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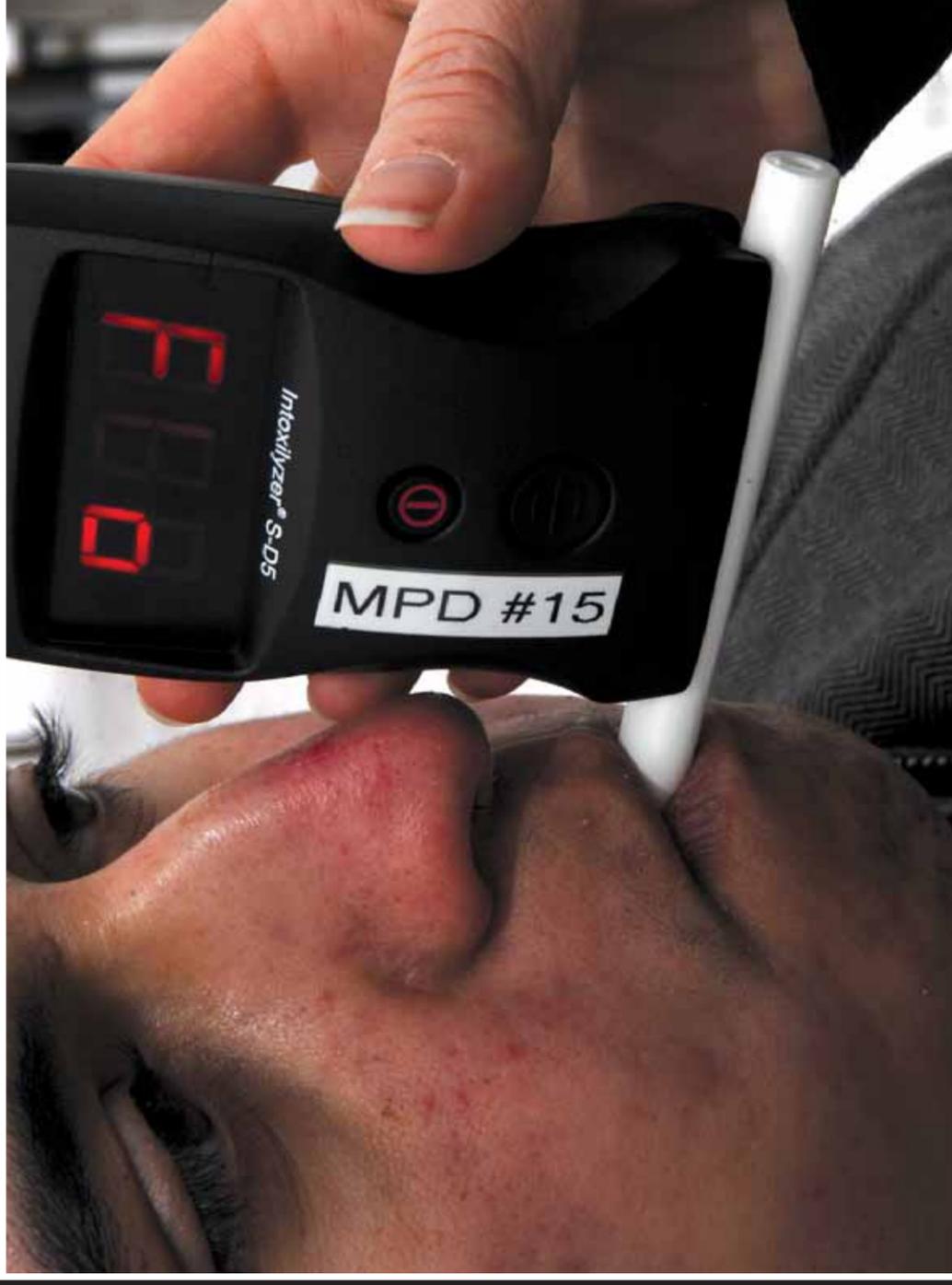
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DRINKING & ITS CONSEQUENCES

Drinking and driving isn't worth ruining your career. Military members who drive drunk may be disciplined through nonjudicial punishment, court martial, or prosecution by civilian authorities. Military discipline may result in a reduction in rank, revocation of on-base driving privileges, forfeiture of pay and other adverse actions.

If you are underage, don't drink. If you are of age, don't drink and drive. Have a plan and a wingman, and if your plans do fail, contact Operation SafeRIDE at 838-2233. If you think you have a drinking problem, seek help at Life Skills or talk to a supervisor or first sergeant.



(U.S. Air Force photos and illustration/Senior Airman Jesse Lopez and Airman 1st Class Aaron-Forrest Wainwright)



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 Medical Operations Squadron
Staff Sgt. Andrew Schmitt
Staff Sgt. Robert Zuniga

5th Operations Support Squadron
Senior Airman Russell

5th Force Support Squadron
Maj. Timothy Smith

5th Maintenance Squadron
Tech. Sgt. Thomas Webb
Tech. Sgt. Joseph Fuller

5th Maintenance Group
Senior Master Sgt.
David Richard

5th Bomb Wing
Senior Airman Michael Veloz

91st Missile Maintenance Squadron
Maj. Brian Young

54th Helicopter Squadron
Maj. Micah West

23rd Bomb Squadron
Maj. David Lane
Maj. Virgil Carter
Maj. Robert Phelps
Capt. Anthony Jannazo
Capt. Michael Pyle
Capt. Robert Fore
Capt. Oscar Mayhew
Capt. Justin Leifield
Capt. Eric Balls
Capt. Christopher Burnett
Capt. Jeffrey Vanderhyde
Capt. Kera Rolsen
Capt. Ryan Loucks
Capt. James Carmichael
Capt. Ryan Harvey
Capt. Paul Stucki
Capt. Joshua Middendorf
Capt. Earl Schaller
Lt. Nicholas Kamon
Lt. Craig Campbell
Lt. Christopher Geary
Lt. Justin Glaesemann
Lt. Matthew Harris
Lt. Matthew Swartz
Lt. Jared Call
Lt. Austin Lohman



Team Minot 'BUFFs' come home

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

A B-52H Stratofortress lands after a five month deployment to Andersen AFB, Guam, here April 7. Team Minot's 69th Bomb Squadron and 5th Bomb Wing personnel deployed to Andersen AFB last November in support of U.S. Pacific Command's Continuous Bomber Presence. This was the 69th BS' first deployment since it's reactivation in September 2009 and the first major combat deployment of aircraft and personnel since World War II.

AF officials focus on sexual assault prevention

by **Lt. Col. Ann Stefanek**
Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) - Air Force Secretary Michael Donley directed a comprehensive review of the service's Sexual Assault Prevention and Response Program as a result of information provided by a survey of active-duty members, officials said March 16.

This survey was specifically designed to establish baseline data for addressing this serious issue and to help develop more effective programs aimed at preventing sexual assaults altogether, said Air Force Chief of Staff Gen. Norton Schwartz.

"We wanted the clearest possible understanding of the scope and nature of this problem," General Schwartz said. "This survey gave us a first-of-a-kind look at how sexual assaults have affected our Air Force community and informs us what we must do to better protect our people from this crime."

The ongoing efforts to enhance the Air Force's program include Secretary Donley and General Schwartz directing commanders and leaders at all levels to take advantage of the knowledge gained from the survey and increase focus to improve the Air Force's Sexual Assault Prevention and Response program.

The general underscored

his pledge to give every victim a voice following a sexual assault.

"We want all affected Airmen to feel empowered to report this crime," General Schwartz said. "We want them to know that we're committed to holding offenders accountable through effective investigations, knowledgeable judge advocate advice and strong unit support and leadership."

Department of Defense officials recently released its annual report on Sexual Assault in the Military, which indicated the Air Force had 585 sexual assaults reported in 2010.

According to the Rape, Abuse and Incest National Network, sexual assault is one of the nation's most underreported crimes.

The Air Force contracted Gallup, Inc. to conduct an anonymous survey to better understand the scope and nature of sexual assault in the Air Force and help build a more effective prevention and response program, said Carl Buchanan, the Air Force SAPR program manager.

"The survey took place in July and August of (2010), and the final report was presented to the Air Force in December," Mr. Buchanan said. "Since that time, the Air Force reexamined the entire program."

The Gallup survey used behavior-based questions derived from specific Uniform Code of Military Justice offenses that cover the full range sexual assaults, he said.

The survey results showed that within the 12 months preceding the survey, 3.4 percent of women and .5 percent of men experienced sexual assault. Of those experiencing sexual assault in the preceding year, only 16.7 percent of women and 5.8 percent of men reported the assault. The survey also revealed that since joining the Air Force, 18.9 percent of women and 2.1 percent of men had been sexually assaulted.

The survey also discovered that most assaults occur while victims are at home station, as opposed to during deployments or temporary duty assignments, and most offenders are other Airmen.

"The results of the Air Force 2010 Gallup survey will be used as a baseline to measure increases or decreases in incidence (during the previous 12 months) and prevalence (during the member's Air Force career) of sexual assault in the Air Force," Mr. Buchanan said.

"Having this information will be valuable to senior leadership and commanders so they can make much more informed decisions when implementing programs and policies aimed at preventing sexual assaults and caring for victims."

Survey participants also identified several reasons they didn't officially report their assaults, officials said. Reasons included not wanting other Airmen, superiors, or family to know, distrust in the reporting process, fear of retaliation or recurrence, or not considering the specific

circumstance serious enough to warrant reporting.

"I strongly encourage anyone who is affected by sexual assault to take a courageous stand and help bring perpetrators to justice," said Chief Master Sgt. of the Air Force James Roy. "We need to stand together against these crimes."

Air Force officials will start Sexual Assault Awareness Month in April with an education campaign focusing on various aspects of the sexual assault prevention and response program, Mr. Buchanan said.

This year's Department of Defense theme "Hurts One. Affects All" and an Air Force-specific message of "Real Wingmen Act" will reinforce the idea of acting as a team, demonstrate the value of bystander intervention and stress collective responsibility for prevention, he said. The Air Force message will be delivered through open dialogue in small groups that will help Airmen recognize behaviors and sustain a culture in which sexual assault is not tolerated.

General Schwartz stressed the criticality of fostering an atmosphere in which Airmen feel comfortable reporting sexual assaults.

"Sexual assault is a crime that violates our core values, and as an institution, we won't rest until we eliminate this criminal behavior," General Schwartz said.

"Leadership is key in creating an environment of trust in which all Airmen are safe."

Legal Office earns outstanding awards

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

Three Airmen from the base legal office were awarded major command level awards this past March for their stellar performance and work dedication here.

Among the recipients were Lt. Col. Eric J. Werner, 5th Bomb Wing staff judge advocate, who was named Air Force Global Strike Command's Outstanding Senior Attorney Award and Master Sgt. Dana L. Cummins, 5th BW law office superintendent, awarded the 8th Air Force Outstanding Young Paralegal of the Year.

"I am very proud of the exceptional work performed by the entire legal team here at Minot AFB," said Colonel Werner. "Our judge advocates, paralegals, and civilians have an incredible challenge in supporting two active duty wings."

He added that overall the Senior Attorney award is a reflection of the dedication of the entire office staff.

Captain Michael Kirkland, 5th BW assistant judge advocate and the 8th Air Force's Outstanding Young Judge Advocate of the Year attrib-

uted his accomplishment to the great staff he works with as well.

"It's nice to receive an award, but I would not have earned it without the work and dedication provided by people I work with," Captain Kirkland said. "The great caliber of the paralegals, both non-commissioned officers and junior enlisted we have here is outstanding."

Captain Kirkland stressed the importance of having co-workers that are not only supportive but reliable at all times as well.

"The Judge Advocate General Corps has a very collaborative process established," said Captain Kirkland. "We have a lot of experts here we can rely on."

He explained that the office is like a family and at any moment in time they can easily reach out to one another for help without hesitation.

"There isn't really anything we don't do here where we aren't bouncing ideas off from one another," Captain Kirkland said. "While ultimately attorneys make final decisions on cases, we try to gain input and engage with our paralegals and fellow attorneys."

The captain also gave



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

Personnel from the base legal office here were awarded major command level awards this past March for their stellar performance and work dedication. Lt. Col. Eric J. Werner, 5th Bomb Wing staff judge advocate, was named Air Force Global Strike Command's Outstanding Senior Attorney Award and Captain Michael Kirkland, 5th BW assistant judge advocate, earned the title of the 8th Air Force Outstanding Young Judge Advocate of the Year. A third recipient Master Sgt. Dana L. Cummins, former 5th BW law office superintendent, (has since had a permanent change of station) was awarded the 8th Air Force's Outstanding Young Paralegal of the Year.

props to leadership for the support they provide on a daily basis.

"Working as an attorney is a unique, fun and challenging experience where every day

brings about something new," explained Captain Kirkland. "At times we'll encounter situations we've never seen or dealt with before, but we have great leadership that mentors

and guides us through it all."

Captain Kirkland said he feels fortunate to be part of an elite JAG Corps comprised of the best Airmen the Air Force has to offer.

B-52s ready to rumble



(U.S. Air Force photo/Airman

1st Class Jessica McConnell)

A flight of B-52H Stratofortress' from the 5th Bomb Wing execute a rapid launch exercise here April 13. As a finale to the two week-long exercise, several B-52s took off in rapid succession, signaling the end of the training mission.

Troops to receive full mid-month pay April 15th

by **Jim Garamone**

American Forces Press Service

WASHINGTON - All service members will receive their full mid-month pay they have earned in their paychecks April 15, Pentagon officials said today.

"Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April," Pentagon spokesman Marine Col. Dave Lapan said. "It may be in two separate payments, but on the 15th everyone will receive their full allotted pay."

Confusion arose about the April 15 payday due to the threatened closure of the

U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late April 8.

The Defense Finance and Accounting Service had posted "net pay advice" to some service members, telling them what to expect in their accounts.

"Those net pay advice statements were made ... before we knew there was an agreement to fund the government," Colonel Lapan said.

"When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served

and it may be in more than one deposit."

Officials urge service members to check their end-of-month leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts April 22.

The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service members on the myPay website.

"The most-current advice of pay will still only show the partial payments for April 1-8," the finance service posted on its website. "This will allow us to make sure we can still process pay for April



9-15 and take steps to ensure it is in bank accounts on the 15th."

For more information, visit the myPay website at <https://mypay.dfas.mil/mypay.aspx>.

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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.

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 28 to April 4 and March 31 to April 2 are from the 91st Missiles Security Forces Squadron.

**Lives saved through
March 28: 334**

Seasoned Spouse: Waiting and uncertainty

"The waiting is the hardest part. Everyday you see one more yard. You take it on faith. You take it to the heart. The waiting is the hardest part." These words by Tom Petty come into my mind every time I'm waiting for something.

I believe military families do more waiting to hear what is next than the average family. With most assignments finally out for this year, the waiting is over. It was suggested I write about dealing with waiting and uncertainty. When I started this feature, I told you sometimes I would share my stories just so you know that everyone goes through the same kinds of things. Well this is that kind of column. One would think that after more than 20 years I'd be used to the assignment game, but sorry to tell you, it doesn't get a whole lot easier. You know the drill - the assignments will be out on Thursday, now they'll be out next Friday, now they're not saying when. All the while, it's all you can think about.

You accost your spouse every evening, "any word yet?" You might even give him a call or two during the day. Everyone in the house is a little on edge, then a lot on edge. You feel like you have no control over what is happening in your life. You start to wonder if those mysterious assignment boards enjoy this little game.

Then you start to hear the rumors. If it's that dream assignment you start to get butterflies and can't help checking out a few things on the internet. Still, you try not to get

your heart set on it. Or, it's not what you were hoping for; so, you're a little down but you know it still might change. This may not be your scenario but it sure is what it looked like around our house for a month or so.

I must admit I did not handle the uncertainty well. Of course, once you know your assignment, you can deal with it, weather it's that dream job or not; but Lordy, Lordy, that waiting.

Seriously, I thought I'd get better at it but this year it seems I literally pattered around the house waiting. In light of this fact, I am obviously in no position to offer advice on how to survive the process. I did a little research for tips to help you and me next time we're waiting for something.

A lot of the research and advice concentrate on taking charge of the change, to see it as an opportunity, to be open to the possibilities that will open up because of the change, etc. While these are all true and helpful, I find it frustrating sometimes because we really have so little control over the change. Here are some of the better ideas:

Focus on the present: We can do nothing about the past and little about the future, but we have more control over the present. We cannot control the circumstances but we can control our reaction to these circumstances. Focus on being in the here and now.

Stay Busy: We all know this is true. Yet, it can be very easy to withdraw from your usual activities because of the anxiety. I pledge to do

better with this one next time. Instead of puttering around waiting, I could have been doing something useful.

Keep sight of the long-term vision: This one is so true. You know that once you are actually moved, everything will be fine. The military often talks about resiliency but what does that mean and how can we be resilient in the face of change and uncertainty. Here are common traits that influence their resiliency, found by researchers at the University of Georgia, of people who had productive lives past the age of 100.

Optimism: A positive view of the past and future not dominated by negativity.

Engagement: They were actively involved in life, not passive observers.

Mobility: They stayed physically active.

Adaptability: They had an extraordinary ability to handle and accept change and loss.

I am not sure how many of those traits are inborn or learned, but they are surprisingly simple. Change is going to be a part of our lives for as long as we live. I know that if I happen to live to 100, I would like to be active and productive. I am sure you would too. Keep these tips in mind when you know a change is coming and hopefully you, and I, will handle the uncertainty more gracefully.



Commentary by **Jolene Tolbert**
Wife of Col. Julian Tolbert, 5th Bomb Wing vice commander

Safety Corner: What is a Lockout-Tagout?

Commentary by **Rod Krause**
5th Bomb Wing Ground Safety

A common practice known throughout the industrial and non-industrial world as Lockout-Tagout, better known as LOTO, is a safety procedure all should know.

Lockout-Tagout is procedure used in industry and research settings to ensure dangerous machines are properly shut off and not started up again prior to the completion of maintenance or servicing work.

It requires that hazardous power sources be isolated and rendered inoperative before any repair procedure is started. Lock and tag works in conjunction with a lock usually locking the device or the power source with the hasp, and placing it in such a position that no hazardous power sources can be turned on. The procedure requires that a tag be affixed to the locked device indicating that it should not be turned on.

Things like electrical, mechanical, pneumatic or hydraulic sources can present many hazards to workers. For example, a typical industrial machine may contain things like hot fluids, moving presses, blades, propellers, electrical heaters, conveyor belts with pinch points, moving chains, ultra-violet light, etc. Isolation is known as connecting or making the equipment safe and involves the removal of all energy sources.

The steps necessary to isolate equipment are often documented in an isolation procedure or a lockout-tagout procedure. The isolation procedure generally includes the following tasks:

1. Identify the energy source(s)
2. Isolate the energy source(s)
3. Lock and/or tag the energy source(s)
4. Prove that the equipment isolation is effective

tion is effective

Modern safety manufacturers provide a range of isolation devices specifically designed to fit various switches, valves and effectors. For example, most modern circuit-breakers have a provision to have a small padlock attached to prevent their activation. For other devices such as ball or gate valves, plastic pieces or clam-shell style objects are used. A common feature of these devices is their bright color, usually red as to increase visibility and allow workers to readily see if a device is isolated.

Also, the devices are usually of such a design and construction to prevent it from being removed with any moderate force. That is to say that an isolation device does not have to stand up to a chainsaw, but if an operator forcibly removes it, it will be immediately visible that it has been tampered with.

Employees can be seriously or fatally injured if machinery they service or maintain unexpectedly energizes, starts up or releases stored energy.

OSHA's Control of Hazardous Energy regulation spells out the steps all employers must take to prevent accidents associated with hazardous energy. The standard addresses practices and procedures necessary to disable machinery and prevent the release of potentially hazardous energy while maintenance or servicing activities are performed.

Exposure to hazardous energy is controlled completely by unplugging the equipment from an electric outlet and where the employee doing the service or maintenance has exclusive control of the plug.

This applies only if electricity is the only form of hazardous energy to which employees may be exposed. This exception encompasses many portable hand tools and some cord and plug connected machinery and equipment. If unsure when dealing with LOTO, do not hesitate to ask for assistance. The shop supervisor, the person doing the actual work or the wing safety office can provide more extensive detail concerning LOTO in your work center.

WEATHER FORECAST

Fri 4/15	Sat 4/16	Sun 4/17	Mon 4/18	Tue 4/19
				
36/27	46/30	44/31	47/30	49/33
Snow likely. Highs in the mid 30s and lows in the upper 20s.	Partly cloudy. Highs in the mid 40s and lows in the low 30s.	Times of sun and clouds. Highs in the mid 40s and lows in the low 30s.	Mostly cloudy. Highs in the upper 40s and lows in the low 30s.	Mix of sun and clouds. Highs in the upper 40s and lows in the low 30s.

Military family support a 'national priority,' Obama says

by Fred W. Baker III

American Forces Press Service

WASHINGTON (AFNS) - President Barack Obama today made caring for military families a national priority, calling to action his entire administration and communities across the U.S. on their behalf.

"The strength and the readiness of America's military depend on the strength and readiness of our military families," the president said. "This is a matter of national security. It's not just the right thing to do. It also makes this country strong."

President Obama made the remarks at the White House, accompanied by Defense Secretary Robert M. Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, along with other senior officials, as he announced a national initiative aimed at increasing support for the families of U.S. service members.

The initiative will focus on employment, education and wellness, and aims to raise awareness about the sacrifices and needs of military families. First lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, will this week launch a national tour as part of the initiative.

The president praised the efforts of today's military, but added that no troop serves alone.

"Behind every American in uniform stands a wife, a husband, a mom, a dad, a son or a daughter, a sister or brother," he said. "These families, these remarkable families are the force behind the force. They, too, are the reason we've got the finest military in the world."

In President Obama's travels to military installations since taking office, he said, one theme recurs in his conversations with service members.

"There's one thing they request more than anything else: Take care of my family. Take care of my family," President Obama said. "Because when our troops are worried about their families back home, it's harder for them to focus on the mission overseas."

The president cited his recent directive to establish a coordinated federal approach to support military families. Released in January, the report detailed nearly 50 commitments



(Defense Department photo/Linda Hosek)

President Barack Obama speaks at the launch of "Joining Forces," an initiative to raise awareness about military families April 12, 2011, at the White House. First lady Michelle Obama and Dr. Jill Biden, the wife of Vice President Joe Biden, spearheaded the initiative and spoke at its launch.

from cabinet agencies to reform, strengthen, or better coordinate the federal government's efforts.

The efforts range from protecting families from financial scams, to improving education for military children and spouses, to helping end homelessness among veterans.

"As commander in chief, I'm not going to be satisfied until we meet these commitments," President Obama said. "Across this administration, we're going to keep doing everything in our power to give our military families the support and the respect that they deserve."

But, the president said, national support for military families cannot be solely a government function. Support needs to be at the community level.

"Our military and our military families can't be the only ones bearing the burden of our security," he

said. "The United States of America is strongest, and as Americans, we are at our best, when we remember our obligations to each other; when we remember that the price of freedom cannot simply be paid by a select few, when we embrace our responsibilities to each other, especially those who serve and sacrifice in our name."

Mr. Biden, whose son deployed for a year to Iraq, said he understands firsthand the value of family support to deployed service members.

"We learned at that time how much it means to those who are in a war zone thousands of miles away, knowing that their family is being cared for, that their next-door neighbor has offered to cut their grass while their husband is overseas or that the next-door neighbor will give a jumpstart on that cold morning when they're trying to get their daughter or son to elementary school,"

Mr. Biden said.

"They know that those little things are the things that make every day work or not work. It matters. It matters because it's one less thing they have to worry about in theater."

Mr. Biden said a little support at the community level goes a long way toward easing the burden of both the families and the deployed service members.

"All Americans should know that one act of kindness extended to a family of (an Airman), a Soldier, a Sailor, a Marine, a Coast Guardsman, reverberates across the water, over the mountains and through the desert into the heart of the warrior who's standing there alone thinking as much about his family as his family's thinking about him or her," he said. "I promise you, I promise you, all those of you who are listening on the television or radio, it matters. It matters."

The mentoring challenge

Commentary by Col. Greg Urtso

Directorate of Force Development Diversity Operations

Our U.S. Air Force has changed dramatically over time. Consider that 30 years ago the Air Force had more than 565,000 officer and enlisted members. By the end of fiscal year 2010, we had fewer than 330,000.

Couple this nearly 42% reduction in manpower with military budget cuts and the need to prepare for more complex, varied operations in the future and you have an environment we are all very used to: change. Imagine what our Airmen entering the Air Force today will see over the next 20 to 30 years.

To be effective, formal mentoring programs should adapt to this ever-changing environment. In times of stability, traditional coaching, counseling and facilitating skills are sufficient, but the dynamic environment we live in today requires mentors to become more than experts; they also need to be co-learners.

Adapting to the changing environment, Air Force officials have implemented fresh changes. Improvements

to My Development Plan - MyDP - on the Air Force Portal are a great start but meaningful mentoring comes from the interaction between individuals. Mentors ought to be willing to listen, ask questions and be candid about what they don't know.

Successful mentoring of our Airmen is a strategic imperative. Ensuring the Air Force remains adept at solving the increasingly complicated problems in a complex world, we must continue efforts to be leading competitors in the search for talent.

Once these talented individuals join our all-volunteer force, developing them becomes a top priority. Mentors provide the tools to allow individuals to achieve their professional and personal goals. After all, it takes 10 years to replace an Airman who separates after serving for 10 years.

The challenge: your rank determines the number of mentoring relationships you have. For example, a Master Sergeant, E-7, should mentor seven Airmen. A major, O-4, should

mentor four Airmen. General Schedule civilians should follow the officer structure.

The second part of the challenge is to have supervisors ask subordinates to name those they are mentoring and share their experiences during feedback sessions. This will facilitate

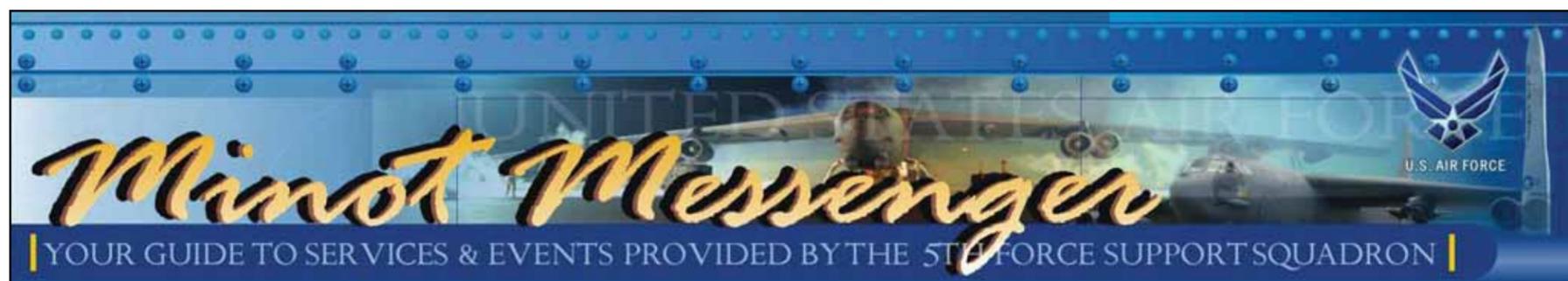
discussion, enhance mentoring at all levels, and ensure accountability.

Of course, this challenge is voluntary and not Air Force policy, but if done correctly, will ensure the U.S. Air Force remains the number one air force in the world.

Do you show attention to detail, have a willingness to learn and love working with people?

We're looking for a self-starter who is interested in a challenging, rewarding position as a Newspaper advertising sales person with the Minot Air Force Base newspaper, Northern Sentry.

We offer a competitive wage and a good work environment in our Downtown Minot office, great co-workers. 32 plus hours a week. Here is your chance to put your talents to work producing a vital newspaper. Position offers the opportunity to help our team with administrative duties and design. We'll train the right person. Call Sharon at 839-0946 for details or send e-mail to nsads@srt.com



Italian Cuisine & Speed Dating At Airmen Appreciation Meal

The Dakota Inn dining facility looks forward to the challenge when they prepare for a quarterly Airmen Appreciation Meal. Although these meals require significantly more preparation time than a normal meal, the staff enjoys preparing the delicious menu to show appreciation for all the hard work Airmen do on a daily basis at Minot AFB.

To change things up a bit, the upcoming Airmen Appreciation Meal on Thursday, April 28th features a special Italian Tuscan menu along with Speed Dating. The Speed Dating event provides a great way to meet someone you are compatible with and could maybe become good friends with. No commitments or obligations, just a great way to enjoy a meal with good company.

The new Speed Dating segment is for single Airmen (E1-E4). Pre-registered females will have a list of 20 questions to ask the attendees. Participants have 30 minutes to go through the tables and answer the questions. At the end of the 30 minute cycle, the Dakota Inn will tally up the compatibility scores and select the most compatible couples. These couples will be escorted into the Red Room to enjoy a full service meal and get to know each other better. To participate, please reserve your spot in advance by e-mailing MSgt Bermudez at jeimmy.bermudez@minot.af.mil.

The delicious meal planned for the event features entrees including spaghetti with meatballs, beef manicotti, pasta with clam sauce, and crispy baked chicken with sauce. The menu offers side

Speed Dating
 April 28, 4:30-7pm
 @ The Dakota Inn
 Come enjoy a night of FUN!
 To participate please reserve your spot in advance by e-mailing MSgt Bermudez at jeimmy.bermudez@minot.af.mil

Single E1-E4 may participate in this Speed Dating Event! Attendees will have 30mins to go through the tables. At the end of the 30min cycle the Dakota Inn will tally up the compatibility scores and select the most compatible couples. The couples who are most compatible will be escorted into the Red Room to enjoy a full service meal and get to know each other better.

dishes such as macaroni and cheese, broccoli cheese with rice, glazed carrots, broccoli Parmesan, minestrone soup, hot rolls and garlic bread, pastries, ice cream, assorted pies, and more. The Airmen Appreciation Meal begins at 4:30 p.m.

Base leadership helps serve this special meal to show their appreciation for the efforts each Airman contributes to the success of the mission. For details, call the Dakota Inn at 723-2359.

Month Of The Military Child Finale Features Kid's Block Party

14th Annual Kids Block Party
 April 29th, 5-7:30pm

This annual FREE event honors Military Children for Month of the Military Child. There will be lots of carnival games and a wheels rally. (Static display of CE Big Rigs). For more information contact the Youth Center, 723-2838.

Carnival 5:00-8:15pm
 Phil Baker Children's Concert 6:30-7:30pm
 Pre-Teen Dance, 8-10pm
 Teen Dance, 10-11pm

As the Month of the Military Child reaches its midway point, numerous events are scheduled that

focus on the importance of military children along with their families and caregivers.

The huge finale for the Month of the Military Child kicks off with the Kid's Block Party on April 29th beginning at 5 p.m. The Kid's Block Party is open to the entire Base community and includes children's activities such as carnival games along with a "wheels rally" (static display of CE big rigs) scheduled from 5 p.m. to 6:15 p.m.

The Phil Baker children's concert takes center stage from 6:30 p.m. to 7:30 p.m. This is a free concert and open to everyone. Following the concert, a Pre-Teen Dance will be held from 8-10 p.m. with a Teen Dance set for 10-11 p.m.

For more information, contact the Youth Center at 723-2838.

Doolittle Center Hosting Easter Sunday Brunch On April 24th



The Doolittle Center invites you to their special Easter Champagne Brunch on April 24th from 10:30 a.m. to 1:30 p.m. Enjoy the special selection of breakfast and lunch entrée items while the kids visit the Easter bunny. Cost for adults is \$12.95 for club members and \$15.95 for non-members, kids ages 6-11 are \$5.95, and children age 5 and under free. Children will receive a free Easter gift. Call the Doolittle Center at 723-3731 for details.

Airmen's Flashlight Easter Egg Hunt Features \$500 In Cash



Airmen (E4 and below) are invited to hunt for \$500 in cash cleverly hidden by the Easter bunny during the Airmen's Flashlight Easter Egg Hunt at the Community Center on Thursday, April 21st at 9 p.m. Don't miss your chance of picking up some extra cash just in time for Easter. For additional details on this Airmen only event, contact the Community Center at 723-4670.

STAY CONNECTED!



Receive information on upcoming 5 FSS events via e-mail or text. Sign up now by visiting: <http://subscribe.5thforcesupport.com/user/register>

Event Update

Counted Cross Stitch Class

April 15 • 1 p.m. • Arts & Crafts Center

"Around The World Beer Tour"

April 15 • 4:30 p.m. • Doolittle Center

Wing Fest

April 15 • 5:30 p.m. • Doolittle Center

Texas Hold'em Tournament

April 15 • 7 p.m. • J.R. Rockers

Lights & Strikes Bowling

April 15 & 16 • 10 p.m. • Rough Rider Lanes

Arts & Crafts Retail Store Open

April 16 • 10 a.m. - 2 p.m. • Arts & Crafts Center

Jewelry Making Class

April 16 • 10:30 a.m. • Arts & Crafts Center

Families Of Deployed Swimming Party

April 16 • 1-3 p.m. • Indoor Pool

Hosted by Airman & Family Readiness Center

Otaku Minot

April 16 • 4 p.m. • Base Library

Month of the Military Child Treasure Island Special

April 16 • 5-8 p.m. • Treasure Island

Hip Hop Nite

April 16 • 11 p.m. • J.R. Rockers

MOMC Sunday Brunch

April 17 • 10:30 a.m. • Doolittle Center

Home Buying Seminar

April 19 • 2:30 p.m. • A&FRC

Resume Writing/Interview Workshop

April 19 • 5 p.m. • A&FRC

Bedtime Story Time

April 19 • 6:30 p.m. • Base Library

Family Board Game Bingo

April 20 • 5 p.m. • Youth Center

Airmen Flashlight Easter Egg Hunt

April 21 • 9 p.m. • Community Center

Karaoke Night

April 22 • 6 p.m. • J.R. Rockers



Visit our website at www.5thforcesupport.com

MONTH OF THE MILITARY CHILD

Special Promotions During The Month Of April

Family Night

5-9 p.m. - Tuesdays - J.R. Rockers
Children age 10 and under eat FREE with each adult meal purchased. For more information, call 727-ROCK.

April 19 - Easter Egg Coloring
April 26 - Kid's Bingo

Month of the Military Child Bowling Special

4-7 p.m. - Mon.-Fri. - Rough Rider Lanes
Children 17 and under bowl for \$1.75 per game and receive free shoe rental with a paying adult. Call Rough Rider Lanes at 727-4715 for details.

Free Bag Of Cookies With Purchase

During April - Rough Riders Pizza
Receive a free bag of cookies with the purchase of a kid's meal during the month of April. For more information, call Rough Riders at 727-4377.

Upcoming Special Events

April 1-30 - Purple Ribbon Campaign

Youth Center, Child Development Center & Family Child Care

Show your support for military children by wearing a purple ribbon. Ribbons available at the CDC, FCC, and Youth Center.

April 16th - Treasure Island MOMC Offer

5-8 p.m. - Treasure Island

Enjoy miniature golf, the rock climbing wall, batting cages, and more on April 16th from 5-8 p.m. at Treasure Island. Receive one free wrist band per child, age 16 and under, with a paying adult. Call 723-3648 for details.

April 17th - Month Of The Military Child Sunday Brunch

10:30 a.m.-1:30 p.m. - Doolittle Center

Kids 12 and under eat for free during the Month of the Military Child Brunch at the Jimmy Doolittle Center on April 17th from 10:30 a.m. to 1:30 p.m. There will be gifts for all the kids plus they can register for the bike giveaways. Visit with Dizzy the Clown and get your face painted. Call the Doolittle Center at 723-3731 for more information.

April 20th - Family Board Game Bingo

5-6 p.m. - Youth Center

Youth Center members are invited to enjoy Family Board Game Bingo at the Youth Center on April 20th at 5 p.m.

April 21st - Free Creative Kid's Class

10:30-11:30 a.m. - Arts & Crafts Center

FREE Creative Kid's Class for kids ages 3-5 years old on April 21st in recognition of the Month of the Military Child.

April 29th - Kids Block Party

5-7:30 p.m. - Youth Center

The annual Kids Block Party is the finale event for the Month of the Military Child. From 5-6:15 p.m. children can enjoy numerous carnival type games along with the Wheels Rally. Then from 6:30-7:30 p.m., don't miss the Phil Baker Children's Concert. Both events are free and open to both Youth Center members and non-members. Call 723-2838 for additional details.

Currently Deployed & 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 April 28th 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 April 22nd by calling 723-4500; seating is limited. Eligible participants include any deployment returnee who came home after March 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 740 MS. For more information, contact the Airman & Family Readiness Center at 723-4500.

Karaoke Night

Whether you've got singing talent or simply love to watch the performances, you don't want to miss Karaoke Night on April 22nd 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.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on April 21st at 9 a.m. The class offers information on Air Force Aid Society community enhancement programs and the financial impact and family stressors of having a baby. For additional information, call the Airman and Family Readiness Center at 723-3950.

Administrative Assistant Day

Show your administrative assistant how much you appreciate them by taking them to lunch on Administrative Assistant Day, Wednesday, April 27th. Bosses who bring their assistant to lunch at the Jimmy Doolittle Center from 11 a.m. to 1 p.m. receive \$1 off their meal. Don't miss this great opportunity to show your appreciation. For more information, call the Doolittle Center at 723-3731.

SPRING SHOWCASE FOR SPOUSES ACCEPTING BOOTH RESERVATIONS

Reservations are now being accepted for booth exhibitors for this year's Spring Showcase for Spouses. The event will be held on Thursday, May 12th from 6-8:30 p.m. at the Jimmy Doolittle Center. If your business has an interest in participating in this year's Spring Showcase for Spouses, contact 5 FSS Commercial Sponsorship Coordinator Debra Vangness at 723-6718. A limited number of booths are available.

Arts & Crafts Retail Store Open April 16th

The Arts & Crafts Center retail store will be open from 10 a.m. to 2 p.m. on Saturday, April 16th. Browse through their wide selection of craft supplies or check out the many unique gift ideas they offer. The Arts & Crafts Center is excited to offer a new Jewelry Making class on April 16th from 10:30 a.m. to noon. Participants will receive instruction on the tools used for jewelry making as well as all supplies to make a necklace and earrings. Once you complete the jewelry, it is yours to keep. Cost for the Jewelry Making class is \$10; deadline for registration is April 15th. For more information, call 723-3640.

Texas Hold'em Tournament

Do you know when to hold'em and when to fold'em? J.R. Rockers invites you to the Texas Hold'em tournament scheduled for Friday, April 15th. \$20 for club members and \$25 for non-members; sign in by 7 p.m. with play beginning at 7 p.m. Call 727-ROCK to register.

Evening Step Aerobics Class

The McAdoo Fitness Center is offering an evening Step Aerobics class on Wednesday, April 20th at 7 p.m. This class is open to all DoD ID card holders. For additional details, call the Fitness Center at 723-2145.

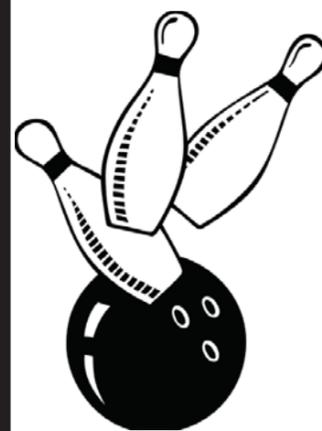
Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on April 16th and April 30th. 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.

Buck Bowling Every Sunday In April

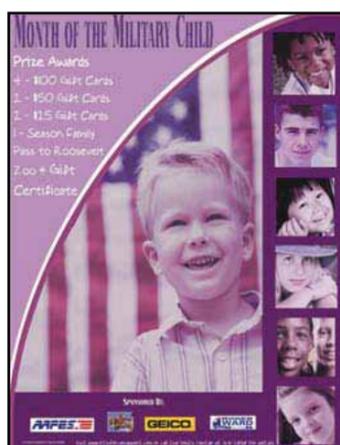
Rough Rider Lanes is offering everyone a great way to get out of the house and enjoy some recreation fun. Every Sunday in April, you can bowl for \$1 per game all day long (noon to 8 p.m.). Shoe rental is \$1.50 per person. Call Rough Rider Lanes at 727-4715 for additional details.

REGISTER NOW FOR "HAVE A BALL" SUMMER FUN LEAGUE



Join in on the fun by signing up for the "Have a Ball" Summer Fun League at Rough Rider Lanes. Participants will receive a complimentary bowling ball or pin your way if you bowl all 8 weeks. Cost is \$16 per person, per week. Leagues will run 8 weeks starting in mid-May; bowling times are flexible. Sign-up for Youth/Adult, Adult, or Youth Leagues. \$300 guaranteed purse. For more information, call Rough Rider Lanes at 727-4715.

Youth Can Win Prizes During Month Of The Military Child



In celebration of the Month of the Military Child, Minot AFB youth have a chance to win a number of great prizes. Youth (or their parents) need to simply stop by participating 5th Force Support Squadron facilities to register. Prizes include 4 - \$100 gift cards, 2 - \$50 gift cards, 2 - \$25 gift cards, and an annual family pass and gift certificate from Roosevelt Park Zoo. Registration is open to youth age 18 and under of any active duty, retired military, or DoD employee at Minot AFB. Registration locations include: Child Development Center, Youth Center, Jimmy Doolittle Center, Arts & Crafts, J.R. Rockers, Rough Rider Lanes, Community Center, Library, and Treasure Island. Winners will be drawn April 27th with prizes awarded during the Kid's Block Party at the Youth Center on April 29th. Prizes are sponsored in part by Geico, Exchange, Roger Ward Moving and Storage, and the Roosevelt Park Zoo. *No Federal Endorsement Of Sponsors Intended.*

Anglers, boaters must follow ANS rules

Over the past three years, North Dakota has implemented several new rules intended to reduce the risk of aquatic nuisance species transfer throughout the state.

The most recent of those rules, according to State Game and Fish Department fisheries chief Greg Power, is a requirement that anglers in all cases must now drain their boat's livewell when leaving a lake or river. Previously, anglers could maintain water in their livewell if they were transporting fish.

"This new rule went into effect last October," Power said, "but this spring is the first time most anglers will be affected by it."

Pulling plugs and draining water from livewells, baitwells and bilges must be conducted within the access site, which includes parking lots immediately adjacent to the ramp. Anglers should continue to practice proper boat ramp etiquette, Power said, by pulling their boat away from the ramp during busy times to complete all needed draining.

Anglers may use ice in a container to transport fish away from a water body, Power noted.

Also part of the October

2010 rule change is that traditional bait buckets and/or any container of five gallons or less in volume can be used to transport legal live baitfish and other bait in water. All other fish species, including game fish, may not be held in water and/or transported in bait buckets/containers when away from a water body. Game fish cannot be held in water in any container (e.g. cooler) on shore, unless the water is from melting ice only.

Other laws in place since 2008 include:

- All water and aquatic vegetation must be drained or removed from watercraft prior to entering the state. No live aquatic organisms (e.g. fathead minnows, frogs, leeches, etc.) may be imported into the state.

- All aquatic vegetation must be removed from boats, personal watercraft, trailers and associated equipment such as fishing poles/lures before leaving a body of water. Although time out of water needed to remove aquatic vegetation is allowed, all equipment must be free of vegetation when transporting watercraft and equipment away from a boat ramp, access area or shoreline.



This includes livewells and other internal compartments, and containers such as bait

buckets.

Reference the ANS link on the Department's website

at <http://gf.nd.gov/fishing/ans-faqs.html> for additional information.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

It's that time of year: Crocuses, mucky, muddy roads, spring migration, and the semi-annual N.D. Game and Fish Department round of Advisory Board public meetings.

So what is this advisory group of eight citizens from throughout the state? What do they do? How did they get on the Advisory Board? Why are meetings held where they're held? In other words, what's the skinny of the Game and Fish Department Advisory Board?

According to the North Dakota Century Code, that voluminous binding of state laws, the advisory board must consist of four members from the private landowner sector – farmers and ranchers. The other four members must be representative of the state's hunting and angling community.

It's all spelled out in Century Code.

Section 20.1-02-25 discusses meetings and duties: Board members are appointed to four-year terms, serving a maximum of two full terms, described. Game and Fish Department deputy director Roger Rostvet. A governor can only replace a board member if there is just cause.

The governor's office solicits three nominations from the state's agriculture and ranching organizations for any vacancy representing landowner members. They also solicit three names from the state's hunting, angling, and wildlife organizations for the sportsman's representatives.

One of a board member's main responsibilities is to organize the two public meetings in the spring and fall. They find a willing host, typically a local wildlife organization, publicize it, and report on the meeting when the board gathers as a whole.

Board members are kept abreast of department happenings, upcoming draft proclamations, and other Game and Fish Department issues.

How active individual board members are outside the realm of the public meetings depends on the board's leadership and

the individual member. Rostvet said some members take active interest while others limit themselves to their specified duties relating to the public meetings.

Game and Fish Department Advisory Board districts are aligned to mirror the state's eight judicial districts.

While it may sound easy to make a few meeting arrangements, Rostvet admits it's challenging as board members strive to move meetings around throughout their district.

The host group's responsibilities are largely limited to "coffee and cookies and to try to help advisory board members get the word out," Rostvet added. If any group wants to take the lead and host a meeting, all they have to do is go to the Game and Fish Department Web site, (gf.nd.gov) to find out the name of their district advisory board member and their contact information.

Spring meetings try to tie in with information relating to the upcoming deer gun season draft proclamation, results of the previous year's hunting success, and recent aerial white-tailed deer surveys, Rostvet said. Game and Fish-related legislation is typically a discussion point when the legislature is in session so look for that to be a topic during this spring's meetings. And the upcoming fishing season garners attention in the spring, as well.

Fall meeting tend to hit the high points of the hunting season as it winds down.

Area meetings, All meetings at 7 p.m.

- April 18: Senior Center, Douglas.
- April 19: MDU, Williston.
- April 21: Community Center, Linton.

Quote of the Week:

"It's a challenge every year to find a new place and new town. Advisory board members are always looking for someone interested in hosting a meeting."

– N.D. Game and Fish Department deputy director Roger Rostvet

Bighorn sheep population is holding steady

North Dakota's bighorn sheep population has remained stable despite three consecutive severe winters, according to Brett Wiedmann, big game biologist for the State Game and Fish Department in Dickinson.

The 2010 annual bighorn sheep survey, which covers a period from April 2010 to March 2011, revealed a minimum of 283 bighorn sheep in western North Dakota, a 4 percent reduction from 2009 but still 3 percent higher than the five-year average. The northern

“ Herds were scattered and broken into very small bands, which made getting a complete lamb count nearly impossible....”

– Brett Wiedmann

badlands' population was down just 1 percent from last year, while the southern badlands' population, which has been struggling for several years, saw a 15 percent decrease.

In total, biologists counted 95 rams, 158 ewes and 30 lambs. There are also approximately 30 bighorn sheep in the North Unit of Theodore Roosevelt National Park.

Game and Fish Department biologists count and classify all bighorns in late summer and then recount lambs in March to determine lamb recruitment.

Lamb recruitment was low at only 19 percent, Wiedmann said, which is well below average in North Dakota. Sixty-seven percent of the lambs counted last summer survived the winter.

"Due to deep snows that arrived in November, spring survey conditions this year were the most difficult we've had in many years," he added. "Herds were scattered and broken into very small bands, which made getting a complete lamb count nearly impossible. Consequently, we likely missed a few lambs as population modeling predicted 46 lambs instead of the 30 that were actually observed."

While lamb recruitment was low, the adult population remained stable. In addition, the ram-to-ewe ratio remained stable at 60 rams per 100 ewes.

"Although last winter's frigid conditions arrived early and stayed late, we only lost three radio-marked adult bighorns all winter," Wiedmann said. "It just goes to show how tough these animals are."

There were six bighorn sheep licenses issued in 2011, the same number as 2010.

CROSSWORD PUZZLE

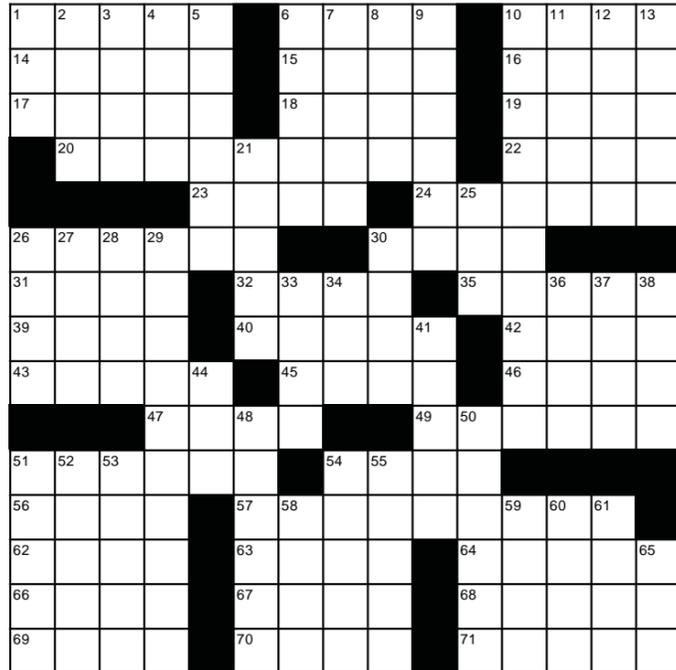
ACROSS

1. Tour de France participant
6. Negotiations hang-up
10. Pigeon's pad
14. IRA-establishing legislation
15. Do some roadwork on
16. Sharer's word
17. Proverbial backbreaker
18. Chief Norse god
19. Versatile vehicles, for short
20. Visit a shipwreck, say
22. Mudville complement
23. Plane measure
24. For adult viewing only
26. Perceive
30. Tyne of "Cagney & Lacey"
31. Think tank product
32. Equal to the task
35. Megastars, to fans
39. Well past one's prime
40. December airs
42. ___ the crack of dawn
43. LBJ daughter ___ Bird
45. Fail to mention
46. Introduction to physics?
47. Bronx player, for short
49. Fish hawk
51. Dwarf tree
54. Cleo's wooer, ___ Antony
56. "We're in big trouble!"
57. There's no escaping it
62. Glassful, to a toddler
63. In the cellar
64. Chemically nonreactive
66. Newsmen Seva Reid
67. Flying "A" competitor
68. Strait-laced
69. Like a dungeon
70. "And ___ I wrote ..."
71. Hits the bottle

DOWN

1. In medias ___
2. Part of BA
3. Magazine sales: Abbr.
4. Jacob's twin
5. Place to get oysters or clams
6. Fine china name

Dirty Digs



7. Gymnast Comaneci
8. Tel ___
9. Biological classifications
10. Local eyesore, perhaps
11. Navel unlikely to collect lint
12. Pollster's discovery
13. Reo contemporary
21. Indo-European speaker
25. "Rope-a-dope" boxer
26. Feature of a "pulse" phone
27. Uptight
28. "As ___ on TV"
29. 1980 Chase-Dangerfield comedy
30. Pickle purveyor
33. It may be thrown at you
34. Moon lander
36. Phone co. employee
37. After the buzzer
38. Reprieve from the governor, say
41. Baby bird?
44. Battery type
48. Canned corn morsel
50. Flaky rock
51. Played, as a fiddle
52. "Butterfield 8" author
53. "It's a ___ situation!"
54. Bit of poolroom finesse
55. Follow, as advice
58. Corporal punishment unit
59. Not tricked by
60. Axel or Lutz
61. Toledo's lake
65. NFL successes

Solution to puzzle from last week.



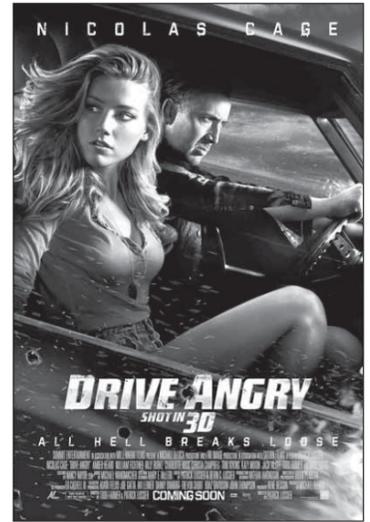
UPCOMING MOVIES

For more information, call the movie line at 723-3802

Drive Angry

Friday, April 15, at 7 p.m.

Thrown into hell for his crimes, brutal felon John Milton (Nicolas Cage) escapes from the fiery pit after cultists murder his daughter and take her baby. Intent on rescuing the child, Milton joins forces with a waitress, who gives him her ex-lover's fire-red muscle car. In it, the two pursue the cult leader, who plans to sacrifice the infant and unleash hell on Earth. However, the hunters become the hunted when Satan sends his merciless henchman (William Fichtner) to drag Milton back.

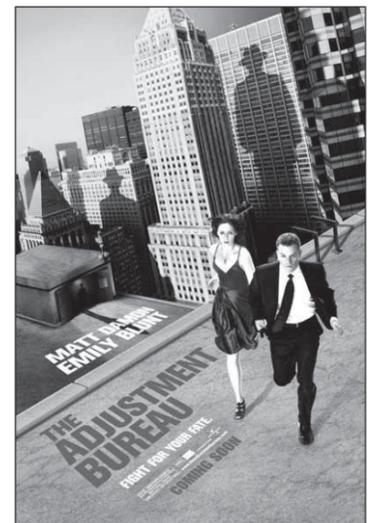


Rated R for some graphic sexual content, strong brutal violence, nudity, pervasive language and grisly images. 104 minutes.

The Adjustment Bureau

Saturday, April 16, at 7 p.m.

Matt Damon stars in the thriller The Adjustment Bureau as a man who glimpses the future Fate has planned for him and realizes he wants something else. To get it, he must pursue the only woman he's ever loved across, under and through the streets of modern-day New York. On the brink of winning a seat in the U.S. Senate, ambitious politician David Norris meets beautiful contemporary ballet dancer Elise Sellas a woman like none he's ever known. But just as he realizes he's falling for her, mysterious men conspire to keep the two apart. David learns he is up against the agents of Fate itself-the men of The Adjustment Bureau..



Rated PG-13 for brief strong language, some sexuality and a violent image. 108 minutes

SUDOKU

Solution to puzzle on page 23

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



check out **spry & relish** magazines in the northern sentry

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Daily M-F 8 a.m. Saturday 5:30 p.m. Sunday 8:30 a.m. & 11 a.m.</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at 435 21st St. NW 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening 6 p.m. Wed. Prayer/Bible Study 7 p.m. Wed. Children's Patch Club 7 p.m.</p> <p>Pastor Brian Ferree</p>	<p>Minot Air Force Base Chapel Protestant Services (All Sunday)</p>  <p>Traditional Service 10:00 a.m. (North Plains Chapel) Gospel Service 11:30 a.m. (Northern Lights Chapel) Contemporary Service 2:00 p.m. (North Plains Chapel)</p> <p>Wednesday Feed Your Faith Classes: North Plains Chapel 1730-1930 Dinner and Children's programs included</p> <p>Chapel 723-2456</p>	<p>Minot Air Force Base Chapel Catholic Services</p> <p>Complete Mass Schedule can be seen on the Chapel Information page on the Minot Air Force base website: www.minot.af.mil</p> <p>Sunday CCD 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
<p>Bible Fellowship 1720 4th Ave. NW • 838-0916</p> <p>www.minotbiblefellowship.org</p> <p>Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. Sunday Evening Worship 7:00 p.m. Wed. Evening Family Night 7:00 p.m.</p> <p>• Pioneer Club • Youth Club • Women's Bible Study • Adult Bible Study</p> <p>Pastor Duane Deckert</p> 	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word, Confessionally Reformed Biblical worship.</p> <p>Now meeting in room 204 Minot Municipal Auditorium</p> <p>Morning Service 10:30 a.m.</p> <p>838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 12 Noon Wed. Youth Classes 6:30-8:30 p.m.</p> <p>Rev. Frank Picard</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship 5:00 p.m.</p> <p>Wednesday: Bible Classes 7:00 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship 8:30 a.m. Sunday School 9:30 a.m. Sunday Traditional Worship 11 a.m. Monday Youth Worship 7 p.m. Wednesday Community Supper 5-6:30 p.m. Wednesday Contemporary 6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org Visitors Welcome</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Sunday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study .. 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p>Come Experience a Warm Family Feeling</p> <p>Coffee & Conversation 9-9:30 a.m. Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6 p.m. Midweek Service (Wed.) 7 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p>  <p>Wednesday Supper 5 p.m. WOW (Worship on Wednesday) 5:45 p.m. Wednesday School & Confirmation ... 6:20 p.m. Saturday Worship 5:30 p.m. Sunday Worship 8:45 & 10:45 a.m. Sunday School & Adult Forum 9:45 a.m.</p> <p>Radio Broadcast KRRZ 1390 AM - 8:45 a.m. Pastor Ken Nelson Pastors Michael & Kari Pancoast www.firstlutheranchurchminot.com</p>	<p>St. Mark's Lutheran Church Missouri Synod</p>  <p>Sunday Worship 8:30 a.m. & 11 a.m. Sunday School & Bible Class 9:45 a.m.</p> <p>Holy Communion is served at 8:30 a.m. service on the 1st & 3rd Sunday and at 11 a.m. service on the 2nd and 4th Sunday</p> <p>2209 4th Ave. NW • 839-4663 Carlyle Roth, Pastor</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Wednesday Worship 7:00 p.m. Sunday Worship 8:15 a.m. & 10:45 a.m. Fellowship 9:15 a.m. Adult Forum 9:30 a.m. Sunday School 9:30 a.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church</p>  <p>524 21st Ave. NW • Minot, ND 58703 701-839-7283</p> <p>Pastor Dan Andrus, 701-578-5060 sparrow@minot.com minotnorthhillbaptistchurch.com</p> <p>"We're Not There Yet... Come Grow With Us!"</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship 10 a.m. Wednesday Worship 5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church with a Christian School 700 16th Ave SE</p> <p>Sundays Worship Services 8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m. Children's programs 9:45 a.m. Youth & Adult Bible Classes 10 a.m. Interpreter services for the deaf 10:45 a.m.</p> <p>Wednesdays Supper 5:40 p.m. Bible Classes for all ages 6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal 9 a.m.</p> <p>Pastor Michon Weingarther Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church</p>  <p>801 University Ave. W • 838-1540</p> <p>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.</p> <p>Rev. Debra Ball-Kilbourne</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.angellnet.net/crossroads email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873 Dr. Ben Pierce, Pastor</p>	<p>West Minot Church of God "A Family Worship Center" 1105 16th St. NW • 839-1407</p>  <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church 10:30 a.m. Wednesday Family Training Hour 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p>  <p>"Building Followers of Jesus Christ"</p> <p>Sunday School 9:00 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7:00 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>River of Life Church</p>  <p>400 22nd Ave NW • Minot</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church</p>  <p>220-3rd St. S.W. 852-4533 www.firstbaptist-minot.org</p> <p>Summer Worship Schedule: Classic Worship 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA Clubs (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Gordon Kroeker, Discipleship & Community Life Pastor Paul Pankratz, Student Ministries Pastor Josh Huesby, Worship</p>	<p>Gospel Tabernacle Community Church</p>  <p>County Road 19, 4 miles south of MAFB Eld. James W. Henderson, Pastor</p> <p>Church: 701-838-4492 Home: 838-5759 Dial-A-Prayer: 727-6447 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m.</p> <p>Family Hour/ Leadership Training 6:30 p.m.</p> <p>Evening Worship 7:30 p.m.</p> <p>Bible Study/ Children Worship (Wed.) 7:00 p.m. Prayer (Friday) 7:00 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Sunday Evening 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com</p> <p>601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7 p.m.</p>
<p>Trinity Church An Evangelical Free Church</p>  <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May Sunday School 9 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p> <p>Wednesdays Soup Kitchen 11:30 a.m. - 12:30 p.m. Classes for all ages 6:30 p.m. Adult Choir Rehearsal 8:10 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!</p> <p>Saturday Informal Service 5 p.m. Sunday Worship 8:30 a.m. & 11 a.m. Sunday School 9:30 a.m. Coffee Fellowship 10:30 a.m.</p> <p>Gary L. Ball-Kilbourne www.vincentumc.com</p>	

Friday Evening April 15, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Shark Tank		Primetime: What		20/20		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	Chaos		CSI: NY		Blue Bloods		Local	Late Show Letterman	Late	
KMOT/NBC	Friday Night Lights		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	Kitchen Nightmares		Fringe				Local			
Cable Channels										
AMC	The Recruit						The Recruit			
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	Hogs Gone Wild		American Loggers		American Loggers		Hogs Gone Wild		American Loggers	
DISN	Lemonade Mouth				Good Luck	Good Luck	Deck	Wizards	Shake It	Shake It
ESPN	Association		SportsCenter Special		Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	Funniest Home Videos		Funniest Home Videos				The 700 Club		Whose?	Whose?
FX	Alvin-Chipmunk				Alvin-Chipmunk				Justified	
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	How I Met	How I Met	Chris	Chris
NICK	Victorou	Victorou	Mr. Troop Mom				The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	Coal		Coal				Auction	Auction	MANswers	MANswers
TBS	Bedtime Stories				50 First Dates				Secondhand Lions	
TNT	Bones		The Bourne Supremacy				GoodFellas			
USA	Indiana Jones						Nat'l Treasure			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	His Way		Gervais	Eastbound	Real Time/Bill Maher	Real Time/Bill Maher	Gervais	Water		
MAX	The Book of Eli				S.W.A.T.			Cougar School		
SHOW	Twilight		Remember Me				The 2011 AVN Awards			

Wednesday Evening April 20, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Middle	Better	Family	Cougar	Happy	Family	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			Breaking	Local					
Cable Channels										
AMC	The Enforcer				The Enforcer				Breaking Bad	
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	MythBusters		MythBusters		MythBusters		MythBusters		MythBusters	
DISN	Hannah Montana				Deck	Deck	Wizards	Wizards	Hannah	Hannah
ESPN	MLB Baseball				Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	My Fake Fiancé		The Wedding Date				The 700 Club		Whose?	Whose?
FX	Role Models				Justified				Justified	
LIFE	The First 48		The First 48		Glamour	Glamour	Army Wives		Chris	How I Met
NICK	My Wife	My Wife	Chris	Chris	George	George	My Wife	My Wife	My Wife	My Wife
SPIKE	UFC Unleashed		The Ultimate Fighter				Coal		The Ultimate Fighter	UFC
TBS	Browns	Browns	Payne	Payne	Payne	Payne	Conan		Lopez Tonight	
TNT	NBA Basketball						NBA Basketball			
USA	NCIS		NCIS		NCIS		NCIS		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	Harry Potter-Prince		Saving Pelican 895		Game of Thrones		Real Time/Bill Maher	Thrones	Transfmr	
MAX	Up in the Air				Clash of the Titans					
SHOW	Tara	Nurse	NASCAR	Teller			NASCAR	Gigolos	The Borgias	

Saturday Evening April 16, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Pirates-Dead						Local			
KXMC/CBS	CSI: Crime Scene		Hawaii Five-0		48 Hours Mystery		Local			
KMOT/NBC	Harry's Law		Law & Order: LA		Law & Order: SVU		Local	Saturday Night Live		
KNDX/FOX	Truth Be Told						Fringe		30S	Local
Cable Channels										
AMC	Se7en						Secret Window			
CNN	CNN Presents		Piers Morgan Tonight		Newsroom		CNN Presents		Piers Morgan Tonight	
DISC	Filthy Cities		Filthy Cities		Pompeii: Back		Filthy Cities		Filthy Cities	
DISN	Wizards	Good Luck	Shake It	Good Luck	Good Luck	Shake It	Wizards-Place			
ESPN	NBA Basketball				NBA Basketball					
FAM	Ace Ventura				Ace Ventura				Kicking-Scream	
FX	Max Payne		Two Men	Two Men	Two Men	Two Men	Archer	The International		
LIFE	Final Sale		Nothing But				Coming Home		Glamour	Glamour
NICK	Victorou	Ninjas	Victorou	iCarly	My Wife	My Wife	George	George	The Nanny	The Nanny
SPIKE	Rambo		The Punisher				Grindhouse: Planet Terror			
TBS	Lemony Snick				Dr. Seuss-Cat					
TNT	Get Smart		Rush Hour 3				The Matrix Reloaded			
USA	NCIS		NCIS		NCIS		Underworld			
WGN	MLB Baseball						News/Nine	How I Met	South Pk	South Pk
Premium Channels										
HBO	Lottery Ticket				Boxing				Lottery Ticket	
MAX	Get Him	Jennifer's Body			Clash of the Titans					
SHOW	Nurse	Tara	Anies Spears		Fight	Boxing				

Thursday Evening April 21, 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	Big Bang	Rules	CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late	
KMOT/NBC	Community	Reiser	Office	Parks	30 Rock		Local	Tonight Show w/Leno	Late	
KNDX/FOX	American Idol		Bones				Local			
Cable Channels										
AMC	Sudden Impact				Sudden Impact				The Kill	
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	Deadliest Catch		River Monsters		Hogs Gone Wild		Deadliest Catch		River Monsters	
DISN	Wizards	Wizards	Wizards-Place		Deck	Deck	Wizards	Wizards	Hannah	Hannah
ESPN	Football	NFL Live	SportsCenter Special		Baseball Tonight		SportsCenter		Baseball	NFL Live
FAM	Remember		Remember the Titans				The 700 Club		Whose?	Whose?
FX	Two Men	Two Men	Two Men	Two Men	Archer	Archer	Archer	Archer	There's Something About Mary	
LIFE	Royal Wedding		Royal Wedding		Royal Wedding		How I Met	How I Met	Chris	How I Met
NICK	My Wife	My Wife	Chris	Chris	George	George	My Wife	My Wife	My Wife	My Wife
SPIKE	Jail	Jail	TNA Wrestling				UFC	MANswers	MANswers	MANswers
TBS	Rush Hour 3				Fam. Guy	Fam. Guy	Conan		Lopez Tonight	
TNT	NBA Basketball						NBA Basketball			
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		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	Gun Fight	Sex and the City 2					Real Sex	Fast Five: HBO First Look		
MAX	Get Him to the Greek				Hoodlum				Splice	
SHOW	Nurse	Tara	Anies Spears		Fight	Boxing				

Sunday Evening April 17, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Extreme Makeover		Desperate Housewives		Brothers & Sisters		Local			
KXMC/CBS	The Amazing Race		Undercover Boss		CSI: Miami		Local			
KMOT/NBC	America's		Celebrity Apprentice				Local	Dateline NBC		
KNDX/FOX	Simpsons	Amer. Dad	Fam. Guy	Cleveland			Local			
Cable Channels										
AMC	Exorcism-Emily		The Killing		The Killing		The Killing		Breaking Bad	
CNN	CNN Presents		Piers Morgan Tonight		Newsroom		CNN Presents		Piers Morgan Tonight	
DISC	Human Planet		Human Planet		Polar Bear: Spy		Human Planet		Human Planet	
DISN	Lemonade Mouth				Good Luck	Good Luck	Shake It	Wizards	Hannah	Hannah
ESPN	MLB Baseball						SportsCenter		SportsCtr	
FAM	Ace Ventura		Happy Gilmore				Funniest Home Videos	J. Osteen	Ed Young	
FX	The Incredible Hulk		Slumdog Millionaire				Two Men	Two Men	Two Men	
LIFE	Army Wives		Army Wives		Coming Home		Army Wives		Coming Home	
NICK	My Wife	My Wife	Nick News	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SPIKE	The Punisher		Punisher: War Zone				Punisher: War Zone			
TBS	The Wizard of Oz				The Wizard of Oz				RV	
TNT	NBA Basketball				NBA Basketball				Inside the NBA	
USA	Burn Notice		Burn Notice				Burn Notice			
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine	Replay	Monk			
Premium Channels										
HBO	True Blood		Game of Thrones		Game of Thrones		Game of Thrones		Jonah Hex	
MAX	Bad II		Clash of the Titans				Splice			
SHOW	The Borgias		Nurse	Tara	The Borgias		The Borgias		Nurse	Tara

Friday Evening April 22, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Shark Tank		Primetime: What		20/20		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	CHAOS		Girls' Night Out				Local	Late Show Letterman	Late	
KMOT/NBC	Friday Night Lights		Dateline NBC				Local	Tonight Show w/Leno	Late	
KNDX/FOX	Kitchen Nightmares		Fringe				Local			
Cable Channels										
AMC	The Dead Pool				The Dead Pool				Exorcism-Emily	
CNN	In the Arena		Piers Morgan Tonight		Anderson Cooper 360				Piers Morgan Tonight	
DISC	Dual Survival		Dual Survival		American Loggers		Dual Survival		Dual Survival	
DISN	College Road Trip				Deck	Sonny	Fish Hook	Deck	Deck	Deck
ESPN	NBA Basketball						NBA Basketball			
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?
FX	Day-Tomorrow						Day-Tomorrow			
LIFE	Royal Wedding		Royal Wedding		Royal Wedding		How I Met	How I Met	Chris	Chris
NICK	Victorou	Big Time	My Wife	My Wife	George	George	My Wife	My Wife	My Wife	My Wife
SPIKE	The Ultimate Fighter		Auction	Auction	Coal		Coal		Good Pets-Bad	
TBS	Fam. Guy	Fam. Guy	Journey-Center				Spider-Man			
TNT	Resident Evil				Resident Evil				Resident Evil	
USA	Indiana Jones						Burn Notice			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine		Scrubs	Scrubs	South Pk	South Pk
Premium Channels										
HBO	Jonah Hex		Talking Funny		Real Time/Bill Maher		Real Time/Bill Maher		Colin Quinn	
MAX	Public En	Mr. Deeds			Couples Retreat				Lust at First Bite	
SHOW	Dorian Gray				The Ghost Writer				Gigolos	

Monday Evening April 18, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
WDAY/ABC	Dancing With the Stars		Cougar		20/20		Local	Nightline	Jimmy Kimmel Live	
KXMC/CBS	How I Met	Mad Love	Mike		Hawaii Five-0		Local	Late Show Letterman	Late	
KMOT/NBC	Chuck		The Event		Law & Order: LA					

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SECTION 2

NORTHERN SENTRY • FRIDAY, APRIL 15, 2011 • WWW.NORTHERNSENTRY.COM

Walk a Mile in her shoes - painful implications

The Domestic Violence Crisis Center

The Domestic Violence Crisis Center is sponsoring its third annual Walk a Mile in Her Shoes event April 16, at 12 p.m. in the Sears Court of The Dakota Square Mall, in recognition Sexual Assault Awareness month.

The event is designed to generate awareness and educate the community on issues relating to rape, sexual assault and gender violence. The walk encourages men to display their commitment to ending violence, in public, by walking in women's high heel shoes.

Paul Metz, a 2010 strutter and retired deputy sheriff, said even though his wife made fun of him, the event was a lot of fun.

"I have a size 12 men's foot, so you can imagine how big those high heels were," Mr. Metz said. "The shoes were elaborately decorated, but very uncomfortable."

According to local statistics, last year in Minot there were 82 victims of sexual assault and 85 women who attended the DVCC Sexual Assault Support group.

In conjunction with the Walk a Mile in Her Shoes event, the DVCC sponsors the Pink Heel fundraiser while Minot State University coordinates the Shoe Clothesline. Both being community education and fundraising projects designed to increase public involvement, support and awareness.

For these events, unwitting recipients who find a large, three-foot pink high heel or clothesline strung with painted shoes placed in their yard can arrange to have it forwarded to others through donations. Requests to forward it on can be made by filling out the required paperwork with address prior to pick up. Both projects are expected to last through April.

"Since its inception, we've raised over \$6,200 to use for education and support services," Sonja Buckles, DVCC assistant director said. "Overall, it's a fun project that underscores the seriousness of sexual assault in a fun, light-hearted way."

For participant registration forms or more information please contact the DVCC at 852-2258.



(U.S. Air Force Photo/Tech. Sgt. Christina M. Styer)

The Domestic Violence Crisis Center is sponsoring its third annual "Walk a Mile in Her Shoes" event April 16, at 12 p.m. in the Sears Court of The Dakota Square Mall, in recognition Sexual Assault Awareness month. The event is designed to generate awareness and educate the community on issues relating to rape, sexual assault and gender violence.



April is Autism Awareness Month

The North Dakota Autism Connection (NDAC) supports families and children living with autism as we celebrate the month of April as autism awareness month.

Autism Spectrum Disorder (ASD) impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. In fact, in the United States, 1 in every 91 children is diagnosed on the autism spectrum every 15 minutes. Autism is growing faster than childhood cancer, diabetes and AIDS combined.

Although there is no cure for autism, there is hope that through awareness and education a greater understanding of ASD will be developed and through research and early intervention, the missing puzzle piece will be found within this generation. The NDAC is a non-profit organization based in Bismarck, North Dakota serving families throughout North Dakota. We are committed to working with all people and organizations to provide resources and services for all families.

For information about the upcoming 4th Annual Autism Awareness Walk on June 11th please call 701-425-6151 or email us at ndautismconnection.org.

Join us at [facebook.com/ndautismconnection](https://www.facebook.com/ndautismconnection).

See more information about Autism on pages 18 and 19.



91st OG, 91st OSS named best 2010 ICBM Operational Support Squadron

(U.S. Air Force photo/ Senior Airman Joanna M. Kresge)

The 91st Operations Group and the 91st Operations Support Squadron was named the best Intercontinental Ballistic Missile Operation Support Squadron for 2010 here, March 24. Accepting the trophy are (pictured left to right) Lt. Gen. James Kowalski, Air Force Global Strike Command commander, Col. Fred Stoss, 91st Missile Wing commander, Chief Master Sgt. John Hoffman, 91st MW command chief and Chief Master Sgt. Brian Hornback, AFGSC command chief.

WHAT'S FOR DINNER



Roasted Leg of Lamb

1 boneless leg of lamb, approximately 6 pounds

For the marinade:

- 4 garlic cloves, smashed
- 2 lemons, zested
- 1/2 tablespoon fresh thyme, chopped
- 1 tablespoon freshly ground black pepper
- 2 tablespoons dried oregano
- 1 tablespoon fresh rosemary, chopped
- 1 bunch parsley, chopped
- 1 cup olive oil
- 1/4 cup kosher salt

In small bowl, combine all ingredients. Rub mixture on leg of lamb. Cover with plastic wrap and marinate overnight. Bring lamb to room temperature and sprinkle with salt. Pre-heat the oven to 375°F. Roast for 1 hour and 15 minutes or until a thermometer inserted into center of leg reads 125°F to 130°F. Cover loosely with aluminum foil and allow to rest for 20 minutes.

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Saturday April 30, 2011

6:00 pm • North Plains Chapel, Minot AFB

If you would like to attend and are unable to access the base please call Eric Henson at 701.340.7933 by 20 April 2011

Free Dogs and Soda

The American Legion Post 26 welcomes all Veterans to free Hot Dogs and Soda on Friday April 15th from 5:30 p.m. to 7:30 p.m. - \$100 Blackout Bingo will follow. Contact Arnie at 340-2965. 1949 N. Broadway (between Tesoro and Guest Lodge)

First Lutheran Church Holy Week & Easter Schedule

- April 16/17 - Passion Service, Saturday, 5:30 pm, & Palm Sunday 9:30 am
- April 21 - Maundy Thursday, 2 & 7:30 pm
- April 22 - Good Friday, 8 pm
- April 23 - Holy Saturday, 5:30 pm
- April 24 - Easter Sunday, 7 am (Sunrise), 8:45 & 10:45 am
- Easter Breakfast - 8 - 11 am (youth fundraiser)

* Reminder, there is only one Sunday service on Palm Sunday, April 17, at 9:30 am. Parents & Children-as you arrive for Palm Sunday, please gather downstairs in the Forum Room for refreshments and our Children's Sermon. We want you to be a part of our Palm Parade during the service! See you there!

Glenburn Trinity Lutheran Roast Beef Dinner

Our 14th annual roast beef dinner will be Sunday,

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AREA HAPPENINGS

April 17, from 11am to 1pm. Tickets are \$9 for Adults, \$4 for children ages 5 to 12, children ages 4 and under are free. Menu will be roast beef, mashed potatoes, vegetables, homemade bun and dessert. Take out is available.

Annual Downtown Bunny Walk

The Downtown Business & Professional Association of Minot is sponsoring the Annual Bunny Walk in Downtown Minot on Thursday, April 21st from 10 am until 12 Noon for Pre-School age and under children. Maps will be available at several locations in the Downtown area. Participating businesses will have an Easter Egg displayed in the windows. Dress up your favorite little bunny and join the fun! Questions? Call 839-8928 or email: gourmet@minot.com

A Chorale Potpourri

The Minot Chamber Chorale will end its season

with 'A Chorale Potpourri' on Sunday, May 1, at 3:00 pm at the First Presbyterian Church. The Chorale will end its season with a variety of vocale favorites. The potpourri of musical selections will include modern compositions, spirituals and folk songs. The event will conclude with our popular ice cream social. No admission charge (a free will offering will be taken).

Panda Mania

Where God is Wild about you! Ready for a Wild Adventure? New friends, amazing crafts, wild games, lip-smacking snacks, wild bible adventure and incredible music. The event will take place at Our Redeemer's Church, June 6-10 from 9 a.m. to 12 noon. For kids entering kindergarten through 6th grade 2011-2012. For more information call Our Redeemer's Church at 838-0250 or visit the Children's Ministry page at www.ourredeemers.org. Located at 700 16 Ave SE in Minot.

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March Articles 15

by Minot Air Force Base Staff Judge Advocate

Nonjudicial punishment, also known as an Article 15 punishment, provides commanders with an essential and prompt means of maintaining good order and discipline and promotes positive behavior changes in servicemembers without the stigma of a court-martial conviction. In March 2011, the following Minot Air Force Base servicemembers were punished under Article 15 of the Uniform Code of Military Justice.

1. An airman first class from the 5th Aircraft Maintenance Squadron received a reduction in rank to airman basic, with reduction below airman suspended, and a reprimand for three violations of Article 121, larceny and one violation of Article 134, receiving stolen property.

2. An airman first class from the 5th Civil Engineering Squadron received a reduction in rank to airman basic, 15 days of restriction and a reprimand for two violations of Article 92, use of spice and one violation of Article 112a, use of marijuana.

3. An airman first class from the 5th Logistics Readiness Squadron received a reduction in rank to airman, 15 days of restriction and a reprimand for one violation of Article 92, minor in consumption.

4. An airman first class from the 5th LRS received a reduction in rank to airman, 30 days restriction and a reprimand for one violation of Article 111, driving under the influence.

5. An airman first class from the 5th Maintenance Squadron received a suspended reduction in rank to airman and a reprimand for one violation of Article 92, contributing to minors.

6. An airman first class from the 5th MXS received a suspended reduction in rank to airman, 20 days of extra duty and a reprimand for one violation of Article 92, contributing to minors.

7. An airman first class from the 5th Security Forces Squadron received a suspended reduction in rank to airman and a reprimand for one violation of Article 92, failure to obey an order or regulation.

8. A senior airman from the 5th SFS received a sus-

pending reduction in rank to airman first class and a reprimand for two violations of Article 92, failure to obey an order or regulation.

9. A senior airman from the 5th SFS received a reduction in rank to airman first class, forfeiture of \$975 pay per month for two months and a reprimand for one violation of Article 111, driving under the influence.

10. An airman first class from the 5th SFS received a reduction in rank to airman and a reprimand for one violation of Article 113, sleeping on post.

11. A senior airman from the 5th SFS received a suspended reduction in rank to airman first class and a reprimand for one violation of Article 92, failure to obey an order or regulation.

12. An airman first class from the 5th SFS received a reduction in rank to airman, suspended forfeiture of \$822 pay and a reprimand for one violation of Article 92, failure to obey an order or regulation.

13. An airman basic from the 5th SFS received a suspended forfeiture of \$733 pay for one violation of Article 86, failure to go.

14. An airman basic from the 5th SFS received a forfeiture of \$733 pay, 10 days of extra duty and a reprimand for one violation of Article 92, failure to obey an order or regulation.

15. A senior airman from the 91st Missile Security Forces Squadron received a suspended reduction in rank to airman first class, 15 days extra duty and a reprimand for one violation of Article 107, false official statement.

MINOT AREA COUNCIL OF THE ARTS UPCOMING EVENTS

VISUAL ARTS

APRIL

1-26 NW Art Center, paintings by Annette Marchand, Moorhead, MN, Gordon B. Olson Library Gallery, Reception 15th, 6:30-8 p.m.

1-30 Minot Public Library, Hawaiian water colors Exhibit by Pat Marquardt

12-30 Taube Museum, ND student art exhibit

15-30 NW Art Center, MSU Juried Student Show, Reception 15th at 6:30-8 p.m.

THEATER

APRIL

14-17 MSU Theater Dept. "Much Ado About Nothing" Aleshire Theater 7:30 p.m., 2 p.m. on Sunday, 858-3159

PERFORMANCES

APRIL

15 Minot Community Concert Band & Minot Public School Foundation, "Swing into Spring" Holiday Inn 7:30 p.m.

16 Minot Symphony Orchestra, "The Long Way Home" Nelson Hall, 7:30 p.m., 858-4228

17/19/20 Assembly of God, Easter Pageant, 10 a.m. & 4 p.m. on 17th, 7:30 p.m. on 19-20, 838-1111

19 MSU Music Div., Small Ensembles Concert, Nelson Hall, 7:30 p.m.

29/30 MSU Music Division, cellist Yehuda Hanani, music of Beethoven, Nelson Hall, 7:30 p.m.

LECTURES

APRIL

20 NW Art Center, "Earth Week" Christy Smith, ND Health Dept., Aleshire Theater, 7 p.m.

HISTORY

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

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Around The World Beer Tour

The 13th Annual Around the World Beer Tour continues on Friday, April 15th, 4:30 p.m. at the Ground Zero Lounge in the Jimmy Doolittle Center. This year's event features 16 different beers from around the world. All members who finish the tour receive a fleece. 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.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on April 15th at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. 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.

Community College of the Air Force (CCAF) Spring Graduation

Friends, families, co-workers, and officers are invited to attend the Minot AFB Spring 2011 CCAF Graduation Ceremony. The ceremony will begin at 1400, April 15 at the Jimmy Doolittle Center. A reception, furnished by Minot AFB Air Force Association (AFA), will follow. All are invited to attend the reception as well.

Jewelry Making Class

The Arts & Crafts Center is excited to offer a new Jewelry Making class on Saturday, April 16th. Participants will receive instruction on the tools used for jewelry making as well as all supplies to make a necklace and earrings. Once you complete the jewelry, it is yours to keep. Cost for the Jewelry Making class is \$10; deadline for registration is April 15th. For more information or to register, contact the Arts & Crafts Center at 723-3640.

Home Buying Seminar

The Airman & Family Readiness Center is hosting a Home Buying Seminar on April 19th from

2:30-4:30 p.m. at the Jimmy Doolittle Center. Topics will include: renting versus buying, how much house can you afford, what to look for in a neighborhood, who does a real estate agent really represent, the importance of contingency clauses, types of mortgage loans, approximate closing and pre-paid costs, and homeowner's insurance. The seminar is open to all active duty members, spouses, family members, and DoD civilians. Pre-registration is required. Call the Airman & Family Readiness Center at 723-3950 to register or for more information.

Resume Writing & Interview Skills Workshop

Get the tools to write a resume and brush up on your interviewing skills during the Resume Writing and Interview Skills Workshop on April 19th from 5-6:30 p.m. at the Airman and Family Readiness Center. This fact filled 90 minute seminar has great information to assist you in writing your resume to get the interview you want. Additionally, you'll learn interviewing skills to make that impression which will help you get the job. Whether you are looking for a new position or starting out in the work force, this workshop is for you. Call the Airman and Family Readiness Center at 723-3950 to pre-register.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on April 19th, 20th, 26th, and 27th. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

30th Annual David C Jones AFA Awards Banquet

The 30th Annual David C Jones AFA Awards Banquet will be held at the Grand International 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.

Speed Dating (Friendship) Event

Come out and attend our fascinating Speed Dating (Friendship) Event on 28 April from 1630 - 1900 hrs, at the Dakota Inn Dining Facility. This is a great way to have fun and enjoy a meal with good company. No commitments! No obligations! Just a great way to get to meet someone who you are most compatible with and maybe become good friends. Here is what's going to happen on this day, Speed dating event process:

- a. This event is open to all males and females who are not married between the ranks of E1 - E4
- b. Email jeimmy.bermudez@minot.af.mil to register. Must make reservations prior to the 28 April to attend this event.
- c. Participants will have 5min at each table to answer questions and will flow through various tables within 30min.
- d. Participants will be judged by their scores from compatibility test & traditional horoscope & Chinese horoscope matches.
- e. Participants will be given CODE NAMES during the event.
- Participants may choose to exchange real information if they like.
- f. The host of this even will monitor the transitions and tally up the compatibility score prior to determining a final match.
- g. Females will have the option to select the individual with the highest compatibility score OR make a personal choice.
- h. After a match has been made, both individuals will be moved into a private dinner setting where they will be served an exquisite Tuscan meal of their choice. There will be table decorations and menus from which the couples can choose from. For further information please email the host jeimmy.bermudez@minot.af.mil



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A Night of Mystery

The Jimmy Doolittle Center invites you to join them for A Night of Mystery on Friday, April 29th beginning at 6:30 p.m. You'll become an active participant in a roaring 1920's gangster murder mystery party game entitled "Murder at the Four Deuces" which takes place at the Four Deuces speakeasy. The murder mystery is limited to 50 cast members so register today. Cost is \$15 per person. Registration is required by April 24th; prepay at the Doolittle Center prior to the event (no refunds on cancellations). All participants are asked to dress in costumes from the 1920's era. Gentlemen receive a complimentary Fedora and ladies a Boa or a special token gift (if you already have a Fedora or Boa). Hors d'oeuvres and refreshments will be served; Ground Zero lounge open. For more information, contact the Jimmy Doolittle Center at 723-3731.

5 MXG Maintenance Professional of the Year Annual Awards Banquet

April, 29, Hangar 1, Social begins at 5:30 and Dinner at 6. Attire: Military: ABU/BDU, Civilian: Smart Casual. Menu: Brisket, beans, corn, green beans, salad, and drinks. Tickets/prices will be available through 5th Maintenance Group First Sergeants; RSVP ends April 11.

Praise Jam!

Please join us on April 30 at 6 p.m. in the North Plains Chapel, Minot AFB as we praise, sing, shout, mime eat, fellowship and dance in honor and worship of God!

Local Cultural Dancers Needed

The Minot AFB planning committee for the upcoming Minot Diversity Day is seeking dancers who specialize in: American Indian, African, Hispanic/Latino, Tahitian, Asian/Pacific Islander, Turkish, European and other historical dance genre. The event is scheduled for 19 August 2011. Interested groups/individuals should contact the Minot Equal Opportunity Office at DSN: 453-2711 or Commercial: 701-723-2711 for additional information.

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!

Summer Lodging Crunch

Availability of lodging rooms, both on and off base, will experience critical shortages affecting both PCS and TDY personnel. We count on off-base hotels to meet demand, and those accommodations are increasingly scarce. Due to the economic boom in NW North Dakota, alternate accommodations could be above the area per diem rate or as far away as Bismarck. We anticipate on-base TLF accommodations will be booked up to 90 days in advance. PCSing families and sponsors should make

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reservations as soon as the need is known. Contact the Sakakawea Inn for contract quarters or non-availability documents. Avoid reservation requests during the ND State Fair, 22-30 July as there will be no lodging available in the Minot area.

Youth Employment Skills Program

The Air Force Aid Society (AFAS) offers an on-base Youth Employment Skills (YES) Program that allows eligible youth an opportunity to learn valuable work skills while having a positive impact on their base communities. The YES program allows all certified and enrolled high school student to "bank" volunteer dollar credits towards their post-secondary education/training at a rate of \$4 per hour volunteered in an on-base position. For more information or to enroll in this great opportunity to "learn and earn", contact the Youth Director at 723-2838.

Today

- Counted Cross Stitch, 1300-1500, Arts & Crafts
- Wing Fest, 1730, JDC
- Texas Hold'em Tournament, 1900, J.R. Rockers
- Lights & Strikes, 2200-2400, Rough Rider Lanes

Saturday

- Retail Store Open, 1000-1400, Arts & Crafts
- Zumba, 1000, Fitness Center
- Jewelry Making Class, 1030-1200, Arts & Crafts
- Deployed FREE Swimming Party, 1300-1500, Indoor Pool, Hosted by A&FRC
- Otaku Minot, 1600-1800, Library
- Month of the Military Child Event, 1700-2000, Treasure Island
- Lights & Strikes, 2200-2400, Rough Rider Lanes
- Hip Hop Nite, 2300-0400, J.R. Rockers

Sunday

- Month of the Military Child Brunch, 1030, JDC
- Rent a Lane Special, 1200, Rough Rider Lanes
- Buck Bowling, 1200-2000, Rough Rider Lanes
- TurboKick, 1300, Fitness Center

Monday

- New Parent's Play Group, 1000-1130, Youth

Center

- 100 Mile Swim Club, 1130-1730, Indoor Pool

Tuesday

- Home Buying Seminar, 1430-1630, JDC, Hosted by A&FRC
- Resume Writing & Interview Skills Workshop, 1700-1830, A&FRC
- Youth Programs Quarterly Achievement Ceremony/Ice Cream Social, 1700, Youth Center
- Bedtime Story Time, 1830, Library

Wednesday

- Communication Workshop, 1000-1130, A&FRC
- Wild Wing Wed & \$1 Drafts for Members, 1630, J.R. Rockers
- Family Board Game Bingo, 1700, Youth Center
- Evening Step Aerobics Class, 1900, Fitness Center

Thursday

- Bundles for Babies, 0900-1100, A&FRC
- Month of the Military Child Creative Kids, 1030-1130, Arts & Crafts
- Airmen E-4 & Below Flashlight Easter Egg Hunt, 2100, Community Center

April 22

- Anime Club, 1630, Library
- Karaoke Night, 1800, J.R. Rockers
- Kids Night Out, 1830-2100, Youth Center
- Preteen Rockin-n-Rollin Tournament Night, 2000-2230, Youth Center
- Lights & Strikes, 2200-2400, Rough Rider Lanes
- Last day to register for Deployed Family Dinner, A&FRC

April 23

- Framing Class, 1000-1600, Arts & Crafts
- TurboKick, 1000, Fitness Center
- Lights & Strikes, 2200-2400, Rough Rider Lanes

Ongoing Events

- Equipment Orientation Class, By appointment, Fitness Center
- On-Base Roadside Assistance, Auto Hobby
- Month of the Military Child Special, Rough Riders
- Register for Summer Leagues at Rough Rider Lanes
- Easter Coloring Contest, J.R. Rockers

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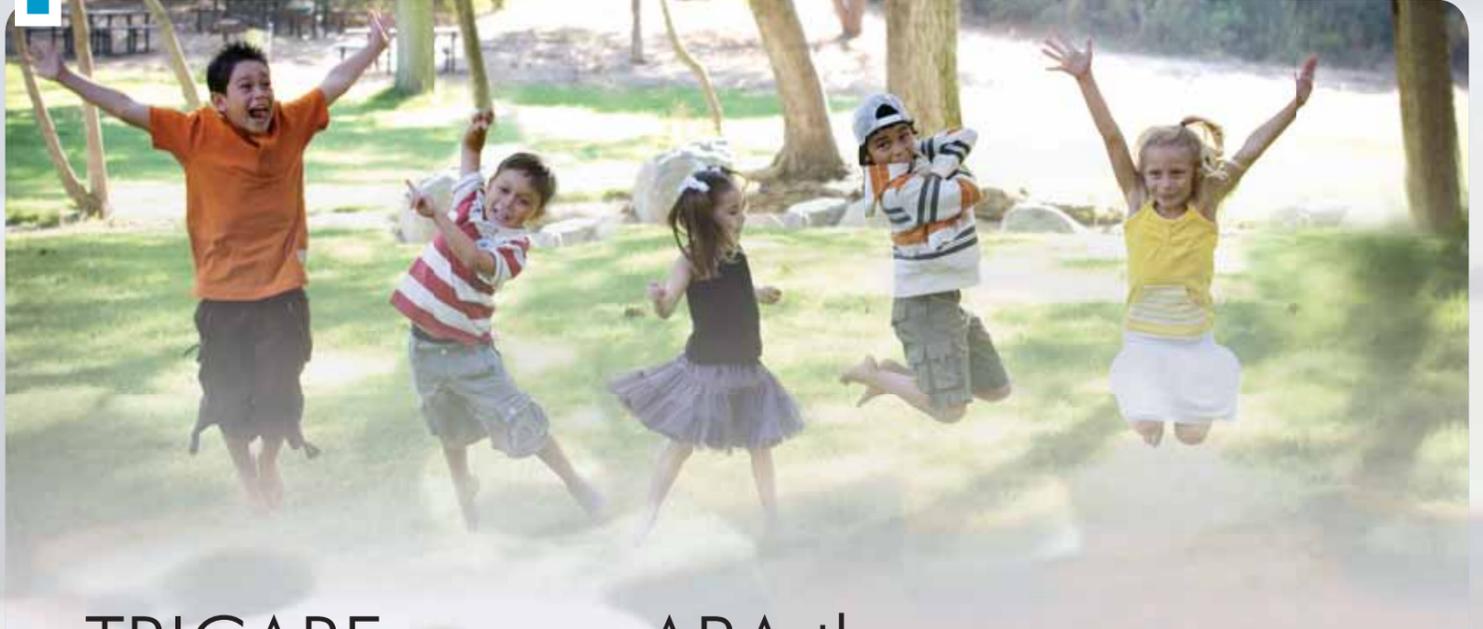
 \$339,000 UNIQUE DESIGN - 3 bedroom, 4 1/2 bath home. Double sided fireplace separates formal living room from the large sunken living room. Formal dining room, 2 family rooms, kitchen w/double ovens, island w/cooktop & eat-in area. Hot tub room walks out to a private deck. Attached double garage. MLS #20110454	 \$125,000 COZY LIVING - 2 bedroom, 2 bath home. Lower level family room, office area and laundry. Deck, shed, fenced yard and attached triple garage that has cable, phone lines and 220V. MLS #20110239	 \$174,400 MOVE IN READY - Well cared for condo with 2 bedrooms, 1 3/4 baths. Spacious kitchen w/like new cabinetry, breakfast bar and newer appliances. Master suite with walk-in closet and 3/4 bath. Large rear deck. Attached double garage. MLS #20110381
 \$125,000 LIKE NEW - 3 bedroom, 2 bath 2010 modular home with permanent foundation on a 85x135 lot. Open floor plan with 1057 sq ft of space. Large wrap around deck, new well and septic. MLS #20110327	 \$245,000 FAMILY LIVING - 5 bedroom, 3 1/2 bath home. Kitchen with walk-in pantry, hardwood floor in living room, large dining room, master suite w/bath & walk-in closet. Lower level family room. Double garage. MLS #20110152	 \$125,000 AFFORDABLE - 2 bedroom home in NW area. Refinished hardwood floors in living room and master bedroom, eat-in kitchen with laminate floor, main floor bath w/stackable washer/dryer that stay. Attached garage. MLS #20101686

Donna Foster
 833-7953
 donna@minothomes.com

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Emily Tescher-Johnston
 721-3675
 emndoug@srt.com

April is Autism A



TRICARE covers ABA therapy

BY SHARI LOPATIN
TriWest Healthcare Alliance

Today, autism in children has become more prevalent than childhood cancer, juvenile diabetes and pediatric AIDS—combined.

That's according to Autism Speaks, a national autism science and advocacy organization. The association defines autism as "a group of complex developmental brain disorders." Today, about one in every 110 children is diagnosed with autism.

April is Autism Awareness Month, a month that's been celebrated by the Autism Society since the 1970s, according to their website. Autism Awareness Month highlights the growing need for concern about autism and its potential treatments.

Many different types of treatment exist for an autistic individual. However, one of the more prominent techniques that's gained notoriety recently is Applied Behavior Analysis, or ABA therapy. According to the National Institute of Child Health and Human Development, ABA may help reduce problem behaviors associated with autism and teach vital new skills.

As part of the growing recognition of ABA therapy, TRICARE now covers this type of treatment for eligible beneficiaries. It's part of TRICARE's Autism Services Demonstration, an enhanced benefit under the ECHO program. ECHO—or Extended Care Health Option—is TRICARE's benefit for individuals with disabilities.

Here's how it works

To be eligible for ECHO, a family must first enroll into its service branch's Exceptional Family Member Program. Each service branch has a point of contact to help families enroll. After enrolling, the family needs a referral to register for ECHO, which can be obtained from a provider, or even a self-referral. After a family gets registered in ECHO, they can check their eligibility for the Autism Services Demonstration.

Children eligible for the Autism Services Demonstration must have a diagnosis that falls along the autism spectrum. In addition, they must have an active duty sponsor, be living in the United States, be 18 months or older and be enrolled in the ECHO program through their TRICARE regional contractor.

The TRICARE Autism Services Demonstration covers ABA treatment and other types of therapies that fall under the umbrella of "Educational Interventions for Autism Spectrum Disorders." The providers that implement these therapies must be TRICARE-authorized in order for the treatments to be covered. TriWest makes sure to take care of these providers, so they can take care of you—their patients.

Each month, families pay a "cost share" for services they receive under ECHO. This monthly cost share depends on the sponsor's pay grade. For more information on the Autism Services Demonstration, including specifics on cost shares, visit www.triwest.com/autism.



Awareness Month

Autism in today's military

BY MAJ. NICHOLAS J. SABULA
Defense Media Activity

ALEXANDRIA, Va. (AFNS) - The second of April has special significance for my family - one year ago I was transitioning out of Afghanistan and returning home to a family I had not seen in seven months. What kept me going through the deployment was not just the important mission, the camaraderie, or the fact that I was looking forward to some down time upon my return. It was that I could get home and see my heroes.

These heroes are my family. One of our sons, who happens to have autism spectrum disorder, is my inspiration. My wife is a true unsung heroine, like other military families raising a child with autism, fighting a daily battle on the homefront for our children. I view World Autism Awareness Day as an opportunity to recognize the tremendous sacrifices of these "Autism Warriors".

Autism is a neurobiological developmental disability that impacts normal development of the brain in the areas of social interaction, communication skills and cognitive function. The word 'autism' comes from the Greek word *autos*, meaning 'self' and children with the disorder are often described as being in their own little world, typically having difficulty with social communication such as eye contact, interaction or conversation.

Looking for signs

I had no clue what autism was when our son was diagnosed in 2006. It was my wife who pushed us to seek professional help. Being our first child, I just figured it was a stage, but the old adage that he or she is "just a slow learner" can be a signal something is wrong.

Our son was developing normally until about 16 months. Things changed as he gradually regressed from saying about 20 words to just babbling, spontaneous screaming, looking off into space and not reacting when spoken to. We thought it was because of the birth of our second son at this time, but soon realized there was something serious going on.

One tell-tale sign of concern is what autism families know as *stimming*, or self stimulation in a continuous, purposeless movement. Flapping hands or twisting a spoon or pen; rocking; lining up objects; echolalia, or repeating exactly what is asked instead of an answer; or staring repetitively at an object are pretty easy to spot. Not making eye contact, talking, or interacting with other children are also areas for concern.

If you suspect something is wrong, make an appointment to talk with your pediatrician about an assessment. Research shows that taking the initial step of getting your child diagnosed early has a dramatic impact on results; the sooner intervention begins, the better.

If your child is diagnosed with autism, your next step is contacting the Exceptional Family Member Program office for enrollment.

Getting to know your EFMP coordinator can go a long way in possible avenues for care at your location and make it known to them that you have questions and concerns. They can also provide feedback on the enrollment, required to sign your child up for TRICARE's Extended Care Health Option that will help cover a type of therapy called applied behavioral analysis.

What now

It really comes down to the basics of knowing your child, getting educated, seeking answers and establishing a treatment plan. Autism is not a cookie-cutter diagnosis. The challenge for parents is every case is different and requires different treatment plans; the road ahead is tough and you need to think long-term.

To say it can be overwhelming is an understatement. Autism, like many other special needs conditions, creates additional requirements - many times unforeseen to your peers since you try to not bring issues to work with you. It has taken a toll on finances, family and career. That's reality, but as a military family you get over it and press on.

Military life can be particularly difficult for children with autism and their families. Children with autism need structure in their lives, and while the military focuses on structure and order for mission accomplishment, this doesn't always correlate to the home front.

Talking with leaders in your organization might seem difficult, but is necessary to help communicate concerns. If they aren't aware, they can't help you. For commanders and supervisors, better understanding of autism's impact can potentially reduce or eliminate domestic issues affecting the unit.

Get informed

Education is one of the most important aspects of being a parent of a special needs child. Learning about the signs, symptoms and options will be integral to your child's recovery.

In learning about and experiencing my son's condition, I've been exposed to a great number of scientific topics, from chelation to sensory issues to oxalates and yeast. I never realized the impact of diet and therapies, and understanding challenges such as gastrointestinal problems, food sensitivities or sensory issues leading to what are called meltdowns. These may not be readily apparent to most people, but learning how the smallest thing impacts your child gives you a new perspective.

With April also being recognized as the Month of the Military Child and National Autism Awareness Month, it's especially important to recognize the challenges our children face; the sacrifices of our warriors: the mothers, fathers, family members and supporters of these special children; and the hope that we will one day recover all our children from this pervasive disorder. Our heroes deserve no less.

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- 9 mo.  No reciprocal sharing of sounds, smiles, or facial expressions
- 12 mo.  No babbling, reciprocal sharing of gestures (pointing, reaching, waving)
- 15 mo.  No words
- 24 mo.  No two-word meaningful phrases without imitating or repetition
- Any Age  Any loss of speech or babbling or social skills

<http://www.firstsigns.org/concerns/flags.htm>

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

Answers to puzzle on page 13

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Reminder...

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Military & certain other federal employees serving outside the U.S. may qualify for a one-year extension on the homebuyer tax credit, up to \$8,000.* The tax credit applies to homes purchased after November 6, 2009 for \$800,000 or less. A binding sales contract for a principal residence in the U.S. must be signed on or before April 30, 2011 and close by June 30, 2011.

For complete eligibility details, visit the IRS's section on Homebuyer Credit for Members of the Military.

\$315,000



Beautiful newer home on large lot and has 5 bedrooms and 3 full baths. This home has an open floor plan with vaulted ceilings, wood blinds, recessed lighting and stainless steel appliances and a full finished walk-out basement. Seller is a licensed real estate agent. Call Brenda Larson Today!
#20110450

\$135,000



Main level condo that has a pleasant view. There is a gas fireplace in the living room to keep you warm on those cool nights. Large master bedroom has ample closet space and a connected master bathroom that has a Jacuzzi tub. Central air and an underground heated 1 car garage, elevator and security system entrance. Call Virginia Slavick Today!
#20110448

\$179,000



This very nice 4 bedroom home is located just 2 blocks from Longfellow elementary school is very well taken care of and has many great amenities and upgrades. Living room, kitchen and dining area flow very nicely together. Nice private fenced backyard makes for great gatherings. Call Angela Eldevik Today!
#20110409

\$417,500



Awesome custom 5 bed room, 4 bath home in a beautiful NW neighborhood close to schools and shopping. This home has over 3600 square feet of living space and a 4 stall garage for all of your toys. Call Jerry Thomas Today!
#20101674

\$165,000



Very nice 3 bedroom/2 bathroom home with steel siding and dual pane windows throughout with a finished basement. The home has hardwood floors were refinished last year and the interior has been repainted. Yard is fenced. Call Clyde Thorne Today!
#20101593

\$154,900 Surrey



3 bedroom 2 bath ranch style home in Surrey. Remodeled lower level 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

\$449,900



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

\$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

\$242,500



One of three great floor plans available on private scenic lots close to Minot. This Bentley plan has great curb appeal and has everything you need for main floor living. Allowances available. Buyers have some options in building. Call Tamie Dunn Today!
#20100197

- Tony Alef.....362-7599
- Alish Charley.....701-509-5362
- Tamie Dunn.....720-1723
- Todd Fettig.....852-0136
- Ken Gorze.....852-0136
- Neil Gush.....833-9003
- Tasha Haugen.....721-9969
- Lori Henderson.....721-0158
- Trenton Kary.....720-6520
- Danette Krumwiede.....720-2335

- Brenda Larson.....578-5480
- Brad Livesay.....720-7769
- Sara Luedke.....852-0136
- Mike Matteson.....463-2099
- Orville Nesdahl.....852-6488

- Jim Olson.....240-8761
- Lorell Seibold.....721-4996
- Erich Sinn.....852-0136
- Virginia Slavick.....852-0136
- Jerry Thomas.....833-7578

- Clyde Thorne.....240-8594
- Brad Torkelson.....339-8907
- Aisha Vadell.....833-1136
- Dawn VerBruggen.....720-2034
- Matthew Waind.....721-1166
- Bruce Walker.....852-0136



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Ryan GMC/Buick/Cadillac

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Ryan Honda of Minot

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DriveRyan.com

2008 CHEVY IMPALA LS



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#6384813



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UNDER \$400/mo.
DriveRyan.com

2011 CHEVY MALIBU 1LT



Competitively Priced as low as **\$327/month**

#5385400 - 3.95% for 72 mo. with approved credit. No money down with all rebates to dealers. Tax, title, license and doc fees included. Ends 5/2/11. MSRP: \$24,245; Competitive Price: \$20,153



09 Chevy Aveo 1LT.....#5412211...	\$152/mo
05 Buick Rendezvous.....#6367120...	\$158/mo
06 Dodge Stratus SXT.....#6362321...	\$162/mo
06 Chevy Cobalt LS.....#6339930...	\$179/mo
07 Chevy Cobalt LS.....#6362821...	\$179/mo
09 Pontiac G5.....#6348731...	\$186/mo
09 Chrysler PT Cruiser.....#6387011...	\$187/mo
08 Toyota Yaris.....#6304720...	\$196/mo
07 Chrysler Sebring.....#6346133...	\$199/mo
05 Pontiac G6 GT.....#6370313...	\$199/mo

05 Buick Rendezvous.....#6361420...	\$202/mo
08 Pontiac Grand Prix.....#5409321...	\$205/mo
10 Ford Focus SE.....#6375811...	\$229/mo
08 Mazda 5.....#6357423...	\$246/mo
10 Chrysler Sebring.....#6362211...	\$248/mo
10 Kia Optima.....#6362613...	\$249/mo
08 Chevy Impala LS.....#6384813...	\$253/mo
10 Dodge Avenger R/T.....#6347311...	\$279/mo
08 Mitsubishi Eclipse SE.....#6329410...	\$296/mo
10 Chevy Malibu LT.....#6382811...	\$297/mo

09 Ford Escape.....#6351920...	\$317/mo
08 Ford Explorer XLT.....#6352210...	\$322/mo
09 Chevy Impala LTZ.....#5410211...	\$322/mo
10 Chevy Malibu LT.....#6383811...	\$322/mo
11 Chevy Malibu LT.....#6382911...	\$330/mo
08 Pontiac Solstice conv.....#5406811...	\$331/mo
08 Silverado 2500 X-Cab.....#6365110...	\$338/mo
09 Subaru Forester Ltd.....#6362411...	\$356/mo
10 Chevy Colorado Crew.....#5412411...	\$389/mo
10 Jeep Grand Cherokee.....#5412411...	\$399/mo

All rebates to dealer. Payments with approved credit and 3.95% for 70 months on 2008 and newer models, 3.75% for 58 months on 2005-2007 models and 3.75% for 48 months on 2004 models. Tax, title, license and doc fees included on payment only. Ends 5/2/11. Photos for display only.



Flip Bernsdorf #3 Sales March

Church Betts Sales

Terry Bostow Sales

Kyle Erickson #1 Sales March

Barry Hoffer Sales

Wendy Kambetiz Sales

Wayne Krefling Sales

Jason Morgan Sales

Remona Mulholland Sales

Dennis Rowe #1 Sales Jan.

Miranda Schuler #2 Sales March

Eldon Strand Sales

Adam Tillema Sales

Mike Gietzen Commercial Sales



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