

northern sentry

FRIDAY, MARCH 18, 2011 | VOL. 50 • ISSUE 12 | MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM

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WELCOME HOME DEPLOYERS

Minot Air Force Base welcomes home its deployers! Family and friends, coworkers and commanders, all share in the warm-hearted feeling when their Airmen return safely from their deployed location, wherever in the world this may have been.

The following Airmen have recently returned from deployment:

5th Contracting Squadron
Senior Airman Joshua Zachariah

5th Civil Engineer Squadron
Capt. James Forbes
Master Sgt. David Dubyak
Staff Sgt. John Kimble
Staff Sgt. Ryan Dickelman
Staff Sgt. Ronald Stoll
Senior Airman Aaron Scott

5th Logistics Readiness Squadron
Master Sgt. Daniel Laher

23rd Bomb Squadron
Capt. Michael Stepan

TRF members push the limits



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

Airmen repel down Uniform-1, a training facility on base, for Tactical Response Force training here March 4. Everyone part of the TRF team must undergo a series of training designed to push them beyond their physical limits and to evaluate how well they work under a great deal of pressure.



Marking Team Minot muscle

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

Staff Sgt. Adam Lewis, 5th Maintenance Squadron aircraft structural maintenance craftsman, peels the backing off of the Air Force Global Strike Command decal on the tail section of a B-52H Stratofortress, here March 11. This was the first jet at Minot to receive the decals instead of being painted.

Supervisors get training on DADT repeal

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

The base legal office initiated a comprehensive training program here on March 11, designed to familiarize commanders, supervisors and first sergeants with the future repeal of the "Don't Ask Don't Tell" policy.

Air Force Global Strike Command and Team Minot Airmen who are in leadership positions and responsible for maintaining standards of conduct, good order, discipline, and military effectiveness are required to attend.

Capt. Christopher Sanders, 5th Bomb Wing assistant staff judge advocate, said the purpose of the training is to inform base personnel on upcoming changes in policy and answer questions individuals have regarding its implementation.

"New Department of De-

fense policy basically states sexual orientation will no longer be a bar for military service," said Captain Sanders. "It will also no longer be a reason for involuntary discharge."

He said the Department of Defense would now consider sexual orientation as a personal and private matter.

However, because the federal government defines marriage as a union between one man and one woman as husband and wife, several military benefits will not be extended to married same-sex couples.

"DOD policy is very complex in regard to military benefits for same-sex couples," said Captain Sanders. "This area is rapidly developing. Although a one-

hour training session cannot provide all the answers, it can give commanders and first sergeants assistance in asking the right questions."

“ New Department of Defense policy basically states sexual orientation will no longer be a bar for military service... ”

- Capt. Christopher Sanders,
5th Bomb Wing assistant staff judge advocate

Captain Sanders also stressed that while the repeal of DADT will allow service members to be open about their sexual orientation without fear of repercussions, the rules for standards of conduct and military bearing will remain unchanged for all service members.

"It is important to understand the standards for military conduct, such as the

rules against public displays of affection while in uniform, will continue unchanged," said Captain Sanders. "Standards will be applicable to all regardless of sexual orientation."

Captain Sanders emphasized that the training will explain current Department of Defense rules and policies, not debate

their merits. Even though some supervisors may find themselves in a position where they or their subordinates may personally disagree with changes to policy, all service members are sworn to obey the laws and policies of the service.

"It is important for supervisors to instill in their Airmen the importance of working in a professional manner,"

said Captain Sanders. "Rules and standards of conduct must be upheld. Private political views cannot interfere with the performance of the mission."

Maj. Ryan Lambrecht, the 5th Bomb Wing deputy staff judge advocate, said that one of the rules that will remain in effect in regard to sexual orientation in the military is the Air Force's zero tolerance for any unprofessional comments, sexual harassment, or discrimination in the workplace.

"DADT did not permit disparaging or harassing comments against gay service members, and the Air Force's commitment to a discrimination-free workplace continues under the new DOD rules," said Major Lambrecht.

For further guidance or information regarding the Air Force's new rules regarding the repeal of DADT, contact the base legal office.

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More than just going on a diet

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

People go to her when they have a hard time losing weight. Others meet with her when they can't seem to gain any weight. People also seek her help with nutrition when they are diagnosed with a disease or other ailment.

Most important, she's available to help with the concerns and frustrations so many people face when dealing with food. Whether it's as simple as not knowing what to eat or as difficult as a life threatening condition, she has the knowledge, experience and enthusiasm it takes to assist Air Force Global Strike Command Airmen in meeting their goal.

Sandra Horob is the new health promotion registered dietitian at the Health and Wellness Center here.

When she meets clients, she greets them with a smile and an eagerness to help. And through her interaction with clients, one could see she loves her job.

A native of North Dakota, Ms. Horob graduated from North Dakota State University with a Bachelor of Science in dietetics. She went on to get her Master in Education from Lesley University in Massachusetts.

With more than 30 years of experience under her belt, she's excited to finally serve servicemembers and their families in the health promotion field.

"I haven't been able to devote my time to wellness and health promotion," she said. "Before, I was working in disease management. While that was more focused on working with sick people, this is focused on working with well people."

Her willingness to help others is what drives her to continue working in this career field.

"This is a very fulfilling job," she said. "Getting to meet and help others is why I love this job." Some of the services she provides include individual consultations and appointments, medical nutrition therapy and referrals.

Aside from providing these mainstay services, she is motivated to be proactive in the base community, rather than waiting for people to come to her.

"I plan on conducting classes for agencies around base, such as the enlisted and officers' spouses clubs," Ms. Horob said. "I will also conduct commissary tours during the work week."

She explained these commissary tours are a way to educate people on how to make good food purchasing

choices.

"We go through the commissary and look at different products shoppers would normally buy," she said. "The tour is tailored to what they eat. If they pick something considered unhealthy, I would then show them a good alternative."

Also in the works is a program geared towards on-base gardening. "I'm looking at working with the Youth Center in getting young kids involved in gardening," she said. "Teaching kids how to eat right early in life is key to setting them up for a healthy lifestyle. Parents would also be able to cook healthy meals with their children from the food the children grew in the garden."

With all of these programs in place for the community, Ms. Horob also wants to highlight an important asset at the HAWC: the Bod Pod.

"The Bod Pod uses whole body densitometry to estimate an individual's fat and lean body mass, the resting metabolic rate and total energy expenditure," she said.

With a wealth of knowledge and experience, and the state of the art equipment available to work with, Ms. Horob said she is excited to be here and ready to help.

To schedule an appointment, call Ms. Horob at the HAWC at 723-2990.



(U.S. Air Force photo/ Airman 1st Class Jessica McConnell) Sandra Horob, the new health promotion registered dietitian at the Health and Wellness Center here, is available to help with individual consultations, appointment, medical nutrition therapy and referrals. She also plans to promote wellness in the base community by providing classes, commissary tours and gardening projects for Team Minot youth.

VA launches new PSA on suicide prevention for veterans

WASHINGTON (AFNS) - Department of Veterans Affairs officials are reaching out to veterans in crisis and their families in a new public service announcement to raise awareness about suicide prevention resources, such as the Veterans Crisis Line at 1-800-273-TALK (8255).

"As more veterans return from Iraq and Afghanistan, the critical need for mental health care is rising," said Sonja V. Batten, the assistant deputy chief patient care services officer for mental health. "VA is increasing its efforts to reach out to veterans in need and their families, to inform

them about available services and programs." The new television spot encourages veterans in crisis to call the crisis hotline number at 1-800-273-TALK (8255) and then push 1 on their telephone keypad to reach a trained VA mental health professional who can assist the veteran 24 hours a day, seven days a week.

"Suicide is preventable," Ms. Batten said. "Every veteran suicide is tragic and regardless of the numbers or rates, one veteran suicide is too many. We feel the responsibility to continue to spread the word throughout the nation that suicide prevention is everyone's business."

So far, more than 379,000 people

have called the hotline, and more than 200,000 of these callers have identified themselves as veterans, family members or friends of veterans. The hotline has led to more than 13,000 rescues of actively suicidal veterans. The hotline also operates an online Veterans Chat program, which provides veterans, their families and friends with the ability to communicate anonymously online in real-time with a trained VA mental health professional. Veterans Chat can be accessed through the National Suicide Prevention Lifeline's web page at www.suicidepreventionlifeline.org/Veterans/Default.aspx.

Through the hotline and Veterans

Chat, VA can connect veterans and their families with important services, including suicide prevention coordinators, as well as general inpatient and outpatient psychiatric services at VA medical centers and community-based outpatient clinics.

The hotline, which is part of the National Suicide Prevention Lifeline, was started in 2007 as a partnership between VA and the Substance Abuse and Mental Health Services Administration.

The PSA can be viewed at www.youtube.com/user/VeteransHealthAdmin#p/u/1/PPL7CAHixQE.

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VIEW ONLINE

www.northernsentry.com

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The official newssource for Minot Air Force Base is www.minot.af.mil.

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

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

Improving Afghan lives through women's empowerment

LUKE AIR FORCE BASE, Ariz. (AFNS) - Halfway around the world and five months into the deployment has drastically changed my preconceived ideas of what my role would be as the provincial reconstruction team's female medical officer. If you told me last June that I would be in Afghanistan meeting with provincial leaders from the Department of Public Health or Department of Women's Affairs to assist and mentor the development of the Afghan health system and improve the lives of families through women's empowerment, I would have looked around trying to figure out to whom you were talking.

I was supposed to be the medical provider for the PRT and run a clinic or go out on missions when the medics were not available. What did I know about third world country development or leading a female engagement team? As the saying goes, most of life is just showing up. So I showed up and began sorting through the puzzle of Afghan women's issues and how I could best help put those pieces together.

When undergoing female engagement team training I realized the enormity of the problems facing women in Afghanistan. They are overwhelming and heartbreaking.

So many are overlooked, overworked and underprivileged at best; beaten, burned or killed in severe cases. They stay in the home to raise children, work the land, gather water and feed the family. A high percentage of women do not attend school past their teenage years and most do

not know how to read or write.

They are not to be underestimated, though. They efficiently run their households behind closed doors in unforgiving conditions and are a network of information through the villages and at water collection points. Despite their oppression and abuse, they are an invaluable part of the stability and rebuilding process of Afghanistan.

Herein lies the problem - how do we tap this deep well of information and support systems when there are so many obstacles involving tradition, men, burkas and mud brick walls?

Anyone who has been through Afghan cultural training knows that it is not acceptable to go up to a woman in a village or bazaar and start talking to her, even if you are female, but especially if you are a man. The process to speak to an Afghan woman can be simple, but must be methodical.

Once contact is made with a village, which will likely be through village elders or the mullah, a request is made to speak with or hold a shura with mature females of the village regarding specific topics such as the health and welfare of the community. If there are no females on the team requesting the meeting, the answer will very likely be "no."

With a female engagement team made up of female military members, civilians and very importantly, a female linguist, if trust is established the door will be open to a river of information and knowledge that would otherwise be swept away with

the dust.

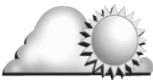
Once women are away from the men and have privacy, the scarves come off, the hair comes down and chatting begins. This is not so different from a social setting in our own country; it just takes a few more steps to get there. Afghan women are no different than any other women who want to have a safe place to raise their families, have access to water, food, essential goods and services, healthcare, education for the family, and an income to provide these things.

With the female's loyalty to the welfare of her family, she is very likely willing and able to provide useful input on how to improve and stabilize her village. As long as communication is performed in a socially acceptable setting, the possibilities of the outcome are limitless.

PRTs spend enormous amounts of money and conduct countless missions to evaluate, rebuild and support the people of Afghanistan. Unfortunately, we miss a large percentage of the population in our endeavors when engaging females is not a priority. Emphasis needs to be focused on communicating with, educating and supporting women in the communities of Afghanistan.

Incorporating FETs with the PRTs and providing the appropriate manning and tools for their success is an important step forward in a more comprehensive approach to strengthen Afghan families, enabling them to secure a productive future for themselves.

WEATHER FORECAST

Fri 3/18	Sat 3/19	Sun 3/20	Mon 3/21	Tue 3/22
				
37/21	38/35	40/31	40/27	34/18
Mix of sun and clouds. Highs in the upper 30s and lows in the low 20s.	A few snow showers. Highs in the upper 30s and lows in the mid 30s.	Showers. Highs in the low 40s and lows in the low 30s.	Mostly Cloudy. Highs in the low 40s and lows in the upper 20s.	A few snow showers. Highs in the mid 30s and lows in the upper 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 March 14 to March 21 and March 18 to March 20 are from the 5th Force Support Squadron, 5th Contracting Squadron and 5th Communications Squadron.

**Lives saved through
March 14: 292**

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Women's History Month: Our history is our strength

Commentary by Senior Airman Matthew Barraco
91st Missile Maintenance Squadron

Women in today's military are a force to be reckoned with, not only in America, but also in the extensive global spectrum of military affairs. They earn their way up the ranks, garnish new and innovative perspectives in military operations and logistics, and provide the military with a creative view on how to effectively accomplish our mission.

That is why we honor the courageous women that have served in our great military for March's Women's History Month.

It was once thought that women had no place in the military, that it was a man's job. Since the days of the National Women's Party struggle for women's suffrage during World War I, women have defied all odds against that mentality and proved to the world that they truly are men's equals.

The fact women proved themselves capable of serving their country has created a dark shadow in our American history. Hopeful and determined, American women had long endured unequal treatment in an attempt to bring our country to greater heights. Consider for a moment how valiantly women stepped up during World War II to assist in repairing the engines of some of our first airplanes; built ships for our great Navy; nursed the wounded and maimed during our bloodiest conflicts, and even went undercover as some of the world's most dangerous spies.

The Vietnam conflict brought an increased role in the participation of women in military operations when they volunteered for combat alongside their male counterparts. Many of these women were honored with their names etched on the Vietnam War Memorial in Washington D.C. for their sacrifice.

Women officially became pilots, not just volunteers, in the 1970's and became involved in aerial combat



(U.S. Air Force graphic/ Virginia Reyes of the Defense Media Activity-San Antonio)

Women in today's military are a force to be reckoned with, not only in America, but also in the extensive global spectrum of military affairs. During the month of March, we honor the courageous women that have served in our great military.

during and after the Desert Storm conflict. In today's military, women serve in various jobs which require high levels of responsibility, to include capsule crews that have the sole responsibility of launching nuclear ICBMs on the order of the Commander In Chief. In America, a women's role in society has come a long way, but there is still further work to do around the globe.

In many places in the Middle East, women have limited rights and are often targets of unjustified abuse. This repression, if anything, stunts the growth and forward progress of Middle Eastern development. In today's rapidly changing geo-political environment, innovation and adaptation are increasingly imperative in maintaining military superiority and continued economic survival.

As a viable political power and positive example to the world, we as Americans owe great thanks to the women who endured years of injustice and fought to implement positive changes in our society which enabled and inspired a better future for all.

As we honor the women who once served, let us also honor those who serve now as they carve out their own places in history.

Thinking like the enemy

HOLLOMAN AIR FORCE BASE, N.M. (AFNS) - It's simple. If I think like the enemy, I will not only be able to defend against him, but ultimately defeat him. Very few people have ever requested I "think like a terrorist," but that's what makes anti-terrorism training so valuable.

It also makes a lot of sense, but so often we get caught up in our own problems and lives, we forget an attack can happen anytime, anywhere. As uniformed personnel or civilian employees, we all work for the United States military, which inherently puts us at risk for dissent, anti-U.S. sentiment or possibly even violence.

When I first signed up for Anti-

Terrorism Level II training, I really didn't know what I was getting myself into. I thought it was just going to be AT Level I, required by the Air Force for every service member and DOD civilian employee, just on steroids -- more history, more techniques. I thought I was going to come out of this training correcting the characters in CIA movies.

I was, of course, mistaken. As cool as getting CIA training would be, AT Level II provides a different, more important service. It teaches government employees how to look through the commander's eyes to spot vulnerabilities, determine risk factors and advise the commander on the state

of the installation as well as possible solutions to any problems.

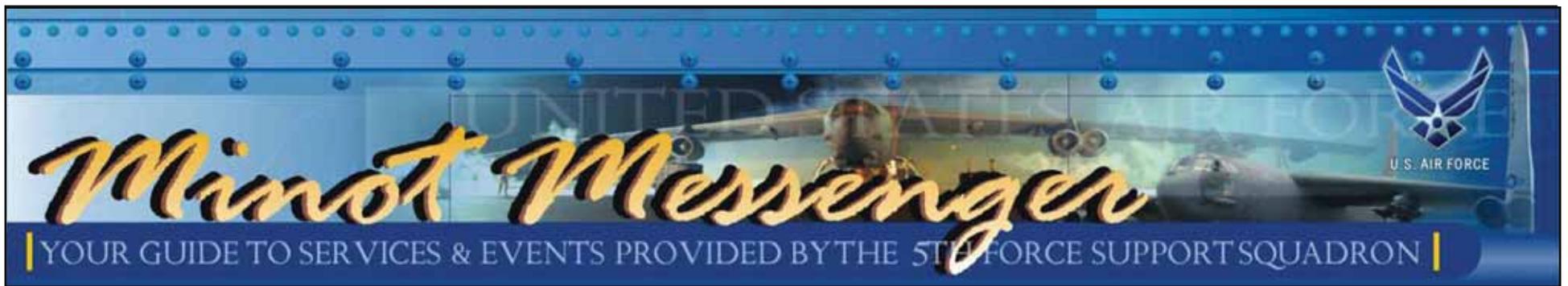
For a lot of people in this training, they wonder, "I'm not in a career field that deals with any of this, why am I an anti-terrorism representative?"

Anti-terrorism is defensive -- that is, we aren't actively looking for terror threats. Instead, we must take it upon ourselves to find the vulnerabilities in our buildings and on base to ensure someone can't take advantage of a weakness to wreak havoc. It's a lot more difficult to hit a hard target than a soft one. On top of the things you can do to protect yourself personally, like varying your routes to and from home, being nondescript while

traveling and being aware of potential threats in your area, we also have a duty to be aware of weaknesses that could put you or your fellow Airmen at risk. Staying vigilant and keeping a watchful eye over our everyday operations and activities are how we can do our parts on an individual level for the anti-terrorism programs at our installations. So start thinking like the enemy, find the weak spots and make it so they can't be exploited.

If you think like the enemy, you can predict the enemy. If you can predict the enemy, you can defend against him -- and defense is our business, our expectation and our duty.

Commentary by 2nd Lt. Logan Clark
49th Wing Public Affairs



Feeling Lucky? Don't Miss The Prairie Knights Casino Trip

If you missed the fun during the February trip to Prairie Knights Casino, you've got another chance to enjoy a great spring weekend getaway. Outdoor Recreation will host a trip to Prairie Knights Casino on April 15th and 16th. The casino, located near Fort Yates, ND, offers a wide variety of high stakes gaming options with over 600 machines including reel slots, video slots, video poker, and video keno. They also have blackjack, craps, three card poker, and ultimate Texas Hold'em. You'll stay overnight in the relaxing accommodations of The Lodge at Prairie Knights which features the unique atmosphere of the northern plains with every room beautifully appointed in Native American decor. Excellent dining choices await your arrival including the Feast of the Rock buffet or the elegance of the Hunters Club.

The Prairie Knights Casino trip includes transportation, one night lodging, and a Prairie Package Coupon Book with many offers. Cost is



\$70 single occupancy and \$45 double occupancy. Participants must be 21 years of age or older. Registration deadline for the Prairie Knights Casino trip is March 31st. For more information or to reserve your spot, contact Outdoor Recreation at 723-3648.

Unlicensed Child Care On Minot Air Force Base

As parents, one of the most important decisions that we will ever make is to choose who will care for our children while we are working or attending school. While there are many people to choose from, the goal is to find the best person to meet the needs of the child and the parents.

Because the health, safety and development of all children are so important, it is vital that child care providers be trained to give the best possible care. Keeping this in mind, the current family child care policy at Minot AFB (as per AFI 34-276, para 1.3) states that any individuals caring for other families' children a total of more than 10 hours a week on a regular basis must be licensed to provide care in on-base quarters. This does not include:

- individuals who occasionally provide care for a friend or neighbor
- individuals providing baby-sitting on an occasional basis for other families
- teenagers doing evening or weekend baby-sitting for families
- child care provided in the parents' own home
- parent cooperatives where one of the parents provides supervision for other parents' children on an exchange basis for social functions and no fees are involved
- temporary full-time care of a child during a parent's absence for temporary duty or deployment by the person listed on the AF Form 357, Family Care Plan

You can compute the requirements to be licensed by multiplying the number of hours the provider offers care on a regular basis by the number of children in care. For example, if an individual provides care one afternoon a week for 4 children for 3 hours, they must be licensed. Anyone providing more child care than the allowed amount must be approved by the Mission Support Group Commander as a licensed child care provider.

Persons who are suspected of providing unlicensed child care will be sent a written request asking them to complete the licensing procedures. A second report of unlicensed care will result in an unannounced visit from the Family Child Care coordinator, accompanied by the Flight Chief, FSS Commander or Security Forces. Persons who continue to provide unlicensed care are subject to the loss of their housing privileges on Minot AFB.

There are many reasons for parents to choose licensed care over unlicensed care. Parents can feel secure knowing their child is in a regulated environment that is subject to monthly unannounced visits. These visits focus on a variety of health, safety and child development areas. This helps to ensure the best quality care is consistently provided. In addition, licensed providers are required to be CPR and First Aid certified and must receive 24 hours of training per year.

When choosing child care, there are so many things to consider, but the most important one is the quality of care the child receives. Leaving a child in the care of a nurturing, trained professional leads

Continued on Page 9

Event Update

13th Annual "Around The World Beer Tour" Kick-off

March 18 • 4:30 p.m. • Doolittle Center
Wing Fest

March 18 • 5:30 p.m. • Doolittle Center
Kids Night Out

March 18 • 6:30 p.m. • Youth Center
Open Mic Night

March 18 • 7 p.m. • J.R. Rockers
Pre-Teen Rockin-n-Rollin Movie Night

March 18 • 8 p.m. • Youth Center
Lights & Strikes Bowling

March 18 & 19 • 10 p.m. • Rough Rider Lanes
Retail Store Open

March 19 • 10 a.m. - 2 p.m. • Arts & Crafts Center
Crocheting Class

March 19 • 10:30 a.m. • Arts & Crafts Center
Otaku Minot

March 19 • 4 p.m. • Base Library
Youth Open Mic Night

March 19 • 9 p.m. • Youth Center
Hip Hop Nite

March 19 • 11 p.m. • J.R. Rockers
Sunday Champagne Brunch

March 20 • 10:30 a.m. • Doolittle Center
Retro Day

March 20 • Noon - 7 p.m. • Rough Rider Lanes
Federal Resume Workshop

March 22 • 5 p.m. • A&FRC
Guinness World Record Family Event

March 22 • 5:15 p.m. • Youth Center
Burger Doo It Your Way!

March 23 • 5 p.m. • Doolittle Center
Family Night

March 23 • 5 p.m. • Doolittle Center
Deployed Family Dinner

March 24 • 5-6:30 p.m. • Northern Lights Chapel
Hosted by A&FRC and 5 CES
Amateur DJ Night

March 25 • 5 p.m. • Doolittle Center



Visit our website at www.5thforcesupport.com

UNLICENSED CHILD CARE

from Page 8

to peace of mind for parents. Obtaining a Family Child Care license to provide more than 10 total hours of care in your home per week is rewarding as well as being mandatory on Minot AFB.

For further information on how to find a child care provider to meet your needs, on how to become a provider, or to confidentially report unlicensed care, please call 723-6662.

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.

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.

Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on March 25th from 5-7 p.m. During this affordable, fun family event, you can bowl for 2 hours with up to 6 people on a lane for only \$25. The price includes shoe rental and a pitcher of soda. Call Rough Rider Lanes at 727-4715 for details.

Guinness World Record Family Event

Everyone is invited to join the fun when the Youth Center hosts the Boys & Girls Club of America Triple Play Guinness World Record attempt for the most people simultaneously performing star jumps (jumping jacks) for 2 consecutive minutes! On March 22nd, BGCA clubs across the nation will simultaneously attempt to set a new Guinness World Record. This is a family event so moms, dads, and all friends are welcome. Both Youth Center members and non-members are invited to participate and be part of this historical event. Jumping starts promptly at 5:30 p.m. so please be in place at 5:15 p.m. Practice, practice, practice and build up your endurance. All jumpers receive a free taco in a bag. For more information, contact the Youth Center at 723-2838.

Burger Doo It Your Way! Family Night

The Jimmy Doolittle Center has the perfect cure for your delicious hamburger cravings. On Wednesday, March 23rd, you won't want to miss Burger Doo it Your Way! Family Night from 5 - 8 p.m. You can build your own burger by choosing from ground beef, ground turkey, portobello mushrooms, and all the toppings. You start by choosing the kind and amount of meat, cheese, and seasonings you want. Then the Doolittle Center staff pack your burger and grill it to perfection. Once it's cooked and returned to you, you'll put it on your choice of bread and top with your choice of toppings. The meal is served with fries, fresh greens, and a drink. Cost is \$4 for club members and \$7 for non-members plus 50 cents for each ounce of meat and cheese. To make this family night extra special, Dizzy the Clown will be performing a special show at 6 p.m. For more information on the Burger Doo It Your Way! Family Night, contact the Doolittle Center at 723-3731.

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.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on March 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.

LAN Party & X-Box Gaming

Come play your favorite multi-player games during the LAN Party & X-Box Gaming on March 26th beginning at 10 a.m. at the Community Center. Children 16 and under must be accompanied by an adult. For more information, visit www.dakrats.net or call the Community Center at 723-4670.



RETRO Day BOWLING

MARCH 20, NOON-7:00PM

Bowl to Your Favorite Oldies Music for \$1 per Game.
If you wear your favorite bowling shirt, bowl for \$.50 per game!
If you get a strike with the red headpin, you will win a free game!

Shoe Rental Only \$.50

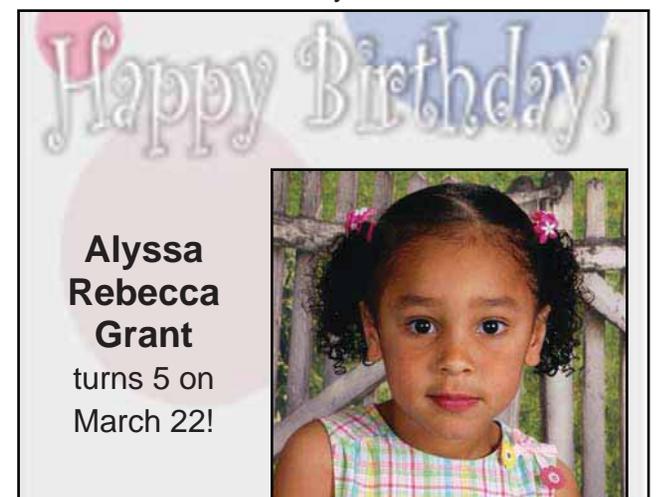
Food & Soda Specials in the Snack Bar

Register for Door Prizes.

Kids will Receive a Special Surprise!

727-4715

Strike up some fun during Retro Day at Rough Rider Lanes on Sunday, March 20th from noon to 7 p.m. Rough Rider Lanes turns back the clock with special "Retro Day" reduced prices for bowling as well as food and beverage bargains at Kelley's Place. 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! You'll enjoy great oldies music and be sure to register for a chance to win one of the great door prizes including a bowling ball, a custom bowling pin, and a bowling bag. Kelley's Place will take you back in time by offering hot dogs, corndogs, nachos, mini tacos, mini burritos, and sodas all for \$1 each. Bring the family as kids receive a special surprise. For more information, call Rough Rider Lanes at 727-4715.



Happy Birthday!

Alyssa Rebecca Grant
turns 5 on
March 22!

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.

sponsored by

GEICO

No Federal Endorsement Of Sponsor Intended

Prairie Adventures

by Patricia Stockdill

Their reasons are as varied as the weather but in North Dakota, more girls and women are taking Hunter Education courses.

Some have children, spouse or boyfriend who hunts and they want to participate. For some women, completing the course eases their comfort level around firearms in the household. Other women have children taking the course or already hunting and they want to know what their child is learning. Others want to start hunting or are simply curious about hunting and firearms and want to learn.

Last year, 40 percent of the state's Hunter Education graduates were female, described N.D. Game and Fish Department Hunter Education coordinator Jon Hanson. They comprised 38 percent of the 2009 graduates. North Dakota has one of the highest female participation rates in the United States, he added.

While it's too early to consider it a trend, Hanson said four ladies Hunter Education courses are scheduled in various locations throughout North Dakota in 2010. One was held earlier in Bismarck. The next class will be at Audubon National Wildlife Refuge beginning April 14.

Beulah hosts a class for women 18 years of age and older beginning June 11 with another ladies course scheduled in Harwood, also in June.

Two ladies Hunter Education courses were held in North Dakota last year, Hanson said.

Ladies classes can lessen intimidation that may sometimes be associated with a Hunter Education course. Participants tend to be less hesitant to ask questions and are more at ease with firearm handling, which is a prerequisite to certification.

While parents are encouraged to attend any Hunter Education class, overall more mothers are taking Hunter Education with their child at both regular and ladies classes, Hanson said.

Jackie Jacobson, Max, is an instructor for the upcoming course at Audubon's new visitor center. The facility offers an inviting setting, she described, surrounded by wildlife. It's another example of a program where the refuge and their partners can provide learning opportunities and enhance outdoor skills, including hunting.

Even if participants don't hunt, the course is an opportunity to learn firearm safety, Jacobson added. Topics include firearm safety and handling, loading and unloading weapons, crossing fences properly, wildlife identification, basic survival, and hunter responsibility.

Classes offer ample time to handle firearms and practice newfound skills and Jacobson enjoys watching participant's confidence grow throughout the course.

Details:

- April 14, 19, and 21, 6 p.m. to 9 p.m. and 1 p.m. to 6 p.m. April 23.

- Audubon National Wildlife Refuge Visitor Center, a mile south of Lake Audubon on U.S. Highway 83 and a mile east or three miles north of Coleharbor on Highway 83 and a mile east.

- Students must be at least 11 years of age to attend and obtain certification.

- While North Dakota offers a one-time apprentice hunter opportunity, the state requires Hunter Education certification for anyone born after 1961

- Pre-register by calling (701) 337-5462 by April 7. Class size is limited so call early.

- Registration is also available via the N.D. Game and Fish Department Web site, (gf.nd.gov), clicking "Online Services" and "Online Course Enrollment" under the "Hunter Education" heading on the right-hand side of the page.

- Free.

Moose, elk and bighorn sheep seasons set

North Dakota's 2011 moose, elk and bighorn sheep proclamation has been finalized and applications are available at the state Game and Fish Department's website. The deadline for applying is March 30.

A total of 501 elk licenses are available to hunters this fall, a decrease of 60 from last year.

The number of elk licenses in units E3 and E4 has been reduced by 100 due to the successful population reduction effort by the National Park Service in Theodore Roosevelt National Park.

Randy Kreil, North Dakota Game and Fish Department chief of wildlife, said 300 any-elk licenses will be available in units E3 and E4, and there will be no antlerless licenses issued in these two units in an effort to give hunters the maximum opportunity to harvest an elk.

"A total of 406 cow elk were taken out of the park by the reduction effort, and an estimated 76 cow elk were taken last fall by licensed hunters in E3 and E4," Kreil said. "This harvest effectively reduced the cow elk population in and around the park by at least one third."

Kreil said the successful elk reduction effort in TRNP this past year, and the possibility of similar results the

next two years, will reduce elk numbers dramatically in units E3 and E4. Therefore, elk licenses will likely be reduced even further in future years.

Certain private lands in

This harvest effectively reduced the cow elk population in and around the park by at least one third.

- Randy Kreil, North Dakota Game and Fish Department chief of wildlife

units E1 and E2 could open to hunting of antlerless elk from Aug. 12 – Sept. 30 if depredation problems occur and other measures are proven ineffective.

A total of 163 moose licenses are available in 2011, a decrease of 10 from last year.

The boundary for moose hunting unit M11 has been expanded to allow hunting over a wider area in western North Dakota where moose numbers have increased south of Williston along the Missouri River corridor.

"This area will be monitored closely in the coming years to see if populations decrease now that Lake Sakakawea is full and much of the habitat that allowed the moose population to grow is under water," Kreil said.

Unit M1C will remain closed due to an extremely low moose population in the northeastern portion of the state.

The bighorn sheep season will be similar to last year with six licenses available – one license in units B1/B2, two in units B3 and B4, and one license auctioned through the Midwest Chapter of the

Wild Sheep Foundation. The bighorn sheep hunter drawing the license in units B1/B2 is eligible to hunt both units.

To apply online, access

the Game and Fish Department's website, gf.nd.gov. Paper applications will be available on the website (for printing) and at license vendors the week of March 14.

Bighorn sheep, moose and elk lottery licenses are issued as once-in-a-lifetime licenses in North Dakota. Hunters who have received a license through the lottery in the past are not eligible to apply for that species again.

Nonresident any-deer bow licenses all issued for 2011

North Dakota's nonresident any-deer archery licenses, good for either whitetail or mule deer, have all been issued by lottery drawing for the 2011 bow season.

A total of 1,091 licenses were available, with 1,172 nonresidents submitting an application by the March 1 deadline. Unsuccessful applicants have their name placed on a waiting list if any licenses are returned.

Nonresidents can still purchase a white-tailed deer bow license. There is no limit to the number of whitetail bow licenses issued each season, but there is a limit of one deer bow license per hunter.

The number of nonresident any-deer bow licenses available is 15 percent of the previous year's mule deer gun license allocation. The Game and Fish Department issued 7,275 mule deer licenses in the 2010 deer gun lottery.

Bighorn sheep license sells for \$41,000 at auction

North Dakota's bighorn sheep license garnered the highest bid among states offering an auction license at the March 5 Midwest Chapter of the Wild Sheep Foundation annual meeting in Bloomington, Minn.

North Dakota's 2011 bighorn sheep auction license, which allows the winning bidder the rare

privilege of pursuing a North Dakota bighorn on a self-guided hunt, sold for \$41,000. An additional \$15,000 was dedicated to sheep management in North Dakota.

One hundred percent of the auction license proceeds are used to enhance bighorn sheep management in North Dakota.

crossword puzzle

ACROSS

1. Eat in front of the TV, say
5. ___ Bones (Sleepy Hollow bully)
9. Dam on the Nile
14. Equal to the task
15. Slots spot
16. Bluffer's ploy
17. Roger Bannister was the first
20. Achilles, for one
21. Either of two AL squads
22. Table insert
23. "Shoot!"
24. Rubber-stamps
26. Bluesman's lick
28. High-five sound
30. Sibelius's "Valse ___"
34. Plopped down
37. Quarter turns
39. Furrier John Jacob
40. Yuppie, maybe
44. Tinseltown statuette
45. Leaves slack-jawed
46. Pierce Arrow contemporary
47. Exhausted
49. Negative stat for a quarterback
51. Medicinal fluids
53. Letter before sigma
54. Submissions to eds.
57. Four Corners state
60. Messages from DWF's
62. ___ a living
64. OCS graduate, perhaps
67. Part of ICBM
68. Cleveland's lake
69. Bit of baby talk
70. Irascible
71. Sally or Ayn
72. Did in

DOWN

1. '90s treaty acronym
2. Bassoons' little brothers
3. Moved like a coward
4. Rustler's target
5. David, who said "Good night, Chet"
6. Stimp's pal
7. Burden of proof
8. ___ mouth (incessant talker)
9. Hurler's asset

We've Got Their Numbers

1	2	3	4	5	6	7	8	9	10	11	12	13		
14				15				16						
17				18				19						
20					21			22						
23				24		25		26		27				
				28			29	30			31	32	33	
34	35	36			37			38		39				
40			41	42				43						
44					45						46			
47				48		49			50					
				51			52		53			54	55	56
57	58	59			60		61		62		63			
64				65				66						
67						68					69			
70						71					72			

- | | |
|------------------------------|--------------------------------|
| 10. Marlin's cousin | 41. List of prior arrests |
| 11. ___ E. Coyote | 42. Shoe holder |
| 12. Riding the waves | 43. Avoided |
| 13. Soft ball brand | 48. Sturdy cart |
| 18. Stockyard sounds | 50. "Out of the inkwell" clown |
| 19. Sign over a door | 52. Puff ___ (dangerous snake) |
| 25. Tex-Mex condiment | 54. Relating to form |
| 27. Toga party venue | 55. "Blue ___ Shoes" |
| 29. Post-snowfall vehicles | 56. Scarecrow's stuffing |
| 31. Hoosgow | 57. Condo division |
| 32. Vocal quality | 58. Pitchfork prong |
| 33. Therefore, to Descartes | 59. Tiny colonists |
| 34. Point on a metro map | 61. Franklin D.'s mother |
| 35. Facetious "I see" | 63. Pulls the plug on |
| 36. When doubled, a '40s hit | 65. Have a go at |
| 38. Sling mud at | 66. Yang's opposite |

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

Solution to puzzle from March 11

UPCOMING MOVIES

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

The Roomate

Friday, March 18, at 7 p.m.

(Leighton Meester, Minka Kelly)

Sara, a college freshman, finds her safety jeopardized after she's assigned to a dorm room with a deranged roommate.

Rated PG-13 (violence and menace, sexual content, some language and teen partying)
93 min

The Eagle

Saturday, March 19, at 7 p.m.

(Channing Tatum, Jamie Bell)

In 140 AD, twenty years after the unexplained disappearance of the entire Ninth Legion in the mountains of Scotland, young centurion Marcus Aquila (Tatum) arrives from Rome to solve the mystery and restore the reputation of his father, the commander of the Ninth. Accompanied only by his British slave Esca (Bell), Marcus sets out across Hadrian's Wall into the uncharted highlands of Caledonia - to confront its savage tribes, make peace with his father's memory, and retrieve the lost legion's golden emblem, the Eagle of the Ninth.

Rated PG-13
(battle sequences and some disturbing images)
114 min

Read the Northern Sentry online at

www.northernsentry.com

sudoku

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

Solution to puzzle on page 22.

Little Flower Catholic Church
 800 University Avenue West
 838-1520

Mass Schedule
 Daily M-F8:00 a.m.
 Saturday5:30 p.m.
 Sunday 8:30 a.m. & 11:00 a.m.

Fr. Fred Harvey, Pastor
www.littleflowerminot.com

 St. Peter The Aleut Eastern Orthodox Church
 109 6th St. SE
 Minot • 838-3094

SUNDAY LITURGY 10 A.M.
 SATURDAY VESPERS..... 6 P.M.

The Very Reverend Father Anastassy

Heritage Baptist
 Independent Fundamental
Meeting at 435 21st St. NW
833-1798

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.

Pastor Brian Ferree

Minot Air Force Base Chapel
Protestant Services (All Sunday)

Traditional Service.....10:00 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

Minot Air Force Base Chapel
Catholic Services

Eucharist (Mass)
 Daily Mass9:00 a.m.
 (Northern Lights)
 Sunday9:30 a.m.
 (Northern Lights)
 Sunday CCD.....11:15 a.m.
 (North Plains School)

Northern Lights Chapel
723-2456

Bible Fellowship
 1720 4th Ave. NW • 838-0916
www.minotbiblefellowship.org

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.

• Pioneer Club • Youth Club
 • Women's Bible Study • Adult Bible Study

Pastor Duane Deckert 

Minot Baptist Church

 Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School9:45 a.m.
 Morning Worship11:00 a.m.
 Evening Worship.....6:00 p.m.
 Wednesday Evening7:00 p.m.

Independent/Fundamental/KJV
 500 46th Ave NE • 839-1351
 Pastor David Miller

 **Harvest Reformed Church**

We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.

Now meeting in room 204
 Minot Municipal Auditorium

Morning Service 10:30 a.m.

838-0605
www.harvestreformedchurch.org

Congregational United Church of Christ
 430 N. Broadway
 839-1064

Sunday School11:00 a.m.
 Sunday Worship11:00 a.m.
 Tuesday Lunch Bible Study.....12 Noon
 Wednesday Youth Classes.....6:30-8:30 p.m.

Rev. Frank Picard

Welcome to the
Minot Church of Christ
 1315 1st St. NE

Sunday:
 Bible Classes9:30 a.m.
 Worship5:00 p.m.

Wednesday:
 Bible Classes7:00 p.m.

"Restoring 1st Century Christianity in the 21st Century"

First Presbyterian Church
 1000 3rd St. NE
 (Next to Trinity Nursing Home)
852-0315

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.minotfpc.org
 Visitors Welcome

Apostolic Faith Church, UPCI
 2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Sunday School2:00 p.m.
 Sunday Worship3:30 p.m.
 Wednesday Bible Study7:30 p.m.

Jesse Starr, Pastor

Minot First Church of The Nazarene
 2500 West Central Avenue
 701-838-8704

Come Experience a Warm Family Feeling

Coffee & Conversation9:00-9:30 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.

Senior Pastor Francis Warren

 **First Lutheran Church - ELCA**
 120 - 5th Ave. NW
852-4853

Wednesday Supper5:00 pm
 WOW (Worship on Wednesday)5:45 pm
 Wednesday School & Confirmation ..6:20 pm
 Saturday Worship5:30 pm
 Sunday Worship8:45 & 10:45 am
 Sunday School & Adult Forum9:45 am

Radio Broadcast KRRZ 1390 AM - 8:45 a.m.
 Pastor Ken Nelson, Pastors Michael & Kari Pancoast
www.firstlutheranchurchminot.com

 **St. Mark's Lutheran Church**
Missouri Synod

Sunday Worship8:30 a.m. & 11 a.m.
 Sunday School & Bible Class9:45 a.m.

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

2209 4th Ave. NW • 839-4663
 Carlyle Roth, Pastor

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
Phone: 838-5196 • Fax: 852-8494
 A Member of the ELCA

Wednesday Worship7:00 p.m.
 Sunday Worship8:15 a.m. & 10:45 a.m.
 Fellowship.....9:15 a.m.
 Adult Forum.....9:30 a.m.
 Sunday School9:30 a.m.

Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

 **North Hill Baptist Church**

524 21st Ave. NW • Minot, ND 58703
701-839-7283

Pastor Dan Andrus, 701-578-5060

sparrow@minot.com
minotnorthhillbaptistchurch.com

"We're Not There Yet...Come Grow With Us!"

St. John the Apostle Catholic Church 
 2600 West Central Ave.
 Minot, ND 58701
839-7076

Daily Mass Schedule:
 Tuesday7:00 p.m.
 Wednesday - Friday9:00 a.m.
 Saturday5:00 p.m.
 Sunday8:00 and 10:30 a.m.

Fr. Dave Zimmer, Pastor
 Parish website: www.stjohnminot.com

All Saints' Episcopal Church
 (Anglican)
301 S. Main St. • 839-1037

Sunday Worship10:00 a.m.
 Wednesday Worship5:15 p.m.

www.allsaintsminot.org

Our Redeemer's Church
A Church with a Christian School
 700 16th Ave SE

Sundays
 Worship Services.....8:30 a.m. & 10:45 a.m.
Radio Broadcast KHRT 1320 AM11 a.m.
 Children's programs9:45 a.m.
 Youth & Adult Bible Classes10 a.m.
Interpreter services for the deaf.....10:45 a.m.

Wednesdays
 Supper.....5:40 p.m.
 Bible Classes for all ages6:30 p.m.

Lead Pastor, Rod Spidahl, PhD
 838-0750 • www.ourredeemers.org

Augustana Lutheran Church
 321 University Ave W • Minot
 (Across from MSU)
ELCA • 839-9563

Sunday Worship8:00 & 10:30 a.m.
 Sunday School, Confirmation, Adult Forum & Choir Rehearsal.....9:00 a.m.

Pastor Michon Weingarther
 Home of Campus Pastor Kerri Williamson

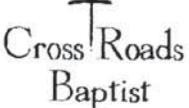
 **Faith United Methodist Church**

801 University Ave. W • 838-1540

Worship: 10:45 a.m.
Nursery Available

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.

Rev. Debra Ball-Kilbourne

 **Cross Roads Baptist**

Sunday School (all ages).....9:45 a.m.
 Sunday Worship11:00 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ..6:30 p.m.

www.angellinet.net/crossroads
 email: crbc@srt.com

415 28th Ave SE (Behind Menards)
 838-1873
 Dr. Ben Pierce, Pastor

 **West Minot Church of God**
 "A Family Worship Center"
1105 16th St. NW • 839-1407

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, Friday.....7:00 - 11:00 p.m.

ABC Child Care & Pre-School Center
 852-6352

 **Bethel Free Lutheran AFLC**

"Building Followers of Jesus Christ"

Sunday School9:00 a.m.
 Worship Service10:30 a.m.
 Wednesday Supper6:15 p.m.
 Adult/Youth Bible Study
 Kids Club7:00 p.m.

Pastor Shane McLoughlin
530 22nd Ave NW • 852-6492
bethel@minot.com

 **River of Life Church**

400 22nd Ave NW • Minot

Sunday School9:30 a.m.
 Sunday Worship10:30 a.m.
 Sunday Evening Service6:00 p.m.
 Wednesday Service.....7:00 p.m.

Joe VanEst, Pastor • 858-7777

 **First Baptist Church**
 220-3rd St. S.W.
852-4533
www.firstbaptist-minot.org

Summer Worship Schedule:
 Classic Worship8:30 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.

Rev. Kent Hinkel, Senior Pastor
 Rev. Gordon Kroeker, Discipleship & Community Life
 Pastor Paul Pankratz, Student Ministries
 Pastor Josh Huesby, Worship



Gospel Tabernacle Community Church

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

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's Worship (Wed.).....7:00 p.m.**
Prayer (Friday)7:00 p.m.

BEREAN BAPTIST CHURCH
Independent KJV

Sunday School9:45 a.m.
 Worship11:00 a.m.
 Sunday Evening6:00 p.m.
 Wednesday Evening.....7:00 p.m.

Pastor Joe Minnerup
www.bereanbaptistminot.com
601 1st Ave SE • Minot
833-9811

First Assembly of God
 1805 2nd St. SE
838-1111

Morning Worship8:30 a.m.
 Sunday School10:00 a.m.
 Morning Worship11:00 a.m.
 Evening Worship6:30 p.m.
 Wednesday Family Night.....7:00 p.m.

 **Trinity Church**
An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)

September - May
 Sunday School9 a.m.
 Worship10:30 a.m.

www.trinitychurchminot.org

 **Immanuel Baptist Church**

1615 2nd St. SE • Minot • 839-3694

Sunday School9:15 a.m.
 Sunday Worship1030 a.m.
 Wednesdays

Soup Kitchen11:30 a.m. - 12:30 p.m.
 Classes for all ages6:30 p.m.
 Adult Choir Rehearsal8:10 p.m.

Pastor Allen Lively
Sarah Dvirnak, Youth Director

 **Zion Lutheran ELCA**

1800 Hiawatha St. • 852-1872

Saturday Worship5:00 p.m.
 Sunday Worship8:30 a.m. & 11:00 a.m.

John Streccius, Pastor
Nathan Mugaas, Pastor

 **Vincent United Methodist Church**

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
 open hearts...open minds...open doors!

Saturday Informal Service5:00 p.m.
 Sunday Worship8:30 a.m. & 11 a.m.
 Sunday School9:30 a.m.
 Coffee Fellowship10:30 a.m.

Gary L. Ball-Kilbourne
www.vincentumc.com

Friday Evening		March 18, 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	College Basketball		College Basketball						Local	Letterman	
KMOT/NBC	Who Do You		Dateline NBC				Local	Tonight Show w/Leno	Late		
KNDX/FOX	Kitchen Nightmares		Fringe		Local						
Cable Channels											
AMC	The Birdcage				Deep Blue Sea						
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight		
DISC	Flying Wild Alaska		Flying Wild Alaska		American Loggers		Flying Wild Alaska		Flying Wild Alaska		
DISN	Deck	Fish Hook	Wizards-Place		Deck	Deck	Deck	Deck	Deck		
ESPN	Winter X Games				Baseball Tonight		SportsCenter		SportsCenter		
FAM	Harry Potter-Chamber				The 700 Club		Whose?	Whose?			
FX	The Rocker				The Rocker				Whose?	Whose?	
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Chris	Chris	
NICK	Victorluc	Big Time	Ghostbusters				The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	1,000 Ways to Die		Ways Die	Ways Die	CSI: Crime Scene						
TBS	College Basketball		College Basketball						Speed 2: Cruise		
TNT	College Basketball				College Basketball				Glorry Road		
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	The Lovely Bones		Gervais	Eastbound	Real Time/Bill Maher		Real Time/Bill Maher		Funny or	Gervais	
MAX	War Games	Turner & Hooch			Edge of Darkness				Life-Top	Naked	
SHOW	Push		Holy Rollers		Youth in Revolt				Crossing Over		

Tuesday Evening		March 22, 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		Best in Film				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							
Cable Channels											
AMC	The Rainmaker				The Rainmaker						
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight		
DISC	Auction Kings		Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	
DISN	Adventures of Sharkboy		Deck		Phineas	Phineas	Wizards	Wizards	Hannah	Hannah	
ESPN	College Basketball		College Basketball				SportsCenter		NFL Live	Scoreb'd	
FAM	Funnest Home Videos		Funnest Home Videos		Funnest Home Videos		The 700 Club		Whose?	Whose?	
FX	Wanted				Lights Out				Justified		
LIFE	American Pickers		American Pickers		One Born Ev.		Four	Four	Chris	How I Met	
NICK	My Wife	My Wife	Chris	Chris	Lopez	George	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Under Siege		On Deadly Ground				Ways Die		UFC Fight Night		
TBS	Office	Office	Office	Office	Office	Office	Conan		Lopez Tonight		
TNT	NBA Basketball				NBA Basketball						
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Fairly Legal		
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk	
Premium Channels											
HBO	Independ	Cop Out			Big Love		Big Love		Gervais	Funny or	
MAX	People vs. Flint				Get Him to the Greek				Life-Top	Tales Fro	
SHOW	Transsibe	The Tournament			Californ.	Californ.	Shameless		Girlfriend Exp		

Saturday Evening		March 19, 2011									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Norbit				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		Local		Fringe		Fame	Local	
Cable Channels											
AMC	Speed				Speed						
CNN	Murder in Mexico		Piers Morgan Tonight		Newsroom		Murder in Mexico		Piers Morgan Tonight		
DISC	Pompeii: Back		Bermuda Triangle		Secret Service		Pompeii: Back		Bermuda Triangle		
DISN	Wizards	Deck	Good Luck	Shake It	Shake It	Shake It	Wizards	Wizards	Hannah	Hannah	
ESPN	College Wrestling				SportsCenter				GameDay Scoreboard		
FAM	Harry Potter				Billy Madison						
FX	Madagascar		Two Men	Two Men	Two Men	Two Men	Archer		The Incredible Hulk		
LIFE	Anywhere but Here		Secret of Bees				Coming Home		One Born		
NICK	iCarly	Dancing	Jackson	Big Time	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	UFC Unleashed		To Be Announced		The Punisher						
TBS	College Basketball		College Basketball						Postgame	Bourne Su	
TNT	College B	College Basketball					Kill Bill: Vol. 1				
USA	NCIS		NCIS		NCIS		Hostage				
WGN	Bones		Funnest Home Videos		WGN News at Nine		Scrubs	How I Met	South Pk	South Pk	
Premium Channels											
HBO	Cop Out				The Pee-pee Herman Show		Cop Out				
MAX	Harry Potter-Prince				The Book of Eli				Life-Top	Co-Ed-4	
SHOW	Shameless		Alonzo Bodden		Boxing				Californ.		

Wednesday Evening		March 23, 2011									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Middle	Middle	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		Law & Order: SVU		Law & Order: SVU		Local	Tonight Show w/Leno	Late		
KNDX/FOX	American Idol				Local						
Cable Channels											
AMC	Bad Boys				League-Gentle						
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	Sky High				Phineas	Phineas	Wizards	Wizards	Hannah	Hannah	
ESPN	NBA Basketball				NBA Basketball						
FAM	Remember the Titans		The Rundown				The 700 Club		Whose?	Whose?	
FX	Mummy: Dragon Emp.				Justified				Lights Out		
LIFE	American Justice		Coming Home		Coming Home		How I Met	How I Met	Chris	How I Met	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	3 Sheets	Auction	Auction	UFC Fight Night		
TBS	Fam. Guy	Fam. Guy	Are We Th	Are We Th	Browns	Payne	Conan		Lopez Tonight		
TNT	Bones		Bones		Bones		HawthoRNe		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	Robin Hood				Big Love		Real Time/Bill Maher		Paul	Hangover	
MAX	Crimson Tide				The Book of Eli				Co-Ed-4	Edge	
SHOW	Creation		NASCAR	Californ.	Shameless		NASCAR	The Killer Inside Me			

Sunday Evening		March 20, 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		Shark Tank		Detroit 1-8-7		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	Speed				Speed						
CNN	Ronald Reagan		Piers Morgan Tonight		Newsroom		Ronald Reagan		Piers Morgan Tonight		
DISC	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	
DISN	Good Luck	Shake It	Deck	Wizards	Sonny	Sonny	Sonny	Sonny	Hannah	Hannah	
ESPN	30 for 30		30 for 30		Baseball Tonight		SportsCenter		SportsCtr		
FAM	Harry Potter		Harry Potter-Phoenix						J. Osteen	Ed Young	
FX	Iron Man				X-Men: Last						
LIFE	Brown's Smoke Screen		Army Wives		Coming Home		Army Wives		Coming Home		
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Star Wars VI: Return				Star Wars VI: Return						
TBS	College Basketball		College Basketball						Postgame	Shooter	
TNT	College B	College Basketball					Leverage		Leverage		
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Sex and the City		
WGN	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	Monk		Monk		
Premium Channels											
HBO	The Blind Side		Big Love		Big Love		MacGruber				
MAX	The Book of Eli				A Perfect Getaway		Life-Top	Life-Top	Life-Top		
SHOW	Shameless		Californ.	Californ.	Shameless		Shameless		Californ.	Adam Res	

Thursday Evening		March 24, 2011									
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
WDAY/ABC	Wipeout		Grey's Anatomy		Private Practice		Local	Nightline	Jimmy Kimmel Live		
KXMC/CBS	College Basketball		College Basketball						Local	Letterman	
KMOT/NBC	Community	Couples	Office	Parks	30 Rock	Outsource	Local	Tonight Show w/Leno	Late		
KNDX/FOX	American Idol		Bones		Local						
Cable Channels											
AMC	For Love of the Game				Quick-Dead						
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight		
DISC	Man vs. Wild		Man vs. Wild		Man vs. Wild		Man vs. Wild		Man vs. Wild		
DISN	Deck	Deck	Deck	Deck	Phineas	Phineas	Wizards	Wizards	Hannah	Hannah	
ESPN	2010 Poker		2010 Poker		Baseball Tonight		SportsCenter		SportsCenter		
FAM	Billy Madison		Happy Gilmore				The 700 Club		Whose?	Whose?	
FX	Two Men	Two Men	Two Men	Two Men	Archer	Archer	Archer		Death Race		
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Chris	Chris	
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SPIKE	Gangland		TNA Wrestling				MANswers	MANswers	MANswers	MANswers	
TBS	College Basketball		College Basketball						Postgame		
TNT	Bones		Failure to Launch				CSI: NY		CSI: NY		
USA	Law & Order: SVU		Law & Order: SVU								

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Standard air bags	10	6	6
Hands-free navigation & communication	Standard (for six mo.)	Not Available	Not Available
Satellite radio	Standard (3 trial mo.)	Available	Not Available
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04 Chevy Monte Carlo SS.....#5404121..... \$8,582	07 Honda Accord.....#6325410..... \$16,416	10 Nissan Maxima CVT.....#6325410..... \$24,921
09 Chevy Aveo 1LT sedan.....#5412211..... \$8,939	10 Dodge Avenger R/T.....#6347311..... \$16,916	08 Ford Edge Ltd.....#6347311..... \$24,936
07 Chevy Malibu LTZ.....#6302510..... \$9,981	08 Mitsubishi Eclipse SE.....#6329410..... \$17,415	08 Toyota FJ Cruiser.....#6329410..... \$25,931
08 Chrysler Sebring LX.....#5413031..... \$10,460	05 F-250 SuperDuty SuperCab XL.....#5412719..... \$17,972	08 Honda Ridgeline.....#5412719..... \$26,936
09 Chrysler PT Cruiser.....#6362511..... \$10,936	03 Silverado 1500HD Crew LS.....#6318310..... \$18,979	09 Honda Odyssey EX-L.....#6318310..... \$27,928
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SECTION 2

Northern Sentry • Friday, March 18, 2011 • www.northernsentry.com

Extending life by 14 years

by Shari Lopatin

TriWest Healthcare Alliance

On average, smokers die 13 to 14 years sooner than non-smokers, according to the Centers for Disease Control and Prevention. Approximately 20 percent of the United States' population smokes which means almost one-fifth of the country could live at least a full decade longer. Do smokers know this?

If a smoker is not quite ready to take the plunge at indefinitely quitting smoking, they can try and refrain from it for even a week or a month. For those who have been thinking about quitting smoking and or not sure where being looking for the best resources, TriWest and Tricare can help:

- TriWest's dedicated toll-free Tobacco Quitline, 1-866-244-6870, is available everyday of the year. Talk one-on-one with a tobacco cessation coach about concerns or questions about accomplishing specific goals.

- TriWest's tobacco cessation page, www.triwest.com/tobacco, provides information about local and statewide resources, as well as quitting tools and tips.

- www.ucanquit2.org is an interactive site sponsored by the

Department of Defense. Here, one can develop a quit plan, join a message board, or, if an eligible tricare beneficiary, chat live and get help quitting tobacco.

For individuals interested in connecting with other smokers/former smokers they can now join the Facebook discussion! TriWest is slated to host a discussion board on its company Facebook page called, "What Makes a Good Quitter?" Dozens of participants have already joined and posted their best success tips on how they quit for good--from using a pacifier to quitting for the sake of their children.

To join the discussion:

- 1) Sign into personal Facebook account
- 2) "Like" the TriWest Facebook page at www.facebook.com/triwest
- 3) Click on the "discussions" tab at the top
- 4) Click on the discussion entitled, "What Makes a Good Quitter?"

The Health and Wellness center located here on base also has a number of programs available for those seeking resources to help them in their quest for smoking cessation. For more information regarding the HAWC resources, contact them at 723-2991.

Healthy

- Stroke risk is reduced to that of a person who never smoked after 5 to 15 years of not smoking
- Cancers of the mouth, throat, and esophagus risks are halved 5 years after quitting
- Cancer of the larynx risk is reduced after quitting
- Coronary heart disease risk is cut by half 1 year after quitting and is nearly the same as someone who never smoked 15 years after quitting
- Chronic obstructive pulmonary disease risk of death is reduced after you quit
- Lung cancer risk drops by as much as half 10 years after quitting
- Ulcer risk drops after quitting
- Bladder cancer risk is halved a few years after quitting
- Peripheral artery disease goes down after quitting

the benefits of QUITTING

Warrior

NOTE: Cervical cancer risk is reduced a few years after quitting and low birth weight baby risk drops to normal if you quit before pregnancy or during your first trimester.

U.S. Air Force Graphic By Tech. Sgt. Rhonda Moraski | Information courtesy of the CDC

Relay to fight cancer

by Airman 1st Class

Jessica McConnell

Minot Air Force Base Public Affairs

The Minot Air Force Base Company Grade Officer Council is forming a team to participate in this year's Relay for Life fundraiser, hosted by the city of Minot and scheduled to kick off on the evening of June 10.

"Relay for Life is the world's largest movement against cancer," said Air Force Global Strike Command 1st Lt. Alicia Padrick, 91st Operations Group deputy ICBM combat crew evaluator.

"Every year, millions of people gather to remember those they have lost, celebrate those who have survived and raise money towards finding a cure."

Team Minot Airmen and their

families can volunteer and support the cause in a variety of ways.

"We encourage people to join our relay team or help raise funds and awareness to save lives by donating to our team," said Lieutenant Padrick. "Spouses, dependents and civilians are more than welcome to join."

Last year's team consisted of ten members. Through various fundraising efforts, the team was able to raise approximately \$1,500.

"It rained the entire time, but we had fun and sold burgers, bratwursts and hot chocolate throughout the night," said Lieutenant Padrick of last year's event. "We had at least four people at one time during the event, rotating throughout the night."

If unable to attend the event, other opportunities to raise money are planned for the near future.

"Last year we hosted a poker tournament, which raised \$200," said Lieutenant Padrick. "We might be doing the same this year and hope to make it even bigger."

The event is planned to start at 7 p.m. and end at dawn. If unable to volunteer during the actual event or other fundraisers, luminaries are also available to purchase at \$10 a piece.

Luminaries represent individuals who have been affected by cancer, and may be purchased in honor of those fighting for a cure.

Anyone is free to make a general donation as well. If interested in help-



ing, please email Lieutenant Padrick or visit http://main.acsevents.org/site/TR?fr_id=34047&pg=entry for more information.

WEEKLY RECIPE



Mexi-Meatball Kabobs

Nonstick cooking spray
3 pounds lean ground beef
2 cups quick oats
1 can (12 fluid ounces) Evaporated Milk
2 large eggs
1/2 cup ketchup
2 packets (1.25 ounces each) taco seasoning mix
1 teaspoon ground black pepper
3 large bell peppers (any color), cut into 60, 1-inch pieces
60 4-inch wooden skewers
Salsa and sour cream (optional)

Preheat oven to 350° F. Foil-line 3 baking sheets and spray with nonstick cooking spray.

Combine ground beef, oats, evaporated milk, eggs, ketchup, taco seasoning and black pepper in large bowl until just mixed. Form mixture into 120, 1-inch meatballs. Place on prepared baking sheets.

Bake for 15 to 20 minutes or until no longer pink in center. Drain on paper towels, if needed.

Thread two meatballs and one piece of pepper on each skewer. Place on large serving platter. Serve with salsa and sour cream.

NWAC lecture series discusses sexual assault awareness

Members of the Minot Area Sex Offender Task Force will be featured on the Northwest Art Center Lecture Series Wednesday, March 23, 2011 at 7:00 p.m. in the Aleshire Theater, Minot State University.

Paula Bosh, FBI; Lisa Gayzur, Ward County Social Services; and Sgt. Darren Dyke, Minot Police Department, will discuss this year's Sexual Assault Awareness Month campaign, "It's Time... To Get Involved," which will be promoted across the nation in April.

The campaign focuses on empowering individuals to prevent sexual violence by offering viable, responsible ways to intervene.

"A bystander, or witness, is anyone who sees a situation but may or may not know what to do, may think others will act, or may be afraid to do something. Research shows that engaging bystanders is a promising way to help prevent the widespread problem of sexual violence in communities," the Task Force writes in a statement about the campaign. This "primary prevention" approach helps to create environments where people are safe in their relationships, families, neighborhoods, schools, work places and communities, the Task Force states.

The Minot Area Sex Offender Task Force is made up

of federal, state, county, and local agencies from north-west North Dakota that work directly with sex offenders or victims of sexual violence. The Task Force was developed to share intelligence, discuss services being offered in the area, identify needed services, and provide training, as well as to assist agencies and authorities in the proper monitoring of sex offenders in the area.

The lecture is free and

open to the public. An informal reception will follow the presentation. Parking on the MSU campus is unrestricted after 5 p.m. The Northwest Art Center Lecture Series is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

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



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All tickets - \$25
Buy tickets in advance to get a chance on a DU shotgun
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Preston @ 701-721-3546

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North Dakota State Fair Center

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GSC locations among best for military retirement

by Crystal Jordan

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. - Two Air Force Global Strike Command installation communities were recently ranked among the best of 379 U.S. cities where military retirees choose to live.

United Services Automobile Association, in cooperation with Military.com, recently recognized Shreveport, La., located near Barksdale Air Force Base and Cheyenne, Wyo., home to F.E. Warren Air Force Base, as "best places" for retired servicemembers.

"We hope this recognition encourages others to join us as neighbors as they retire," said Mr. Doug Rogers, president of the Shreveport-

Bossier Military Affairs Council, the lead organization for interacting with military leadership in the area surrounding Barksdale. "I believe our community's selection helps reinforce the message that we value those who defend our liberty."

USAA and Military.com worked with the experts at Sperling's BestPlaces to determine variables for selecting good locations for military retirement, said Ms. Stephanie Kahan, a spokesperson for USAA. Retired military members also provided insight on what matters the most when choosing an area for their retirement, she said.

Economic factors including stability, housing costs and unemployment rates were involved in the list of specifications. Having a military

base nearby, local amenities, as well as availability of Veterans Affairs hospitals were also highlighted.

Rep. Pete Illoway (R-WY) said Cheyenne is a great place to raise a family with low taxes, a good work ethic and available jobs.

"I have lived here for 40 years and have watched the city grow and evolve into a great city without the hustle and bustle of larger cities," Representative Illoway said. "Cheyenne Frontier Days, the largest outdoor rodeo, is chaired by a military person, and the grand marshals for the event are usually military personnel."

For this year's Frontier Days, the grand marshal will be none other than the Chief of Staff of the Air Force, General Norton Schwartz, he said. Cheyenne also offers a

local clinic, Veterans' Affairs hospital and commissary and exchange.

This access ensures someone is available to answer retirees' questions about their benefits, said Col. John Boyle, commander of the 90th Mission Support Group at F.E. Warren. Veterans prefer to have these conversations in person, and that's what makes Cheyenne so attractive, the colonel said.

Shreveport stood out among the hundreds of locations studied due to its proximity to Barksdale, said Ms. Kahan.

"Barksdale is a magnet for retirees by itself," said Mr. Rogers. "Thankfully, it is a vibrant military installation that has much to offer retirees."

Barksdale offers a medical clinic in addition to a Veterans' Affairs hospital nearby, a large commissary and a medium-sized base exchange.

Both areas offer affordable housing and living costs, and retirees in these areas incur little or no taxation on their

retirement pay. This maximizes military benefits and gives retirees more "bang for their buck," said Kahan.

According to the USAA announcement, low unemployment rates surrounding Shreveport and Cheyenne add appeal for military retirees.

"Affordability is important," said Mr. David Lay, a retired colonel who chose to stay on Barksdale after retiring from the 2d Bomb Wing's director of staff position. Military retirees in Shreveport-Bossier have the opportunity to enjoy more of the perks of an economically-stable environment because of the low cost of living and reasonable housing market, he said.

AFGSC communities like Barksdale and F.E. Warren offer everything a retiree needs after their time in the U.S. military, Mr. Lay said. Affordability, access to military services and establishments and the resources to accomplish whatever lies ahead make these communities "the total package," he said.

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Minot Area Council of the Arts March Events

Visual Arts

- 1-31** Minot Public Library, Exhibit, White Shield art students
- 7-31** NW Art Center, Women's Invitational Exhibit "Through the Looking Glass" Hartnett Hall Gallery
- 21-31** Minot Public Library, display by traces.org of St. Paul, "other Losses: the WWII POW experience and the Midwest" tailored for baby boomers and younger
- 23-31** NW Art Center, paintings by Annette Marchand, Gordon B. Olson Library Gallery

Museums & Heritage

- Carnegie Center** Schedule a special event, 839-1993
- 1-31** Taube Museum, lower gallery: "Refrigerators and More"

History

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

Performances

- 19** JMB Band, Moose Lodge, 839-2893
- 20** Sibyl Center, Senator John Warner sings Irish Music 3 p.m.
- 22** MSU Music Div., Faculty Chamber Music Concert, Nelson Hall, 7:30 p.m.
- 28** International Artists Series, Jim Witter "The Piano Men", Nelson Hall 7:30 p.m. 858-0863

Lectures

- 23** NW Art Center, "Sex Offender Task Force" Aleshire Theater, 7 p.m.
- 29** NW Art Center, Women's Heritage Month guest speaker, Aleshire Theater, 7 p.m.

Other Events

- 19-21** 18th Annual Minot Prairie Quilt Guild Quilt Festival, Grand International Inn, 839-1487, Featuring Nancy Odom and Heidi Pridemore

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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.

Around The World Beer Tour

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 around the world. 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.

Arts & Crafts Center Retail Store

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.

Veterinary Appointments

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

Federal Resume Workshop

In order to provide everyone a more active workshop on USAJOBS and accommodate ALL DoD civilians for the new way to apply for 'internal civilian' federal jobs, the Airman & Family Readiness Center will be holding a "Federal Resume Workshop" on March 22nd from 5-7 p.m. This workshop is open to all active duty members, spouses, retirees, DoD civilians, and NAF employees. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSAs, and tips on writing a resume. To sign up for the workshop, call the Airman & Family Readiness Center at 723-3950.

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 came 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.

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 25th 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.

Amateur DJ Night

Show off your DJ skills when the Jimmy Doolittle Center hosts Amateur DJ Night on Friday, March 25th from 5-10 p.m. Bring your music and all your friends then hook up to the Doolittle Center's sound system. Dance the night away and listen to your favorite amateur DJ. For more information, contact the Doolittle Center at 723-3731.

Lights & Strikes Family Night

Rough Rider Lanes is hosting Lights & Strikes

Family Night on March 26th from 6 p.m. to midnight. Experience music, flashing lights, glow in the dark lanes, pins, and bowling balls. Cost is \$2.50 per game. Don't miss this enjoyable family event. Call Rough Rider Lanes at 727-4715 for more information.

Families of Deployed Skating Party

The Airman & Family Readiness Center is hosting a Families of Deployed Skating Party on March 26th from 6-8 p.m. at the Youth Center. Come put on your roller skates and enjoy an evening with other families of deployed personnel. Skates, helmets, and music are all provided. Eligible participants for this free skating event are 5 BW family members and 91 MW family members who are experiencing a separation due to deployment on the date of this event. Please register by March 23rd by calling the Airman & Family Readiness Center at 723-3950.

Diversity Day Planning Meeting

Diversity Day planning meeting at the Jimmy Doolittle Center in the Dandelion Room on March 31 at 10 a.m. INFO: The Minot AFB planning committee is seeking dancers who specialize in: American Indian, African, Hispanic/Latino, Tahitian, Asian/Pacific Islander, Turkish, European and other historical dance genres, for the upcoming Minot Diversity Day. The event is scheduled for August 19, 2011. Interested groups/individuals should contact the Minot Equal Opportunity Office at DSN: 453-2711 or 701-723-2711 for additional information.

30th Annual David C Jones AFA Awards Banquet

The 30th Annual David C Jones AFA Awards Banquet will be held at the Vegas Hotel on 21 April 2011. Col Michael Dilda, 5 MSG/CC, will be the guest speaker for the evening. An award will be presented to an individual or section from every squadron, group and wing staff on base and also JROTC and Civil Air Patrol. The chapter Visions Teacher of the Year will also be honored. Dress for the event is Service Dress for military and business casual for civilians. Cost is \$21.00 per person. For more information contact Paul Goldschmidt at 723-2367.

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Beautiful Babies 2011

In recognition of Child Abuse Prevention Month and Shaken Baby Prevention, the Family Advocacy Program wants your beautiful babies to be recognized. Parents may submit their photos of children ages 0-3 to be featured in the Northern Sentry and the MAFB Public Web Page free of cost! Please contact Reagan Lantz at 723-5096 or reagan.lantz@minot.af.mil for full details.

Relay for Life

Relay for Life is the world's largest movement against cancer. Every year, millions of people gather together to remember those they have lost, celebrate those who have survived, and raise money towards finding a cure. This year, the Minot CGOC is forming a team to participate in the Relay for Life, June 10 at 7 p.m. that the city of Minot is hosting. We encourage you to join our team or help raise funds and awareness to save lives by donating to our team. Spouses, dependents and civilians are more than welcome to join!

Today

- 13th Annual Beer Tour Kick Off, 1630, JDC
- Wing Fest, 1730, JDC
- Kids Night Out, 1830-2100, Youth Center
- Open Mic Night, 1900-2300, J.R. Rockers
- Pre-Teen Rockin-n-Rollin Movie Night, 2000-2230, Youth Center
- Lights & Strikes, 2200-2400, Rough Rider Lanes
- Last day to register for Youth Basketball/Cheerleading, Youth Center
- Last day to register for Deployed Family

Dinner, A&FRC

Saturday

- Retail Store Open, 1000-1400, Arts & Crafts
- TurboKick Class, 1000, Fitness Center
- Crocheting Class, 1030-1200, Arts & Crafts
- Otaku Minot, 1600-1800, Library
- Youth Open Mic Night, 2100, Youth Center
- Lights & Strikes, 2200-2400, Rough Rider Lanes
- Hip Hop Nite, 2300-0400, J.R. Rockers

Sunday

- All-Ranks Champagne Brunch, 1030, JDC
- Retro Day, 1200-1900, Rough Rider Lanes

Monday

- New Parent's Play Group, 1000-1130, Youth Center
- Turbo Kick, 1700, Fitness Center

Tuesday

- Family Night w/ Dizzy the Clown, 1700-2100, J.R. Rockers
- Federal Resume Workshop, 1700-1900, A&FRC
- 4-H Project Meeting, 1715, Youth Center
- Fitness World Record, 1715, Youth Center

Wednesday

- Right Start, 0730-1200, JDC
- Wild Wing Wed & \$1 Drafts for Members, 1630, J.R. Rockers
- Burger Doo It Your Way! Family Night, 1700-2000, JDC

- Childbirth Class (1 of 4), 1900-2100, A&FRC

Thursday

- Deployed Family Dinner, 1700-1830, Northern Lights Chapel Annex, Hosted by A&FRC and 5 CES

March 25

- Beer Tour, 1630, JDC
- Anime Club, 1630, Library
- Amateur DJ Night, 1700-2200, JDC
- Family Bowl-a-Rama, 1700-1900, Rough Rider Lanes
- Give Parents a Break, 1800-2200, CDC/SAP
- Karaoke Night, 1800-Close, J.R. Rockers

March 26

- LAN Party & X-Box Gaming, 1000, Community Center
- Zumba, 1000, Fitness Center
- Deployed Families Skating Party, 1800-2000, Youth Center, Hosted by A&FRC
- Lights & Strikes Family Night, 1800-2400, Rough Rider Lanes
- Hip Hop Nite, 2300-0400, J.R. Rockers

Ongoing Events

- Equipment Orientation Class, By appointment, Fitness Center
- On-Base Roadside Assistance, Auto Hobby
- Youth Employment Skills, for ages 13-18, Youth Center
- Snow Removal, Call Auto Hobby at 723-6134



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Montessori School Events

• Multicultural Night from 4:30-6:30 on Friday, 18 March 2011. Travel the world without leaving North Dakota! Food, pictures, and hands-on materials from a variety of cultures will be available to taste, see, and touch.

• Spring Craft Fair from 9-2 on Saturday, 26 March. For more information, contact Montessori of Minot at 701-727-4994 or www.montessoriofminot.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.

2nd Annual Bowling for United Way

The bowling event will be held at North Hill Bowl on Saturday, March 19th . 12:30pm is registration. Event starts at 1pm. Entry Fee: \$120.00 per team 4 person teams (mixed teams welcome). Call the United Way office at 839-2994 for more info and to sign up your team! Free Chili, fun prizes, shoe rental free, EVERYONE is welcome! No Bowling Experience needed! All proceeds from event will benefit the Souris Valley United Way. Team Games: Regular, 9 pin no tap, extreme.

Waffle Brunch in Surrey

The Surrey Senior Citizens will sponsor the brunch on Sunday, March 20th, from 9am to 2pm at the Surrey Senior Center, 301 2nd St NW in Surrey. We will be serving coffee, juice, sausage and lots of waffles. Waffles with strawberries for \$6.00 and Plain Waffles for \$5.00. Everyone is welcome, come and enjoy!

Irish Music at the Sibyl Center

At 3 p.m., Sunday, March 20, at the Sibyl Center, Stanley (301 1st St. SW) John Warner of Makoti will sing Irish Music accompanied by Sibyl Center's favorite accompanist, Marlene Jensen Hoirup.

Potato Klub Dinner

The Thor Lodge, Sons of Norway of Minot will have their Annual Potato Klub Dinner on Monday, March 21. The dinner will start at 6 p.m. at First Lutheran Church (5th Ave and North Broadway) Cost us \$8 per person. The public is invited to our potato klub dinner.

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.

Minot Public Library Teen Programs

• 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.

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.

Red Cross Babysitting Training

The training will be held at the American Red Cross Office at 2021 4th Ave NW in Minot. Saturday, March 26th from 10am - 3pm and on Sunday, March 27th from 1pm to 5pm. The cost is \$40.00 (includes book and training materials). Youth, 12 years and older, who would like to learn the proper skills and to become a more confident child-care provider. You will learn 1) find and interview for babysitting jobs. 2) perform first aid and get professional medical help fast 3) identify common safety hazards and prevent injuries. 4) make good, responsible decisions. 5) supervise infants through school-age children. 6) choose safe and age-appropriate toys and games. 7) perform basic care routines like diapering, feeding and dressing of infants and toddlers. 8) prepare simple meals and snacks. 9) handle bed-time issues. Please call to register at the Mid Dakota Chapter Office in Minot at 852-2828 or 1-800-323-3179. contact Diane Chilson.

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 March 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.

Minot Aircraft Modelers Mall Show

Saturday, April 9, 2011, Dakota Square-Sears Court, 10 am - 5 pm. View radio controlled model aircraft and find out more about this great hobby. Try flying on a R/C simulator. For more information contact Linda Wade at 852-2378.

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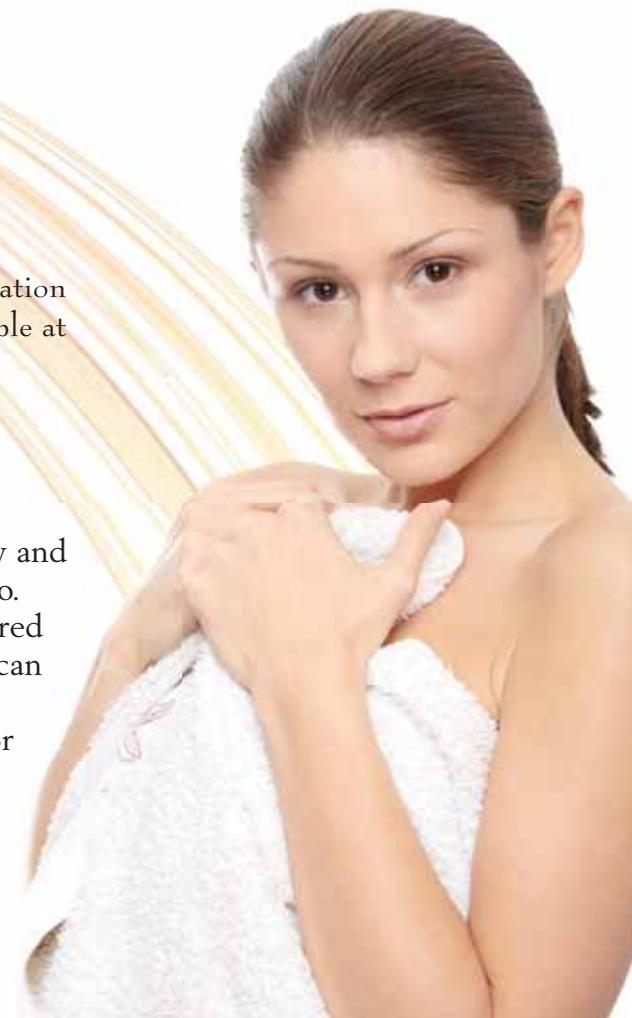
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NOW HIRING BARBERS OR BEAUTICIANS for a busy Minot salon. Extremely GREAT pay and a good work atmosphere. Any state license accepted. Please call Jane at 701-721-8488

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Help Wanted

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Tires Plus or email resume to:
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DAYCARE PROVIDER HAS OPENINGS: Licensed, CPR Certified, Military 20 years experience, Pre-School Program. Call Becky 420-0970

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helping youth and families

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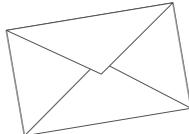
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THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

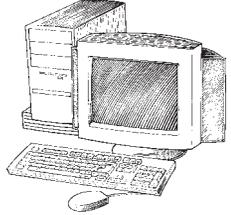
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04 CHEVY 1500 SILVERADO
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AMERICAN LEGION POST 26 Welcomes all Veterans to join us at 1949 N. Broadway every Fri & Sat Doors open at 4pm (Between Guest Lodge & Tesoro)

VEHICLES FOR SALE: '99 Dodge Sports Van, '97 Plymouth Voyager, '96 Ford Windstar, '95 Ford Conversion Van. Ask about other vehicles and motorhomes, 5th Wheels. **USED FURNITURE:** Bed, appliances, household items & misc rummage. Diecast & metal cars, trucks, semi's & other items. **ALSO WANTED TO BUY:** Army related items or collections. 413 3rd St NE, Minot. 701-720-2686

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MOVING NEED CASH? Sell your used/unwanted items at MAGIC CITY FLEA MARKET, April 9 & 10, State Fairgrounds. Info 852-1289

INVENTORY EXTRAVAGANZA! 117-2 Winding Way. Saturday March 19th 12-4 pm. Various home-based businesses showcasing new inventory. Come take a look and see what we have. There will be refreshments and a RAFFLE. Everyone is welcome!

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Sudoku Answers

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

Answers to puzzle on page 9

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\$199,900 Surrey



A great family home with an extra large garage, 32x36. The 3/4 bath in the lower level is brand new with a tile floor. The home has had new windows and siding in 1995. New central air unit in 2009. Roof was shingled in 2000. Call Bruce Walker Today! #20101576

\$149,900 Granville



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

\$154,900 Surrey



3 bedroom 2 bath ranch style home in Surrey. Lower level is remodeled with family room and 2 more non-egress bedrooms. Walk-out to newer deck with hot tub in a large fenced back yard and a double garage. Call Lorell Seibold Today! #20110157

\$201,900 Surrey



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

\$215,500



This Madison Cottage floor plan has great curb appeal! Main floor features living room, dining room, kitchen, master bedroom w/bath, laundry and powder room. The loft has 2 bedrooms, bath and family room. It is a great new design to be located on a large lot with a spectacular view. Call Tamie Dunn Today! #20100200

\$349,900



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

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This 5 bedroom 5 bathroom home with approx. 4000 sq ft of living space sits on a half acre of land along the Mouse River. This home has quite a History being Originally built in 1917 in Minnewaukan ND was once considered a model home of its time. Over the past 12 years the home has been updated and preserved. Call Alish Charley Today! #20110099

\$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

- | | | | | |
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| Tony Alef.....362-7599 | Neil Gush.....833-9003 | Brad Livesay.....720-7769 | Lorell Seibold.....721-4996 | Brad Torkelson.....339-8907 |
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| Tamie Dunn.....720-1723 | Trenton Kary.....720-6520 | Mike Matteson.....463-2099 | Virginia Slavick.....852-0136 | Dawn VerBruggen.....720-2034 |
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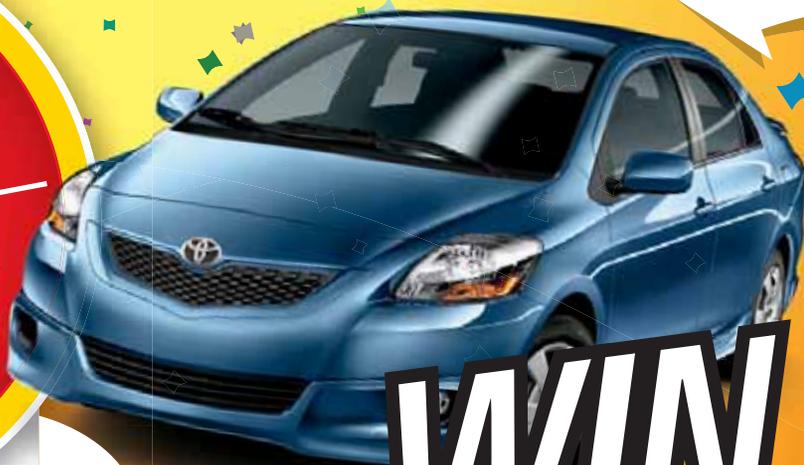
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