			
FAM	Monsters, Inc.				Monsters, Inc.				J. Osteen	Ed Young
FX	Ghost Rider		Mummy: Dragon Emp.				Lights Out		Two Men	
LIFE	Amanda Knox		Army Wives		Coming Home		Army Wives		Coming Home	
NICK	My Wife	My Wife	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Star Wars IV: A New Hope		Star Wars IV							
TBS	Forrest Gump				Forrest Gump					
TNT	Journey-Center		Journey-Center				Leverage		Leverage	
USA	Raiders-Lost Ark				Indiana Jones				Raiders	
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk		Monk	
Premium Channels										
HBO	Robin Hood		Big Love		Big Love		Date Night		Gervais	
MAX	War Games	Tooth Fairy			Funny People				Lingerie	
SHOW	Shameless		Californ.	Californ.	Shameless		Shameless		Californ.	Youth Rev

Monday Evening March 7, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	The Bachelor				Castle		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	How I Met	Mad Love	Two Men	Mike	Hawaii Five-0		Local	Late Show Letterman	Late	
KMOT/NBC	The Event				Harry's Law		Local	Tonight Show w/Leno	Late	
KNDX/FOX	House		The Chicago Code		Local					
Cable Channels										
AMC	Scarface						Scarface			
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	American Chopper		American Chopper		Sons	Sons	American Chopper		American Chopper	
DISN	Wizards-Waver				Wizards	Wizards	Sonny	Sonny	Hannah	Hannah
ESPN	College Basketball		College Basketball				SportsCenter		NFL Live	NBA
FAM	Pretty Little Liars		Greek		Pretty Little Liars		The 700 Club		Whose?	Whose?
FX	Live Free-Die						We Own the Night			
LIFE	Flirting With Forty		He Loves Me				How I Met	How I Met	Chris	Chris
NICK	My Wife	My Wife	Chris	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez
SPIKE	UFC Fight Night		The Punisher						Jail	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Conan		Lopez Tonight	
TNT	Bones		Bones		The Closer		HawthoRNe		CSI: NY	
USA	NCIS		WWE Monday Night RAW				White Collar		Law & Order: SVU	
WGN	Chris	Chris	Funniest Home Videos		WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Real Time/Bill Maher		She's Out				Gervais		Boxing	
MAX	The Color of Money				Tooth Fairy					
SHOW	The Ghost Writer		Shameless		Californ.	Californ.	Episodes	Episodes	Shameless	

Tuesday Evening March 8, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	No Ordinary Family		V		Detroit 1-8-7		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	NCIS		NCIS: Los Angeles		The Good Wife		Local	Late Show Letterman	Late	
KMOT/NBC	The Biggest Loser				Parenthood		Local	Tonight Show w/Leno	Late	
KNDX/FOX	Glee		Raising	Traffic	Local					
Cable Channels										
AMC	GoodFellas				GoodFellas					
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	Dirty Jobs		Dirty Jobs		American Auction		Dirty Jobs		Dirty Jobs	
DISN	Deck	Phineas	Fish Hook	Deck	Wizards	Wizards	Sonny	Sonny	Hannah	Hannah
ESPN	Wm. Basketball		College Basketball				SportsCenter		NFL Live	NBA
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?
FX	Hellboy-Army				Lights Out		Lights Out		Justified	
LIFE	American Pickers		American Pickers		One Born Ev.		How I Met	How I Met	Chris	Chris
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	Lopez	Lopez	Lopez	Lopez
SPIKE	The Punisher		Swordfish				Ways Die		UFC Fight Night	
TBS	Office	Office	Office	Office	Office	Office	Conan		Lopez Tonight	
TNT	Con Air				Southland		Memphis Beat		Southland	
USA	Law & Order: SVU		Law & Order: SVU		White Collar		Character Approved		Fairly Legal	
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	The Ring	Robin Hood			Big Love				Gervais	Funny or
MAX	Twelve	Wayne's World			Wayne's World 2		Life-Top		Co-Ed Confid. 4 PLAY	
SHOW	Adam Resurrected				Californ.	Californ.	Shameless		Extreme Movie	

Wednesday Evening March 9, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Middle	Better	Family	Sunshine	Off the Map		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Survivor: Redemption		Criminal Minds		C.M.: Suspect		Local	Late Show Letterman	Late	
KMOT/NBC	Minute to Win It		Minute to Win It		Law & Order: SVU		Local	Tonight Show w/Leno	Late	
KNDX/FOX	American Idol				Local					
Cable Channels										
AMC	Once Upon				Exit Wounds				Breaking Bad	
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	Sons	Sons	Sons	Sons	Desert Car Kings		Sons	Sons	Sons	Sons
DISN	Camp Rock 2				Wizards	Wizards	Sonny	Sonny	Hannah	Hannah
ESPN	College Basketball		College Basketball				SportsCenter			
FAM	Miss Congeniality		Two Weeks Notice				The 700 Club		Whose?	Whose?
FX	Day-Tomorrow				Justified		Justified		Lights Out	
LIFE	American Justice		Nostradamus: 2012				How I Met	How I Met	Chris	Chris
NICK	My Wife	My Wife	Chris	Chris	Lopez	George	Lopez	Lopez	Lopez	Lopez
SPIKE	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	3 Sheets	Ways Die	Ways Die	UFC Fight Night	
TBS	Browns	Browns	Are We Th	Are We Th	Payne	Payne	Conan		Lopez Tonight	
TNT	Bones		Bones		Bones		Southland		CSI: NY	
USA	NCIS		NCIS		NCIS		Fairly Legal		CSI: Crime Scene	
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Losers	Date Night			Big Love		Real Time/Bill Maher		Thurgood	
MAX	Time Traveler				Tooth Fairy					
SHOW	Youth in Revolt		NASCAR	Californ.	Shameless		NASCAR	I Hope They Serve Beer in Hell		

Thursday Evening March 10, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC</										

Prairie Adventures

by Patricia Stockdill

If North Dakota's bighorn sheep only knew how much a Saturday auction in Minnetonka, Minn. means to them, they would probably be cheering on the bidders.

That's the day the Wild Sheep Foundation Midwest Chapter auctions one North Dakota bighorn sheep hunting license. The money raised from that lone license totally funds North Dakota's wild sheep management program.

Totally.

Every penny goes to ensuring the future of North Dakota's wild sheep. It pays for flight time to survey sheep. It pays for equipment.

It's the reason North Dakota's wild sheep are where they're at in population growth, which is near historical highs in numbers, despite setbacks from three consecutive snowy winters.

In addition, the chapter kicks in even more money for enhancement projects. For example, in 2010 N.D. Game and Fish Department big game biologists relocated 30 bighorns in the state. "That was our largest capture (relocation) since 1956," described bighorn sheep biologist Brett Wiedmann.

This year six hunters, five lottery applicants and the auction bidder, will have opportunities to hunt bighorns in North Dakota. "Because we have the one auction tag, we have the five other tags," Wiedmann added.

Last year's license netted \$35,000. The chapter kicked in an extra \$20,000 for the relocation project. Wiedmann hopes this year's license garners at least \$35,000 again. The license draws a great deal of interest, he said, because North Dakota hunters are seeing beautiful rams when they're in the field.

The only advantage the auction license earns the successful bidder is a chance to hunt in any open bighorn sheep unit. There's no special treatment, Wiedmann stressed.

No guide or outfitters. No lodging. Not even meals or gas money.

"You get a license and that's it," Wiedmann said.

And the sheep reap the rewards. North Dakota's wild sheep population has nearly tripled in the last 10 years, in large part because of the chapter's funding efforts. "They (Midwest Chapter) have sort of adopted our sheep," he said.

For years, the Wild Sheep Foundation Midwest Chapter was known as the Minnesota-Wisconsin Chapter of the Foundation for North American Wild Sheep (FNAWS). However, when FNAWS underwent a name change to Wild Sheep Foundation, the chapter opted to change its name, as well. Its new name is more appropriate for its wide-ranging membership, which includes many North Dakotans, and the broad scope of its works, Wiedmann said.

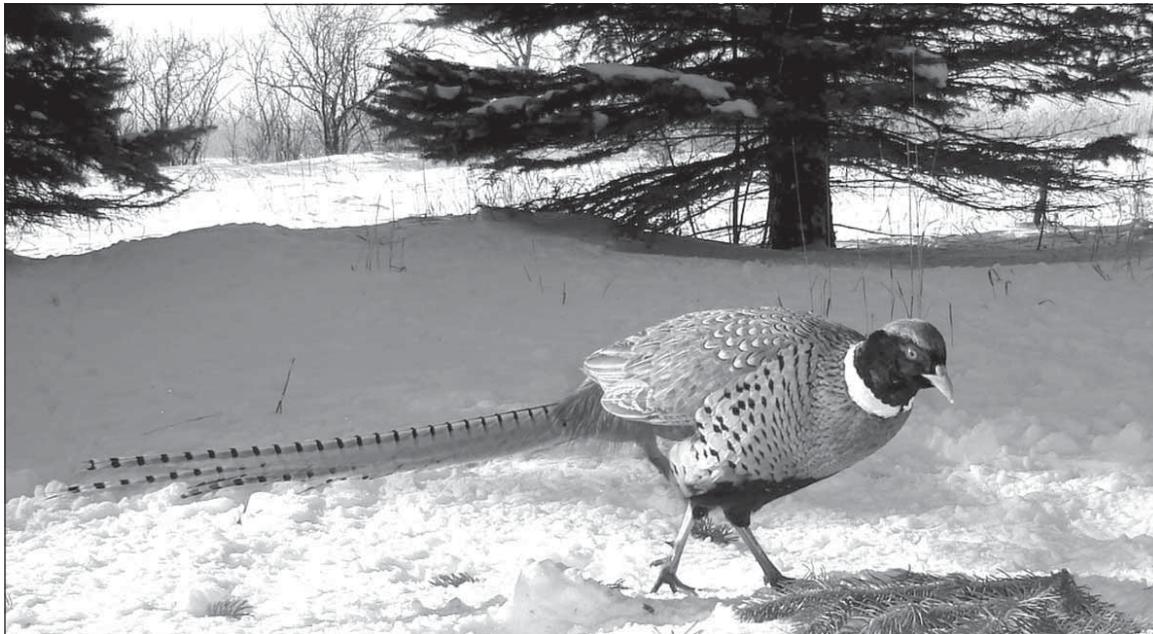
The chapter also supports wild sheep management in other states, such as Nebraska.

Interest in a North Dakota bighorn sheep license has set a record number for the number of applicants every year since 2006, Wiedmann said. About 11,500 people applied in 2010, which was more than the number of Wyoming and Idaho sheep license applications combined. In comparison, about 6,500 people applied for North Dakota sheep licenses in 1993.

Wiedmann attributes the interest to the fact North Dakota has a strong hunting tradition. More people are also aware of the successful sheep management program and the overall growth and success is drawing more interest in a once-in-a-lifetime hunting experience.

Applications for 2011 sheep licenses will be available in March.

After the sheep receive another boost from their benefactors.



Winter wildlife concerns? Think habitat

Another North Dakota tough winter provides a prime example of how important habitat is to wintering wildlife.

Kevin Kading, private land section leader for the state Game and Fish Department, said wildlife depends on quality winter habitat to survive, especially in times like this when North Dakota is in the midst of a third consecutive severe winter.

"Grasslands, wetlands and other habitats for nesting, breeding or raising their young are equally important for wildlife during other times of their life cycle, but the most important factor for wildlife in severe winters is thermal cover," Kading said.

The Game and Fish Department has funding and programs available for private landowners interested in enhancing or developing habitat or wildlife food plots on their land. Kading said private land biologists will work with landowners to develop habitat and find programs that fit the landowner's specific needs.

Thermal cover consists of dense thickets of shrubs or multi-row tree and shrub plantings with essential zones, such as a north and west prevailing wind barrier, a snow trap or open area that allows snow to drop in, an interior loafing or wintering area and backside protection on the south and east sides. Sizes, shapes and configurations of these habitat blocks

depend upon the landscape and contour of the land, suitable soils and sites that provide the best opportunity for survival. Large, dense stands of cattail wetlands can also provide winter cover, but even those can fill in with snow in severe winters.

"When developing winter habitat, landowners should also consider having food plots available nearby," Kading said. "Food plots need to be close to winter habitat so animals have adequate cover and protection from exposure."

Landowners interested in developing winter habitat should visit the department's website at gf.nd.gov, or contact a private lands biologist at a regional Game and Fish office in Williston (774-4320), Dickinson (227-7431), Riverdale (654-7475), Devils Lake (662-3617), Jamestown (253-6480), Harvey (324-2211) or Bismarck (328-6300).

Darkhouse spearfishing season closes March 15
Anglers are reminded that

North Dakota's darkhouse spearfishing season closes March 15.

Interested individuals who would still like to get out for the first time this year must register with the North Dakota Game and Fish Department. Registration is available through the department's website, gf.nd.gov, or through any Game and Fish Department office.

March 15 is also the deadline for anglers to remove permanent fish houses from state waters.

Remove permanent fish houses March 15

State law requires permanent fish houses to be removed from North Dakota waters by midnight March 15.

Anglers are reminded to not wait until the last minute to remove a fish house because access on some lakes could be restricted due to snow.

Fish houses may be used after March 15 if they are removed daily.

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crossword puzzle

ACROSS

1. Norm for Nicklaus
4. Thai's neighbor
7. Mach I breaker
10. Cost-of-living stat
13. Bullring "Bravo!"
14. First Burmese prime minister
15. Debtor's letters
16. Hasty escape
17. Model builder's buy
18. ___ to (begins to like)
20. Psychic's claim
21. "Decline and Fall" satirist
23. Berne's river
24. Sandwich purveyor
25. Clean-air org.
26. "... ___ can't get up!"
27. Mr. Magoo player of 1997
32. Walk, as through mud
33. Like some fingerprints
34. Polo Grounds hero Mel
37. Addis Ababa's land: Abbr.
38. Take a load off
39. Govt. lawyers
40. Strong points
42. Snake's posture
44. Hall of Fame quarterback known for "scrambling"
48. Give off
49. Sweetie
50. Intense craving
53. Stimp's pal
54. "Trees" poet
58. U-turn from WSW
59. Card catalog names
60. "I'll ___ monkey's uncle!"
61. I-95, e.g.
62. "Sort of" suffix
63. Matchsticks game
64. Actor ___ "Kookie" Byrnes
65. Draft org.
66. Moon vehicle, briefly
67. Snaky shape
68. Reuben bread

DOWN

1. Jabbed in the ribs
2. Still in contention
3. Give the same old story
4. "Peanuts" girl
5. "Author unknown," for short

A Boy Named Sue

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			
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		

6. Exceed in importance
7. American Indian language family
8. Chanteuse's offering
9. Derrière
10. Rid of grime
11. Rose Bowl city
12. Marks with a rubber stamp
19. Carton sealer
22. Fibber's repertoire
26. Cockpit abbr.
28. Icy forecast
29. "... luck!"
30. Troy, as it's also known
31. Weird Al Yankovic parody
34. Proposal presenters
35. Inflicts mental anguish on
36. Entry-level workers, perhaps
38. Act starter
41. Demolition letters
43. Lounge about
45. Drummer's output
46. Former Big Apple mayor Ed
47. Uniform feature
51. Run-down
52. Give this for that
54. Monopoly corner
55. York's river
56. Mr. Kristofferson
57. Doctrines

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

Solution to puzzle from February 25.

UPCOMING MOVIES

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

The Rite

Friday, March 4, at 7 p.m.

(Anthony Hopkins, Colin O'Donoghue)

"The Rite" follows skeptical seminary student Michael Kovak, who reluctantly attends exorcism school at the Vatican. While he's in Rome, Michael meets an unorthodox priest, Father Lucas, who introduces him to the darker side of his faith, uncovering the devil's reach even to one of the holiest places on Earth.

Rated PG-13 (language, brief nudity/ sexuality, some violence and a drug reference)
130 min

The Green Hornet

Saturday, March 5, at 7 p.m.

(Cameron Diaz, Seth Rogen)

Britt Reid, son and heir to Los Angeles' largest newspaper fortune, is a rich, spoiled playboy who has been happy to maintain a direction-less existence. When his father James Reid dies, Britt meets an impressive and resourceful company employee, Kato. They realize that they have the resources to do something worthwhile with their lives and finally step out of James Reid's shadow. Kato builds the ultimate weapon, The Black Beauty, an indestructible car with every weapon imaginable and Britt decides that in order to be heroes, they will pose as villains. With the help of Britt's new secretary, Lenore Case, they learn that the chief criminal in the city is named Benjamin Chudnofsky. He has united all the gangs under his power, and he quickly sees that the Green Hornet is a direct threat to the prosperous criminal underworld he controls.

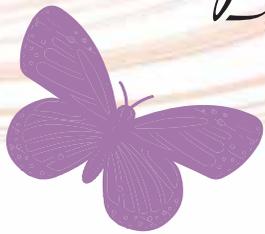
Rated PG-13 (sequences of violent action, language, sensuality, and drug content)
108 min

sudoku

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

Solution to puzzle on page 23.

Beautiful You, Inside and Out!



Fillers & Botox

Today more people are choosing cosmetic fillers and Botox as ways to rejuvenate and feel better. This service is now conveniently available at Trinity Health.

Q: How do Botox and cosmetic fillers work?

A: Both are used to treat fine lines that result from aging and skin damage. Botox helps relax the muscles to reduce depth of the lines around our eyes, forehead and mouth. Fillers can be used to plump up deeper wrinkles, smoothing their appearance, or fillers can be used to enhance the shape of lips. Each of these can help provide a fresher, revitalized appearance.

Jeffrey Pitcher, MD
Plastic and Reconstructive Surgery



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06 Ford Mustang GT
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98 Buick Park Avenue
\$4,697



05 Chrysler Pacifica
\$9,995



07 Chevy Trailblazer DVD
\$17,299



Dean Minette



Kristi Hunt



Tim Spence



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SECTION 2

Northern Sentry • Friday, March 4, 2011 • www.northernsentry.com

Tops in Blue performs for Team Minot



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

Members of Tops in Blue perform a Lady Gaga song during a Tops in Blue performance at the State Fair Grounds here Feb. 23. Tops in Blue serves as an expeditionary entertainment unit to provide quality entertainment from within Air Force resources for the Air Force family and personnel.



(U.S. Air Force photo/Airman 1st Class Jessica McConnell)

Tech. Sgt. Lesley Hunter, Tops in Blue vocalist, performs for the Minot community during a Tops in Blue performance at the State Fair Grounds here Feb. 23.

Supreme Court decisions affect service members, vets

by Jim Garamone

American Forces Press Service

WASHINGTON (AFNS) - The U.S. Supreme Court has issued three decisions with military connections recently.

In what may be the most contentious of the cases, the court ruled that members of a Westboro, Kan., church have the right to picket at funerals for service members killed in action.

The court reversed a lower court decision March 1 and decided a reservist had been the victim of bias due to his military service. Also March 1, the court ruled that Veterans Affairs Department deadlines for veterans applying for benefits do not have "jurisdictional consequences."

In the first case, Albert Snyder, the father of Marine Corps Lance Cpl. Matthew Snyder, who was killed in Iraq, sued the Westboro Baptist

Church for picketing his son's funeral.

A jury found the Westboro group, which says it conducts the protests because God hates the U.S. for its tolerance of homosexuality, liable for inflicting emotional distress on the Snyder family, intrusion upon seclusion and civil conspiracy.

The Supreme Court voted 8-1 to reverse the lower court ruling, saying the Constitution's First Amendment shields the group.

The First Amendment states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

Also, the court ruled in favor of Army reservist Vincent

Staub, who was fired in 2004 from his civilian position as an angiography technician at Proctor Hospital in Peoria, Ill., because of his military obligations.

Mr. Staub sued the hospital under the Uniformed Services Employment and Reemployment Rights Act of 1994, which forbids employers from denying employment, re-employment, retention in employment, promotion or any benefit of employment based on a reservist's military obligations. A jury found the hospital liable, but the 7th Circuit Court reversed the decision.

The Supreme Court reversed the reversal March 1, holding that if a supervisor motivated by antimilitary hostility performs an act intended to cause an adverse employment action, the employer is liable under the law.

Teen aviation camp applications available at Youth Center

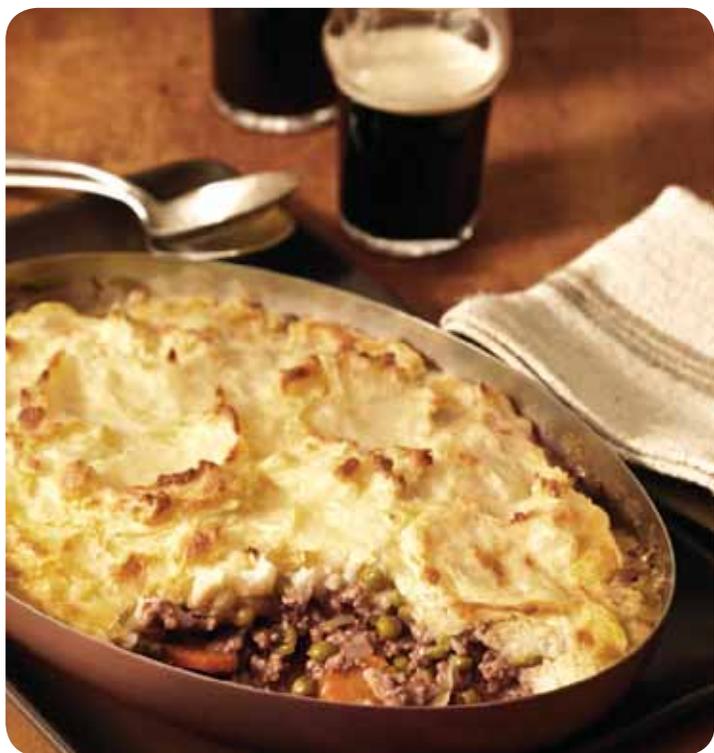
A fun-filled week awaits students selected to attend the 12th annual Teen Aviation Camp. The camp is held at the United States Air Force Academy in beautiful Colorado Springs, CO from June 4th-9th, 2011. The intent of the program and scheduled tours are designed to give all attendees an experience that will help them determine if aviation or the Air Force Academy is a career choice.

This program is for high school students entering their sophomore or junior year in the fall of 2011. Eligible applicants include teen dependents of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, or Air National

Guard or AF Reserve who have been activated within the last 12 months. Previous Teen Aviation Camp attendees may not apply. Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, June 4th.

Air fare or POV travel is the responsibility of the participant. Spending money for other miscellaneous expenses is also the responsibility of the participant. If you have an interest in attending this outstanding teen camp, contact the David C. Jones Youth Center for an application. The completed package must be delivered to the David C. Jones Youth Center by March 17, 2011. For additional details, call the Youth Center at 723-2838.

WEEKLY RECIPE

**Dubliner Shepherd's Pie**

Makes 4 to 6 servings

Potato Topping:

- 1 1/4 pounds russet potatoes, peeled and cubed
- 2 tablespoons Kerrygold Irish Butter
- 1/3 cup milk
- 1 cup shredded Kerrygold Dubliner Cheese
- 1/2 teaspoon salt

Filling:

- 1 pound lean ground beef
- 2 tablespoons Kerrygold Irish Butter
- 1 medium onion, chopped
- 4 small carrots, peeled and sliced 1/4-inch thick
- 2 tablespoons flour
- 3/4 cup Guinness Stout
- 3/4 cup beef stock
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 cup frozen peas, thawed

Preheat oven to 375°F and lightly butter an 11- x 7-inch baking dish. Cook potatoes in boiling water for 15 minutes or until very tender; drain well. Mash with butter and milk until smooth, then stir in cheese and salt and set aside.

Crumble beef into a medium skillet and cook until no longer pink; remove from skillet and set aside. In same skillet, melt butter. Add onion and carrots; cook for 10 minutes over medium heat to soften, stirring occasionally. Stir in flour and cook for 1 minute more.

Add Guinness, stock, thyme and salt; cook and stir until mixture is slightly thickened then stir in peas and cooked beef. Spoon into prepared baking dish then spread potato mixture over the top. Bake for 20 to 25 minutes or until top is lightly browned.



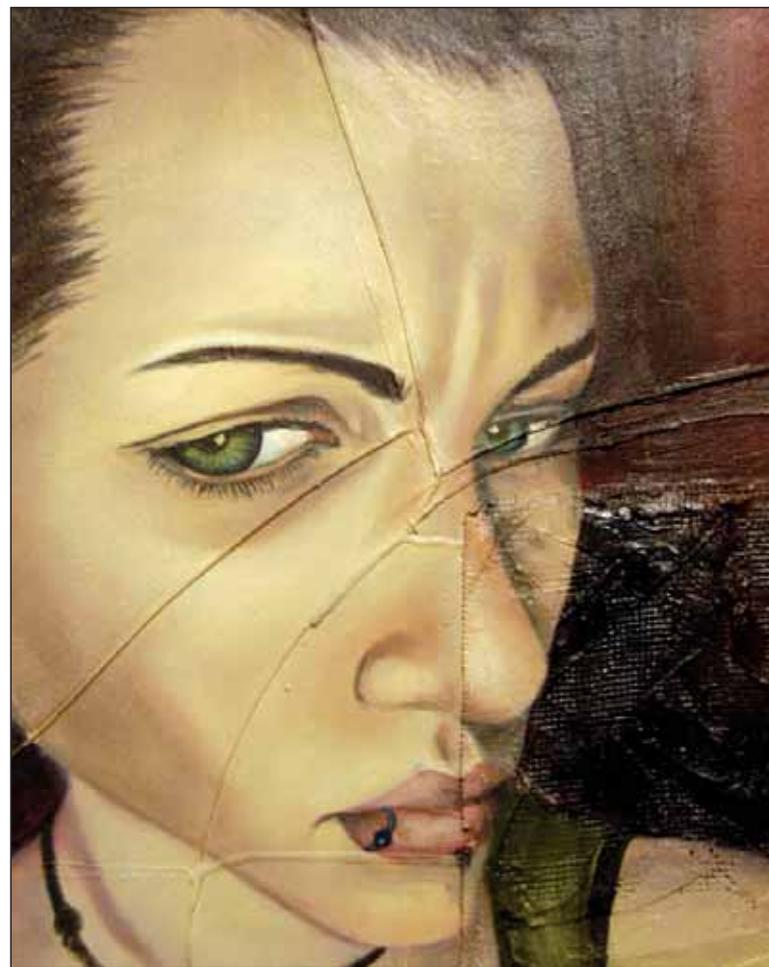
"Through the Looking Glass" exhibit features regional women artists

The Northwest Art Center will present works by over 30 regional women artists in its third biennial women's invitational art exhibition at Hartnett Hall Gallery, Minot State University, March 7 through April 6, 2011. A public reception for the exhibition is scheduled Thursday, March 10, from 6:30 to 8:00 p.m. at the gallery.

Titled "Through the Looking Glass," the exhibition invites artists to respond to the question: "As a woman, how do you see yourself?" Interpretations include commentary on self-image, society's expectations of beauty and fashion, and other aspects of the "world within" reflected in outward appearance. The exhibition coincides with the observance of Women's Heritage Month at MSU.

"A select number of regional artists were invited to participate in this exhibition," said Northwest Art Center Director Avis Veikley. "All invited artists are women who have distinguished themselves as serious practicing artists; all are artists whom we felt could speak powerfully on our theme." Artists were asked to provide original work in a medium of their choice, and a statement on the rationale for their work.

The exhibit and reception are free and open to the public. Parking on the MSU



(Submitted photo)

This self-portrait by Fargo artist MacKenzie Kouba is among the offerings in "Through the Looking Glass," an exhibit by regional women artists at the Northwest Art Center.

campus is unrestricted after 5 p.m.

This project 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. For more information about Northwest Art Center activities, call 701-858-3264.

2011 Magic City Sports Card & Memorabilia Show
 Saturday March 5th, 2011
 Sleep Inn & Suites • Dakota Square Mall • Minot, ND

FREE ADMISSION!!!
SHOW HOURS: 9am - 5pm
BUY • SELL • TRADE
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Minnesota Twins Great
Dave Goltz
 will be signing autographs
 from 2pm - 4pm

*A SMALL FEE WILL BE CHARGED PER AUTOGRAPH

For More Information Contact:
 Andy Heilmann 701.340.2203 aheilmann@srt.com

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 Sunday, March 6th • 10 am to 3 pm
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Minot Area Council of the Arts Events in March

Visual Arts

- 1-31**- Minot Public Library, Exhibit, White Shield art students
1-17- NW Art Center, "Peace Caravan: Journey Along the Silk Road", Marla Mossman, NYC, Gordon B. Olson Library Gallery, reception & Book Signing, Mar. 2nd
7-31- NW Art Center, Women's Invitational Exhibit "Through the Looking Glass" Hartnett Hall Gallery, opening reception 10th, 6:30-8 p.m.

Theater

- 5**- Mouse River Players Theater, 1st Saturday Workshops, \$10 per child, noon-4 p.m.
3-6- Mouse River Players Theater, "Willy Wonka" 7:30 p.m., 2 p.m. on Sunday, \$12, \$10 under 10 yrs., 866 667-1977
10-12- MSU Theater Dept, Vagina Mono-logues, Aleshire Theater, 858-3159

Museums & Heritage

- Carnegie Center**-Schedule a special event, 839-1993
1-31-Taube Museum, lower gallery: "Refrigerators and More"
5- Taube Museum, Art Ala Carte, "Sloppy Joes" 11 a.m.-1 p.m.

History

- Ward Co. Historical Soc.**-10 a.m.-3 p.m. Mon-Sat or by apt, 839-0785

Performances

- 5**- Minot Symphony Orchestra, "A Night to Remember" Nelson Hall 7:30 p.m., 858-4228
6- MSU Music Div. Choirs concert, Nelson Hall, 7:30 p.m.
8- JMB Band, New Town Casino, 839-2893
10- JMB Band, Moose Lodge Jam, 839-2893

Badlands Bottles to Barrels Wine and Beer Tasting Experience

Minot area residents are invited to raise a glass in support of Lillian and Coleman Taube Museum of Art. The Bottles to Barrels Wine and Beer Tasting Experience will be brought to you on March 10th from 5 p.m. – 8 p.m. at the Badlands Grill, located at 1400 31st Ave SW. A variety of highly rated fine wines and craft beers will be available for your tasting enjoyment. There will be prize drawings, silent auction, and

an array of tantalizing hors d'oeuvres! What a great way to enjoy an evening of wine, beer, wonderful company, as well as being a fun way to support Minot's visual arts.

Tickets prices are \$25.00 for members, \$30.00 for non-members and are available at Taube Museum of Art and the Badlands Grill. Advance ticket sales are encouraged and recommended, as they are certain to go fast!

Bottles to Barrels is

hosted by Taube Museum of Art and sponsored by the Badlands Grill. Proceeds from this extraordinary event will benefit Taube Museum of Art's program development.

For further information, contact Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445. Normal Gallery and Gift Shop hours are 10:30 a.m. – 5:30 p.m. Tuesday through Friday and 11 a.m. – 4 p.m. Saturday.

Sled Driver, Brian Shul, to speak at Upper Midwest Aviation Symposium

Story from laying near dead in the jungle of Southeast Asia to flying the SR-71

Air Force fighter pilot Brian Shul was flying close air support missions in Vietnam

when his aircraft was shot down near the Cambodian border. Unable to eject from the aircraft, Shul was forced to crash land into the jungle. He sustained severe burn injuries in the crash and was told his flying days were over. Despite the odds, two days after his release from the hospital, Shul returned to flying jets and went on to become one of a select group of pilots to fly the SR-71 Blackbird spy plane.

Shul will share his story of triumph at the Upper Midwest Aviation Symposium banquet at the Holiday Inn-Minot, Tuesday, March 8, 2011. Hear how Shul came back from his injuries to fly

an aircraft capable of reaching speeds greater than Mach 3.2 and flying at 85,000 feet.

Shul was an Air Force fighter pilot for 20 years. After his AT-28 was shot down in Vietnam, he spent a year in the hospital and endured 15 surgical operations; then he returned to active flying duty.

Tickets for the banquet are \$35. To order tickets, visit www.ndac.aero and select Upper Midwest Aviation Symposium. Questions regarding ticket purchases can be directed to the North Dakota Aeronautics Commission at 701.328.9650. The social begins at 6 p.m. and the banquet begins at 7 p.m.

When It Comes to Cancer, Who Would You Walk For?

You're invited to attend the Relay for Life Informational Meeting
Thursday, March 10, 2011
Holiday Inn Riverside
 Registration - 6:30 pm
 Meeting - 7:00 pm

Survivors' Banquet
 June 10 at 5:00 pm
 to register call 838-7047



For more information call **838-7047**
 or visit us online at www.minotrelay.com

RELAY FOR LIFE
 American Cancer Society

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WOMEN'S LEADERSHIP Express CONFERENCE

Tuesday, April 5, 2011

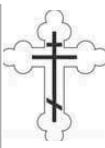
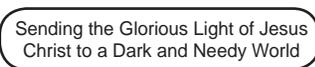
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<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Daily M-F8:00 a.m. Saturday5:30 p.m. Sunday 8:30 a.m. & 11:00 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p> St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>SUNDAY LITURGY 10 A.M. SATURDAY VESPERS..... 6 P.M.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at 435 21st St. NW 833-1798</p> <p>Sunday School9:30 a.m. Sunday Worship10:45 a.m. Sunday Evening6:00 p.m. Wed. Prayer/Bible Study7:00 p.m. Wed. Children's Patch Club.....7:00 p.m.</p> <p>Pastor Brian Ferree</p>	<p><i>Minot Air Force Base Chapel</i> Protestant Services (All Sunday)</p> <p> Traditional Service10:00 a.m. (North Plains Chapel) Gospel Service11:30 a.m. (Northern Lights Chapel) Contemporary Service.....2:00 p.m. (North Plains Chapel) Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included Chapel 723-2456</p>	<p><i>Minot Air Force Base Chapel</i> Catholic Services</p> <p>Eucharist (Mass) Daily Mass9:00 a.m. (Northern Lights) Sunday9:30 a.m. (Northern Lights) Sunday CCD..... 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916 www.minotbiblefellowship.org</p> <p>Sunday School9:45 a.m. Sunday Worship10:45 a.m. Sunday Evening Worship 7:00 p.m. Wed. Evening Family Night..... 7:00 p.m. • <i>Pioneer Club • Youth Club</i> • <i>Women's Bible Study • Adult Bible Study</i></p> <p>Pastor Duane Deckert </p>	<p>Minot Baptist Church</p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School9:45 a.m. Morning Worship11:00 a.m. Evening Worship..... 6:00 p.m. Wednesday Evening 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway 839-1064</p> <p>Sunday School 11:00 a.m. Sunday Worship 11:00 a.m. Tuesday Lunch Bible Study 12 Noon Wednesday Youth Classes..... 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes9:30 a.m. Worship 5:00 p.m.</p> <p>Wednesday: Bible Classes 7:00 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship8:30 a.m. Sunday School9:30 a.m. Sunday Traditional Worship.....11:00 a.m. Monday Youth Worship.....7:00 p.m. Wednesday Community Supper..... 5:00-6:30 p.m. Wednesday Contemporary Worship.....6:30 p.m. Sunday Transportation & Nursery Available www.minotpc.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Sunday School2:00 p.m. Sunday Worship3:30 p.m. Wednesday Bible Study7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee & Conversation 9:00-9:30 a.m. Sunday School9:30 a.m. Morning Worship10:45 a.m. Evening Service.....6:00 p.m. Midweek Service (Wed.).....7:00 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p> First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Wednesday Supper 5:00 pm WOW (Worship on Wednesday) 5:45 pm Wednesday School & Confirmation .. 6:20 pm Saturday Worship 5:30 pm Sunday Worship 8:45 & 10:45 am Sunday School & Adult Forum 9:45 am.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson, Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship8:30 a.m. & 11 a.m. Sunday School & Bible Class..... 9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st & 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p>2209 4th Ave. NW • 839-4663 Carlyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship7:00 p.m. Sunday Worship 8:15 a.m. & 10:45 a.m. Fellowship.....9:15 a.m. Adult Forum.....9:30 a.m. Sunday School9:30 a.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p> North Hill Baptist Church 524 21st Ave. NW • Minot, ND 58703 701-839-7283</p> <p>Pastor Dan Andrus, 701-578-5060</p> <p>sparrow@minot.com minotnorthhillbaptistchurch.com</p> <p><i>"We're Not There Yet... Come Grow With Us!"</i></p>	<p>St. John the Apostle Catholic Church 2600 West Central Ave. Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. Wednesday - Friday9:00 a.m. Saturday5:00 p.m. Sunday 8:00 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship10:00 a.m. Wednesday Worship5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church <i>A Church with a Christian School</i> 700 16th Ave SE</p> <p>Sundays Worship Services.....8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m. Children's programs9:45 a.m. Youth & Adult Bible Classes 10 a.m. <i>Interpreter services for the deaf..... 10:45 a.m.</i></p> <p>Wednesdays Supper.....5:40 p.m. Bible Classes for all ages 6:30 p.m. Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8:00 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal.....9:00 a.m.</p> <p>Pastor Michon Weingarther Home of Campus Pastor Kerri Williamson</p>	<p> Faith United Methodist Church 801 University Ave. W • 838-1540</p> <p>Worship: 10:45 a.m. <i>Nursery Available</i></p> <p>Soup Kitchen: 11 a.m. - 12:30 p.m. Mon. Food & Clothing Pantry: Mon. 9:30 a.m. - 1 p.m. & Wed. 2 - 4 p.m.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p> Cross Roads Baptist</p> <p>Sunday School (all ages)..... 9:45 a.m. Sunday Worship 11:00 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angellnet.net/crossroads email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p> West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p> <p>Sunday School9:30 a.m. Sunday Worship10:30 a.m. Children's Church10:30 a.m. Wednesday Family Training Hour6:30 p.m. Wednesday Kids on the Rock6:30 p.m. Youth Center, Friday7:00 - 11:00 p.m. ABC Child Care & Pre-School Center 852-6352</p>	<p> Bethel Free Lutheran AFLC <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>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p> River of Life Church</p> <p>400 22nd Ave NW • Minot</p> <p>Sunday School9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service6:00 p.m. Wednesday Service.....7:00 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p> First Baptist Church 220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship..... 8:30 a.m. Adult Sunday School9:45 a.m. Contemporary Worship Service..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA Clubs (Sept. - May)..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroecker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p> Gospel Tabernacle Community Church</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 Training6:30 p.m. Evening Worship7:30 p.m. Bible Study/ Children Worship (Wed.).....7:00 p.m. Prayer (Friday)7:00 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School9:45 a.m. Worship 11:00 a.m. Sunday Evening6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com 601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship8:30 a.m. Sunday School10:00 a.m. Morning Worship 11:00 a.m. Evening Worship6:30 p.m. Wednesday Family Night.....7:00 p.m.</p>
<p> Trinity Church <i>An Evangelical Free Church</i> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May Sunday School9 a.m. Worship10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p> <p>Wednesdays Soup Kitchen11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir Rehearsal 8:10 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p>	<p> Zion Lutheran ELCA 1800 Hiawatha St. • 852-1872</p> <p>Saturday Worship5:00 p.m. Sunday Worship 8:30 a.m. & 11:00 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Service5:00 p.m. Sunday Worship 8:30 a.m. & 11 a.m. Sunday School9:30 a.m. Coffee Fellowship.....10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>	

NORTH DAKOTA'S LARGEST SPORTS SHOW!



North Dakota State Fair Center
Minot, North Dakota

Friday, March 11 • 12pm -8pm
Saturday, March 12 • 10am -7pm
Sunday, March 13 • 11am -5pm

Over 125,000 square feet of displays...OVER 100 exhibitors!
Campers • Boats • Motorcycles • ATV's Outfitters • Vacation Resorts
Lawn & Garden Equipment • Much More!

FUN for the WHOLE FAMILY!

Including booths featuring: Clothing, Purses, Jewelry, Kitchen Supplies & More!

2011 Seminar Schedule

Saturday, March 12

- 10:00 am **Walleye University**
Johnnie Candle & Corey Heiser
- 10:30 am **Gaining Permission to Hunt, Fish & Trap on Private Land**
Pat Lothspeich
- 11:00 am **Obedience Training/On Leash & Electric Collar Basics**
Ambush Kennels
- 12:00 pm **The Pros New Secrets to Catching Walleye**
Jim Randash
- 1:30 pm **Game and Fish: Review & Looking Forward**
Greg Gullickson
- 3:00 pm **Using Electronics to Locate Fish Fast**
Jim Randash
- 3:00 pm **Gun Dog Training; from Gun Intro to Field Skills**
Ambush Kennels

Sunday, March 13

- 12:00 pm **Off-Highway Vehicle Safety Certification Course**
ND Parks & Rec
- 1:00 pm **Techniques to Catching Walleye over Ten Pounds**
Jim Randash
- 1:30 pm **Puppies! 8 weeks to 6 months Care & Do's and Don'ts**
Ambush Kennels
- 2:30 pm **Gaining Permission to Hunt, Fish & Trap on Private Land**
Pat Lothspeich



Jim Randash
Two-Time National Walleye Champion

Will be giving seminars
Sat at Noon & 3 pm • Sun at 3 pm

Come see the KX Morning Crew
Perry & Joe
AND the KX Morning Bear...



KX News Saturday, March 12
11 am -1 pm
at the KX Booth
HIGH DEFINITION

LEARN WALLEYE FISHING FROM THE PROS!



Saturday, March 12th
\$50 • 10am - 6pm

Featuring: **Johnnie Candle**
Guest Speaker: **Corey Heiser**

Resister at Scheels or scheels.com/minotevents



KIDS FUN ZONE
Bounce & Play area...all day \$5!
Special Attractions:
Rock Climbing Wall
Kids Bullzilla Bull Ride
(Separate Fee For These Attractions)

\$50 Hourly Cash Drawings at the KX booth!
(No Purchase Necessary)

Admission:

Adults \$3 Ages 6-12 \$1 Ages 5 & under FREE
Your paid admission benefits the Minot Optimist Club!

Winter Adventure Camp

Youth Center members age 9 and older are invited to participate in the Winter Adventure Camp on March 5th and 6th. Participants will go tubing, enjoy a winter survival class, and stay overnight in a cabin. Be prepared to get cold and wet! A camping checklist will be provided. Cost is \$25 and registration deadline is March 1st. Limited space is available so sign up now. For more information, call the Youth Center at 723-2838.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on March 8th, 9th, 15th, 16th, 22nd, 23rd, 29th, and 30th. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

Breastfeeding Information Class

Wednesday, March 9th, 0930-1100, Family Advocacy Conference Room, 5 MDG. The Breastfeeding Information Class is a class designed to help mothers who have decided they want to breastfeed their child or for mothers who want more information about breastfeeding. This program will educate you on the many advantages of breastfeeding as well as give you techniques to use with your new baby. The information in the class should give you the confidence to start an amazing bond with your baby and give you the accurate information and support that you need. Please call 723-5096 to register.

St. Paddy's Day Celebration

The St. Paddy's Day Celebration at J.R. Rockers will be held on March 11th from 4:30-6:30 p.m. Enjoy a delicious Irish buffet as well as drink specials in the lounge; adults only. Cost is free for club members and \$5 for non-members. For details, call 727-ROCK.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on March 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 more information.

Youth Open Mic Night

Youth Center members ages 13-18 are invited to join the fun during Youth Open Mic Night on March 19th at 9 p.m. All poets, R & B, rock, hip hop, and country artists can show off their talents. Belt out your tune or speak a rhythm. For details, call the Youth Center at 723-2838.

Arts & Crafts Center Retail Store Open Saturday, March 19th

The retail store at the Arts & Crafts Center will be open on Saturday, March 19th 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 Basic Crocheting Class from 10:30 a.m. to noon. Persons interested in participating in the class should sign up prior to the class. Cost is \$15 which includes instruction, 2 classes, and materials. Be sure to ask about the wide variety of other classes they offer including scrapbooking, framing, counted cross stitch, knitting, and more. For more information, call 723-3640.

Currently Deployed and Returnee Family Dinner

Dinner is on us! The Airman & Family Readiness Center invites family members of currently deployed personnel and deployment returnees/families to enjoy a free Deployed Family Dinner on March 24th from 5-6:30 p.m. at the Northern Lights Chapel Annex. This is a great informal event which provides an opportunity to network with other family members experiencing a separation. No speakers or briefings! There will be door prizes, resource materials, program/incentive information, great food, and lots of conversation. Interested persons should pre-register by March 18th by calling 723-4500; seating is limited. Eligible participants include any deployment returnee who comes home after February 18th, 2011 and their family members, 5 BW families of currently deployed members, and 91 MW families experiencing a work-related separation on the date of the event. The Deployed Dinner for March is hosted by the Airman & Family Readiness Center and 5

CES. For more information, contact the Airman & Family Readiness Center at 723-4500.

Lifeguard and CPR Course

Outdoor Recreation is offering a Lifeguard and CPR Course on March 24th through March 26th. Certification includes CPR for the Professional Rescuer and Lifeguarding First Aid & Safety. It is mandatory for participants to attend all 3 days of classes to complete the course. Cost is \$95 per person; must be 15 years of age or older. Deadline for registration is March 17th. For more information, contact Outdoor Recreation at 723-3648.

Auto Hobby March Specials

Auto Hobby is offering two great specials during the month of March. The Strut Spring Replacement Special is available for \$7.50 per strut. Customers remove the strut assembly from their vehicle and Auto Hobby staff will remove the old strut from the spring and install the new spring. Also during March, Auto Hobby is offering to machine brake rotors and drums for \$6.25 per drum or rotor. Customers remove brake drums and rotors and Auto Hobby staff will measure each to ensure they can be machined to specs and resurface if possible. Struts and brake parts may be ordered through Auto Hobby (pending availability, parts may be available same day or if special order is required may take 2-5 days). For more information, call Auto Hobby at 723-2127.

ATTN: Housing Residents

Montana Dakota Utilities reminds housing residents to remove snow and ice accumulation from around the natural gas regulators at their

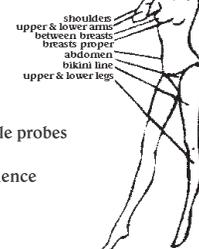
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What is Electrolysis?

Electrolysis is the only FDA approved method of permanent hair removal for unwanted hair on both face and body. A large percentage of women & men have superfluous hair problems.

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BASECHAPELHAPPENINGS

Catholic

- Join CYO for 6-8 grades & 9-12 grades. Contact Colleen Moore at 723-6442.
- For your convenience, daily mass has changed to 9 a.m. Monday – Thursday.
- Weekend Mass: Sunday 9:30
- We are always looking for ways to reach out to the community. Come see how we can benefit from one another.

Protestant

- Sunday services are as follows: Traditional Service 1000 North Plains Chapel; Gospel Service 1130 Northern Lights Chapel; Contemporary Service 1400 North Plains Chapel. Children's Church offered at all services.
- Feed Your Faith night every Wednesday North Plains Chapel. 1730 Dinner, 1800-1930 Classes in Foundations of Faith, Relationship, Discipleship/Growth and Bible Study. Care for children under 3, classes for 3-9 and Youth Group for grades 7-12. All materials, food and classes are Free.
- AWANA club Sunday from 1600 to 1800 at the Youth Center for ages 3 to high school senior September to May only.
- Mothers of Preschoolers, conception to Kindergarten (MOPS), meet the second and fourth Thursday of the month at the North Plains Chapel from 9:15 to 11:30 September to May.
- You do not need to attend a Protestant Chapel worship service to participate in the programs listed above - we would love to see you all there! Chapel Staff, 723-2456.

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8:30am- 7pm Friday • 8am-4pm Saturday

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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

- Bottineau Winter Park Trip, 0900, Outdoor Recreation
- Beginning Scrapbooking, 1030-1200, Arts & Crafts
- Hawaiian Luau, 1630-1900, JDC
- Karaoke Night, 1800-Close, J.R. Rockers
- Kids Night Out, 1830-2100, Youth Center
- Pre-Teen Gladiator Night, 2000-2230, Youth Center
- Lights & Strikes, 2200-2400, Rough Rider Lanes

Saturday

- March Madness Basketball, 1000, Fitness Center
- Members Only \$5 Steak Night, 1700-2100, J.R. Rockers

- Scotch Doubles Bowling, 1800-2200, Rough Rider Lanes
- Winter Adventure Camp, Bottineau/Lake Metigoshe, Mar 5-6, Youth Center
- 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
- Traditional Service, 1000 North Plains Chapel
- Gospel Service, 1130 Northern Lights Chapel
- Contemporary Service, 1400 North Plains Chapel

Monday

- New Parent's Play Group, 1000-1130, Youth Center
- Resume Writing & Interview Skills Workshop, 1130-1300, A&FRC
- Water Aerobics, 1730-1830, Indoor Pool

Tuesday

- Family Night, 1700-2100, J.R. Rockers
- 4-H Business Meeting, 1715, Youth Center
- Veterinary Appointments Available, Call 723-6449

Wednesday

- Right Start, 0730-1200, JDC
- Hello/Goodbye/Birthday Celebration, 1600, Youth Center

- Feed Your Faith Night, 1730-1930 North Plains Chapel
- Wild Wing Wed & \$1 Drafts for Members, 1630, J.R. Rockers
- Veterinary Appointments Available, Call 723-6449

Thursday

- Beginning Knitting, 1030-1200, Arts & Crafts
- 2-4-1 Appetizers for Members, 1700-1900, J.R. Rockers
- Zumba, 1800, Fitness Center

March 11

- St. Paddy's Day Celebration, 1630-1830, J.R. Rockers
- Anime Club, 1630, Library
- St. Patty's Day Celebration, 1630-1900, JDC
- Family Fun Night, 1800-2000, Youth Center
- Texas Hold'em Tournament, 1900, J.R. Rockers

March 12

- Framing Class, 1000-1600, Arts & Crafts
- Zumba, 1000, Fitness Center
- Dr. Seuss Day, 1300, Library
- Give Parents a Break, 1300-1700, CDC/SAP
- Family Fun Night, 1800-2100, Rough Rider Lanes
- Hip Hop Nite, 2300-0400, J.R. Rockers

Ongoing Events

- Equipment Orientation Class, By appointment, Fitness Center

St. Patrick's Day Sale at Murphy Motors Next to New!

The Leprechauns are at it again marking down prices!



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1997 Buick LeSabre.....	\$4,995
2005 Skidoo GSX 500 SS.....	\$4,995
1997 Chevy Suburban LS.....	\$5,995
2005 Mitsubishi Lancer.....	\$5,995
2003 Buick Regal Low Miles.....	\$6,995
2006 Chevy Cobalt Coupe.....	\$7,995
2006 Chevy Monte Carlo LT.....	\$9,995
2004 Chevy Trailblazer.....	\$11,995
2008 Chevy Impala LS.....	\$12,995
2008 Chevy Impala LT.....	\$13,995
2010 Hyundai Sonata GLS.....	\$13,995
2006 Jeep Wrangler X.....	\$16,995
2007 GMC Envoy SLE.....	\$18,995
2006 Chevy Avalanche Z71.....	\$19,995
2007 Chevy 1500 Crew LTZ.....	\$23,995
2010 Ford Explorer XLT.....	\$23,995
2008 Ford F-150 Super Crew.....	\$24,995
2008 Chevy 1500 X-Cab LT.....	\$24,995

2010 Chevy 1500 Crew LT.....	\$24,995
2010 Dodge Quad Cab Hemi.....	\$24,995
2007 Chevy Suburban LT.....	\$30,995
2010 Chevy Tahoe LS.....	\$31,995
2007 GMC Yukon Denali.....	\$32,995
2008 Chevy Tahoe LTZ.....	\$34,995
2009 Chevy 1500 Crew LTZ.....	\$34,995
2010 Buick Enclave CXL.....	\$34,995
2010 Chevy Tahoe LT.....	\$34,995
2011 Chevy Suburban LT.....	\$37,995

2008 CHEVY TAHOE LTZ



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"Willy Wonka" by MRP Community Theater

"Willy Wonka" will be presented March 4, 5 at 7:30 p.m. and March 6th at 2 p.m. This musical is presented with permission from Musical Theater International. Admission is \$12 for adults, \$10 for children and under 10 or by season ticket. The number for reservations is: 1-866-667-1977

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.

Fat Tuesday/Mardi Gras Dessert Tasting Night

You are invited for a wonderful evening of dessert tasting and entertainment! Entertainment for the evening will be True Soul Brothaz...a group of MSU students who will entertain us with wonderful poetry and song. Back by popular demand MSU Singers. This event will be held at first Lutheran Church, 120 5th Ave NW from 6:30 p.m. to 8:30 p.m. on Tuesday, March 8. MSU Students are free! Free Will donations for the public!

Teddy Bear Tales

Teddy Bear Tales is a story time for parents and their children and will be held on Tuesday evenings at 6:30 p.m. starting March 8th. Come with your child and unwind and listen to a story after a long day at work. For more information, contact the Children's Library at the Minot Public Library at 838-0606.

Minot Public Library Teen Programs

- Thursday, March 10, 2011 6:30 - 8:30 p.m. Movie Nite: You Again, North Meeting Room. Come watch You Again on the BIG screen at the library with your friends. The movie is 105 minutes. Refreshments will be served.
- Friday, March 11, 2011 11 a.m.-? Game Tournament, Imagination Station. Join the fun of playing games and get the chance to win prizes at the Minot Public Library's Teen Game Tournament. Watch the website for Games TBA. A late lunch will be served.
- Monday, March 14, 2011 4 - 5 p.m. TAG Meeting, South Meeting Room. Come take part in Minot Public Libraries Teen Advisory Group Meetings. Summer is coming and we need to start planning our programs. Join the fun in planning!
- Thursday, March 24, 2011 3:30-5:30 p.m. Gaming, North Meeting Room. Come hang out with your friends and play video games on the Xbox 360, the Wii and the Xbox Kinect at the Minot Public Library. Refreshments will be served. Register for all events by calling the library at 852-1045 or e-mailing Krista at ktiller@srt.com.

Revival & Special Meetings

You are invited to North Hill Baptist Church (524 21st Ave NW, Minot) to come and hear the life changing message of the Gospel! March 13-16, Sunday at 11 a.m. and 7 p.m., Monday-Wednesday at 7 p.m. Speaker, Kody Alvarez comes from Southwestern Baptist Theological Seminary located in Fort Worth, Texas. Kody will challenge us through the preaching of God's word. Worship Leader, Rev. Todd Fuehrer, pastor of Riverwood Baptist Church located in Bismarck, ND comes to lead us in powerful uplifting worship. For more information call 701-839-7283 or visit www.minotnorthhillbaptistchurch.com.

Minot Prairie Quilt Festival

Three great days of viewing a wonderful quilt show, shopping at the vendors booths, taking classes, lectures and a Saturday evening banquet and lecture with Sally Schneider one of our national teachers for this year. We also welcome Kathryn Squibb and Deborah Jacobs from "Gathering Friends". Cost is \$3 to view the show and attend the vendors mall. Hours: Friday, March 18, 11 a.m.-8 p.m., Saturday, March 19, 8 a.m.-5:30 p.m. and Sunday, March 20, 9 a.m.-3p.m. Visit us online at www.minotquilters.com for more information or to register.

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 p.m. and will run until March 21. For more information, call Diane at the DVCC at 852-2258 or 1-800-398-1098.

Ladies' Retreat

"Going Deep, Growing Strong"

The retreat will be held at the Holiday Inn Riverside on Saturday and Sunday March 25-26th. The retreat starts at 7 p.m. on Friday and will run from 9 a.m. to 3:30 p.m. on Saturday. The featured speaker will be Ellie Lofaro, back by popular demand. Registrations are required. Please contact First Baptist Church at 852-4533 for registration brochure.

Minot FFA Alumni Auction

The auction will be held Saturday, March 26 in the Theatre Building at the NDSF Center, 11 a.m. This 15th annual auction provides help in funding travel expenses as the Minot FFA chapter attends both state and national conventions as well as providing scholarships for secondary education. All types of new items will be auctioned off to the highest bidder. For more info call Kathy at 839-5196.

Adult Computer Training

The Minot Public Library will be offering computer training for adults in February and March 2011 at no cost. Classes are geared towards library information, as well as other helpful information. Pre-registration is required and class size is limited. Registration deadline is the week prior to class time. Class topics include: Computer Basics and Library Catalog, Internet Tips and Searching, Microsoft Word Basics, Beginning Hotmail, Genealogy Basics, Consumer Health Resources on the Internet, and OverDirve/NetLibrary eAudiobooks, eBooks and eVideos. Please call Marci at 852-1045 for more information.



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<p>\$127,400 COZY - 2 bedroom, 2 bath home. Lower level family room, office area and laundry. Deck, shed, patio, fenced yard and attached triple garage. MLS #20110036</p>	<p>Stop By Our Booth At The HOME & GARDEN SHOW MARCH 5TH & 6TH</p>		<p>\$125,000 AFFORDABLE! 2 bedroom home in NW area. Refinished hardwood floors in living room and master bedroom, eat-in kitchen with laminate floor, new windows in 2005, new siding and roof in 2000. Attached garage. MLS #20101686</p>
<p>Polly Benshoof 720-3536 pollyb@minohomes.com</p>			<p>Ric Montoya 240-0749 grigio92@aol.com</p>

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

Answers to puzzle on page 11

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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 garage. Call Lorell Seibold Today! #20110078

\$30,000 Lansford



Very Unique ROUND home with steel framework and fiberglass exterior sides and roof. Bathrooms are operational. Interior needs to be completed. Situated on 5 city lots. Call Aisha Vadell Today! #20091861

\$449,900



If these walls could talk, the stories this old house would tell. Become a part of North Dakota history with this well-traveled, 4000 plus square foot home. Originally built in Minnewaukan, ND in 1917 with 5 bedrooms and 5 bathrooms. Call Alish Charley Today! #20110099

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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

\$232,500



This 2 bedroom, 2 bath Wynwood Cottage plan features main floor living on a beautiful, scenic lot close to Minot. It has great details throughout including vaulted ceilings, glass inserts and special lighting. It sits on an unfinished basement. Call Tamie Dunn Today! #20100205

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Alish Charley.....701-509-5362
Tamie Dunn.....720-1723
Todd Fettig.....852-0136
Ken Gorze.....852-0136

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Tasha Haugen.....721-9969
Trenton Kary.....720-6520
Danette Krumwiede.....720-2335
Brenda Larson.....578-5480

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Jerry Thomas.....833-7578
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