

northern sentry

FRIDAY, MAY 6, 2011 | VOL. 50 • ISSUE 19 | MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM

INSIDE

- Professional development inspires future leaders **page 3**
- April Articles 15 **page 3**
- Easing military children's education **page 3**

INDEX

Commentary.....	4/5
Weather	5
Lighter Side.....	7
Outdoors & Sports.....	9
Minot Messenger	10/11
Dining & Entertainment.....	12/13
Church Directory	14
Base Happenings.....	15/16
Area Happenings.....	16
Classifieds	17/18/19



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 Civil Engineer Squadron

Tech. Sgt. Franklin Sides
Staff Sgt. David Blaufuss
Staff Sgt. Donald Lacky
Staff Sgt. John Sullivan
Senior Airman Dustin Shepersky
Senior Airman Matthew Bass
Senior Airman Matthew Chaney
Senior Airman Carlos Gonzalez
Senior Airman Carl Jewell
Senior Airman Tabitha Neiningner
Airman 1st Class Zebuelon Crawford
Airman 1st Class Matthew Wallis
Airman 1st Class Adam Miller

5th Logistics Readiness Squadron

Staff Sgt. Amadel Aspira-Smith



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

Amanda Jones, a 5th Force Support Squadron manpower specialist here, was named the 2010 Air Force Manpower and Personnel Flight Specialist of the Year for her outstanding work performance, leadership, community involvement and self-improvement efforts. Ms. Jones earned this award for managing the Department of Defense's only dual-nuclear base operating support capability, overseeing more than 2,000 billets, 150 intercontinental ballistic missiles and 27 B-52H Stratofortress aircraft.

Minot manpower analyst best in AF

by Airman 1st Class
Jessica McConnell

Minot Air Force Base Public Affairs

An Air Force Global Strike Command manpower specialist from the 5th Force Support Squadron here was named the 2010 Air Force Manpower and Personnel Flight Specialist of the Year for her outstanding work performance, leadership, community involvement and self-improvement efforts.

Amanda Jones, 5th FSS manpower specialist, earned this award for managing the Department of Defense's only dual-nuclear base operating support capability, overseeing more than 2,000 billets, 150 intercontinental ballistic missiles and 27 B-52H Stratofortress aircraft.

"Our office assists Air Force Global Strike Command, 5th Bomb Wing, and 91st Missile Wing leadership in making sound resource decisions in order to maximize unit efficiency and effectiveness," said Ms. Jones.

"We initiate and facilitate resources through organizational evaluation, manpower requirements determination, during both peace and wartime, and promote an environment consistent with continuous process improvement. The scope of our mission is critical because budget constraints force us to find ways to accomplish the mission better, faster and cheaper."

Her job is important to every unit on this base, and because of that high level of importance, she admits the job can be challenging at times.

"I am expected to have a thorough understanding of all functions and career fields on the base in order to provide the most viable human resource suggestions possible," she

said. "At times, it is difficult to fully understand my own career, let alone everyone else's."

While her job is quite challenging at times, it has allowed her to overcome many obstacles and be recognized for it.

Ms. Jones was recognized for guiding AFGSC's largest base operating support intra-command transfer, with \$164 million worth of assets upheld. She also validated \$22.5 million in base operating support capital and provided seamless service to 4,438 Minot AFB facilities and military family housing.

Aside from her very busy job, Ms. Jones spends much of her off-time by helping others in need.

"I like to help disadvantaged families who find themselves faced with unforeseen difficulties," said Ms. Jones. "In particular, I enjoy providing support to the Minot Area Homeless Coalition. This organization works industriously to provide area families with basic human needs like food and housing; something many of us can take for granted if we haven't faced the harsh realities of a declining economy."

This year, she said the manpower office provided more than 100 hygiene packets including washcloths, shampoo, toothpaste and soap, as well as \$650 worth of school supplies to support their efforts.

Ms. Jones' supervisor, Judi Green, 5th FSS Manpower and Organization chief, said Ms. Jones has been an asset to the base since the day she first arrived.

"Amanda has demonstrated not only her knowledge of manpower, but also her big heart," said Ms. Green. "During her deployment as an enlisted member, she organized a drive

for medical and art supplies for an orphanage, which resulted in more than \$1,400 being collected and distributed to 250 children."

Her supervisor said it was no surprise that Ms. Jones was selected for this award.

"She puts her customers first and always goes the extra mile for them as evidenced by her selection as the Air Force Manpower Specialist of the Year, as well as the Air Force Manpower Non-commissioned Officer of the Year in 2008," said Ms. Green.

Even though Ms. Jones won the award, she doesn't hesitate in giving credit to the rest of her shop.

"I don't think I was any more qualified for this award than any one individual in my office," said Ms. Jones. "The Manpower and Organization office consistently works together to develop appropriate human resource recommendations and premium customer service. In fact, I don't really feel like this award is mine exclusively, but rather a representation of the devotion of my team."

Ms. Jones is happy she received this award, but says it doesn't affect the way she works, as she has always given it her all.

"While it is an honor to be recognized, the aspect of the job that pushes me to achieve results is my customers," she said. "I have the pleasure of serving not only this fine Air Force, but thousands of hardworking men and women who have critical missions to focus on. If I can take a moment of my time to alleviate any human resource challenges they may be facing, then in the end, they are available to protect our base, launch our missiles, and man our facilities. That, to me, is the bottom line."

a mother's love is something that no one can explain; it is made of deep devotion and of sacrifice and pain. It is endless and unselfish and enduring come what may for nothing can destroy to take that love away...

- Helen Steiner Rice

Happy
Mother's Day
5.8.2011

Verendrye Electric Cooperative
Your Touchstone Energy® Partner
1225 Hwy 2 Bypass East • 852-0406

WESTLIE
FORD • LINCOLN • MERCURY
500 South Broadway • Minot • 852-1354
1-888-WESTLIE
www.westliemotors.com

DOMESTIC VIOLENCE CRISIS CENTER, INC.
Domestic Violence/Sexual Assault Crisis Intervention
852-2258
1-800-398-1098 • dvcc@minot.com
24 Hours Rape Crisis
857-2200 857-2500

The FISHER MOTORS Experience
1111 20th Ave SW • Minot • 852-1111
www.fishermotors.com Mon-Thurs 8-8 • Fri 8-6 • Sat 8-5:30

Retail Space FOR RENT in the ...
OAK PARK CENTER
... Your Key To Retail Success!
Serving North Minot & More ...
... On Surrey to Burlington Arterial.
HIGH PROFILE ... HIGH TRAFFIC ...
1100-1500 4TH AVE. NW
"The Magic City"
MINOT, ND
A R C O ALLEN REALTY COMPANY
701-838-8400

Northern Tier Federal Credit Union
www.ntiernd.org
MAFB 727-6111
Minot 838-5141

Minot State UNIVERSITY
CCAF CLASSES
Flexible class times to fit your schedule
Classes available online
701-727-9044
www.misu.nodak.edu/cel

1370 20th Ave. SW
Century 21
Action Realtors
Minot, ND
(701)839-0021 or (800)453-5217
www.minotsells.com

RYAN Chevrolet
1800 S Broadway • 852-3571
Two dealerships where you're #1
RYAN GMC
3805 S Broadway • 852-1026

Minot Area Chamber of Commerce
1020 20th Avenue SW
Telephone: 701.852.6000
go to minotchamber.org the community events calendar & volunteer opportunities

In the Community to Serve®
MONTANA-DAKOTA UTILITIES CO.
A Division of MDU Resources Group, Inc.
800-638-3278
800-MDU-FAST
1130 20th Ave SW • Minot, ND

Still working Together To Produce
Your Main Source Of News And Information
The NORTHERN SENTRY!
BHG, Inc.
and
Minot Air Force Base

VIKING Screen Prints
We can create a design for you!
Contact your sales rep. at
1-800-658-3485

Phone • Wireless Phones • Internet Security Systems • My Choice Packages Business Systems & Service
SRT COMMUNICATIONS
www.srt.com • 858-1200

Professional development inspires future leaders

by Capt. Genieve David

Air Force Company Grade Officers'
Council Executive Officer

250 joint company grade officers gathered here for the ninth annual Air Force Company Grade Officer Professional Development Conference.

This year's conference is hosted by the Eastern Region Company Grade Officers' Council. The conference's theme for this year was: Culture-Competence-Leadership: Joint Airmen for Tomorrow's Battlefield.

"It's been a monumental effort led by a team of CGOs from the Air Force CGOC, including Eastern Region CGOC leadership and MacDill AFB, Fla. CGOs," said Capt. Kaight Cichon, Air Force CGOC vice chairman.

The agenda contains many senior leaders, guest speakers, and events that will inspire thought, foster networking, and generate discussion.

The 6th Air Mobility Wing commander, Col. Lenny Richoux, provided opening welcome remarks to the officers and hosted a day-long base tour at several different organizations throughout the base.

The officers received a host installation mission brief, an update on South and Central American operations, an overview on culture and customs of tribal regions of Pakistan and Afghanistan, and a brief on psychological operations and rapid communication capabilities as part of the first day. "This is my sixth worldwide professional development conference," said Capt. Faith Eudy, president of the Eastern Region CGOC. "The right ingredients to put on a conference of this caliber include a positive can-do attitude, and synergistic efforts between the host base, the region and



(U.S. Air Force Photo by Staff Sgt. Angela Ruiz)

Airmen attending the 2011 Air Force Company Grade Officer Professional Development Conference listen intently as Col. Lenny Richoux, 6th Air Mobility Wing commander, gives opening remarks May 2, 2011, at the Hyatt Regency Hotel Tampa, Fla. The 2011 AFCGOC theme is "Culture-Competence-Leadership: Joint Airmen for Tomorrow's Battlefield." Junior officers are briefed on current operations, culture, and customs of tribal regions in Afghanistan and Pakistan, and the many leadership opportunities in total force and joint environments, while still having the opportunity to interact with peers Air Force-wide.

Air Force CGOC leadership."

The conference, scheduled for May 2-6 here, will include a traditional "Stars and Bars Dining-In" event, where CGOs will be paired with general officers at their respective tables for mentoring and networking.

The Air Force CGOC is an organized network of Air Force lieutenants and captains working together

to promote professional development, base support, community service and esprit-de-corps. Many base CGOCs have formed joint organiza-

tions, incorporating U.S. Army and U.S. Marine Corps lieutenants and captains and U.S. Navy ensigns and lieutenants.

Easing military children's education

by Airman 1st Class

Jose L. Hernandez

Minot Air Force Base Public Affairs

A North Dakota law, designed to provide greater educational opportunities for children of military families, passed both legislative state houses April 27, and awaits a final signature from the governor.

House Bill 1248, the Military Children Education Compact, seeks to integrate North Dakota as the

37th state in a compact that facilitates military children's transition from one school district to another, given frequent moves and deployments their parents endure.

When it comes to educational requirements, not every state has the same prerequisites, thus member states of the compact have established standardized policies on graduation requirements, extracurricular academics, immunizations, special education placements, school start ages, among other related issues.

"Each state has different rules and requirements for students in school," said Mrs. Joyce W. Raezer, National Military Family Association executive

director. "This makes it difficult for students to transition from one school district to another."

She stressed the importance of implementing legislation that can ease school transitions of military children, because it shows communities how important military children are to society.

"The quality of a child's education has an impact on the morale, readiness, and retention of military servicemembers," said Mrs. Raezer.

"They may be willing to sacrifice for country, but sometimes not willing to sacrifice for their child's education."

According to the National

Center for Interstate Compacts, military families move on average every 2.9 years, affecting more than 1 million children of military servicemembers a year.

Here at Minot Air Force Base, leadership, spouses and local civic leaders have continually advocated on behalf of military children and worked hard to support the legisla-

I know this will help military families and cannot thank all who supported the bill enough.

Mrs. Jolene Tolbert, wife of 5th Bomb Wing vice commander, Col. Julian Tolbert

see **EDUCATION** on page 6

Articles 15 for April 2011

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 April 2011, the following Minot Air Force Base service members were punished under Article 15 of the Uniform Code of Military Justice:

1. A staff sergeant from the 5th Aircraft Maintenance Squadron received a suspended reduction in rank to senior airman, forfeiture of \$1,000.00 for two months, 15 days extra duty, and a reprimand for one violation of Article 128, assault; one violation of Article 134, drunk and disorderly; and one violation of Article 134, communicating a threat.

2. A staff sergeant from the 5th Civil Engineer Squadron received a reduction in rank to senior airman and a reprimand for violating Article 86, failure to go.

3. A senior airman from the 5th Security Forces Squadron received a suspended reduction in rank to airman first class and a reprimand for violating Article 108, damaging military property.

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

5. An airman first class from the 5th SFS received a reduction in rank to airman, 10 days extra duty,

and a reprimand for violating Article 86, failure to go; Article 92, minor in consumption; and Article 112, drunk on duty.

6. An airman from 5th SFS received a reduction in rank to airman basic, forfeiture of \$733.00 pay, 10 days extra duty, and a reprimand for violating Article 112a, wrongful use of marijuana.

7. A staff sergeant from the 91st Missile Maintenance Squadron received a reduction in rank to senior airman and a reprimand for violating Article 92, dereliction of duty.

8. A staff sergeant from 91st MMXS received a reprimand for violating Article 92, dereliction of duty.

9. A senior airman from the 91st MMXS received a reduction in rank to airman first class and a reprimand for violating Article 92, dereliction of duty.

10. A staff sergeant from the 91st Missile Security Forces Squadron received a reduction in rank to senior airman and a reprimand for two violations of Article 86, failure to go and one violation of Article 92, dereliction of duty.

11. A staff sergeant from 91st MSFS received a reduction in rank to senior airman, 14 days extra duty, suspended, and a reprimand for violating Article 111, drunken operation of a vehicle.

12. A senior airman from the 791st Missile Security Forces Squadron received a reduction in rank to airman first class and a reprimand for violating Article 92, dereliction of duty.

13. An airman first class from the 791st MSFS received forfeiture of \$919.00 for two months and a reprimand for violating Article 92, dereliction of duty.

CONTACTUS

Sharon Olson
Advertising & Production Manager
nsads@srt.com

Morgan Bauer
Graphic Designer
northernentry@bhgnews.com

Desiree Murphy
Ad Designer
nsdesign@srt.com

Hannah Searle
Sales Representative
bhgads@srt.com

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

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

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

VIEW ONLINE
www.northernentry.com

The Northern Sentry is published by BHG, Inc., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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

The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BHG Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons.

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**.

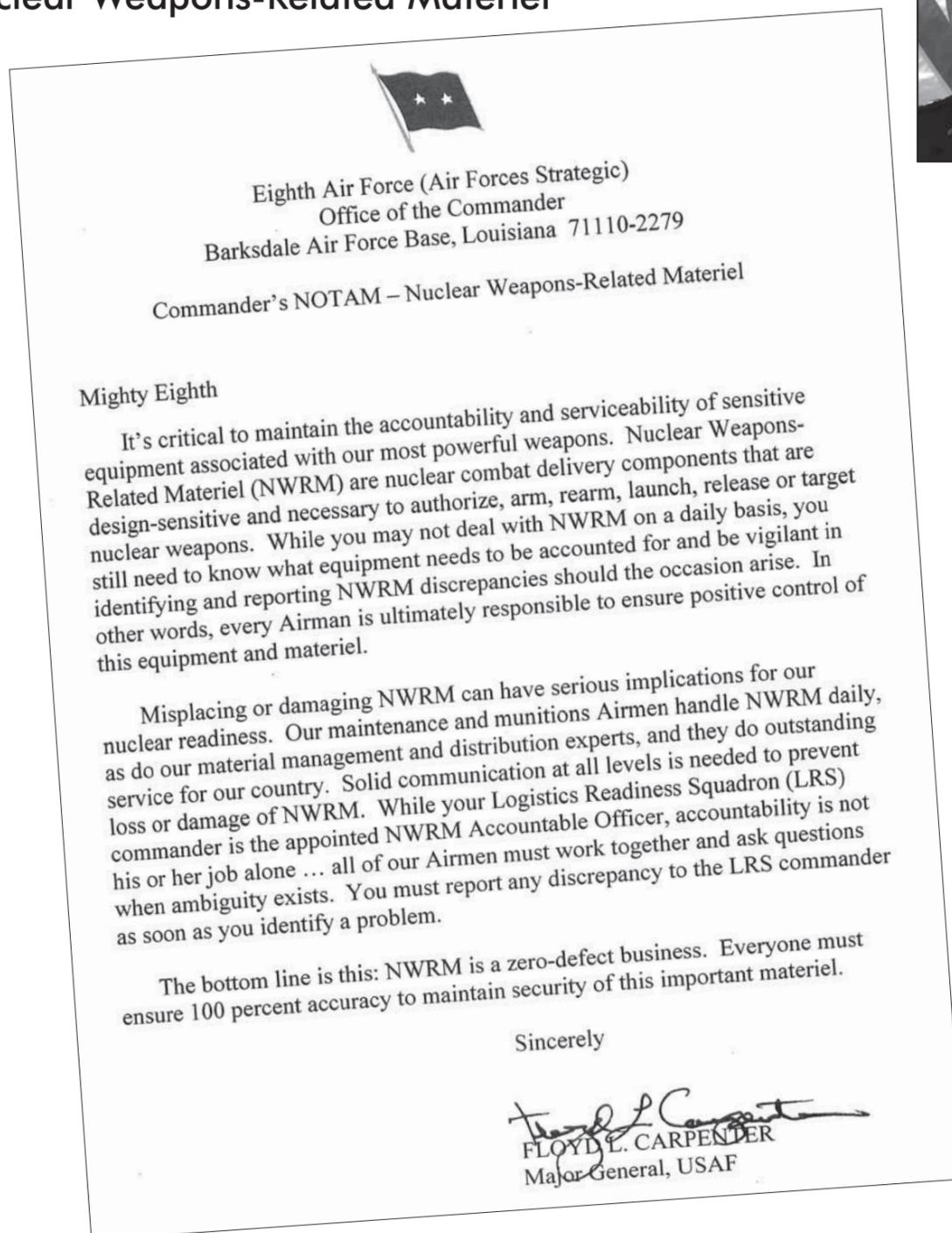
Volunteers for the week and week-end of May 2 to May 9 and May 5 to May 7, are from the 91st Missile Wing Staff and 91st Operations Group.

Lives saved through May 2: 462

Commentary by **Maj. Gen. Floyd Carpenter**
Eighth Air Force commander



Nuclear Weapons-Related Materiel



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



Seasoned Spouse: Beating the blues

On Feb. 2, 2011, Punxsutawney Phil, the official Ground Hog's Day ground hog, saw no shadow. This was supposed to be the harbinger of an early spring. Phil is correct only 39 percent of the time, and he was definitely wrong this year.

For much of the country, winter has hung on longer than expected. So many gray days in a row can leave even the most upbeat of us feeling blah. I was talking with my husband about article ideas and told him I might write about exercise chasing the blues away. He smiled knowingly; he knew I could only go so long without writing about encouraging people to exercise.

The only constant in my life as an Air Force spouse has been fitness. I began teaching aerobics classes at Castle Air Force Base, Calif., and have taught everywhere we have lived. I am so passionate about fitness I will even teach for free.

Exercise is a big part of my life, it is almost an addiction, and I can't go too many days without doing something physical. What a lot of people don't know, is there are days when I don't want to do anything. When it is rainy, snowy, windy, too hot, or too cold, I feel like blowing off my exercise routine just like everyone else. If I can just get myself moving, I always feel better. I have learned the days

when I feel the least like exercising are the days I better get my blood moving.

Numerous studies show exercise lifts your mood and lessens the symptoms of mild depression, also known as the blues. While exercise offers many different benefits, there are also barriers. One of the biggest barriers is, for many, exercise isn't fun.

Duly noted; but to paraphrase Amy Chua, the Tiger Mom, most activities aren't fun until you get good at them. You have to suffer through the learning period. I admit, if I haven't been on a run in awhile, those first miles are tough; they aren't fun. How can something lift your mood if it isn't fun?

Eventually, your body will release various chemicals that lift your mood. For instance, on a recent day, the weather was horrible and I was in a terrible mood. I knew I would feel better if I got some exercise and the cardio room seemed like the best option.

I hate cardio machines, but for 40 minutes I was on that elliptical. In my head I kept repeating I hate this, I hate this, I hate this; it was not fun. Still, when I got home I felt so much better. I learned two things that day. I really do feel better when I get some exercise and it is much better to do something fun. Unfortunately, if you

need to take a Physical Training test, you need to train for it even if it isn't fun. Otherwise, anything you do that gets you moving is great.

If you have the blues after a few days, or weeks, of bad weather, I promise you'll feel better after some exercise. Fun is the key. I think the fitness industry took some of the fun out of fitness with guidelines and rules; you must keep your heart rate at a certain level for a specific amount of time and the like. We have gone away from that and are putting the fun back in.

While safety is still important, many of the other guidelines are more applicable to an elite athlete. For the general population, any activity you like that gets your heart pumping, makes you stronger or more flexible is a good thing. Walk, run, dance, play an organized sport or take a class. It doesn't matter what it is, just do something. I always thank my classes for coming out and playing with me, and I mean it.

Our bodies were meant to move. Too many people think of exercise as punishment. Give yourself permission to play for awhile and I promise, you will feel better in so many ways.

For women, by women

Commentary by Tech. Sgt. Stacia Zachary
AFCENT Combat Camera Correspondent

FORWARD OPERATING BASE URGUN-E, Afghanistan (AFNS) - I have served in the military just shy of a decade. The military has taught me how to find my footing in a traditionally male environment. To that extent, I have rarely felt like an outsider simply because I am a woman. I never would have considered this to be a luxury - that is, not until I began deploying.

I am not a novice traveler. I have journeyed all over Europe and parts of Central America. I felt comfortable with the knowledge that each culture allowed slight differences between the genders. While I grew up around different races and cultures, I never gave much thought to what it took to live a relatively peaceful existence among all these differences.

Feminism in America has opened those doors and torn down all barriers for women well before my time. I have never truly grasped the meaning of overcoming those barriers. Afghanistan taught me just how much impact they would actually have on me.

I was unprepared for the segregation of men and women that I found in Afghanistan on my first deployment in 2006. In some places, you would see clusters of women cloaked in burqas or scarves moving in unison, or I would see a single woman sheltered by two or three men. In some places, I was convinced that the place was completely devoid of a female population. When I would go to recruiting centers or shuras, I was usually the only woman. The confusion or irritation my presence would

cause never failed to baffle me.

I was always "one of the boys" growing up. I was a tomboy, to say the least. I didn't discover makeup until my senior year in high school thanks to my older sister, and I preferred lacrosse to cheerleading. My dad taught me how to box, and I was raised on the principal that if my sister came home with a black eye, I better have one, too.

My childhood memories seemed so normal to me, but Afghanistan taught me the lesson of luxury in things I had taken as commonplace. I never would have thought that laughing with a man who was not my father, brother or husband is taboo. I never would have thought that going to a school filled with boys was not the norm. I became very aware then how much our worlds differed.

In many ways, I finally found my place among women when I went to Afghanistan. Afghan men immediately throw up a wall when a woman is around, and, many times, they will speak to a lower ranking man rather than me. It was very disturbing to me at first. Through interaction with the women, I felt accepted and dignified in a way that I just never felt among the Afghan men.

Whenever I would climb out of a Humvee, it would always cause a sensation because the crowd's attention would hone in on my blonde hair peaking out from beneath my helmet. Even as I became the center of attention to curious little boys saying, "Mister, mister." I immediately tuned in to the young girls who would sneak a look at me or the women who would

openly stare.

The women's eyes saw through the pretense of being a soldier and saw just see me as a girl. It became such an honor to see a woman or young girl smile at me. It was a shared smile of secret meaning. It seemed to say to me, "You're one of us." Once, when I visited an internally displaced persons camp, a woman allowed me to hold her baby. She threw back the front of her burqa and revealed a smile to me. Once the men came over, the veil immediately fell, and the magic of sharing that moment between women was broken.

Through my deployments here, I have seen how far things have come along. It seems that women are beginning to gain a more solid footing in the traditionally male environment every year.

It was on my latest assignment that I took my place in history by attending a women's shura. It was the first all-female meeting in Paktika province since NATO forces liberated Afghanistan.

The province, bordering Pakistan and a long-time Taliban stronghold, was cloaked in fear of retaliation if they took an active role in restoring their government and securing their freedoms. To that end, the coalition forces have made amazing progress in helping give the Afghans back their home.

Many provinces in Afghanistan have been able to hold women's shuras already, but they are typically places in which there is less threat of Taliban retaliation. Here, the women know the risks yet are still willing to

fight for their right to become active in daily affairs.

Because of the cultural sensitivities, a female engagement team was created to act as liaisons between the local women and influential female Afghan representatives. In order to get a glimpse of this special meeting, an all-female combat camera team was required.

On this deployment, my main role is as a correspondent. However, without a female photographer on hand, I was dual-hatted and assumed the role of photographer as well. Staff Sgt. Amanda Helton is a combat aerial videographer, and together we were able to provide a full compliment of imagery and print for this event's coverage. Hopefully, we can give the outside world an inside look at the struggles the Afghans are slowly overcoming.

It seems amazing to me that this opportunity gave me the chance to live a first: being a part of an all-female Afghan shura hosted by an all-female military engagement team, covered by an all-female combat camera team.

Through the years, I have seen the impact our military is having on the people of Afghanistan. I have learned that I am not here to change their culture and Westernize it.

Even though our mission is to teach Afghans how to overcome their struggles, I learned just how lucky I am to be an American. The freedoms I enjoy, and serve to protect, are luxuries that I never want to see taken from me, both as a person and a woman.

Absence of siren doesn't mean we shouldn't pause and reflect

Commentary by Col. Michael J. Underkofler
514th Air Mobility Wing commander

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. (AFNS) - For one week each spring, we as Americans formally pause to remember all those who perished more than sixty years ago in the Holocaust. This annual commemoration was established by the United States Congress in 1979 and is known as the Days of Remembrance.

The observance falls each year around Yom Hashoah, the 27th day of the month of Nisan in the Jewish calendar. In Hebrew, Yom Hashoah literally means the Day of (remembrance of) the Holocaust. This year Yom Hashoah is May 1, and the Days of Remembrance are observed this year from May 1 through 8.

In Israel, since the early 1960s, a siren sounds at 11 a.m. on Yom Hashoah to signal two minutes of silent devotion. Throughout the world, many

Jews will observe Yom Hashoah in synagogues or in the broader Jewish community. But Yom Hashoah and the week-long Days of Remembrance are not observances only for Jews. All humanity - Jew and Gentile - suffered because of the Holocaust, and consequently, all humanity ought to pause and remember those who died.

It is also fitting during the Days of Remembrance to honor those who fought against the Holocaust, those who liberated the camps, those who fought to document what had happened and those who continue today to tell the story.

The Holocaust, or Shoah, was the systematic extermination of six million Jews, approximately two-thirds of the pre-war European Jewish population. Killed along with the Jews were five million others who included political dissidents, the Roma (gypsies),

handicapped and others deemed less desirable by the Nazis. Starting first as harassment, name-calling and false blame, the hatred against the Jews and others ultimately grew into an accepted practice of annihilation. Families had their possessions confiscated, were forced to live in ghettos and finally were transported to labor camps where most were abused, then killed, in short order.

In early 1945, the allies were able to push through Europe to the heart of the Nazi-held stronghold. American soldiers were soon witnesses and liberators at the gates of the wretched death camps. They were not prepared for, nor were they able to comprehend the magnitude of, the evil that took place. The camps were horrific cesspools where the dignity of human life was lost. So efficient was the killing machine that most historians would later agree if the war had lasted much longer, most European Jews would have been exterminated.

The Americans who liberated the camps were deeply affected by what they saw.

Tough-as-nails Generals Patton and Eisenhower were so visibly shaken at the camps they became ill. Eisenhower said in a letter in April 1945, "I made the visit deliberately, in order to be in a position to give first-hand evidence of these things if ever, in the future, there develops a tendency to charge these allegations merely to 'propaganda.'"

The American liberators instinctively knew what to do. They took the time to bury and honor the dead and carefully nurse to health the gaunt living who remained.

Remembering the Holocaust is important to Americans, especially those serving in the armed forces, for several reasons. It was the American military that liberated many of the death camps, then exposed and documented what had taken place. America also welcomed many of those who survived and provided them opportunities and freedoms found nowhere else.

By annually and accurately telling the story of the Holocaust and honoring those who died, we help ensure future generations know what can happen if hatred, bigotry and indifference are left unchecked and unchallenged. Finally, listening to the stories of survivors and liberators helps reaffirm what's best in our national culture. It serves as a touchstone for counting our blessings, enduring our hardships, remembering the ultimate sacrifices of others, and the role we as servicemembers play in guaranteeing the dignity and self-worth of all humanity.

Sirens will not go off in America this year on Yom Hashoah to remember those who died. But communities across this great land will still pause with their own ceremonies to honor those who died and listen to first-person accounts from survivors and liberators. If you're unable to attend a somber observance, take some personal time to reflect and remember. Read a book or see a movie about the Holocaust to sharpen your knowledge of this horrific time in world history. Think about how you can help to eliminate hatred, bigotry and indifference, especially in the society we protect and serve.

WEATHER FORECAST

Fri 5/6	Sat 5/7	Sun 5/8	Mon 5/9	Tue 5/10
				
60/41	62/42	59/48	56/41	52/36
Showers. Highs in the low 60s and lows in the low 40s.	Mix of sun and clouds. Highs in the low 60s and lows in the low 40s.	More clouds than sun. Highs in the upper 50s and lows in the upper 40s.	Chance of showers. Highs in the mid 50s and lows in the low 40s.	Showers possible. Highs in the low 50s and lows in the mid 30s.

Protocol's protocol

by Senior Airman Jesse Lopez
Minot Air Force Base Public Affairs

Their office operates under an invisible cloak to effectively carry on a subtle but vital mission. As advisors to commanders and leadership staff, they counsel leaders on military customs, courtesies, U. S. Air Force organizations, missions, history, and policies.

The 5th Bomb Wing protocol office here, as with all base operations, serves as just a small piece in completing the puzzle of the overall base mission.

Their position is a selective, volunteer special duty, assigned to directly support the base commander and vice commander in handling all aspects of distinguished visitor visits, conferences, tours, and social functions initiated within the command.

An outstanding appearance and excellent military bearing are a few of the requirements which make up the special duty qualifications for this career. They also need the ability to organize complex projects, to become valued protocol team member.

Among their duties include arrangement of travel for the commander and vice commander, preparing trip folders, arranging billeting, preparing itineraries, as well as setting up their overall schedule. They also manage the commander's recognition programs which are comprised of decorations, awards, medal presentations and other special ceremonies.

Their job extends to tasks allocated by the offices of the Secretary of Defense, Joint Chiefs of Staff, Secretary of the Air Force, and Chief of Staff of the Air Force.

"Protocol keeps you on your toes



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

2nd Lieutenant Sandra Lee, 5th Force Support Squadron, customer support chief and Staff Sgt. Bridget Bollinger, 5th Bomb Wing protocol personnel, reviews the distinguished visitors' continuity binder. Protocol personnel are part of a selective, volunteer special duty, assigned to directly support the base commander and vice commander in handling all aspects of distinguished visitor visits, conferences, tours, and social functions initiated within the command.

and has helped us become very detail oriented," said 2nd Lieutenant Sandra Lee, 5th Force Support Squadron, customer support chief. "The pace is very fast, so you learn time management and how to efficiently and effectively accomplish the mission."

Prior experience is highly recommended for anyone interested in joining the team in the future. However, in most cases the job is conducted on a "learn as you go" basis.

As the face of the base, protocol continually serves as the first im-

pression of base personnel, to distinguished visitors and honored guests here.

"You must be attentive to detail, proactive, and resilient. You get the job done and do it with a smile," said Lieutenant Lee.

Energy initiatives under way at Malmstrom

by Airman Cortney Hansen
341st Missile Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. - The strategic deterrent mission Airmen support every day on this Air Force Global Strike Command base revolves highly around vehicles and the fuel it takes to power them. In order to support the Air Force's overall goal to increase supply, reduce demand and change the culture, Malmstrom has taken several steps towards improving the efficiency of both of these resources.

"Our mission directly runs off of fuel and without fuel the whole thing

stops; it's not just our base - bases with aircraft need fuel to power them, too," said Staff Sgt. Jared Bratsberg, 341st Logistics Readiness Squadron vehicle management and analysis. "Over the last six months, we have pumped 316,674 gallons of fuel and traveled 3,831,353 miles indicating that we average 12 miles per gallon as a wing. This number is not entirely accurate as it does not account for assets using fuel which is tracked by hours; for example forklifts, fire trucks, sweepers, refuelers, etc."

The most prominent change that can be seen throughout the vehicle community is the reduction in use of

fossil fuel. Fossil fuel is a nonrenewable resource and also, when burned, releases an excessive amount of carbon dioxide into the environment.

"We have a challenge here because we have to reduce our fuel consumption by a certain amount however our miles don't change - our [Missile Alert Facilities] don't get closer - because we decided to reduce fuel," Sergeant Bratsberg said. "One of the ways we reduced fuel consumption was by switching all of the pumps on base from motor gas, which was straight fossil fuel."

E-85 fuel pumps were also installed for the growing number of

E-85 compatible vehicles on base, he said. E-85 contains only 15 percent fossil fuel.

Another fuel improvement is for diesel-powered engines. A large number of diesel vehicles can run on biodiesel fuel, which is made of 20 percent soy oil. "During the summer months, diesel pumps are switched over to biodiesel," Sergeant Bratsberg said. "Due to temperature requirements, we have to go back to standard diesel in the winter months because biodiesel will gel and won't make it through the fuel system."

Along with fuel sources, Malmstrom vehicles are becoming more and more efficient as well. "There are two factors in how much fuel you use: how far you travel and how you do it. We're trying to change how we do it," Sergeant Bratsberg said.

Old assets around base are replaced with more fuel efficient assets, like electric or E-85-powered vehicles, if possible. Of the 786 government vehicles on base, 103 are compatible with E-85 fuel and 14 are electric hybrid vehicles. When a vehicle cannot be replaced with an electric hybrid or E-85 compatible vehicle, they can be replaced with low-speed vehicles. A low-speed vehicle is small and compact like an electric hybrid, but runs on fuel and receives high gas mileage. "Awareness is our biggest tool because our mission isn't going to change; we're still going to drive over a million miles every year," Sergeant Bratsberg said.

EDUCATION from page 3

tion. One such advocate is Mrs. Jolene Tolbert, wife of 5th Bomb Wing vice commander, Col. Julian Tolbert.

"Educational issues have always been important to me," said Mrs. Tolbert. "I first became aware of the compact in 2008, when Missouri was in the process of joining it."

In the beginning, Mrs. Tolbert said she was not fully aware of the full breadth of the compact, yet soon learned about the different issues families deal with when transferring children to different school districts in particular states.

She explained their might be some transitional difficulties for families with special needs children, educational testing for high school

age children, fulfilling graduation requirements or even being able to participate in sports.

"I had difficulties of my own that I dealt with because my children were in special programs and they were required to redo the requisite testing each time we moved," said Mrs. Tolbert.

"As we moved around, little frustrations begin to build up and I realized that for some, these frustrations might lead to a family separating from the military earlier than what they had planned."

According to Mrs. Tolbert, it was heartwarming to see the Minot community stand firm with the Base community on this issue.

"I really wanted to see this compact passed to alleviate some of these frustrations," said Mrs. Tolbert. "It was a pleasure to get to work with our community leaders and have them rally with us to help get this legislation passed."

She thanked State Representative, Kim Koppelman, key sponsor for the bill and all parties involved in advocating for the educational advancement of military children.

"There were several state legislators, Minot community and base leaders, who were all instrumental in the success of this bill," said Mrs. Tolbert.

"I know this will help military families and cannot thank all who supported the bill enough."

CROSSWORD PUZZLE

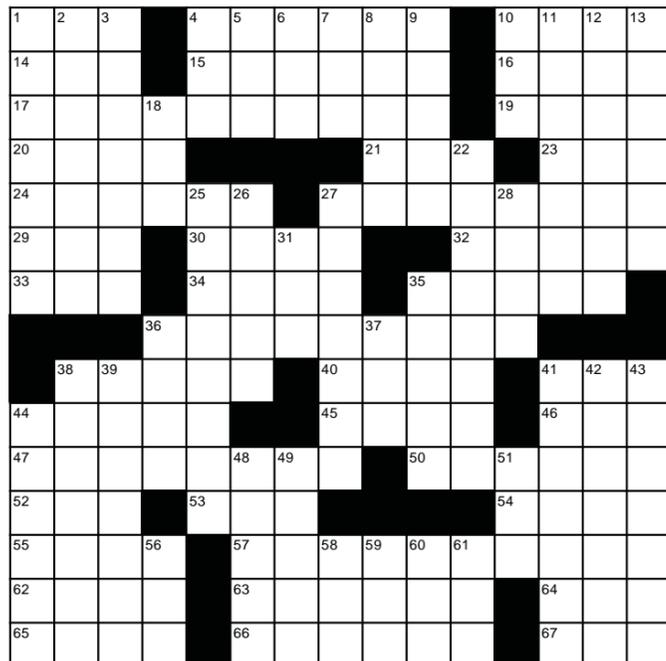
ACROSS

1. Pro-__ (some tourneys)
4. Maritime Provinces nation
10. Word before boomer or blues
14. "Yay team!"
15. The Marx Brothers' "___ Crackers"
16. "Understood!"
17. Fourth of July blaster
19. Vasco da ___
20. Sentry's imperative
21. "Give ___ break!"
23. Neighbor of Ukr.
24. Firstborn
27. Frat blowout
29. Brazilian vacation spot
30. Maneuver carefully
32. Rival of Graf and Hingis
33. ___ Quentin
34. Perfume holder
35. Run in the wash
36. Hardly a swan dive
38. Some jackets and collars
40. Home to many Kurds
41. Attorneys' org.
44. "Blondie" or "Beetle Bailey"
45. Da __, Vietnam
46. Gene Kelly's "___ Girls"
47. Zesty weenie
50. Conspiratorial groups
52. Criticize sharply
53. Pince-__ glasses
54. Gobi's continent
55. Bartlett's abbr.
57. One way to quit
62. Game in which it's illegal to play left-handed
63. Prepares to be dubbed
64. NYC's Park or Lexington, e.g.
65. Rode the banister
66. Spirited session?
67. Beatty or Rorem

DOWN

1. Quiver carriers
2. Gospel's Jackson
3. "The Stars Shine Down" author Sidney
4. Side or street follower
5. "___ luck?"
6. Penpoint
7. "___, amas, I love..."

Thumbs Down!



- | | |
|--------------------------------------|---------------------------------------|
| 8. Jean-Claude Van ___ | 36. Be hopping mad |
| 9. "The Zoo Story" playwright Edward | 37. Lobster ___ Diavolo |
| 10. Humongous | 38. Grain alcohol |
| 11. Ordinarily | 39. City in "Marines' Hymn" |
| 12. Dazed and confused | 41. Skagway resident |
| 13. Fermentation fungi | 42. Have an opinion |
| 18. Interstate: Abbr. | 43. Examined, as ore |
| 22. "___, vita brevis" | 44. Deep-sixes |
| 25. Tough spare for a lefty bowler | 48. Knocks to the canvas |
| 26. Comets' trailers | 49. Layer with a "hole" |
| 27. Representing falsely | 51. Hershey unit |
| 28. Pager signal | 56. Silent approval |
| 31. Erie Canal mule | 58. Grassy area |
| 35. Mel who was Bugs's voice | 59. Iniquity site |
| | 60. Compassionate handling, initially |
| | 61. ___ NO HOOKS |

Solution to puzzle from last week.

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

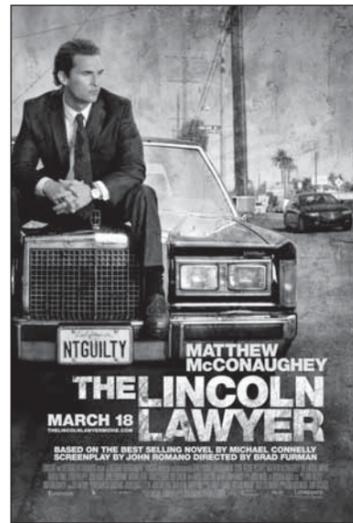
UPCOMING MOVIES

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

The Lincoln Lawyer

Friday, May 6, at 7 p.m.

Mickey Haller is a Los Angeles criminal defense attorney who operates out of the back of his Lincoln sedan. Haller has spent most of his career defending garden-variety criminals, until he lands the case of his career: defending Louis Roulet, a Beverly Hills playboy accused of rape and attempted murder. But the seemingly straightforward case suddenly develops into a deadly game of survival for Haller.



Rated R for some violence, sexual content and language. 118 minutes

Sucker Punch

Saturday, May 7, at 7 p.m.

A young girl's dream world provides the ultimate escape from her darker reality. Unrestrained by the boundaries of time and place, she is free to go where her mind takes her, and her incredible adventures blur the lines between what's real and what is imaginary. Locked away against her will, Babydoll has not lost her will to survive. Determined to fight for her freedom, she urges four other young girls to band together and try to escape their terrible fate at the hands of their captors. Led by Babydoll, the girls engage in fantastical warfare with a virtual arsenal at their disposal. Together, they must decide what they are willing to sacrifice in order to stay alive. But with the help of a Wise Man, their unbelievable journey - if they succeed - will set them free.



Rated PG-13 for thematic material involving sexuality, violence and combat sequences, and for language. 120 Minutes

SUDOKU

Solution to puzzle on page 18

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

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

“Living Life to its Fullest”

(Editor’s note: Lisa Burke, OTR/L, Coordinator of Trinity Health’s Occupational Therapy Department submitted this article)

Living life to its fullest — What does that mean to you? And how can you achieve it?

Challenges in accomplishing this can be varied for all of us, but there is a means to help reach a level of satisfaction in living life.... WELLNESS! We know that wellness includes more than physical considerations, but as we age, this aspect of living can become the most compromised.

The surgeon general’s report on physical activity and health recommends that people should “accumulate at least 30 minutes of endurance-type physical activity, of at least moderate intensity, on most-preferably all-days of the week.”

Every day we complete activities of daily living (ADLs) that provide a moderate intensity level of activity, such as preparing meals, making a bed, raking the lawn and carrying groceries. However, studies have shown that we need to include a more formal exercise routine in addition to our ADLs.

That is why, as an Occupational Therapy Department at Trinity Health, we have teamed up with our colleagues to promote May as “Exercise is Medicine™” Month. Exercise is Medicine™ is an initiative created by the American College of Sports Medicine and the American Medical Association to encourage all health care professionals to discuss and promote exercise as an important medical treatment.

As Occupational Thera-

pist’s (OT’s) we are promoting physical wellness as an avenue for people to be able to continue completing their ADLs, the number one goal for any patient being treated by an Occupational Therapist.

Whether it is an injury or illness, hereditary or acquired, these things can decrease the quality of life and independence a person has with their ADLs. When this occurs, often people seek advice from the medical community and a prescription is written.

The prescription we want you to follow is exercise. The cost can be minimal and the benefits are numerous, to include increased flexibility, energy, psychological health, cardio respiratory health, increased immune system, to name a few.

For some, the variables of aging combined with health-related components of physical fitness may seem overwhelming, but it is never too late to start an exercise routine into our daily life. Set realistic goals based on your current level and build up to 30 minutes a day or separate it into 3 – 10 minute sessions, customize your program to fit your needs. Prior to beginning, it may be necessary to obtain physician or health care provider approval, but once approval has been granted, start “Living Life to its Fullest.”

We shouldn’t stop exercising because we are getting older, because we get older when we stop exercising. Join us in “Exercise is Medicine” plan. Get a friend or family member and make an agreement to keep each other healthy.



Statewide DUI Task Force efforts deter impaired drivers

The North Dakota Department of Transportation (NDDOT) has received the results of the second quarter statewide enforcement activity, January 1 – March 31, 2011, of the Regional Driving Under the Influence (DUI) Task Forces.

The results show that in each region, while there were citations and arrests for driving under the influence, there were no alcohol-related fatalities in any of the eight regions during designated enforcement periods.

The Regional DUI Task Forces are comprised of about 83 percent of state, county, city and tribal law enforcement agencies working across the state. Participating law enforcement agencies receive grants through the NDDOT to conduct overtime DUI enforcement.

Officers from 84 agencies participated in second quarter enforcement activity and

issued 644 citations, of which there were 57 DUIs and 61 other alcohol-related offenses. Other citations included seat belt, child restraint, suspended or revoked driver’s license, speeding, drug-related offenses and other traffic-related citations.

“These enforcement statistics show that law enforcement throughout the state is committed to getting drunk drivers off North Dakota roads. With this level of DUI enforcement, those who choose to drive while impaired are more likely than ever before to be caught and arrested,” said Mark Nelson, NDDOT Safety Division Director.

In North Dakota, about half of all fatal motor vehicle crashes continue to be alcohol-related. The Regional DUI Task Forces will continue strong DUI enforcement on an ongoing basis to drastically deter drunk driving in the state.



What if you were diagnosed?

Four ways to survive cancer

By Shari Lopatin

TriWest Healthcare Alliance

Nearly 12 million Americans are living today, after being told they have cancer, according to the Centers for Disease Control and Prevention (CDC).

That’s as many people who live in the state of Ohio.

Due to medical advances, the word “cancer” is no longer a death sentence. More and more people are surviving because of early detection methods. However, this fact remains true: If you choose not to get your TRICARE-covered screenings, cancer can kill.

TRICARE covers a variety of preventive screenings to help catch cancer early—at no cost to you.

Here are four ways (a.k.a. screenings) you can catch cancer early and save your life, for you and your family:

Breast cancer screening: TRICARE covers one mammogram every 12 months for women older than 39. If a woman is considered high-risk for breast cancer, she can begin receiving mammograms at 35 years old.

Cervical cancer screening: You can test for cervical cancer by getting regular Pap tests. TRICARE covers both pelvic exams and Pap tests together when necessary, or every year beginning at age 18.

Once a woman has three consecutive normal Pap tests, TRICARE will cover screenings once every three years, unless a doctor recommends

otherwise.

Colon cancer screening: Several testing options are available under TRICARE. The CDC recommends one colonoscopy every 10 years for people ages 50 and older.

If you have a history of colon cancer in your family, talk with your doctor about when and how often to have screening tests.

Prostate cancer screening: TRICARE covers prostate screening tests for men who are:

- older than 50
- older than 40 and had a vasectomy
- ages 40-49 with a family history of prostate cancer

For more cancer prevention information, visit www.triwest.com/prevention.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

It's that time of year again – time to look into the crystal ball of the fishing world, casting an eye towards the Missouri River.

For starters, here's a look at what feeds the fish folks like to catch, the always-critical forage base: Unlike a few years ago, gizzard shad won't be a major player as a Missouri River forage fish this year, described N.D. Game and Fish Department Missouri River System supervisor Dave Fryda.

While it's true biologists were able to identify the presence of gizzard shad in the Missouri River tailrace after the closure of Garrison Dam in the 1950s, historically they're not found within the North Dakota portion of the river system throughout the year. "They're big migrators," Fryda explained.

Plus, they prefer warm water and don't handle North Dakota's cold winter water temperatures, which is why they will migrate out of the region when conditions get too cold. When sampling for gizzard shad populations, fisheries biologists found a grand total of one adult gizzard shad in the North Dakota portion of the Missouri River.

One adult. That's it. South Dakota didn't fare much better. There, biologists report that gizzard shad haven't even been hanging around Lake Oahe much - their sampling efforts only found a few adults.

Even though they're native, South Dakota stocked gizzard shad in the late 1980s and when warm conditions permit, the fish fare well.

But when it turns cold for any extended time, they move out. The irony, Fryda said, is when habitat conditions are good for gizzard shad so populations are abundant enough to provide an adequate forage base it means conditions are bad for other important forage species such as rainbow smelt. Unlike gizzard shad, smelt prefer cold-water habitat.

North Dakota biologists will continue

monitoring gizzard shad populations because they're not extirpated. There is still enough of a residual population in South Dakota so if environmental conditions improve for them, they could make another long migration north for another appearance in North Dakota as an important forage fish.

In the meantime, the river still has other forage to satisfy its walleye and other predator fish, including smelt.

While Garrison Dam releases were reduced shortly before ice-out on the Missouri River, releases could be increased if the Army Corps of Engineers needs to move water out of growing Lake Sakakawea.

The good news to that, Fryda said, is higher releases could spur walleye to move up river closer to the tailrace. Anglers only have to look back as far as 2009 when walleye fishing was nothing short of phenomenal. The downside, though, is higher releases could also make it more difficult to locate fish.

If the adage "move around" sounds familiar, it's because that will likely be the secret to successful river fishing again this summer – move around and stay on fish when you find them.

Once anglers get into fish, Fryda expects they will notice more numbers of small walleye, those fish hatched in 2008 and 2009. With the exception of the 2009 year-class, there's good news in the future when it comes to walleye on the Missouri River.

On another fishing note, biologists stocked the Missouri River tailrace in April with 13,650 catchable brown trout, each weighing about one-half pound, to supplement existing brown and rainbow trout populations.

Quote of the Week:

"They (gizzard shad) were seasonal residents to North Dakota, historically."

- N.D. Game and Fish Department Missouri River System supervisor Dave Fryda

Northern pike spawn is completed, population healthy

A healthy northern pike population is a main reason fisheries crews were able to complete spring spawning efforts in short order under less than ideal weather conditions.

Scott Gangl, North Dakota Game and Fish Department fisheries management section leader, said crews wrapped up taking northern pike eggs in just six days. "Our crews battled rain, snow and sleet," Gangl said. "Despite the weather, everything else was like clockwork."

Crews collected more than 19 million eggs from Beaver Bay (Lake Oahe), and Alkali and Spiritwood lakes (Stutsman County). "Oahe has been full the past couple years so we were able to collect a lot of eggs from Beaver Bay," Gangl said. "The high water level has really benefited our spawning operation the last two years."

The northern pike population is booming, Gangl said, and a variety of sizes were evident during spawning. "We saw a lot of 2, 3, 5, 10 and 15 pound pike," he added. "We've had good year-classes the past few years, and in those lakes where there is good forage there are now a lot of 3-4 pound fish. The 2008 year class is now in the 6-8 pound range."

Lakes that offer pike fishing opportunities are scattered statewide, but are more plentiful in the south central and north central portions of the state. "There are many smaller lakes in those areas of the state that have really good pike populations and fishing should only get better in the months and years to come," Gangl said. "In addition, the Missouri River System will be very good over the next couple of years, as well as anything connected to Devils Lake. Overall, from a statewide perspective, northern pike populations have never been higher."

Anglers should contact a local Game and Fish Department office for information on pike fishing lakes, or refer to the March-April issue of North Dakota OUTDOORS. In addition, anglers can refer to the department's website, gf.nd.gov.



Minot Catholic Schools
 Welcome Home!
 Bishop Ryan High School
 Little Flower Elementary School
 701.838.3355

<p>It's the Sign of Success</p>		<p>60 years serving the real estate needs of the Minot Area</p> <p>408 North Broadway, Minot, ND 58703 • 701-852-1156</p>	
<p>\$124,900</p> <p>PRICED TO SELL - Nice 2 story home with 2 bedrooms, open living room, dining room has sliding doors to large deck. Main floor laundry, eat-in kitchen, lower level family room or non-egress bedroom, detached double garage and fenced backyard.</p> <p>MLS #20110569</p>	<p>Join Watne Realtors in Celebrating 60 Years of Service in the Minot area.</p> <p>May 12, 2011 4:00 pm – 7:00 pm 408 North Broadway Minot, ND</p>	<p>\$139,500</p> <p>GREAT CURB APPEAL - 1 1/2 story home with enclosed front porch. 3 bedrooms, 1 3/4 baths, hardwood floors, original woodwork, formal dining room and eat-in kitchen. Detached single garage.</p> <p>MLS #20110559</p>	
<p>\$174,400</p> <p>SHARP CONDO - 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.</p> <p>MLS #20110381</p>	<p>\$125,000</p> <p>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.</p> <p>MLS #20110327</p>	<p>\$119,900</p> <p>PRICE REDUCED! 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.</p> <p>MLS #20101686</p>	
<p>Judy Hoskin 721-3837 judyh@minothomes.com</p>	<p>ZOOM IN</p> <p>minothomes.com</p>	<p>Matt Watne 720-5700 mwatne@minot.com</p>	

FOURTH ANNUAL

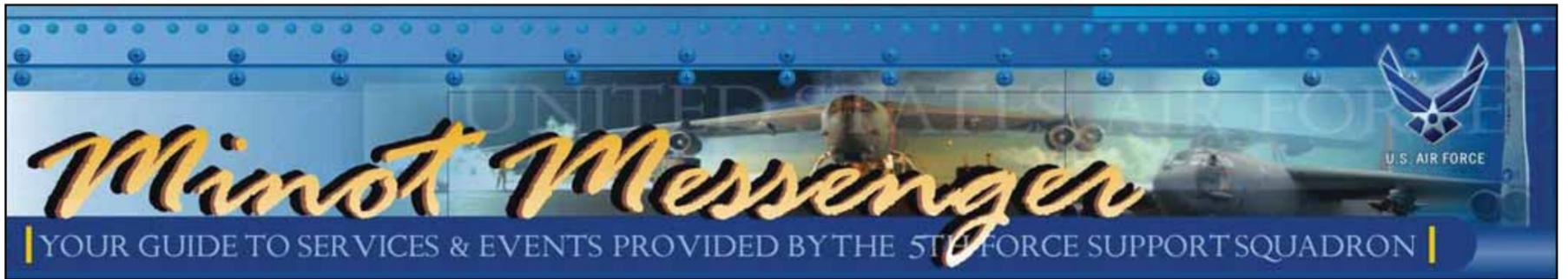
North Dakota Cigarfest & Dinner

At the North Dakota State Fairgrounds

Saturday, May 21st
 from 4 pm - 11pm

Join us for a fabulous dinner service, live music, cigar bar, door prizes and more!

Admission is \$45
 Tickets available through May 16th at the Great Plains Smoke Shop or Garage Lounge
 1205 N. Broadway • Minot ND



Annual Spring Showcase For Spouses On May 12th Has Something For Everyone

This year's Spring Showcase for Spouses (formerly Spring Spa for Spouses) returns many of the favorite booths from past shows as well as numerous new exhibitors. The annual event provides guests an evening of pampering with friends in a fun-filled social setting. The Spring Showcase for Spouses will be held at the Jimmy Doolittle Center on Thursday, May 12th from 6-8:30 p.m.

This year's extravaganza offers over 50 booths showcasing a wide variety of products and services available on base and from exhibitors throughout Minot and the surrounding area. Among the offerings featured at this year's showcase is home décor, fashion and jewelry items, health, wellness, beauty products and services, family recreation, and much more.

You can stroll through the numerous exhibitors' booths and register for over \$5,000 in terrific door prizes. Guests are encouraged to visit each booth and register for their prize giveaway.

This year's Spring Showcase for Spouses is sponsored in part by USAA. The following is a listing of those businesses who are planning to attend and have a booth display: A Little Sugar & Spice



The annual Spring Showcase for Spouses event always has a packed house. This free event features almost 50 different booths displaying a variety of products and services plus lots of prize giveaways.

Photography, AAFES Main Exchange, AAFES Shoppette, BeautiControl, Beautiful U Day Spa, Becoming an Outdoor Woman, Blessings Unlimited, Caribbean Color, Celebrating Home, Chiropractic Solutions, Coldwell Banker, Creative Memories, Creative Salon & Spa, Curves, Cutie

Patootie Baby Boutique, DECA, Discovery Toys, First District Health Unit, Health and Wellness Center (HAWC), Lalee Cakes, Lemongrass Spa, Mary Kay, Minot Enlisted Spouses' Club, Minot Officers' Spouses' Club, Montessori of Minot, Norwex, Outdoor Recreation, Pampered Chef, Parlylite Candles, Premier Designs Jewelry, Private Quarters, Pure & Natural Mineral Makeup, Real Deals on Home Decor, Rough Rider Bowling Center, Rough Rider Golf Course, Scentsy Candles, Shaklee, Send Out Cards, Sign 2 Me, Silpada Sterling Silver Jewelry, Stampin' Up, Suzy's Shuze N' Starz, Tastefully Simple, Tealightful Treasures, Tilman Jones Massage, Arts & Crafts Center, Tupperware, and Unique Boutique. *No Federal Endorsement Of Sponsors Intended.*

While exploring the Spring Showcase, guests can enjoy a delicious array of complimentary hors d'oeuvres and desserts. There will be a wine tasting booth and a cash bar available. See information regarding the Colossal Cookie Challenge below.

For more information, contact the Community Center at 723-4670.

America's Kids Run & Armed Forces 5K Run On May 21st



Building from last year's successful event, the Youth Center and Fitness Center have once again joined forces to present the America's Armed Forces Kids Run and Armed Forces 5K Run on May 21st. The Armed Forces 5K Run is for adults while the America's Kids Run features a variety of run lengths for youth dependent on their age.

The 9th annual America's Armed Forces Kids

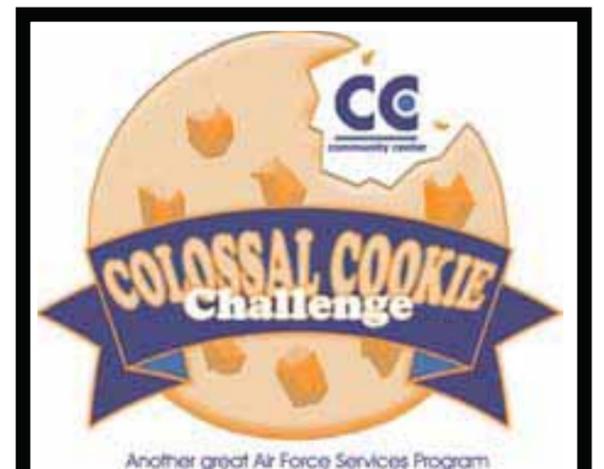
Run will provide 21,875 military dependent children the opportunity to participate in this run on 178 Navy and Air Force bases, and Army forts and garrisons.

Youth age 5 and older should register on-line at www.americaskidsrun.org by noon on May 20th. Youth ages 3 and 4, as well as participants who have not registered on-line by that time, must register on-site, May 21st, Bud Ebert Park at 1 p.m. Youth ages 3-6 will run a half mile, youth ages 7 and 8 will run one mile, and youth ages 9 and older will run two miles.

The Armed Forces 5K Run for adults will be held at the Fitness Center on the morning of May 21st. Registration and check-in begins at 7:30 a.m. with the race starting at 8 a.m.

There will be free T-shirts for participants while supplies last. This activity counts for points in FitFactor and FitFamily Programs.

Volunteers are needed to assist in helping organize and conduct the run. Contact the Youth Center at 723-2838 for more information.



Show Off Your Baking Skills At The Colossal Cookie Challenge

Cookie makers are invited to participate in this year's Colossal Cookie Challenge. Simply bring one dozen of your favorite original cookies and the recipe for judging to the Spring Showcase for Spouses event at the Doolittle Center on May 12th. Entries must arrive by 6:30 p.m.

Three judges will decide by taste, appearance, and creativity who has the best cookies at Minot AFB. The winner will be announced during the Spring Showcase and receives a prize, as well as possible entrance into the Air Force cookbook. For details, call Barb at the Community Center at 723-4670.

Special Mother's Day Brunch Set For Doolittle Center On May 8th



The Doolittle Center is hosting a special Mother's Day Sunday Brunch on May 8th from 10:30 a.m. to 1:30 p.m. Come enjoy the delicious Sunday brunch menu with a special selection of entree items and desserts. The first 100 mothers receive a free plant.

Cost is \$12.95 for club members and \$15.95 for non-members. Children ages 6-12 are \$5.95 and 5 and under are free. For details, call the Doolittle Center at 723-3731.

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.

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



Visit our website at www.5thforcesupport.com

Burger "Doo" It Your Way! Family Night

The Jimmy Doolittle Center has the perfect cure for your delicious hamburger cravings. On Wednesday, May 11th, you won't want to miss Burger "Doo" It Your Way! Family Night from 5 - 8 p.m. You can build your own burger by choosing from ground beef, ground turkey, portobello mushrooms, and all the toppings. You start by choosing the kind and amount of meat, cheese, and seasonings you want. Then the Doolittle Center staff pack your burger and grill it to perfection. Once it's cooked, you'll put it on your choice of bread and top with your choice of toppings. The meal is served with fries, fresh greens, and a drink. Cost is \$4 for club members and \$7 for non-members plus 50 cents for each ounce of meat and cheese. To make this family night extra special, Dizzy the Clown will be performing a special show at 6 p.m. For additional details, contact the Jimmy Doolittle Center at 723-3731.

Youth T-Ball, Baseball, & Softball Registration

The Youth Center is accepting youth T-ball, baseball, and softball registrations from April 25th to May 20th. Cost is \$26 for youth age 5 and older. Late registration is \$31 after May 20th while spots are available. Registrations available include: co-ed T-Ball for ages 5 & 6, co-ed Baseball for ages 7 & 8, boys Baseball for ages 9-18, and Girls Softball for ages 9-18. Youth Center membership is required and youth must have a current physical and the fall flu vaccine (dated after September 2010) to participate. Children without current physicals and the fall flu vaccine can be registered by paying a non-refundable deposit while waiting for appointments/immunizations. Coaches and assistants are needed. For details, call the Youth Center at 723-2838.

Outdoor Recreation Open House

Come check out all the great summer equipment available during the Outdoor Recreation Open House on Wednesday, May 18th from 4-7 p.m. If you see something you like, come in and make a reservation for an upcoming weekend. Bring the kids so they can try out the bouncy inflatables. There will be chips, hot dogs, and drinks available for 50 cents each. For more information, contact Outdoor Recreation at 723-3648.

Mother's Day Special on May 7th

Celebrate Mother's Day early with a trip to Rough Rider Lanes on May 7th. All day, moms can bowl up to three free games with free shoe rental when accompanied by spouse, children, or the entire family who bowl at regular open play rate. Rent-a-lane will not be available for this event. For details, call Rough Rider Lanes at 727-4715.

U.S. Kids Golf

The Rough Rider Golf Course has just the program you need to teach your child the game of golf. The U.S. Kids Golf Program has three remaining sessions allowing children age 6 and up to choose the time period that best suits their schedule. Dates include: June 6-17, July 11-22, and August 15-26. The program consists of five one-hour lessons and a Parent/Child golf outing at the conclusion of each session. Cost is only \$69.95 and each child receives their very own set of starter golf clubs, a U.S. Kids golf shirt and cap. Call the Rough Rider Golf Course at 723-3164 for more information.

Youth Job Fair

The Airman and Family Readiness Center is hosting a Youth Job Fair on Monday, May 9th from 5-7 p.m. at the Youth Center. This is a great opportunity for eligible youth family members looking for employment. Both on-base and off-base employment agencies will be available. No registration is necessary to attend. Call the Airman and Family Readiness Center at 723-3950 for more information.

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, May 13th. \$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.

MAFB Triple Crown

Are you ready to conquer Minot's first ever Triple Crown? The Fitness Center is hosting the inaugural Triple Crown with events slated for May 7th, 14th, and 21st at noon. The first event is a 5K run scheduled for May 7th followed by a 10K run on May 14th and concludes with a triathlon on May 21st. All participants receive points for each event they compete in. The top five contenders for each event receive bonus points with the number one contender getting the most points. The more difficult the event, the more points you gain per rank and participation. Registration deadline is May 6th; must be a DoD ID card holder 16 years of age or older. For additional details, contact the Fitness Center at 723-2145.

Rockers Old School Night

Come to J.R. Rockers on May 7th for Old School Night from 9 p.m. to 1 a.m. Enjoy a drink with your friends while you listen to your old time favorite music. J.R. Rockers DJ will be playing smooth and easy music to bring you back to the old school days. Call J.R. Rockers at 727-ROCK for more information.

Veterinary Appointments

Veterinary appointments are available at the Vet Clinic on May 10th and 11th. To schedule an appointment, call the Veterinary Treatment Facility at 723-6449.

Family Child Care Pre-Orientation

Would you like to work in your home, be your own boss, and make a difference on Minot AFB and in the life of a child? Then attend the Family Child Care Pre-Orientation on May 9th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. Call the Family Child Care office at 723-6662 to make your reservation to attend.

Cinco de Mayo at J.R. Rockers

Looking for a great time? Then you won't want to miss Cinco de Mayo at J.R. Rockers on May 6th beginning at 4:30 p.m. Club members enjoy a free Mexican buffet and drink specials; \$5 for non-members. Adults only in the lounge. Call J.R. Rockers at 727-ROCK for details.

Fitness Bingo

B9...BINGO! Five fitness classes...BINGO! The Fitness Center is hosting Fitness Bingo from May 1st through May 31st. Win a prize for completing the required workouts on your bingo card. Participants must complete one regular bingo, either horizontally, vertically, or diagonally by May 31st. Participants may pick up their bingo card and guidelines at the Fitness Center customer service desk. Event is open to all DoD ID card holders 16 years of age or older. For more information, call the Fitness Center at 723-2145.

Celebrate Cinco de Mayo at JDC

Don't miss the Cinco de Mayo Celebration at the Doolittle Center on May 6th starting at 4:30 p.m. Enjoy a fiesta in the Ground Zero Lounge featuring a fajita bar, salsa music, DJ "Crowd Pleasers", and lots of fun. Call 723-3731 for details.

\$300 Guarantee Purse Up For Grabs During End Of Season Tourney



Show off your bowling skills and have a chance to win some cash during the End of Season Nine Pin No Tap Tournament at Rough Rider Lanes. The tournament is scheduled for Saturday, May 7th from 5-9 p.m. This tournament features a \$300 guarantee purse. Cost is \$25 per person; must have at least 20 bowlers to conduct this event. Participants must be 18 years of age or older to bowl in this tournament. To register or for additional details, call Rough Rider Lanes at 727-4715. Be sure to sign up for the "Have a Ball" Summer League or adult and youth summer leagues that begin mid-May.

1st Annual MAFB GRILL OFF

SPONSORED BY:

MAY 13, 2011 • 3:00PM-8:00PM
REGISTER BY 9 MAY 2011

WIN ME!
Quantum Infrared Urban Grill
Valued at \$259.00

Teams compete in preparing a 3 course meal off the grill. Contact the Doolittle Center for complete rules and to register. Prizes will be given for the winner of each course with the overall winner receiving a new grill! Volleyball (with beach balls if indoors) and corn hole games will be going on during the grilling competition, along with music from DJ "Crowd Pleasers".

723-3731 Weather permitting all events will be taking place outside. In case of inclement weather, tents will be available for grilling and all other events will be indoors.

WHAT'S FOR DINNER



Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

4 pork bone-in rib chops, about 3/4-inch thick, trimmed
 1 tablespoon chili powder 1/2 teaspoon salt
 3/4 teaspoon garlic powder 3/4 teaspoon onion powder
 1 1/2 tablespoons light brown sugar, packed

Pineapple Salsa

3 slices pineapple, cut crosswise about 1/2-inch thick, trimmed or 3 slices canned pineapple, drained
 1 jalapeño pepper, halved lengthwise, seeds and veins removed
 1 tablespoon lime juice salt, to taste
 In a shallow bowl, combine chili powder, brown sugar, garlic powder, onion powder, and salt. Sprinkle both sides of pork with spice mixture. Prepare a grill to medium-high heat and lightly oil the grate. Grill pork until internal temperature reaches 160°F, 4 to 5 minutes per side. Grill pineapple (if using fresh) and jalapeño until lightly charred, two to three minutes per side. Remove chops from grill and let rest five minutes. Meanwhile, dice pineapple and finely dice jalapeño. In a medium bowl, combine pineapple, jalapeño, and lime juice. Season to taste with salt.

Don't Let Mom Stand in Line!

Great Food at Affordable Prices

Sevens Bar & Restaurant

This Mother's Day bring your Mom to Sevens Bar & Restaurant for the royal treatment.

WWW.SEVENSONTHEGO.COM
 2315 N Broadway | Minot, ND | 58703 | 701.852.4343
 Located in the Vegas Motels Highway 83 North

main street BOOKS
 "Best Toys in Town"

Every Tuesday Military ID Day
10% Off
 with valid Active Duty Military ID

Ready For Warmer Weather?
 Great New Selection of Kids' Outdoor Activities and Toys

106 Main St S • Downtown Minot • 839-4050
 Open 7 Days a Week
 M-F 9am-6pm • Sat 9-5 • Sun 12-4
 online at: mainstreetbooks.indiebound.com • email: mainstreetbooks@srt.com

Margie's Art Glass Studio
 Art Glass, Supplies, Classes & Repair

Offering Classes from Beginner to Advanced in:
 • Stained Glass • Mosaic • Kiln Formed Glass • Glass Bead & Jewelry Making •

Paint Your Own Pottery
 Hundreds of items ready to paint.
 Great selection of seasonal items!
 From \$4 to \$50

Gifts Made By Your Hands Will Always Warm Their Hearts!

We host parties for all ages! www.margiesartglass.com

Tues & Thurs • 10-8:30 Wed - Fri - Sat • 10-5:30
 Closed Sunday & Monday
 109 South Main Street Minot • 701-837-8555

Jewelry exhibit at NW Art Center

Minot State University art students Kayla Cote and Erika Edwards will present their joint senior capstone exhibition, "Diamond in the Rough," May 5 through June 1, 2011 in the Gordon B. Olson Library Gallery, MSU. Opening reception is Tuesday, May 10 from 6:30 to 8:00 p.m. at the library gallery. The exhibition will feature unique jewelry techniques as well as creative display designs.

Cote is a graphic design major at MSU who was inspired to make jewelry after an introduction to the craft in one of her university art classes. Cote uses found objects, "up-cycling" them into her jewelry creations. Many of her pieces contain fragments of vintage jewelry. "Many of the vintage parts create a story in my work. I often wonder about



the previous life of the beads I use, such as who wore them, or where they came from," says Cote. She describes her pieces as "whimsical, quirky and colorful." Cote also designed unique displays incorporating recycled paper and vintage buttons.

Edwards' pieces incorporate bead weaving and bead embroidery techniques using seed beads, gemstones, glass beads, and found objects such as vintage brooches. Her work is hand stitched, and one piece can take as much as 30 hours to complete. Her work includes practical pieces as well as wearable art.

The exhibit and reception are free and open to the public. Parking on the MSU campus is unrestricted after 5 p.m.

This project is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts. For more information about Northwest Art Center activities, call 701-858-3264.

Hibachi Buffet & Grill
 1901 S. Broadway • Minot ND
 701-839-5888

Mother's Day Special
 Lobster Feast!
 All Day Dinner Buffet
 Served 11:00 am - 10:00 pm
 *one day only

Sushi Bar
 Hibachi Grill
 Seafood Bar
 Chinese Section
 Salad Bar
 And Much More!

Only \$11.95!

We deliver to Minot & Minot AFB!
 10% off your meal with military ID

*one day only

National photographer and local artist make an impact

The Taube Museum of Art is honored to feature the following exhibitions May 5 - June 18, 2011. Native Americans: The New Town Portraits, 2010, creative works by renowned Ohio photographer Herbert Ascherman Jr., in the Main Gallery; with Peaces of Me, paintings, ceramics, and mixed media by Minot artist Joan Hansen in the Lower Gallery.

For more than 35 years, Ascherman has been creating fine art and professional portraiture, specializing in platinum photography, a process entirely handmade, and embraced by the masters as it exceeds all others in physical beauty and longevity.

A long admirer of the heritage of Native Americans, Ascherman spent time at Fort Berthold in 2010 photographing elders, and the descendants of many of the famous Indian chieftains, a collec-

tion of work Ascherman has wanted to do for many years. Among many awards and positions, Ascherman is also a member of American Society of Media Photographers, and Professional Photographers of America.

Joan Hansen was born and raised in North Dakota and has a B.S. in Art and Elementary Education from Minot State University. She has been teaching for 33 years and presently teaches art at Central Campus High School in Minot. Hansen's versatility can be seen in her use of different media in her exhibit.

"Creativity is all about making choices and the results should reflect the individual artist. Every time I create, a piece of me goes into it. The creative process I go through gives me Peace; hence, the exhibition title, Peaces of Me" she says.

Executive Director, Nancy F. Walter shares, "these exhibitions will feed anyone's thirst for art with the variety of media represented. There is something for everyone with photography, ceramics, mixed media as well as paintings."

An artist reception will be held Thursday, May 12, 2011 from 5:30 - 7:00 pm, which is free and open to the public. Hors d'oeuvres and wine will be served. Museum and Gift Shop hours are Tues - Fri 10:30 - 5:30 pm, and Sat 11:00 am - 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

For further information please contact Nancy F. Walter, Executive Director at the Taube Museum of Art at 701-838-4445.

NWAC exhibit samples tradition, fantasy, and naughtiness

Minot State University senior Art Education students June Szczur, Jon Ross and James Skinner will present a combined exhibition, "Native, White Trash, and Fantasy Pin-ups," May 13 through June 15, 2011 in the Northwest Art Center's Hartnett Hall Gallery. Opening reception is Friday, May 13 from 6:30 to 8:00 p.m. at the gallery.

Three differing styles of art combine to "dazzle, shock and question" as the artists explore themes of labor, fantasy—and naughtiness.

With knowledge of traditional foods and an appreciation for nature, June Szczur will depict foods used by her Native American ancestors. Szczur utilizes a variety of media, including ceramics, traditional crafts, watercolor, paper embossing, and colored pencil.

James Skinner delves into the fantasy world of female warriors, fairies, and goddesses, and prods the imagination with his illustrations of "beauteous creatures" in

watercolor and pencil.

Jon Ross will demonstrate that "nothing is as it seems," in acrylic paintings that may shock viewers with graphic images of little "imps" doing naughty things in the most common, unlikely places. Images that present adult content will be displayed for optional viewing. Additional Ross paintings feature large scale heroes.

The exhibit and reception are free and open to the public. Reception music will be provided by Keith Bear.

Parking on the MSU campus is unrestricted after 5 p.m. This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the State Legislature and the National Endowment for the Arts.

MINOT AREA COUNCIL OF THE ARTS UPCOMING EVENTS

VISUAL ARTS

MAY

1-30 Minot Public Library, Jane Kalmbach

1-10 NW Art Center, MSU Juried Student Show, Juror: Annette Marchand, Moorhead, MN

5-30 NW Art Center, Senior Capstone Exhibition, Erika Edwards and Kayla Cote, Gordon B. Olson Library Gallery

5-30 Taube Museum, main gallery: Native Americans: the New Town Portraits 2010 by Herbert Ascherman of Ohio in lower gallery: TBA, Public reception: Thursday, May 12, 5:30-7 p.m.

6-8 Institute of Dance & Ballet Theater, "Diary of Anne Frank" and "Hatikva the Hope" Central Campus Theater, 7 p.m. 6th & 7th, 2 p.m. 8th, \$12, 837-0239

7 Taube Museum, Art Ala Carte "Hot Dogs & Chips" 11 a.m.-1 p.m.

13-30 NW Art Center, Senior Capstone Exhibit, James Skinner, Jon Ross, June Szczur, Hartnett Hall Gallery, opening reception the 13th, 6:30-8 p.m.

15 62 Doors, "Hip to be Square" 7-9 p.m., 62doors.com

THEATER

MAY

7 Mouse River Players Theater, 1st Saturday Workshops, \$10 per child, noon-4 p.m.

19-22 "Get Smart" Mouse River Players Theater, 7:30 p.m., 2 p.m. on 22nd, \$12, \$10 under 10 yrs

PERFORMANCES

MAY

8 Western Plains Opera, Children's Choir Concert, Nelson Hall, 7 p.m.

HISTORY

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

MUSEUMS & HERITAGE

DAILY Carnegie Center-Schedule a special event, 839-1993

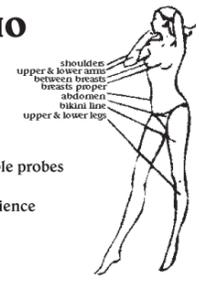
Electrolysis & Reflexology STUDIO

What is Electrolysis?

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

EYEBROWS • SIDEBURNS • EARS
CHEEKS • NECK • FOREHEAD LINES
EYEBROW ARCH • BRIDGE OF NOSE
LIP HAIR • CHIN HAIR

- Sterile procedure using disposable probes
- Board Certified & Licensed
- Electrologist with 21 years experience



701.852.2690
E-mail hairoff@minot.com
1809 S. Bdwy., Plaza Suite K, Minot

Free Consultation
Private Office

Get Ready for Summer

Now is the perfect time to get a start
on looking and feeling your best!



Skin specialists Byron Grubb, MD and Ann Welch, FNP-C offer a number of safe, convenient laser procedures.

- Skin Rejuvenation
- Hair Removal
- Spider Vein Removal
- Skin Resurfacing
- Birthmark Removal
- Skin Tightening
- Tattoo Removal
- Vascular & Pigmented Lesions

Call today to receive your free consultation.



M. Byron Grubb,
Dermatologist



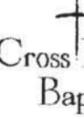
Ann Welch,
FNP-C

Health Center - Medical Arts
400 Burdick Expressway East / Minot, ND
(701) 857-7382

 **TRINITYHEALTH**
Reinventing Health
www.trinityhealth.org

Place an ad
for as little as
\$5 per week!
For more
information
call
839-0946

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 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 10:30 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</p> <p>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 Weingartner Home of Campus Pastor Kerri Williamson</p>	<p>Faith United Methodist Church</p>  <p>801 University Ave. W • 838-1540</p> <p>Worship: Sundays 10:45 a.m. Wednesdays 5:15 p.m. (with simple supper) Nursery Available Sunday School: 9:30 Quilting: Tues. 10 a.m. & Thurs. 6:30 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 "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 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 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>	

Today

- **Jewelry Making Class**, 1030-1200, Arts & Crafts
- **Cinco De Mayo Celebration**, 1630-1900, JDC
- **Cinco De Mayo**, 1630-2000, J.R. Rockers
- **Kids Night Out**, 1830-2100, Youth Center
- **80's Rockin-n-Rollin Skating Party**, 2000-2230, Youth Center
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes
- **Last day to register for Babysitting Course**, Youth Center
- **Last day to register for MAFB Triple Crown**, Fitness Center

Saturday

- **Mother's Day Special**, All Day, Rough Rider Lanes
- **MAFB Triple Crown**, 1200, Fitness Center
- **Un-Birthday Party for Families of Deployed**, 1600-1730, Youth Center
- **End of Season Tournament 9 Pin No Tap**, 1700-2100, Rough Rider Lanes
- **Rocker's Old School Night**, 2100-0100, J.R. Rockers

Sunday

- **Mother's Day Brunch**, 1030-1330, JDC
- **Zumba**, 1300, Fitness Center
- **Sunday Escapes Book Club**, 1330, Library

Monday

- **New Parent's Play Group**, 1000-1130, Youth Center
- **Framing Class**, 1000-1600, Arts & Crafts
- **Resume Writing & Interview Skills Workshop**, 1130-1300, A&FRC
- **Military Affairs Golf Tournament**, 1200, Minot Country Club
- **Youth Job Fair**, 1700-1900, Youth Center
- **Key Spouse Monthly Meeting**, 1730-1930, A&FRC
- **Otaku 2.0**, 1800, Library
- **FCC Pre-Orientation**, 1800-2000
- **Last day to register for Grill Off Backyard BBQ**, JDC

Tuesday

- **4-H Business Meeting**, 1715, Youth Center
- **Veterinary Appointments Available**, Call 723-6449

Wednesday

- **Right Start**, 0730-1200, JDC
- **Beginning Knitting**, 1030-1200, Arts & Crafts
- **Hello/Goodbye/Birthday Celebration**, 1600, Youth Center
- **Wild Wing Wed & \$1 Drafts for Members**, 1630, J.R. Rockers
- **Burger Doo It Your Way! Family Night**, 1700-2000, JDC
- **4-Day Childbirth Class (2 of 4)**, 1900-2100, A&FRC
- **Veterinary Appointments Available**, Call 723-6449

Thursday

- **Job Fair**, 1400-1900, Community Center
- **Spring Showcase for Spouses**, 1800, JDC
- **Colossal Cookie Challenge**, 1800, JDC

May 13

- **1st Annual MAFB Grill Off Backyard BBQ**, 1500-2000, JDC
- **Anime Club**, 1630, Library
- **Texas Hold'em Tournament**, 1900, J.R. Rockers

May 14

- **Mystery Price Game**, All Day, Rough Rider Lanes
- **American Red Cross Babysitting Course**, 0900-1500, Youth Center
- **MAFB Triple Crown**, 1200, Fitness Center
- **Mother Goose on the Loose**, 1300, Library
- **Give Parents a Break**, 1300-1700, CDC/SAP
- **Teen Lock-In**, 2200-0600, Youth Center
- **Hip Hop Nite**, 2300-0400, J.R. Rockers

Ongoing Events

- **Equipment Orientation Class**, By appointment, Fitness Center
- **On-Base Roadside Assistance**, Auto Hobby
- **Rough Riders May Specials**: Kat's Sausage Pizza & Sub

- **Youth Employment Skills**, for ages 13-18, Youth Center
- **Register for Summer Leagues at Rough Rider Lanes**
- **T-ball, Baseball & Softball Registration starts**, Apr 25-May 20, Youth Center
- **Rough Rider Golf Course Now OPEN!** Walking Only, No Carts
- **Auto Hobby May Special**: Small Engine Service
- **May Golf Special**: Bring Mom to the course for a FREE lesson & golf (w/paid green fees)

Rough Rider Lanes & Kelley's Place Summer Hours

Summer hours began May 1st at Rough Rider Lanes and Kelley's Place. Rough Rider Lanes hours will be Monday through Thursday, 9 a.m. to 3 p.m., Friday, 9 a.m. to 11 p.m., Saturday, 4 p.m. to 11 p.m., and closed Sundays and federal holidays. Kelley's Place hours will be Monday through Thursday, 7 a.m. to 2 p.m., Friday, 7 a.m. to 2 p.m. and 5 p.m. to 11 p.m., Saturday, 4 p.m. to 11 p.m., and closed Sundays and federal holidays.

Mega Mexican Platter Challenge

Are you up to a challenge of mega proportions? The Mega Mexican Platter Challenge is a new promotion available on Fridays from 4-8 p.m. at the Doolittle Center starting May 6th. Customers who accept the challenge will attempt to eat a Mexican platter containing one chimichanga, two enchiladas, two tacos, refried beans, Spanish rice, and chips and salsa within a 30 minute time frame. If you're able to accomplish this feasting feat, the meal is free and you'll be added to the board of fame. If you're unable to complete the challenge, the meal costs \$15. For more information, contact the Jimmy Doolittle Center at 723-3731.

Mother's Day Special on May 7th

Celebrate Mother's Day early with a trip to Rough Rider Lanes on May 7th. All day, moms can bowl up to three free games with free shoe rental when accompanied by spouse, children, or the entire family who bowl at regular open play rate. Rent-a-lane will not be available for this event. For details, call Rough Rider Lanes at 727-4715.

9 Pin No Tap Bowling Tournament

Rough Rider Lanes is hosting an End of Season Nine Pin No Tap Tournament on Saturday, May 7th from 5-9 p.m. This tournament features a \$300 guarantee purse. Cost is \$25 per person; must have at least 20 bowlers to conduct this event. Participants must be 18 years of age or older to bowl in this tournament. For additional details, call Rough Rider Lanes at 727-4715.

Rockers Old School Night

Come to J.R. Rockers on May 7th for Old School Night from 9 p.m. to 1 a.m. Enjoy a drink with your friends while you listen to your old time favorite music. J.R. Rockers DJ will be playing smooth and easy music to bring you back to the old school days. Call J.R. Rockers at 727-ROCK 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 May 9th from 11:30 a.m. to 1 p.m. at the Airman and Family Readiness Center. This fact filled 90 minute seminar has great information to assist you in writing your resume to get the interview you want. Additionally, you'll learn interviewing skills to make that impression which will help you get the job. Call the Airman and Family Readiness Center at 723-3950 to pre-register.

Youth Job Fair

The Airman and Family Readiness Center is hosting a Youth Job Fair on Monday, May 9th from 5-7 p.m. at the Youth Center. This is a great opportunity for eligible youth family members looking for employment. Both on-base and off-base employment agencies will be available. No registration is necessary to attend. Call the Airman and Family Readiness Center at 723-3950 for more information.

Job Fair

The Airman & Family Readiness Center is hosting a Job Fair on Thursday, May 12th from 2

p.m. to 7 p.m. in the Common Grounds room at the Community Center. No registration is required. Check out the many opportunities available from both on-base and off base companies. For more information, call the Airman & Family Readiness Center at 723-3950.

School Carnival

The School Carnival at North Plains Elementary will be on May 13th from 4pm-8pm.

Teen Lock-In 70's Style

Youth ages 12-18 are invited to join the Youth Center for the Teen Lock-In 70's Style on Friday, May 13th. The Teen Lock-In begins at 10 p.m. and runs until 6 a.m. Dress up in your favorite 70's clothes. Enjoy plenty of great games and challenges for everyone. Pizza, beverages, and healthy snacks will be served throughout the evening. Cost is \$20 for Youth Center members and \$30 for non-members. There will be a canned food, stuffed animal, and animal food drive. Youth can get up to \$5 off their admission (\$1 per item brought in with a maximum of 5 items) when they participate in these drives. Call the Youth Center at 723-2838 for additional information.

Mystery Price Game

Join the fun during the Mystery Price Game at Rough Rider Lanes on May 14th. Bowlers will draw a ticket for the cost of their games. One drawing per party; price will be the same for all members of that party on same lane. Cost will be \$1.75 - \$2.75 per game. For more information, call 727-4715.

Mother Goose on the Loose

Join the Base Library on Saturday, May 14th as they celebrate Mother Goose Day beginning at 1 p.m. Children of all ages will enjoy stories, rhymes, crafts, and activities. The library is inviting Mother Goose herself to share her favorite rhymes and their histories. For more information, call the Base Library at 723-3344.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Night on May 14th. 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.

Link Up 2 Golf

Rough Rider Golf Course is offering Link Up 2 Golf, a new player program which makes learning the game simple, fun, and more affordable than ever before. This industry-wide player development initiative focuses on bringing more players to the game and keeping them playing for a lifetime. It is designed to attract new golfers, as well as infrequent and former golfers. Four different Link Up 2 Golf sessions will be held at the Rough Rider Golf Course this year. Each Link Up 2 Golf session provides participants with a solid foundation about the game of golf, including swing mechanics, etiquette, terminology, proper behavior, and how to maintain speed of play. For only \$99, participants receive eight hours of small group instruction and a variety of on-course playing experiences. Dates of the four Link Up 2 Golf sessions are May 16-27, June 6-17, July 11-22, and August 15-26. For Link Up 2 Golf participants who do not have golf clubs, rental clubs and range balls will be provided free of charge during the clinics. Interested parties can register at the Rough Rider Golf Course pro shop. For more information call the golf course at 723-3164.

Golf Course Closed on May 17th

Rough Rider Golf Course will be closed on Tuesday, May 17th to allow for scheduled maintenance. The driving range and club house will remain open. We apologize for any inconvenience.

Federal Resume Workshop

In order to provide everyone a more active workshop on USAJOBS and accommodate ALL DoD civilians for the new way to apply for 'internal civilian' federal jobs, the Airman & Family Readiness Center will be holding a "Federal Resume Workshop" on May 17th from 5-7 p.m. This workshop is open to all active duty members, spouses, retirees, DoD civilians, and NAF employees. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSAs, and tips on writing a resume. To sign up, call 723-3950.

continued from page 15

Airmen Only Night

Need to get out of the dorms? Feel like having some fun and friendly competition? The Community Center invites you to the Airmen Only Night on May 19th from 8 p.m. to midnight. Come on over to the Community Center and challenge your friends to a classic board/video game or a friendly game of poker. Bring your appetite as there will be free food and door prizes. Enjoy a night out at no cost. For additional information, call the Community Center at 723-4670.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on May 19th 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.

Wing Fest At Doolittle Center

Join the Doolittle Center for Wing Fest on May 20th at 5:30 p.m. There will be a variety of wings for bar food culminating into a wing eating contest. There are two categories of wings – spicy and mild. Each contestant has 3 minutes to consume as many wings as possible. Winners receive a trophy to hold onto until next month's contest along with \$25 in Darby dollars. Call the Doolittle Center at 723-3731 for more information.

Currently Deployed and Returnee Family Dinner

Dinner is on us! The Airman & Family Readiness Center invites family members of currently deployed personnel and deployment returnees/families to enjoy a free Deployed Family Dinner on May 24th from 5-6:30 p.m. at the Northern Lights Chapel Annex. This is a great informal event which provides an opportunity to network with other family members experiencing a separation. No speakers or briefings! There will be door prizes, resource materials, program/incentive information, great food, and lots of conversation. Interested persons should pre-register by May 20th by calling 723-4500; seating is limited. Eligible participants include any deployment returnee who came home after April 28th, 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 May is hosted by the Airman & Family Readiness Center and 5 OSS. For more information, contact the Airman & Family Readiness Center at 723-4500.

"Masters of Disaster"

The Airman & Family Readiness Center invites children kindergarten through grade 8 to participate in "Masters of Disaster" presented by the American Red Cross. This 5-part learning/interactive seminar helps educate children on disaster preparedness. The kick-off will be held on Saturday, May 21st from 10 a.m. to noon featuring home safety. The remaining sessions are scheduled for every Friday in June. Children enrolled in summer camp at the Youth Center are automatically enrolled in the remaining four sessions. Children not enrolled in the Youth Center camp do not need to register for the June session but will need to attend with an adult. Class times for the June dates are from 1-2 p.m. for kindergarten to grade 2, 2-3 p.m. for grades 3-5, and 3-4 p.m. for grades 6-8. On June 24th, there will be graduation with certificate presentation along with cake and punch served from 1-3 p.m. Deadline for registration for the "Kick-off" is May 18th. For further information, contact the Airman & Family Readiness Center at 723-4500.

Fitness Bingo

B9...BINGO! Five fitness classes...BINGO! The Fitness Center is hosting Fitness Bingo from May 1st through May 31st. Win a prize for completing the required workouts on your bingo card. Participants must complete one regular bingo, either horizontally, vertically, or diagonally by May 31st. Participants may pick up their bingo card and guidelines at the Fitness Center customer service desk. Event is open to all DoD ID card holders 16 years of age or older. For more information, call the Fitness Center at 723-2145.

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 ad-

vance. PCSing families and sponsors should make reservations as soon as the need is known. Be sure to 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 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.

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 reservations as soon as the need is known. Be sure to contact the Sakakawea Inn for contract quarters or non-availability documents. Avoid reservation requests during the ND State Fair, 22-30 July 2011 as there will be no lodging available in the Minot area.

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.

Cultural Diversity Day

Andale, andale...Please join us for The Cultural Diversity Day on Friday, 19 August 2011 in the JDC. We would like to invite all the Hispanic community to participate in this event. The event will include free food, games, dance, food demonstration, give away prizes. If you would like to be part of this event please feel free to contact Mrs. Large at 723-7585 (POC Latin/Hispanic Committee).

AREA HAPPENINGS

Spring Sale - Open House

This is a spring sale of the independent consultants around Granville. There will be Pampered Chef, Scentsy, Tastefully Simple, Mary Kay, Tupperware, and Handmade Jewelry. Come out and shop around on Saturday, May 7 at the Granville Community Center from 10 a.m. to 2 p.m.

Tom Roark Benefit Spaghetti Dinner

We are having a freewill spaghetti feed, silent auction, raffle and bake sale to raise funds for Tom Roark. He has stage 4 Renal Failure and is on the list to get a living donor kidney. It will be held in the National Guard Armory in Rugby, ND from 12 noon to 4 p.m. on Saturday, May 7.

2011 Salute to Senior Event

The Minot Senior Coalition is proud to present the 2011 Salute to Senior Event, Tuesday, May 10th, at the All Seasons Arena. The theme for this year's event is "The Power of North Dakota." The event runs from 9 AM to 3:30 PM and the cost is \$12 per seat. Cost includes a hot meal, great door prizes, and a day of entertainment. There is going to be great entertainment from Taylor Falcon, Dakota Rose, Lois Zahn, Ara Bruce, and The Baptist Boys. There are also going to be speakers from Verendrye Electric and Enbridge, and as always, there will be booths from local businesses and organizations that provide great information and resources to all those that attend this event. Be sure to reserve your seat by May 3rd. Reservations can be

made by calling the Minot Senior Coalition at 701-857-0509 or by mailing your reservation to: Minot Senior Coalition, PO Box 326, Minot, ND 58702.

The View to Honor Area Nurses

In honor of National Nurses Week, The View is hosting a Fiesta in appreciation of our area's Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). The event will be held Thurs., May 12 from 4:30-6:00pm at The View on Elk Drive. Admission is free and open to all area RNs and LPNs. The View is located at 2905 Elk Drive in Minot. For more information call The View at 852-7700.

Hoofin' It for a Cure-Cancer Awareness Ride

The Hoofin' It for a Cure-Cancer Awareness Ride will be held May 14 & 15. This is a 2-day 32 mile horseback ride from Roseglen to Garrison to raise cancer awareness and a fundraiser for the American Cancer Society. A free will donation is required to ride. Snacks, drinks, and meals will be provided along the way. There will be camping at the Sharon and Larry Iverson farm 12 miles west of Garrison. No stallions, no dogs, and no alcohol during the ride. For more information call Dawn Kolden at 701-743-4322. Pre-registration is appreciated but not required.

Pot Luck Benefit for Jim Moseanko

Join us for the pot luck. The benefit will be held on Sunday, May 15th at the Butte Legion Hall from

12:30 to 2pm. This benefit will help with medical expenses and suppolemental funds have been requested from McLean County Chapter of Thri-vent Financial for Lutherans.

Breakfast Benefit & Silent Auction

We are holding a Breakfast Benefit & Silent Auction in honor of Minot Resident Craig Gillmore. on Sunday, May 15 at St. Paul's Lutheran Church (200 Burdick Expressway East) starting at 8 a.m. Craig was diagnosed with Progressive Ulcerative Colitis in January. He had emergency surgery on Feb 17 and has been in the hospital since. This is to help with medical costs. An account has been set up at Town & Country Credit Union at 615 Broadway, Minot, c/o Craig Gillmore. Over 30 Silent Auction items & Free Will offering.

Scandinavian Heritage Park Opens

The Scandinavian Heritage Park will be opening on Tuesday, May 17. The 14 acre park celebrates the heritage from Denmark, Finland, Iceland, Norway and Sweden. Buildings are open when volunteer greeters are present. 9 a.m. to 9 p.m. Mon - Friday, 9 a.m. - 4 p.m. Saturday, and 1 p.m. - 4 p.m. Sunday.

"Get Smart" by Mouse River Players

Join us at the Mouse River Players Community Theater at 115 1st St SE for "Get Smart", the hilarious spoof spy thriller, presented May 19, 20, 21 at 7:30 p.m., and on May 22 at 2 p.m.

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com | 701.839.0946 | 15 1st Avenue SE | PO Box 2183 | Minot, North Dakota

HELP WANTED

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

MATURE, RELIABLE, TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

JOB OPENING
Oil Change Technicians
 (2) Full Time Position Openings
 (2) Part Time Position Openings
 No Experience Necessary
 Training Provided
MINOT CHRYSLER

TOYOTA • SCION CENTER
 Mail application:
 Fixed Operations Director
 P. O. Box 1607, Minot, ND 58702
 3615 S. Broadway, Minot
 E-mail: mctservice@srt.com
 An Equal Opportunity Employer

JCPenney is hiring.
 We're searching for friendly, outgoing people to assist our customers at JCPenney.

- Customer Service Associates
- Commission Shoe Associates
- Salon Stylist

- *15-40 hour positions available
 - *Flexible hours, including mornings, mid-day evenings and weekends
 - *Friendly atmosphere
 - *Merchandise discounts
 - *Competitive pay
- To join the JCPenney team, apply now at the Associate kiosk at JCPenney in Dakota Square, or visit www.jcpennycareers.com to apply to the store nearest you. EOE.

Every Day Matters™



JOB OPENING

Car Washer - Detailer

- (4) Full Time Position Openings
- (2) Part Time Position Openings
- No Experience Necessary
- Training Provided

MINOT CHRYSLER

TOYOTA • SCION CENTER



Mail application:

Fixed Operations Director
 P. O. Box 1607, Minot, ND 58702
 3615 S. Broadway, Minot
 E-mail: mctservice@srt.com
 An Equal Opportunity Employer

CARRIERS NEEDED to deliver the Northern Sentry to base housing. Please call Michelle at 838-5937 for more information.

WANTED: Looking for Dependable worker to work part time in Deli at the Commissary. Starting pay \$9.39 hr, 401K, Health and Dental Insurance. Must be 18 yrs or older. If interested stop by the Deli for an application.

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

The Minot Vocational Adjustment Workshop (MVAW) is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace.

Apply in person at:
 605 27th St SE, Minot ND 58701
 or contact: Gail Peterson
 by E-mail or phone at
 gpeterson@mva.org
 (701)852-1014 ext 136



Help Wanted

Looking for Part Time Nights & Weekend Help

Mechanics, Sales, Tire & Lube Techs

Work in a fast-paced, productive shop offering excellent wages and benefits. Some week-ends and nights will be required.

Drop applications off at

Tires Plus or email resume to:

tiresplus@srt.com

All applications will be kept confidential.

COLLECTION SPECIALIST

Are you self motivated and looking for a great opportunity, in a progressive fast-paced company?

If so

Procollect Services has a great opportunity for you. Our Collections Specialist position offers great pay and great benefits, for the right person. Flexible hours, no weekends, four day work week. If interested submit resume to
PO Box 389
Minot, ND 58703

LOCAL DANCERS CULTURAL DANCERS NEEDED-

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

BUSINESS & PROFESSIONAL DIRECTORY

REAL ESTATE

FOR SALE

Century 21
 Action Realtors
www.minotsells.com

SUPPORT OUR TROOPS

Century 21
 Action Realtors
 1370 20th Ave. SW
 Minot, ND 58701
 (701) 839-0021

To View All Properties Listed In Minot And The Surrounding Areas
 Go To www.minotsells.com
 For More Information Or To Schedule A showing
 Call A Century 21 Action Agent at 839-0021

ATTORNEYS

Thomas & Thomas
 Attorneys At Law
 114 South Main Street

- Divorce
- Bankruptcy
- Step-parent Adoption
- Military Law
- Vehicle Accidents
- Criminal Defense
- Child Support
- Child Custody
- Guardianship
- Wills
- Estates
- Juvenile Law
- Personal Injury
- Wrongful Death

852-1602

Richard B. Thomas
 Attorney At Law
 Former USAF Judge Advocate

Robert S. Thomas
 Attorney At Law

MISCELLANEOUS

PROFESSIONAL MEDIATION
 1st Session Free for Military
 Call Tera at 701-362-7304
www.professionalmediationonline.com

BRADY MARTZ
 CERTIFIED PUBLIC ACCOUNTANTS
 24 W. Central, Minot • 852-0196
www.bradymartz.com

eLendingNow
 PREMIER MORTGAGE CORP.

...Very Fast ...Very Simple ...and the Very Best Rates!

Chad Vogel
 Cell 721-5889
 NMLS #213256

Mike Lindquist
 Cell 578-0478
 NMLS #213449

Fast & Free Preapproval • VA and FHA Financing
 Apply Online at eLendingNow.com

701-838-3247
 1408 20th Ave. SW, Ste 3 • Minot, ND 58701

COUNSELING

Individual and Family Therapy Services
Laura Larson, M.S., LPCC

- Depression and Anxiety
- Blended Family Issues
- Behavioral Problems
- Relationship Issues
- Attention Deficit Hyperactive Disorder
- Abuse Issues

Children, Adolscents, Adults
 Cognitive and Behavioral Therapy
 Play Therapy and Art Therapy

Arrowhead Mall-Minot
 1600 2nd Ave SW Suite 27 • (701) 852-8798

Laura Larson

ARE YOU IN NEED OF HOME REPAIR?
 CALL L J G BUILDING AND REMODELING
 Over 20 Years Experience

- Window Replacement
- Siding • Roofing
- Framing
- Concrete Work

For a FREE estimate
 Call 701-240-9713
 (Licensed & Insured)

STORAGE UNITS

AAA MINI STORAGE
 Several Sizes Available
 Reasonable Rates, Easy Access,
 Security Lights
**N. Hwy 83 Next to Starr
 Fireworks • 852-1157**

AUTOMOTIVE

MBM AUTO SERVICE
 Minot's Service Specialists
PARTS & SERVICE

VW
 Diagnostics
 Check ups

We Specialize in
 Volkswagen,
 Audi, and More...

1215 Valley St.
838-9607
 Next to Action Wrecking

ACTION AUTO WRECKING

Free Parts Locating service

1215 Valley St., Minot
 Formerly Minot Wrecking

We pay top price for cars & trucks, running or not
 Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free
 1-800-533-5904 • Fax 838-7627

NORTHERN PRAIRIE CONDOS & STORAGE, INC.
 Military Discounts ~ Best Rates
 24 Hour Access
701-720-0710 or 701-720-1093
 Convenient North Location for Both Base & Minot Customers

Souris River Storage
 Located in SE Minot Easy Access
 Low Rates
 5x10, 10x10, 10x15, 10x20
Call 701-833-5362

HOBBY SHOP

AEROPORT HOBBY SHOP
 RC Cars, RC Airplanes, Rockets,
 Trains, Plastics, Testors Paints,
 Engines & Accessories,
 Helicopters, Balsa Wood & Glues.
838-1658
 2112 N. Broadway • Minot, ND
 Ask for Eva • www.airporthobby.com

CHILD CARE

CHRIS'S CHILD CARE IN GLENBURN. I am a ND State Licensed Childcare Provider, NDC food program. I have 3 openings for school age children starting now. Don't miss your chance for 2011 School Year! A small deposit will guarantee your spot for Fall School Year. I do have excellent references and rates. Please call me at 362-7900 for an interview.

31p13x

Tell them you saw their ad in the Northern Sentry!

motor new rude ts 6. lass ice. 00

Your ad could be here for as little as **\$5.00**
 Ask about our business contracted rates.
 Call us at 839-0946 or email: nsads@srt.com for more info

TRANSPORTATION

KARZ4-U AUTO SALES **240-9172**
 1105 16th St. SW • Minot
 Cliff Butler/Retired MSgt
 www.Karz4-U.com

 97 AUDI A6 AWD Wagon, 3 rd row, MINT, 85K \$7,325	 99 GMC SIERRA SLT 4x4 Ext Cab, 132K, Htd/Lthr, NICE \$9,450	 04 OLDS ALERO V6 76,000 miles, Nice, good MPG \$6,995
 99 GMC YUKON SLT 4x4, htd/lthr, 131K Tow pkg, NICE \$6,495	 04 NISSAN FRONTIER Crewcab, 83K, 2WD, Nice Truck \$9,995	 08 CHEVY COLORADO EXTCAB LT 4X4, 1 Owner, MINT, 85K hwy miles \$16,995
 10 PONTIAC G6 GT Heated lthr, Remote Start 14K \$18,995	 88 TOYOTA PICKUP 2WD, 5 spd, customized, NICE \$3,995	 05 CHEVY TAHOE LS Sat/Radio, Remote Start, 79K \$17,495
 96 VOLVO 960 New Tires, 98K, Lthr/Sunroof, NICE \$4,495	 00 FORD F150 Regcab Shortbox 2WD, 140K, Runs good \$4,995	 00 NISSAN XTERRA 4X4 \$7,995

TRANSPORTATION

JOHN'S AUTOBODY

Pays Up To \$500
 Insurance Deductibles
 We Guarantee All Work & Color Match
 4121 S. Broadway
839-8896

\$\$\$ QUICK CASH \$\$\$
 Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

****GOOD USED CARS FOR SALE**** We buy, consign, take trades and have financing available. Check out our inventory at KARZ-4-U, 16th St. SW (next to High School). Call Cliff (Retired Msgrt) at 240-9172. www.karz4-u.com

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE
 - Call Karz 4-U at 240-9172.

!!!SHARP!!! 2008 Cadillac DTS-Luxury IIBlack, w/ black/wood trim interior, 34,000, Loaded Asking \$22,500 (701)-240-6115

QUICK CASH!!
 Running & Non-Running Cars & Trucks

Edwardson Sales
839-9512
 We also sell cars \$500 - \$1500 Give Us A Call!
 Will Haul Junk Cars Free Of Charge

2004 CHRYSLER SEBRING, 2dr Coupe, 4 cyldr, 28,000 miles Shiny Gray/silver glossy paint Remote starter, 3,000 ft range Yokohama Avid tires, 2 yrs old Vehicle serviced every 3,000, tires rotated/balanced every 6,000 Excellent gas mileage, smooth ride...asking \$8,000 Please call 340-5911 or 837-9693

RECREATION SPORTSMAN'S LOFT
 2800 S. Broadway
 Between Denny's & Penny's
GUNS Buy, Sell & Trade
 *Handguns *AR - 15's
 *Tactical Weapons (and accessories)
 *Hunting Rifle & Shotguns
 *Large Ammo Section
 *Military Discounts for Glock Firearms
852-4000

GOLF CAR SALES, SERVICE & PARTS
 New and used electric, gas, and utility vehicles in stock.
 Your full service EZ-GO golf car dealer.
JB REPAIR, INC.,
 Garrison, ND
701-463-2054

Sudoku Answers

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

Answers to puzzle on page 7

HELP WANTED

Park University - Minot Campus Center
*****Now Hiring!!*****

Administrative Specialist:
 Park University at Minot seeks an organized individual to work with adult students, and to act in a comprehensive support capacity. The ideal candidate will be self-motivated, have excellent customer service skills, and be able to learn and work quickly. Computer skills are a must. Flexible hours and competitive wages!

Faculty:
 Park University at Minot is now taking applications for Adjunct Faculty to teach freshman through senior level courses in English, Accounting, and Economics. For application instructions please contact the Park University Minot Campus Center.

To apply, please send a letter of interest and resume to:
 Park University: Minot Campus Center 210 Missile Ave., MAFB
 PHONE: (701) 727-0469 FAX: (701) 727-0470 EMAIL: mino@park.edu WEBSITE: www.park.edu

GARAGE SALES

BUYING NEW & USED FURNITURE, appliances, antiques, couches, love seats, dining sets, all households. Leaving Minot? Just give me a call on my cell phone 833-9042 or home 839-1776.

MOVING NEED CASH? Sell your used/unwanted items at **MAGIC CITY FLEA MARKET,** April 30 & May 1, State Fairgrounds. Info 852-1289

YARD SALE: 116-1 Sirocco Drive MAFB. Friday, Saturday, Sunday May 6,7,8. Lots of deigner clothes, shoes, handbags. Appliances, movies, games, toys, etc.

GARAGE SALE - May 13, 14 & maybe 15th. 503 Maple St, Minot. 9am-? Sports items, high chairs, washer & dryer, sewing machines, sewing items and lots of misc.

STORAGE UNITS GARAGE SALE- May 7th & 8th. Sat 11-4 and Sun 12-4. 3721 East Burdick 10am-4pm. Garage full of: Collectibles, Old Books, Records, Pictures, Old Frames, Newspapers, CDs, VHG movies, lamps, chairs, mirrors, Comic Books, Old Books, Glassware, Collectibles, Comic Books, Glassware, Pottery, Sewing Machines (Nechhi, Singer, Brother) Golf Drivers & Putter. Window AC (ex cond) much more misc plus more added weekly. Questions 626-2712

REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at: **www.brokers12.com**

16x80 MOBILE HOME- 3 bedrooms, 2 full baths, master bath has beautiful garden tub, separate shower, island kitchen with D/W, W/D, built in Microwave. Oak cabinets through out. Newer flooring and carpeting, central air. The is a very nice mobile home, well maintained. Located in mobile home park in Minot with fenced yard and deck. Asking \$35,200. Call (701) 837-6284

SELL YOUR CAR
AN AD IN THE NORTHERN SENTRY will get the job done! Email your ad copy to: nsads@srt.com

HELP WANTED

MISCELLANEOUS

CHIROPRACTIC SOLUTIONS - Now open & accepting new patients. Flexible hours including Saturdays. Theurapeutic massage therapist available utilizing various techniques. Lindsey White D.C. & Danielle White L.M.T. 3108 S. Broadway, Suite B, Minot, ND. 58701. 852-3232

SHOP MINOT'S Largest Antique & Second Hand Store. DAKOTA ANTIQUES & BOOKS. Clean Used Furniture. #3-1st St. SE. Downtown Minot. 838-1150

LIKE NEW 2009 24" Craftsman Snowblower, electric start, self propelled, 5 FWD, 2 REV, garage kept. Moving south. \$475 Call 601-917-7650

MOVING: Snow blower for sale. Yard King 5.0 Tecumseh engine 24 inch deck height. Electric push button starter. Excellent condition. never had any problems with it. asking \$300 for it. Please call 340-3659

DID YOU KNOW, IF YOU ARE MILITARY
 You can place your ad in the **NORTHERN SENTRY FREE?**
 (except garage sales, real estate and businesses)
 Send us your ad at: nsads@srt.com.

RUTHVILLE BARBER SHOP, Mon-Thurs. 8:30 to 5. Appointments or walk ins, haircut, neck shave and shoulder massage for \$13. Call 839-5311 today!

BEAUTY on a BUDGET- Skin care packed with multiple benefits. Special offers you don't want to miss. Free samples so you can try before you buy. Free makeovers and expert tips. Shop at your convenience with my personal delivery. No crowds. No parking hassles. No drain on your gas tank. What better way to get all your skin care and makeup! Contact me today! LEE CLOUSE Mary Kay Independent Beauty Consultant. www.marykay.com/lclouse. 839-0475

SHOP & SAVE
Closet Connection
 CONSIGNMENT SHOP

 Quality Brand Clothing
 New Consignments arriving daily
 Childrens • Mens • Womens
1515 24th Ave SW
 (1 Blk West of Dakota Square)
 Mon - Sat 10-6; Sun 12-5

KARZ4-U AUTO SALES **240-9172**
 1105 16th St. SW • Minot
 Cliff Butler/Retired MSgt
 www.Karz4-U.com

 08 TOYOTA CAMRY 5 Spd, Power windows/locks/cruise \$12,995	 05 FORD F150 Regcab, 2 WD w/Blizzak tires, 117K \$7,995	 00 DODGE RAM EXT Sport 4x4, 112K, Leather, Runs/Drives Nice \$7,995
 08 PONTIAC G6 GT Even Smells New, 7200k miles \$14,995	 87 MERCEDES 300E 137K, Sunroof, Classic \$3,995	 08 CHEVY HHR LS 41K, Remote, Warranty \$10,995
 98 MERCEDES ML32 AWD, NICE, 160K, but runs/drives great \$6,995	 06 TOYOTA CAMRY 72K, Very nice local trade \$11,995	 91 TOYOTA 4 RUNNER 4x4, Runs/Drives Good \$3,995
 04 PONTIAC SUNFIRE 67K, Automatic \$5,995	 08 HONDA ACCORD 28K, 1 Local Owner \$17,995	 99 PONTIAC GR. AM SE 4 Dr, 6 Cyl, 101K, Alloys, Spoiler, Red \$4,450

TRANSPORTATION

RYAN HONDA of Minot
 1111 20th Ave SW • Minot, ND 58701
 701.852.1111 • 1.800.932.8808

2011 Honda Civic LX
 Titanium (H1010) MSRP \$19,305
 Competitive Price **\$17,999**
 36 mpg Hwy 25 mpg City

2011 Honda CRV LX
 Red (H1032) MSRP \$23,725
 Competitive Price **\$23,355**
 27 mpg Hwy 21 mpg City

2011 Honda Accord EX
 Gray (H12148) MSRP \$25,655
 Competitive Price **\$23,630**
 34 mpg Hwy 23 mpg City

2011 Honda CR-Z Hybrid
 Red (12287) MSRP \$22,166
 Competitive Price **\$21,960**
 39 mpg Hwy 35 mpg City

03 Honda Odyssey EX-L #H123511. V-6, Auto, Leather, CD, 97K miles NOW \$10,997	10 Honda Pilot EXL AWD #12389A. V-6, Auto, Leather, Heated Seats, 34K miles NOW \$31,934	09 Honda Civic Si #H123922. 6 Speed, Honda Certified, 53K miles NOW \$17,953	08 Mercury Milan Premier #R1013. 4 Cylinder, Leather, Alloy Wheels, 47K miles NOW \$13,947	06 Ford F-150 Lariat #12157B. V-8, Heated Seats, Leather, 71K miles NOW \$18,971
--	--	--	--	--

10 Chevrolet Suburban 2LT 4WD #P1024. V-8, Auto, Leather, Rear Heat, 13K miles NOW \$35,913	08 Honda Pilot SE 4WD #P1025. Auto, Moonroof, Rear DVD, 59K miles NOW \$22,959	06 Kia Sedona #H123641. V-6, Auto, Quads, 57K miles NOW \$10,557	11 Jeep Wrangler Unltd Sahara #P1017. Hard Top, V-6, Leather, XM, 2K miles NOW \$31,999	09 Toyota Corolla #H121301. Auto, 4 Cylinder, Moonroof, 54K miles NOW \$14,954
---	--	--	---	--

06 Mitsubishi Eclipse GS #P10121. Auto, 4 Cylinder, Power Locks, 47K miles NOW \$12,947	07 Honda Odyssey LX #12428A. V-6, Auto, Quads, 42K miles NOW \$19,942	10 Chrysler Town & Country #12438A. V-6, Auto, Stow & Go, 29K miles NOW \$19,929	08 Ford Escape XLT #R1002. V-6, 4WD, Leather, Heated Seats, 45K miles NOW \$19,545	09 Honda Accord LX-P #R1016. Factory Warranty, 4 Cylinder, 34K miles NOW \$16,934
---	---	--	--	---



ryanhondaminot.com Ryan FAMILY DEALERSHIPS
 Minot • Williston • Bismarck

WANTED TO BUY

CASH FOR YOUR UNSOLD RUMMAGE and also buying; old books, records, stereo equip., cameras, Antiques, old postcards, old radios, pottery, glassware, guns, comics, furniture, lamps, jewelry, fishing gear, old signs, marbles, vinyl records, CDs & DVDs, old model kits, old magazines, Pre 1950's, anything else you want to sell. 626-2712

22p4x

FOR RENT

MANAGEMENT OF RENTAL HOMES & APARTMENTS. Professional, experienced, and affordable. Contact Matt or Roger. IPM, Inc. 852-1157

TEN

Open Your Heart to a Child in Need...
Become a Foster or Adoptive Parent
 Region II Foster/Adopt Coalition
 Ph#: (701)857-8592

Building, Buying, Refinancing or Remodeling?
 Lisa Moser
 American Bank Center has the service you expect, the expertise you need, all with a name you can trust.
 We are located at 2201 15th St SW in Minot or call 837-5000 for all your home loan needs.

American BANK CENTER
 Make Life Easier
 weareamerican.com
 2201 15th St SW • Minot • 701-837-5000

Check us out online each week at www.northern Sentry.com

Welcome to Your New Home

COLDWELL BANKER

1ST MINOT REALTY
 219 S. Main
 852-0136

www.cbminot.com • cb@minot.com

An Independently Owned and Operated Member of Coldwell Banker Real Estate Corporation

\$29,000

 3 bedroom, 1 3/4 bathroom Mobile home with carport and garage that has a heated workshop with attached entrance.
 Call Virginia Slavick Today! #20110385

\$159,900 Lansford

 Nice ranch style home with 3 bedrooms and 1 bath. Large living room, spacious kitchen, dining room and laundry on main level. 1 non-egress bedroom and a 3/4 bathroom in the semi-finished basement. All on 12 beautiful acres.
 Call Jerry Thomas Today! #20110331

\$179,800

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

\$249,900

 DON'T MISS OUT!! 3 bedrooms 1 1/4 baths, large living room with newer flooring and a fireplace. Nice sized kitchen and dining room with sliding glass door to backyard. Large family room with a 3rd fireplace and a nice sized laundry/utility room.
 Call Jerry Thomas Today! #20110374

\$695,000

 BEAUTIFUL MODERN LOG HOME offers a lot of special and unique qualities including, hardwood floors, modern kitchen & open floor plan with an office and has heated basement floors. 6 car garage & beautiful maintenance free deck all on 9.32 acres.
 Call Clyde Thorne Today! #20101071

\$199,900 Kenmare

 Beautiful 3 bedroom, 3 bath home, has a master bedroom on the main floor and the other 2 bedrooms upstairs with a full bath. The hot tub on the deck has a great view of the Kenmare Lake.
 Call Clyde Thorne Today! #20101018

\$1,300,000

 TREMENDOUS HOME ON 14.1 ACRES W/4BR's, 4.5 baths and 8 car garage capacity! Unbelievable gourmet kitchen, indoor water feature, and beautifully landscaped exterior. There is over 9,300 sq ft of living space on the main level of this home.
 Call Bruce Walker Today! #20100762

\$232,500

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

\$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

\$109,900

 Cute 2 bedroom home in SW Minot, close to school and library. Home has a newer furnace and a new roof put on in 2008. Enclosed entrance to the home and a small storage shed.
 Call Erich Sinn Today! #20110543

- | | | | | |
|--------------------------------|--------------------------------|------------------------------|-------------------------------|------------------------------|
| Tony Alef.....362-7599 | Neil Gush.....833-9003 | Brenda Larson.....578-5480 | Jim Olson.....240-8761 | Clyde Thorne.....240-8594 |
| Alish Charley.....701-509-5362 | Tasha Haugen.....721-9969 | Brad Livesay.....720-7769 | Lorell Seibold.....721-4996 | Brad Torkelson.....339-8907 |
| Tamie Dunn.....720-1723 | Lori Henderson.....721-0158 | Sara Luedke.....852-0136 | Erich Sinn.....852-0136 | Aisha Vadell.....833-1136 |
| Todd Fettig.....852-0136 | Trenton Kary.....720-6520 | Mike Matteson.....463-2099 | Virginia Slavick.....852-0136 | Dawn VerBruggen.....720-2034 |
| Ken Gorze.....852-0136 | Danette Krumwiede.....720-2335 | Orville Nesdahl.....852-6488 | Jerry Thomas.....833-7578 | Matthew Waind.....721-1166 |
| | | | | Bruce Walker.....852-0136 |

Don Bessette Motors

INVENTORY CLOSEOUT

\$16,990



2004 Chevy **TAHOE LT**
• #M19411 • Gold

\$19,990
3 to choose from



2010 Kia **SEDONA LX**

\$20,495



2006 Subaru **TRIBECA**
• M19564 • AWD • 35K miles

\$21,888



2009 VW **PASSAT**
• M8958A • Leather • Roof • 29K miles

\$21,995



2007 **MAZDA CX9**
• #M19075 • Grey • AWD

\$23,995



2008 Honda **PILOT**
• M19529 • Grey

\$24,495



2011 Ford **TAURUS**
• M19875 • LOADED

\$26,595



2010 Nissan **FRONTIER**
• M19561 • Silver • CrewCab • 4X4 • 11K miles

\$31,777



2011 GM **TERRAIN**
• M19583 • SLT • Leather • Grey

\$31,990



2010 Acura **RDX AWD**
• M19573 • Silver • Leather • LOADED

\$32,995



2008 Chevy **SUBURBAN**
• #M19434

\$35,995



2011 Mazda **CX9**
• #M19576 • Red

\$38,990



2007 Cadillac **ESCALADE ESV**

\$40,995



2010 Lincoln **NAVIGATOR**
• R7916

\$48,990



2010 Infinity **QX 56**
• #M19426 • Silver • LOADED • Leather • Roof • AWD • 21K Miles

Don't forget to ask about our first time buyers program!

DON BESSETTE PRE-DRIVEN SPECIALS

- 2009 CHEVY SILVERADO CREWCAB #12890A was \$36,995...**NOW \$30,988**
- 2008 CHEVY CREWCAB #12855A was \$30,995...**NOW \$27,888**
- 2008 CHEVY CREWCAB #13035A was \$29,995...**NOW \$27,888**
- 2009 CHEVY CREWCAB #12875A was \$30,995...**NOW \$28,777**
- 2006 FORD F250 CREWCAB DIESEL #M18898A was \$27,995...**NOW \$26,344**
- 2008 HONDA RIDGELINE RTL #12822B was \$28,995...**NOW \$26,344**
- 2008 BUICK LUCERNE #M17465 was \$21,495...**NOW \$19,988**

- 2010 CHEVY MALIBU #M19390 was \$20,495...**NOW \$18,988**
- 2008 VW JETTA M19095, 27K, White was \$18,995...**NOW \$17,500**
- 2011 KIA SORENTO was \$24,995...**NOW \$23,995**
- 2010 HYUNDAI SANTA FE was \$23,995...**NOW \$21,990**
- 2010 NISSAN MURANO Grey, 25K miles was \$28,995 **NOW \$26,555**
- 2007 CHEVY TAHOE LT #M6028A, pewter was 25,998...**NOW \$24,888**
- 2008 HONDA PILOT Grey, 18K miles was \$26,995...**NOW \$24,888**

- 2006 HUMMER H3 M19504, black, 4x4, loaded was \$20,995...**NOW \$19,990**
- 2009 HONDA FIT #M19217, like new, 8K miles was \$16,995...**NOW \$15,695**
- 2010 DODGE JOURNEY AWD, White was \$22,995...**NOW \$21,888**
- 2009 CADILLAC CTS #M18415 **NOW \$27,995**
- 2010 CHRYSLER TOWN & COUNTRY #M19106 **NOW \$18,995**
- 2010 FORD EXPLORER #M19560, XLT, White was \$24,995...**NOW \$23,888**
- 2009 DODGE DURANGO #M19580, SLT, White, 39K miles was \$20,995...**NOW \$20,495**

- 2008 VW RABBIT #M18818A was \$12,995...**NOW \$11,775**
- 2010 CHEVY COLORADO #M19568, Red, CrewCab LT, 4X4 was \$25,995...**NOW \$24,444**
- 2010 CADILLAC ESCALADE Pearl White, Nav, Quad Seats, 22 inch wheels was \$57,995...**NOW \$56,495**
- 2005 CHEVY EQUINOX #M19581, Silver, AWD, PW, PL was \$13,995...**NOW \$12,495**
- 2008 GMC YUKON XL DENALI #M19083, Silver, Nav, Wheels, 3rd Seat was \$34,995...**NOW \$33,495**
- 2010 MAZDA TRIBUTE #M19591A **NOW \$20,995**
- 2009 MERCURY SABLE #M19045A **NOW \$17,995**
- 2010 NISSAN CUBE #M19562 **NOW \$16,995**

Stop in today at Don Bessette Motors high atop North Hill • Minot 1715 N. Broadway • 701-852-3300
800-422-1201 • www.donbessettemotors.com • 9 am - 7 pm Mon. - Fri.; 9 am - 6 pm Sat.



Dennis Bessette Dermer Chadwell Terry Epps 2nd Sales March Terry Faul Kevin Johnson 3rd Sales March Rodney McHenry Mitch Melby Robin Shelby 1st Sales March