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WELCOME HOME DEPLOYERS

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

The following Airmen have recently returned from deployment:

5th Bomb Wing

Senior Airman Akyilah Toney

5th Mission Support Group

Master Sgt. Ronald Berry

5th Communications Squadron

Staff Sgt. Walberto Espinoza
Senior Airman Christopher Bell
Tech. Sgt. Mark Brown

5th Comptroller Squadron

Airman 1st Class David Lee

5th Civil Engineer Squadron

Chief Master Sgt. Forest Lisner
Airman 1st Class Zachary Grant
Airman 1st Class Derek McDowell
Airman 1st Class Khristopher Smith

5th Logistics Readiness Squadron

Master Sgt. Gloria Lennon
Staff Sgt. Jerad Davis
Staff Sgt. Jared Miller
Senior Airman Jacob Hefley
Senior Airman Christopher Meredith
Airman 1st Class Zachary Miller
Airman 1st Class Andrew Buckley

5th Medical Operations Squadron

Staff Sgt. Sierra Morris
Senior Airman Adrienne Bowman
Airman 1st Class Samuel Whitten
Airman 1st Class Gabriel Trujillo

5th Medical Support Squadron

Airman 1st Class Dequan Nicholas
Airman 1st Class Joseph Bodd

5th Operations Support Squadron

Airman 1st Class David Melkersman
Airman 1st Class Jessica Quinones

5th Force Support Squadron

Staff Sgt. Janae Steude
Senior Airman Jeeny Gomez



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

Maj. Gen. Floyd Carpenter, 8th Air Force commander, passes the 5th Bomb Wing guidon to Col. James Dawkins as he assumes command May 31. Colonel Dawkins will lead as the 51st commander of the 5th Bomb Wing "Warbirds." The change of command ceremony is one of the Air Force's time-honored traditions.

Warbirds welcome new commander

The 5th Bomb Wing held its change of command ceremony here May 31st at 10 a.m.

In a formal ceremony Col. James Dawkins assumed command as the 5th Bomb Wing commander from his predecessor Col. Douglas Cox. Colonel Dawkins' previous assignment was vice commander of the 509th Bomb

Wing Whiteman AFB, Mo. Maj. Gen. Floyd Carpenter, 8th Air Force Commander was the master of ceremonies for the event.

The change of command ceremony is one of the Air Force's time honored traditions. It is a formal ceremony, previously held with 5th Bomb Wing Airmen in attendance to recognize

their new leadership.

"Don't ever forget our country, our allies, your family and your friends, all count on us to be able to do our nuclear and conventional mission without fail," Colonel Dawkins said.

"We cannot let them down. It's too important."

Global Strike Airmen affected by flood, evacuate

by Airman 1st Class
Jessica McConnell

Minot Air Force Base Public Affairs

Flooding caused by the springtime snow-melt, saturated ground and heavy rainfall led emergency management officials to evacuate more than 10,000 Minot residents, in areas near the Souris River in downtown Minot May 31, including more than 500 Airmen and families assigned here who live off-base.

According to the Minot Emergency Operations Center, the evacuation area affects about one quarter of the city's boundaries, including a large section of downtown Minot. Officials expect river levels to rise significantly by Thursday June 2. Rainfall over the past week has flooded the Minot area, which led to the closing of three bridges and a major roadway, Highway 52.

In response to the rising waters and evacuation of homes, Col. James Dawkins, 5th Bomb Wing commander, offered on-base emergency shelter



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

Water rises toward the top of the river bank along the Souris River here June 1. In preparation for possible flooding, the city of Minot, with assistance from Airmen from Minot Air Force Base, North Dakota National Guard as well as many other organizations, are setting up secondary dikes along the river. The Souris River threatens to break the levies already in place, thousands of Minot citizens, including military members, their families and DoD civilians, have been forced to evacuate the area.

FLOOD continued on page 2

FLOOD from page 1

to all Minot area Air Force Global Strike Command military members, DoD civilians and their families if they were unable to secure accommodations with friends or family.

Mayor Curt Zimbelman ordered mandatory evacuations to be completed by June 1, when the Souris River was expected to crest above flood stage. North Dakota Guardsmen were patrolling door-to-door on the evening of June 1 to ensure all residents within the flood zone were out of potential harm's way.

The Army Corps of Engineers reports that they will be joining forces with the City of Minot to aggressively fight the flood using all available resources. They will be working on the existing and secondary dike systems, officials said.

Due to the heavy influx of evacuees at shelters downtown, base personnel are being encouraged to seek shelter with family or friends, if possible, officials said. Pets were not being accepted allowed in on-base shelters but there alternative options were being made available to pet owners in portions of the city not affected by the evacuation, according to officials. Base members are being kept informed in part by updates posted on Facebook and Twitter, according to the base public affairs office. In addition, the installation telephone hotline is passing along information at 723-1190.

Additional flood information is available at the Flood Hotline at 701-858-9366 or by visiting the North Dakota Department of Transportation website at www.dot.nd.gov.



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

Members of Team Minot work together to prepare sandbags for the incoming floods here June 1. In preparation for possible flooding, the city of Minot, with assistance from Airmen from Minot Air Force Base, North Dakota National Guard as well as many other organizations, are setting up secondary dikes along the river. The Souris River threatens to break the levies already in place, thousands of Minot citizens, including military members, their families and DoD civilians, have been forced to evacuate the area. More photos on page 9.

In order to build dikes, several roads downtown were closed by officials. Residents are being encouraged to avoid main roads to allow for engineers and emergency personnel to the work flood issues.

- Streets closed included:
- 16th Street Southwest underpass near Burdick Expressway
 - Fourth Street Northeast from Main Street to Railway Avenue
 - 18th Street Southeast between

- Burdick Expressway and Eighth Avenue Southeast
 - Hiawatha from Valley Street to 11th Avenue Southeast
 - The area around Fourth Avenue and Seventh Street Northeast
 - Frontage road on north Broadway near MLT
- Bridges closed at three locations:
- 300 block of Fourth Avenue Northwest, west of Sammy's Pizza
 - 1000 block of Fourth Avenue

Northwest near Oak Park

- 1000 block of Second Avenue Southwest

Motorists are being cautioned to treat intersections where traffic signals are not working or where red lights are flashing as four-way stop-sign intersections.

DoD members under evacuation orders are being reminded to contact their first sergeants or commanders for more information.

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		2004 HARLEY DAVIDSON SOFTAIL STD Pipes, wheels, 11,800 miles.....	\$9,995	2008 SUZUKI CSXR 600 (We have 2 of them) Black beauty!, Only 2,000 miles.....	\$7,995	2009 YAMAHA R6 Like new in blue.....	\$8,995

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Veteran recalls days as jet mechanic

by Airman 1st Class

Jose L. Hernandez

Minot Air Force Base Public Affairs

Retired Air Force Master Sgt. and jet engine specialist, Morris A. Walsh, visited Minot Air Force Base May 26, to present base leadership here with an antique photo of a YB-52 Strato-fortress aircraft, which he worked on during his time in service during the early 1950s.

Mr. Walsh explained the YB-52 was a prototype of the B-52H Strato-fortress and was used for experimental testing of aircraft navigation and control systems.

Mr. Walsh said he spent the first ten years of his career as a jet engine mechanic instructor for air training command, and the remaining ten years with research and development command on the advancement of new military aircraft.

"I enlisted into the United States Army when I lived in New York," said Mr. Walsh. "I joined the service before the U.S. Air Force had been established as its own branch."

Because Mr. Walsh became a jet engine mechanic in the U.S. Army, he soon crossed over and became part of the U.S. Air Force during its initiation in 1947.

The retired master sergeant said his longtime interest in aircraft during his youth, quickly led him to enlist in the military following his high school graduation in September of 1946.

"I have always been fascinated and interested in aircraft," said Mr. Walsh. "Even when I was young and had no knowledge of how cars even worked, I was always looking out for aircraft flying down low near our backyard and enjoyed figuring out what type they were."

As a small town boy growing up



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

Retired Air Force Master Sgt. and jet engine specialist, Morris A. Walsh, visited Minot Air Force Base May 26, to present base leadership here with an antique photo of a YB-52 Stratofortress aircraft, which he worked on during his time in service during the early 1950s. During his 20-year career in the Air Force, he worked as a jet engine mechanic instructor for air training command, as well as the research and development command on the advancement of new military aircraft.

near the Hudson River in New York, Mr. Walsh said he later came to realize many of his friends from high school did not go through the experiences he underwent as part of his military life.

"The Air Force gave me an opportunity to travel to various places, both here in the U.S. and overseas," Mr. Walsh said. "It has been a privilege to have been able to work at so many different bases throughout my

career."

He recalled one of his most memorable moments in his career as a time when he was stationed at Laon Air Base, France, as a jet engine instructor.

"I went to Europe to teach mechanics and pilots the different components and inner systems of the B-57 Canberra aircraft," said Mr. Walsh. "During my time there, I had the opportunity to see a lot of sights

around Europe, including Belgium, The Netherlands, Switzerland, and Germany among other places."

Mr. Walsh expressed that regardless of wherever he served, there was never a time where he did not enjoy working with engine aircraft.

"Whether it was fixing engines or teaching students about engine mechanics, I always enjoyed my job," said Mr. Walsh. "It was really the best aspect of my career."

New SARC reinforces program goals

by Airman 1st Class

Jessica McConnell

Minot Air Force Base Public Affairs

Sexual assault has been described as metaphorically killing a person, but then asking them to get up afterwards. It is a way of stealing someone's spirit and their sense of self, yet, they are expected to get back to their life as if nothing ever happened.

Sexual assault is real and it occurs everywhere, even in the Air Force. The Air Force has responded to this by initiating a program called the Sexual Assault Prevention and Response Program. This program reinforces the Air Force's commitment to eliminate sexual assaults through awareness and prevention training, education, victim advocacy, response, reporting, and accountability.

Air Force Global Strike Command Airmen here can turn to this program for help. Heading this base's program is the newly appointed Reagan Lantz, 5th Bomb Wing Sexual Assault Response Coordinator.

"My job is to ensure that the community is aware of reporting situations, educate and prevent all aspects surrounding sexual assault, and to coordinate a 24/7 response system to ensure victim services are in place," said Ms. Lantz.

"I also recruit and lead volunteer

victim advocates who are truly the foundation of this program. The ultimate goal is to reduce and eliminate sexual assaults that occur within the military community."

She said she applied for this job because she has a passion for helping people.

"I saw an opportunity where I could really make a difference in this program and in the base community," she said.

Ms. Lantz is passionate about her job as her experience with sexual assault and victim services is extensive.

"It started when I was a social work graduate intern at a local crisis center," said the SARC. "It has expanded through previous work involving victims and perpetrators of family violence for the last four years. I am also extensively involved with the Domestic Violence Crisis Center, the North Dakota Council on Abused Women's Services, and various committees serving as an expert with violence and the military."

As the new SARC, Ms. Lantz said she hopes to accomplish a lot with her priority being to streamline and organize awareness and response efforts to better serve the community.

"I think a stand-alone program like this needs a good foundation," she said. "Strengthening these efforts will only make this program more

successful."

In particular, Ms. Lantz wants the community to recognize sexual assault as a problem.

"Being a victim of sexual assault is scary and traumatic, but contacting the SARC is safe," she said. "We are here to help victims through this process. A victim should never feel alone. It takes strength and courage to come forward and report sexual assault."

Ms. Lantz believes being supportive of friends and family members who may have been assaulted is important as well.

"This is why the wingman concept is so vital," she said. "It is everyone's duty to watch out for one another. It could be anything from staying at a party even though you want to leave or taking the keys from someone who has had too much to drink. It's all about having each other's back."

She said the SARC and victim advocates can provide resources and tools for secondary victims as well, which include friends and loved ones of the victim.

Currently, the SARC is seeking interested individuals to volunteer as victim advocates.

"Victim advocates are here primarily to help an individual through every aspect of the aftermath of dealing with a sexual assault," said victim advocate Staff Sgt. Dean Sides, 5th

Civil Engineer Squadron assistant NCO in charge of structures.

"From the initial medical exam and law enforcement interview through the court martial, should it come to that, victim advocates are there. Whether the victim makes a restricted or unrestricted report, they will be assigned an advocate, and they will assist the victim in any way possible."

To be a victim advocate, contact the SARC office at 723-5275, or stop by the office, which is located in the 5th Medical Group building on the third floor.

For those who may have been affected by a sexual assault incident, Sergeant Sides urges people to report it.

"Victims can make a restricted report that isn't reported to their chain of command or to law enforcement, but they are still entitled to medical care as well as after-care and a victim advocate," said the sergeant. "Should they make an unrestricted report, the same care is available, in addition to legal procedures and chain of command notifications."

"The most important thing to remember is that it isn't your fault," he continued. "Regardless of the circumstances, you are not alone. We're here to help, all you have to do is call or come in to see us."

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

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

OPERATIONS SAFERIDE

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

Volunteers for the week and week-end of May 23 to May 30 and May 26 to May 29 are from the 5th Logistics Readiness Squadron.

Lives saved through May 23: 547

What you can't learn in a classroom

LAJES FIELD, Azores (AFNS) - May 12 was the day my oldest son, Phil, turned 7. I remember turning 7 very well - it was the age I was finally allowed to have a Barbie! It was also the year I lost one of my best friends. It was a big year!

But on this day Phil learned a little about the world around him, and I watched a bit of his innocence die as I described to him what he was seeing.

This made me realize he's growing up, he understands much more than I could imagine, and I would do anything to make sure he always knows the truth about the men and women who serve our country.

We took the boys to the American History Museum in Washington, D.C., May 12, and they had lots of fun. Of course, the hands-on parts were the best, but we also took them through the "America at War" display where they walked among relics and photos of war. As my husband, Brent, and my sons' grandfather pointed out various things, they learned about how children not much older than them would collect scrap metal during World War II.

They marveled at a Huey helicopter, learning the main job for this machine was not only to bring men into combat, but to take them out - no matter what. They looked at a piece of the Berlin wall, which I remember coming down. I tried to explain why there was a wall in the first place and the joy of watching it crumble.

Then we walked around the corner, and I saw for the first time the World Trade Center. I could reach out and touch it, and as I did I felt the horror of what happened. I had to take my hand off because it was almost hot. As I stared at a mangled piece of metal once part of the 70th floor of Tower 2, my oldest looked at me and pointed to a picture saying, "What happened?" It was a picture

we all know, burned in our memories forever. It portrayed the exact moment of impact of the second plane, with fire and buildings and what I can only imagine as hell.

I saw this image reflected in the eyes of my baby, my son, who very quickly became a boy.

I told him that cruel people took

“...I told him that cruel people took four planes and used them as weapons, two of which hit these buildings and one of which hit the Pentagon. The other went down, missing the target because of heroes...”

four planes and used them as weapons, two of which hit these buildings and one of which hit the Pentagon.

The other went down, missing the target because of heroes. He asked if the buildings could be rebuilt. I told him no, but that we are building something to remember them. I told him the Pentagon has been fixed, but there is a permanent scar in the earth where grass has grown over.

He asked me if people were hurt. I said yes, and that people died, but some did survive and got out in time. He then asked why bad people did this. I didn't have an answer. How do you respond to a child?

I told him this act is why we are at war, and why we can't lose, and that good people are doing something about it.

"People like Daddy?" he asked. With tears in my eyes, I said yes. It hit me that even though my husband wears the same uniform that others wear and drives to an office, he is involved in this war. I looked up and saw a young man standing next to us with tears in his eyes.

"Thank you," he said, and then

Commentary by **Miranda Winn-Poff**
Contributor to the 65th Air Base Wing Public Affairs

looked away. I wondered why he'd said thank you. For Brent's service to our nation? For standing there with him in awe at the metal? For telling a child about what and why we are at war?

I have given birth to all of my sons in a time of war, and was just now telling them about it. I feel bad about this - there are men and women currently dying, hurting, crying and serving, and I owe them more than this.

I know they are young, but some things need to be told. There are members of the greatest generation passing away and no one notices. My sons need to hear and know the names like Doolittle, Easy Company, Hal Moore, Etchberger, J. Cunningham, and S. Giunta, but also the ones of those currently serving.

These are the heroes of our country. These are people to look up to, and tell children stories about.

I looked around the room and saw a few uniforms that had been worn by other active duty members. One had been cut away from a young man's body; it's the same one that Brent wears, only this one is torn and there are stains on it. It took my breath away. My son, Phil, hugged me as my tears welled up.

I was thinking about what we as a country have been through in the last nine years, and it hit me hard. I was standing there staring at the single moment that has caused me more fear, anger and hate, but at the same time, the most patriotic feelings in my lifetime. And as Phil hugged me he said, "Mom, it's OK ... we will fix it."

He is wiser beyond his seven years, and in the 10 minutes we spent in that room, he learned something more than any classroom could teach.

He saw what humans do to each other, bad and good. But in the end, he still believes with all of his heart that there is more good, and I saw a glimpse of the man that he will become.

Commentary by **Chief Master Sgt. Jeffrey Hall**
45th Launch Control Group

Changes what?

PATRICK AIR FORCE BASE, Fla. (AFNS) - From fatigues to BDUs to ABUs. From Air Force regulations to Air Force instructions. Today Strategic Air Command, tomorrow Air Combat Command, the next day Air Force Space Command, the next week brings about the birth of Global Strike Command. From missile wings to space wings and back to missile wings again. From the loose and virtually effortless physical training test requirements levied on us yesterday, to the rigor and discipline required to achieve a passing score today.

You should all remember the recent high year of tenure changes that affected so many of our fellow Airmen (which was actually a return to what they were just a few years ago). And end strength fluctuations - I've seen them several times over. This sums up just a few of the larger-scale changes I've experienced during my time in uniform.

There's no doubt there are a number of factors that could drive the requirement to make a change in any given area. Some may seem somewhat fuzzy when imposed, but gain much greater focus when you look in the rearview mirror, while on the other hand you may never be satisfied with the answers you get as you ask the

question "why," or even as you perform your own independent research.

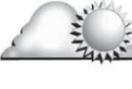
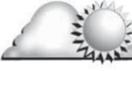
In my experiences, I could clearly understand the logic and rationale behind some, while others only compelled a complete furling of the brow and scratching of the head. At the end of the day though, decisions were made, change was implemented, and it was (and still is) up to each individual where he or she fits into the whole change management effort.

No matter how unique or individu-

alized you may feel as a person, as an Airman, or within your Air Force Specialty Code, in the Air Force we move about as a team. This concept has been a staple of our success time and time again, so as change on many different scales will surely continue to affect our execution, we must be resilient, aid with implementation and adapt accordingly.

For those who haven't accepted that yet, I'd suggest making it your next change.

WEATHER FORECAST

Fri 6/3	Sat 6/4	Sun 6/5	Mon 6/6	Tue 6/7
				
67/52	70/50	74/55	73/57	70/52
Partly cloudy and windy. Highs in the upper 60s and lows in the low 50s.	Slight chance of a thunderstorm.	Mix of sun and clouds. Highs in the mid 70s and lows in the mid 50s.	Partly cloudy. Highs in the low 70s and lows in the upper 50s.	Partly cloudy, chance of a thunderstorm.

The first step is the hardest

Commentary by Tech. Sgt. Terri L. Kaas
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany (AFNS) - It started with an assignment I wasn't too keen on taking. We all have them, where we have already been there, done that and wanted something else. I knew the assignment would be difficult since I recently retrained into a different career field. I hadn't expected, or been told before arriving that I would be a 3-level NCO in charge of a job I was just learning. But it happens. We all work through it and adapt as needed.

Within six months of moving to our new duty location my husband deployed-leaving me alone with our 1-year-old child. This is the stuff they tell us can happen as military couples who have children. No problem, I am a modern woman; I can bring home the bacon, cook it and feed it to my family, then wash all the dishes, bathe the baby and write enlisted performance reports all night.

Then, I couldn't sleep at night. I would sometimes get only 10 hours of sleep for the entire week. It wasn't

an upset baby keeping me up; just an inability to sleep, no matter what I tried. So, I decided to be productive with my insomnia and would bake the workcenter cakes and cookies or even breakfast muffins, all from scratch, because what else is there to do at 2 a.m.?

I started coming to work late and getting appropriately counseled. Then I started losing weight, no matter what I ate. I could eat a double cheeseburger, a large-sized onion rings and a large strawberry shake for lunch and dinner, yet I still lost 30 pounds in just three weeks. I wasn't throwing it up, heavens no, I love food! I was living off of take out, junk food, coffee and lots of candy. How could this be happening?

I didn't know it at the time, but I learned I had some classic symptoms of depression. Symptoms can include depressed mood, loss of interest in activities you used to enjoy, feelings of guilt, hopelessness and worthlessness, sleep disturbances, appetite and

weight changes, difficulty concentrating and lack of energy and fatigue.

According to the National Mental Health Association, approximately 12 million women in the U.S. experience clinical depression every year. About one in every eight women can expect to develop clinical depression in their lifetimes. Women are twice as likely as men to develop depression.

Social and cultural causes can stem from many aspects. The more roles that a woman is expected to play: wife, mother, working woman, etc., the more susceptible she is to "role strain" and its association with stress and depression. Women who receive little help at home, or are single mothers are more likely to experience depression.

I remember the first time that someone genuinely asked how I was, because they were concerned about me. Me. Someone actually wanted to know what was going on and wanted to help. And it wasn't my supervisors, my peers or my commander.

It was my own Airman, who cared enough and noticed that something was wrong and helped me get the help that I desperately needed.

With the help and support of my friend, I was able to find the strength to go to the mental health clinic and receive the help I needed. I was one of the more than 60 percent of service members who think, according to the American Psychiatric Association, seeking help for mental-health issues would have at least some negative impact on their career. This isn't so.

Mental-health disorders have a biological basis and can be treated like any other health condition.

As military members, we have been briefed many times on how to recognize the signs and symptoms of someone who is in need of mental-health assistance. For someone who truly needs help, the first step to wellness is the hardest step there is. Acknowledging your problem is not a weakness, but a step made with incredible strength.

Where have salutes gone?

Commentary by Capt. Joseph Coslett
3rd Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska (AFNS) - During an Airman Leadership School graduation at a previous assignment, a Navy senior chief gave a motivating speech to challenge the leaders of tomorrow. This was quickly followed by the introduction of the "dead fish."

The installation commander gave the Levitow Award and other academic and professional awards for excellence, but the comments following the ceremony were about the commander's dead fish salute. The question I had the pleasure of answering was, "How come a colonel does not know how to salute properly?"

The event opened my eyes to seeing many officers and enlisted alike avoiding salutes or giving unprofessional versions. I've seen the dead fish salute, the "Hey, how you doing?" salute, the quick tap, the half salute, the leaning salute and others. Maybe this is because I went through

two different basic trainings, basic military training and officer training school, at which I learned how to salute. If I did not salute properly, I was immediately corrected.

Last time I checked, our last core value is "excellence in all we do." This means we should always strive to look professional and have on our game face. As an important custom and courtesy, the salute deserves no less attention, especially at the higher ranks.

In another case, I recently had the pleasure of experiencing an officer, who was leaning on a truck, actually salute me from a slouching position. He showed me the ever-so-popular "Hey, how you doing?" salute, which starts at about the shoulder and ends in a "hi" gesture. He never returned the mutual respect - saluting should be automatic, not an afterthought.

The history of the salute varies, but one story dates back to the days

of the kings and knights when it was customary for knights dressed in armor to raise their visors to friends for the purpose of identification. Another version states that British navy junior officers would uncover when addressing a senior. Gradually over time, the removal of the cap evolved into merely touching the cap, or if uncovered, the head, and finally into the salute.

Saluting is one of the oldest military traditions. It is a courtesy exchanged between service members when greeting and a symbol of mutual respect. The salute steps are simple and if performed correctly look professional.

- Extend and join the thumb and fingers
- Raise the right hand smartly until the tip of the forefinger touches the lower part of the headgear or forehead above and slightly to the right of the eye
- Turn the palm slightly inward

until the person saluting can just see its surface from the corner of the right eye

- The upper arm is parallel to the ground; the elbow is slightly in front of the body

- Incline the forearm at a 45 degree angle; hand and wrist are in a straight line

- Complete the salute after it is returned by dropping the arm to its normal position in one sharp, clean motion.

I challenge you to not let complacency set in, and to salute properly. It only takes seconds out of your day, but it is a representation of who you are. Are your people worth it? Are your fellow professionals worth it? Think about when our heroes pay the ultimate sacrifice and our outstanding honor guards render the proper salute to the member and the flag. You work with heroes every day. Are they worth it?

Commentary by Capt. Heath Allen
386th Air Expeditionary Wing Public Affairs

Your story matters

SOUTHWEST ASIA (AFNS) - When I sat down to pen this commentary, I sifted through leadership quotes. I thought about all the cerebral, ornate language from squadron officer school that lulled me into a slumberous submission. I thought about all of the other commentaries I've read throughout my career and how someone, somewhere should invent a sarcasm font.

Yes, you've all undoubtedly been pelted with nuggets of knowledge from military leadership manuals on how to be a team player, how to lead teams, and how to operate effectively and make key decisions in joint and coalition environments. The leadership experts provide us detailed instructions on how to lead from the front, from the rear, from your cozy leather office chair and from the battlefield.

But no leadership literature that I've ever read can prepare a person for that first deployment, that first time away from family, missing that first Christmas, that important birthday or that entire baseball season.

While I knew all of that would occur, it wasn't real until it happened. When it transpires and you're side-

lined, unable to participate in your family's life, it becomes very real.

Watching iPhone videos of my son's baseball games, his soccer matches and his birthday party - it almost made me feel like I was experiencing life in third person, like it was someone else's story and I had a backstage pass to hang out with the narrator. It's virtually real, but you're not living it.

In my job in public affairs, my primary mission is to shine a spotlight on all the hard-working Airmen who are deployed here away from their families, missing all of those same moments. My objective is to show the families how their loved ones are important to the mission.

While this is only my first deployment, I know there are service members missing their kids' childhoods in six-month chunks of time, a year in some instances. Those are moments you can't retrieve. Once they've passed, they are forever gone. They are someone else's memories now - your vicarious recollections.

While it has become the party line to talk about sacrifice, commitment, duty, love of country, etc., one can't help but wonder what those concepts

mean to a child, what they mean to my 11-year-old son.

I'd love to offer an insightful, motivating monologue that furnishes the solutions, articulated with all the right words, both inspiring and true. But the answer is, I don't know.

I don't know what those words mean to children. Hopefully, they understand. All you can do is try to help them comprehend why the world requires people like you and me, how we're all integral pixels in the big picture.

I'm not going to fill my son's head full of patriotic delusions and tell him that this country's perfect. I'm quite certain he would quickly spot that as a lie anyway.

But what I can do is my job, to harness my aptitudes in an effort to help those children, my child, understand why we're all here, why not just the country but the world needs our help, that we're involved in something meaningful and that we're all making personal sacrifices to help leave the world better than we found it.

The most valuable mission of public affairs is to tell the Airman's story. It's our job to convey the message of how critical your job is to the world,

and most importantly, express those sentiments to your family.

To me, that's immensely important, because it's not just the military members making that sacrifice. It's the 11-year-old boy whose dad is suddenly not there to offer motivation and encouragement after that double in the gap or that disappointing strikeout. It's the little girl whose mom is flying C-130s or turning wrenches instead of making French braids and coaching soccer matches.

It's important for that little boy and that little girl to know their sacrifices are meaningful, too, their mom or dad has a purpose here, and some other child in another country may get one step closer to experiencing the life and the freedoms we enjoy every day because of what they had to give up. That's what I've tried to accomplish here during my first deployment. Your story is monumental and your families all need to hear it.

While the country may borrow your services from time to time and you will undoubtedly be faced with the arduous journey of another deployment, please don't forget to tell those loved ones back home how important they are to the mission, too.

Minot Air Force Base 2010 Water Quality Report

Terms for this Report

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health.

mg/L (milligram per liter): Or part per million, the parts of contaminant per million parts of water. Roughly equivalent to one drop per 10 gallons of water.

MRDL (Maximum Residual Disinfection Level): The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

ND (Not Detected): Or below the detectable level of the test procedure.

NTU (Nephelometric Turbidity Units): A measure of how clean the water is, caused by suspended matter in the water.

pCi/l (picocuries per liter): A measure of radioactivity

ppm (parts per million): Or milligrams per liter, roughly equal to one drop per ten gallons of water or one minute in two years.

ppb (parts per billion): Or micrograms per liter, roughly equal to one drop in ten thousand gallons of water or one minute in two thousand years.

ppt (parts per trillion): Or nanograms per liter, roughly equal to one drop in ten million gallons of water.

ppq (parts per quadrillion): Or picograms per liter, roughly equal to one drop in ten billion gallons of water, or a four-year water supply for Minot.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

Table 1. Detected Regulated Contaminants					
Contaminant	MCLG	MCL	Level or Range	Date Tested	Source of Contaminant
INORGANIC CONTAMINANTS					
Arsenic (ppb)	0	10	3.41	5/10	Erosion of natural products; runoff from orchards; runoff from glass and electronics production wastes
Barium (ppm)	2	2	0.00795	6/10	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium (ppb)	100	100	2.1	6/10	Discharge from steel and pulp mills; Erosion of natural deposits
Fluoride (ppm)	4	4	1.42	6/10	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate + Nitrite (ppm)	10	10	0.44	2/10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium	50	50	4.54	6/10	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
DISINFECTION BYPRODUCTS					
Total Haloacetic Acids (ppm)	0	60	12 9.36 to 15.21	3/09	Byproduct of drinking water chlorination
Total Trihalomethanes (ppb)	0	80	53 49.47 to 56.83	3/09	Byproduct of drinking water chlorination
DISINFECTANTS					
Chloramine residual (ppm)	MRDLG 4	MRDL 4	1.46 1.4 to 1.8	3/09	Water additive used to control microbes
OTHER CONTAMINANTS					
Copper (ppm)	1.3	AL=1.3	0.031*	9/09	Corrosion of household plumbing systems; erosions of natural deposits; leaching from wood preservatives
Lead (ppb)	0	AL=15	1.03*	9/09	Corrosion of household plumbing systems
Total Coliforms	0	5% of monthly samples	0	9/10	Naturally present in the environment
RADIOACTIVE CONTAMINANTS					
Gross Alpha (pCi/l) Inc RA Exc RN&U	15	15	1.52	11/09	Erosion of natural products
Radium, combined (226, 228) (pCi/l)	0	5	0.00919	11/09	Erosion of natural products
Uranium, combined (ppb)	0	30	0.722	11/09	Erosion of natural products

*This value represents the 90th percentile value of the most recent round of sampling.

Table 2. Other Parameters

Hardness	115 mg/l or 6.7 grains per gallon
Total dissolved Solids	733 mg/l
Conductivity	1220 µmhos/cm
Sodium	223 mg/l
Flouride	1.24 mg/l
pH	9.3
Calcium	53 mg/l
Iron	0.833 mg/l

INTRODUCTION

We're very pleased to provide you with Minot Air Force Base's 2010 Water Quality Report. We want to keep you informed about the excellent water and services you have received over the past year. Our goal is and always has been, to ensure you receive a safe and dependable supply of drinking water. **We are pleased to report that our drinking water is safe and meets all state and federal requirements.**

WHERE DOES OUR WATER COME FROM?

Minot has two sources of water: the Minot Aquifer and the Sunde Aquifer. The Minot Aquifer follows the Souris River in this vicinity, and the wells are in the valley in the west part of Minot. The Sunde Aquifer comes from the north, travels under Minot, turns and goes southeast to the county line. The wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Plant is located beside the Souris River at 900 16th Street Southwest. Minot used approximately 60% Sunde Aquifer and about 40% Minot Aquifer water in 2009.

Minot is currently working on what is called the NAWS or Northwest Area Water Supply project. This will bring Missouri River water from Lake Sakakawea to Minot where it will be treated and sent out to satisfy the water needs of much of northwest North Dakota,

including Minot AFB.

WELLHEAD PROTECTION

The City of Minot participates in North Dakota's Wellhead Protection Program. The City of Minot has completed the delineation and contaminant/land use inventory elements. Based on information from these elements, our source water has been determined to be moderately susceptible to potential contaminants. Copies of the Wellhead Protection plan and other relevant information regarding this program can be obtained from the City of Minot Engineers Office, Public Works during normal office hours.

THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments all customers must receive a report on the quality of their drinking water. This report covers the calendar year 2010. These results represent the latest tests performed on our water. Also included in the report are pertinent subjects such as water sources, water quality, and a description of terms used.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800-426-4791).

ANALYSIS OF MINOT AFB DRINKING WATER

There are 83 substances that are regulated by the EPA, all regulated substances found in our water are well within the established limits and are listed in Table 1. There are a number of components common in all water. Since Minot has 14 different water sources, these components can vary, but their averages are listed in Table 2. In addition to the regulated substances Minot also test for turbidity(clarity) and disinfection by-products. Soon to be added are radon, sulfates, and more disinfection by-products.

A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm run-off, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

Organic chemicals, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water run-off and septic systems.

Radioactive materials, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Minot AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. **Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.** If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

If you have questions regarding this report, please contact Minot AFB Bioenvironmental Engineering at 723-5151. You may also attend the Minot City Council Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4752. Also, if you are aware of non-English speaking individuals who need help with the appropriate language translation, please call Debbie Chappo at (701) 852-0333.

Memorial Middle School Honor Roll

Fourth Quarter

8th Grade Highest Honors

Colin Bowley, Adanya Cleveland, Sarah I Eddins, Samantha Hansford, Autumnne Haskell, Dejah Henley, Michaela Hepler, Caleb Johnson, Jacob Johnson, Kari Keys, Malena Lennon, Ry-lie Morgan, Samantha Rodriguez, Adam Schutt, Casey Smith, Jasmine Spitzer, Matthew Stoss, Macie Stucki, Alisabeth Tuggle, Scott VanTilborg, Mason Whited and Kaleth Wright.

8th Grade High Honors

Trey Battles, Austin Brands, Andrew Bucholtz, Gabrielle Buckles, Channing Clarke, Knacks Dominquez, Emily English, Zoie Grossman, Macey McCoy, Dominique Mikula, Kendall Mills, Tyler Stevens, Katlynn Taylor and Sarah VanDuser.

8th Grade Honors

Micah Getty, Jaylynn Johnson, Lindsay Kopecky, Katelyn Rhoads, Jacob Scoggins, Reece Shearer, Zachary Silva, Miranda Singleton and Dallas Watson.

7th Grade Highest Honors

Tarryn Ballard, Samantha Ellingsworth,

Leah Ely, Brynn Hoggan, Aja Hoskin, Ocean Houston, Gabriela I Lara, Megan Lisner, Alyssa McDonald, Hunter Merwin, Irene Morgan, Erik Muhlberger, Rachel Pierce, Hannah Presciti, Hayley Presciti, Briyonna Reid, Madelaine Richardson, Sasha Ritchie, Jewel Spitzer, Ashlyn Warsitz and Ericka Warsitz.

7th Grade High Honors

Calista Cartwright, Mark Chronister, Christopher Collando, Mason Denny, Devon Dubyak, Darius Evans, Ian Herman, Jazmyn McClure, Emma Moore, James Morgan, Anthony Reybok, Christopher Rickenbach, Cassandra Sexton, Niki Spagnola, Sabrina R Stark and Blake Wasser-man.

7th Grade Honors

Rebecca Ballard, Cheyanne Braun, Alissa Bucholtz, Damian Burns, Bailee Carter, Jordan Chambers, Leila Collins, William Cummings, Alexis Fiebiger, Joseph Fields, Jada Grable, Jun Kim, Kendrick Kruskie, Payton Lee, Alex Manning, Alexis Myles, Josiah Ranger, Kiara Rosario, Kylee Tyner, Destinee Whitney, Michael Willis and Mackenzie Young.

CROSSWORD PUZZLE

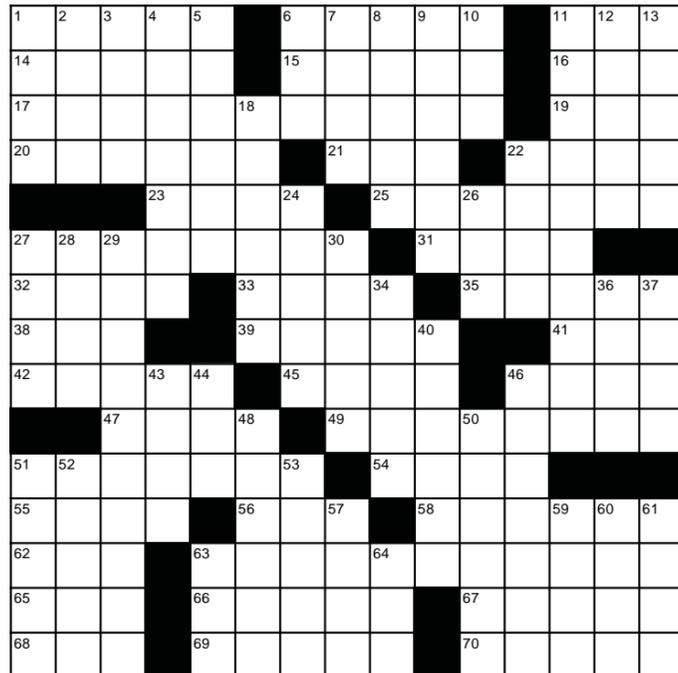
ACROSS

1. Crucifixes
6. Modify to one's needs
11. Victoria's Secret item
14. See eye to eye
15. Boldness in battle
16. Tarzan portrayer Ely
17. The largest of a Spanish island group
19. Escape clause
20. Friendly
21. Miracle-___ (plant food brand)
22. Suffix with sermon or kitchen
23. Wee particle
25. Covered with peat moss, say
27. Duke or baron
31. Webmaster's creation
32. [sigh]
33. Old hands
35. Anthony Quinn title role
38. ___ Bingle (Crosby)
39. Time on the job
41. Summon a genie, in a way
42. ___ Martin (classic car)
45. On the briny
46. Banjoist Scruggs
47. Black cat, maybe
49. In an aimless manner
51. Puts a match to
54. Pare down
55. Off one's rocker
56. Fate of Wednesday's child
58. "Don't move a muscle!"
62. Biblical judge
63. Do something
65. ___ Bernardino
66. Like most Turks
67. Pong maker
68. "For shame!"
69. Commandment word
70. Deluded

DOWN

1. "___ M-O-P-P ..."
2. Tyrannical sort
3. Algerian port
4. Disclaimers, e.g.
5. Give a Quaalude to
6. Clark's "Mogambo" costar
7. "Nerts!"
8. Burglar deterrent
9. Like a sponge
10. Take a whack at

Information Please!



- | | |
|------------------------------------|-------------------------------|
| 11. Ronald Reagan film of '38 | 40. Protectionist's tax |
| 12. Mail carrier's beat | 43. Skip over |
| 13. Fed the kitty | 44. Bottom line |
| 18. Walks in wooden shoes, perhaps | 46. International accord |
| 22. Outer: Prefix | 48. Fairly modern |
| 24. "I Remember Mama" mama | 50. Common rooftop item, once |
| 26. Claiborne of fashion | 51. That is, classically |
| 27. Zilch | 52. Big bashes |
| 28. Corrida cheers | 53. Bulgaria's capital |
| 29. Turturro/Goodman film of '91 | 57. List-ending abbr. |
| 30. Library no-no | 59. "Zounds!" |
| 34. Dummy Mortimer | 60. Zilch |
| 36. Ives of "East of Eden" | 61. March slogan starter |
| 37. With adroitness | 63. ___ Cruces, NM |
| | 64. Tiny colonist |

Solution to puzzle from last week.



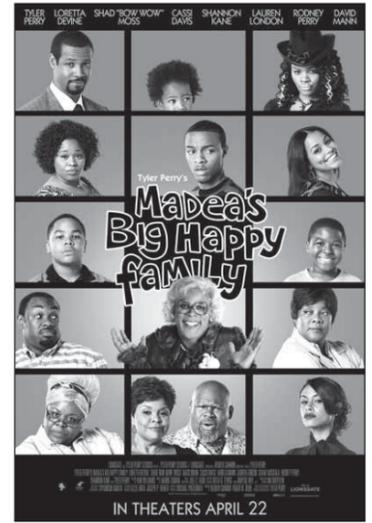
UPCOMING MOVIES

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

Madea's Big Happy Family

Friday, June 3, at 7 p.m.

Madea jumps into action when her niece, Shirley, receives distressing news about her health. All Shirley wants is to gather her three adult children around her and share the news as a family. It's up to Madea, with the help of the equally rambunctious Aunt Bam, to gather the clan together and make things right the only way she knows how: with a lot of tough love, laughter ... and the revelation of a long-buried family secret.

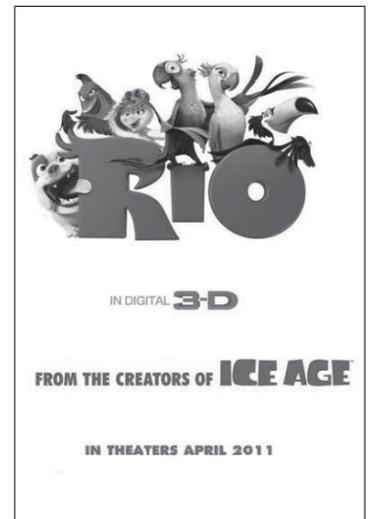


Rated PG-13 for drug content, language and some mature thematic material. 1 hr. 46 min.

Rio

Saturday, June 4, at 7 p.m.

Blu is a domesticated Macaw who never learned to fly, and enjoys a comfortable life with his owner and best friend Linda in the small town of Moose Lake, Minnesota. Blu and Linda think he's the last of his kind, but when they learn about another macaw who lives in Rio de Janeiro, they head to the faraway and exotic land to find Jewel, Blu's female counterpart. Not long after they arrive, Blu and Jewel are kidnapped by a group of bungling animal smugglers. Blu escapes, aided by the street smart Jewel and a group of wise-cracking and smooth-talking city birds. Now, with his new friends by his side, Blu will have to find the courage to learn to fly, thwart the kidnappers who are hot on their trail, and return to Linda, the best friend a bird ever had.



Rated PG for mild off-color humor. 1 hr. 36 min.

SUDOKU

Solution to puzzle on page 18

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



Missouri River/Lake Oahe boat ramp status

High water levels on the Missouri River have closed or restricted access at virtually every public boat ramp from the Garrison Dam south to the MacLean Bottoms area, according to Bob Frohlich, North Dakota Game and Fish Department fisheries development coordinator.

"The high releases from the Garrison Dam are impacting everyone along the river, including boaters and recreationists," Frohlich

said. "With the exception of the Tailrace ramp, all ramps down to and including MacLean Bottoms will be effectively inoperable within the next week or by about June 1."

Due to record flows forecasted well into summer, Frohlich said the affected public boating access areas will likely remain unusable for an extended time.

Game and Fish will post ramp status updates as they occur on its website at gf.nd.gov, and will alert the public of any changes through a department press release.

In addition, an idle-speed-only restriction is in effect until further notice on the Missouri and Heart rivers in the Bismarck-Mandan area.

The north boundary of the idle-speed-only zone is the power lines approximately 1,000 feet south of the Steckel (Wilton) boat ramp, about 23 river miles north of Bismarck.

The southern boundary is

the MacLean Bottoms Wildlife Management Area boat ramp about 19 miles south of Bismarck.

The idle-speed-only zone on the Heart River starts at the confluence of the Heart and Missouri south of Man-

dan, and extends upstream to the ND Highway 6 bridge.

Idle-speed-only is defined as operating a boat or other watercraft at the slowest possible speed necessary to maintain steerage.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

This vast expanse of water was foreboding, especially at night.

In the blackness of nightfall her deep infinity of nothingness was more than intimidating – it was downright dangerous.

Throughout much of her history, navigating Lake Sakakawea at night was something not many people wanted to do.

They had good reason: Stretching more than 160 miles long and often more than a mile wide, only distant smatterings of yellow light served as any indication a life form existed somewhere beyond.

The U.S. Coast Guard installed 12 navigation beacons in the 1980s at various locations along the big lake to help guide those venturing into Sakakawea's hole of darkness: Mallard Island, Fort Stevenson State Park, Sakakawea Bay, Beulah Bay, Nishu Bay, Red Butte Bay, Little Missouri, Independence Point, Bear Den Bay, Little Knife Bay, Tobacco Garden, and Lewis and Clark State Park.

But time moves on and beginning this year, the beacons will as well. Their concrete foundations are eroding away, falling victim to the whims of pounding waves, wind and ice. They're increasing costly to maintain. The original beacons and their massive solar-powered batteries were replaced in 2004, described N.D. Game and Fish Department fisheries biologist Russ Kinzler. "They used to be big old things with a big solar battery...now they're a fraction of the size they were."

The problem the beacons face, though, is they're all virtually hanging in limbo above Lake Sakakawea and shorelines are eroding. Waves will take beacons at Sakakawea State Park, Mallard Island and Little Knife Island this year if they're not moved or replaced, Kinzler explained.

Even if they weren't about to take a belly-flop, their battery life expectancy is anticipated to extinguish this year, Kinzler said, and are costly to replace. Rather than attempt to fish them from the water after

they fall or sink large dollars into batteries, the first beacon was removed from Sakakawea State Park May 25.

Besides, modern technology has blossomed.

The marvel of Global Positioning Systems – GPS – is so commonplace in today's world. Communications systems are technologically superior to what they were just a few scant years ago.

The beacons are old, tired, and outdated.

A little bit of lake nostalgia dismantled bolt by bolt.

For decades, anglers went to "the beacon" or "beacon point" in search of walleye.

Countless anglers caught fish by "the beacon" or "beacon point".

Like a sixth sense, everyone knew what someone else meant when they said they caught their whopper by "the beacon".

As the beacons become distant memories, future generations of anglers perhaps will reference "this waypoint" or "that waypoint" until the next technological advancement comes along to take its place.

The beacons will slowly go by the wayside over the next couple of years.

The next time you're on the lake, look around for a lone beacon of light. Close your eyes and imagine a young, foreboding, massive body of water that was an early Lake Sakakawea in the 1950s and 1960s. She was a reservoir the size of nothing seen before in the United States, let alone North Dakota.

For nearly half of her life, those beacons of light guided many a boater safely home through Sakakawea's deep infinity of nothingness at night.

Quote of the Week:

"The main reason we're taking them down is they're eroding into the lake and there's no place to move them. If you move them too far away, the maps are wrong."

- N.D. Game and Fish Department fisheries biologist Russ Kinzler

Spring walleye spawn wrapped up

Fisheries crews concluded a successful walleye spawning season despite the latest start on record.

Jerry Weigel, fisheries production and development section leader for the North Dakota Game and Fish Department, said department staff, along with personnel from the Garrison Dam Fish Hatchery waited for ice to vacate the walleye collection sites on Lake Sakakawea and Devils Lake.

"With the help of the late spring blizzard, strong winds blew everything open," Weigel said. "There has never been a time when we didn't collect walleye eggs in April, but this

year we got our first nets set May 2 and the first eggs were collected May 4."

The record water levels on Devils Lake made netting extremely difficult, so crews collected all 60 million walleye eggs from Lake Sakakawea over a 10-day period. "Catches of more than 1,000 walleye a day on Lake Sakakawea made for large egg takes," Weigel said. "Given the great catch on Sakakawea no eggs were collected from Devils Lake this spring."

Weigel said plans are to stock approximately 10 million walleye fingerling into nearly 100 waters in mid-June.

Leave baby animals alone, motorists advised of deer

The North Dakota Game and Fish Department emphasizes a simple message to well-intentioned humans who want to pick up and rescue what appear to be orphaned baby animals – don't touch them. Whether it is a young fawn, duckling, cottontail rabbit or a songbird, it is better to just leave them alone.

More often than not young animals are not abandoned or deserted, and the mother is probably watching nearby. Young wildlife are purposely placed into seclusion by their mothers to protect them from predators.

Anytime a young wild animal has human contact its chance for survival decreases significantly. It's illegal to take wild animals home, and captive animals later returned to the wild will struggle to survive because they do not possess learned

survival skills.

The only time a baby animal should be picked up is if a young songbird is found on a doorstep. If that is the case, the young bird should be moved nearby to suitable habitat.

Citizens should also steer clear of adult wildlife, such as deer or moose that might wander into urban areas. Crowding stresses animals, and this could lead to a potentially dangerous situation.

Also, motorists are reminded to watch for deer along roadways. June is one of the peak months for deer-vehicle accidents because young animals are dispersing from their home ranges.

The number of reported deer-vehicle collisions in 2010 was 2,949, the fourth consecutive year with declining numbers and the lowest since 2000.

Team Minot Flood Fight



(U.S. Air Force photo/Airman 1st Class Aaron-Forrest Wainwright) Members of Team Minot work together to prepare sandbags for the incoming floods here June 1. In preparation for possible flooding, the city of Minot, with assistance from Airmen from Minot Air Force Base, North Dakota National Guard as well as many other organizations, are setting up secondary dikes along the river.



(U.S. Air Force photo/Senior Airman Michael J. Veloz) The Souris River threatens to break the levies already in place, thousands of Minot citizens, including military members, their families and DoD civilians, have been forced to evacuate the area.

Labor Department grants to provide veterans job training

by Donna Miles
American Forces Press Service

WASHINGTON (AFNS) - As part of an interagency effort to support America's veterans, the Labor Department announced \$37 million in grants to provide job training for about 21,000 veterans, many of them homeless or at risk of becoming homeless.

Labor Secretary Hilda L. Solis announced the grants June 1, awarded to continue successful programs into their second and third years.

Twenty-two grants totaling more than \$9 million will provide job training to about 4,000 veterans to help them succeed in civilian careers, Labor Department officials said. Those funds, provided through the Veterans Workforce Investment Program, emphasize training in "green" jobs related to energy efficiency and renewable energy, modern electric power development and clean vehicles.

"Our veterans sacrifice so much for our country, so it is important that we provide assistance to them when they return home from active duty," Secretary Solis said. "These grants will help veterans access the resources they need to find good jobs and build a bright future for themselves and their families."

Secretary Solis also announced 122 grants totaling more than \$28 million to provide job training to about

17,000 veterans who are homeless or at risk of becoming homeless.

These grants, awarded under the Labor Department's Homeless Veterans Reintegration Program, include \$4.3 million for the Homeless Female Veterans and Veterans with Families Program and \$3.9 million for the Incarcerated Veterans Transition Program that helps veterans who have served time in justice facilities, officials said.

Homeless veterans may receive occupational, classroom and on-the-job training, as well as job-search and placement assistance and follow-up services, through the programs.

"The Homeless Veterans Reintegration Program is recognized as an extraordinarily efficient and effective program, and is the only federal program that focuses exclusively on employment of veterans who are homeless," Secretary Solis said.

The Labor Department grants are awarded to state and local agencies, boards and nonprofit organizations that have demonstrated through first-year funding their ability to administer effective programs to veterans within their geographic areas, officials said.

More information on the Labor Department's unemployment and re-employment programs is posted at www.dol.gov/vets. Chairman of the Joint Chiefs of Staff Navy

Adm. Mike Mullen has been a staunch advocate of programs to support veterans who have transitioned from military service. "They bring home a potential that is unimaginable for the future of our country," he said May 11 at Arizona State University's Phoenix campus. "This is an exceptional group, and they will make a difference for a long time to come."

Admiral Mullen recognized the Post-9/11 GI Bill as a big step in helping tens of thousands of veterans get the training and education many seek. But he also called communities a key part of helping combat veterans make a smooth transition following wartime service. "If we can just open up our lens to be inclusive of them as they return home, with that little boost, I really believe they will take off and make a huge difference for the future," he said.

Meanwhile, Veterans Affairs Secretary Eric K. Shinseki is leading President Barack Obama's effort to eliminate homelessness among veterans by 2015.

"As the president has said, 'We're not going to be satisfied until every veteran who has fought for America has a home in America,'" Secretary Shinseki told the Marine Corps League in February. "If you wonder what I will be working on for the next several years, this is it. We will end veteran homelessness in 2014."

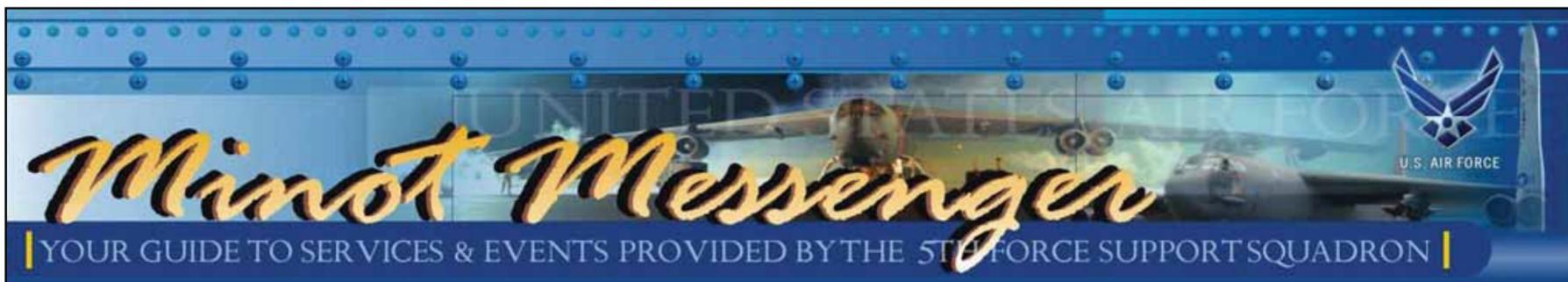
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 <p>\$125,000 LIKE NEW - 3 bedroom, 2 bath 2010 modular home with permanent foundation on a 85x135 lot. Open floor plan with 1057 sq ft of space. Large wrap around deck, new well and septic. MLS #20110327</p>	 <p>\$355,000 TERRIFIC VIEWS- 4 bedroom, 3 bath home on 1 acre with 2 tiered decks to enjoy the valley view. Open kitchen, dining area and great room w/gas fireplace-perfect for entertaining. Walkout lower level. Attached triple garage. MLS #20110571</p>	 <p>\$245,000 FAMILY SIZE- 5 bedroom, 3-1/2 bath home close to park and school. Large dining room, hardwood floor in living room, kitchen w/pantry, large lower level family room, double garage and nicely landscaped backyard. MLS #20110152</p>			
 <p>Susanne Hoskin 833-0160 susanneh@srt.com</p>		 <p>Tia Marshall 509-6308 tia_marshall@rocketmail.com</p>			

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Create A Memory During The Daddy & Daughter Dance

Everyone's life is full of unforgettable memories: graduation from school, the day you got married, the birth of your child, and more; all have special places in your heart. The Community Center is providing dads and daughters an opportunity to add another wonderful event to their memory during the Daddy/Daughter Dance on Thursday, June 9th. The event will be held at the Jimmy Doolittle Center from 5:30-8:30 p.m.

The Daddy/Daughter Dance provides fathers a chance to share an evening with their daughter that they will never forget. The event includes dinner, music, dancing, and making memories. Each young lady receives a complimentary corsage as well as a tiara and wand as part of this magical night. The admission price includes a free photo of the daddy and daughter.

The menu for the Daddy/Daughter Dance has been designed to fit the tastes of the young attendees. The dinner includes tossed greens with ranch dressing, crispy crunchy chicken tenders, macaroni and cheese, buttered green beans, rolls with whipped butter, a dessert table with assorted freshly baked cookies, and beverage including iced tea, water, and coffee.



Tickets for the Daddy/Daughter Dance are \$25 per couple (dad and daughter) for club members and \$30 per couple for non-members. Each additional child is \$5 for dads with more than one daughter. Tickets can be purchased at the Jimmy Doolittle Center, Youth Center, Child Development Center or Community Center. A limited number of tickets are available for this event so purchase your tickets early. Tickets must be purchased by June 7, 2011. Formal or semi-formal attire is required. For details, call the Community Center at 723-4670.

Currently Deployed & Returnee Family Dinner Is June 23rd

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 June 23rd from 5-6:30 p.m. at the Airman & Family Readiness Center patio. 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 June 17th by calling 723-4500; seating is limited.

Eligible participants include any deployment

returnee who came home after May 26th, 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 June is hosted by the Airman & Family Readiness Center and 5 FSS.

Families of currently deployed personnel and deployment returnees can also use this occasion to discover more about the PLAYpass Respite Deployment Support Program. Representatives from 5 FSS activities will be on hand to provide information on events and programs which qualify for free or reduced cost when the eligible member and/or family members utilize the PLAYpass.

Closure Of Certain Areas Required During Fitness Center Renovation

Due to the upcoming renovation project, we would like to apologize in advance for the closure of the basketball courts, indoor track, group exercise room and racquetball courts during the time periods listed below:

13-19 June 2011:

- The basketball courts and entire gymnasium floor, group exercise room and indoor track will be closed for floor renovation/resurfacing.
- All Unit PT sessions scheduled for any of the above areas will need to find an alternate location (outside track, soccer field, base runs, etc).
- All outside areas will be utilized on a first come first serve basis and will be shared by all units. Reservations will not be taken during this time. We encourage UFPM's and PTL's to plan accordingly for unit PT and work with other UFPM's for use of the shared space.
- Air Force Fitness Assessments will NOT be administered (due to unpredictable weather outside and construction inside) during this time. UFPM's will need to reschedule all personnel for earlier or later June dates.

20-26 June 2011

- The racquetball courts will be closed.
- The family workout room should not be affected*.

* If concerns arise, the family room will be blocked off for customer use for the duration of work.

These dates are based on the contractors renovation projected start/end dates. We will let everyone know of any changes in dates and/or status. Again, we apologize in advance for any and all inconvenience. This project is long overdue and we're excited that we can improve the facility for our customers. Please direct all questions to: Mr. Paul Stubbs/MSgt Lundberg, 723-2145 or SMSgt Molina, 723-2717.

A Midsummer Knight's Read

Kick-Off Party

June 11th, 1:00pm

@ Your Library

Sign-up for the Library's Summer Reading Program! Enjoy a Medieval Faire with jousting & demonstration fights by Minot's Society for Creative Anachronism! We will also have crafts, games & a puppet show!

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

Rockers Old School Night

Come to J.R. Rockers on June 4th 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. Event is free for club members and \$5 for non-members. Call J.R. Rockers at 727-ROCK for more information.

Stars and Stripes Scramble

The Rough Rider Golf Course is hosting the Stars and Stripes Scramble on June 11th beginning at 9 a.m. This 18 hole, four person scramble is sponsored in part by Morelli's Distributing. Entry fee for the tournament is \$25 plus green fees and includes lunch at the completion of play, Pro Shop games, and prizes; cart rentals are \$15. Reservation deadline is June 9th. Call the Rough Rider Golf Course at 723-3164 for further details. *No Federal Endorsement of Sponsor Intended.*

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, June 10th. \$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.

First Steps T-Ball Registration

The Youth Center is holding registration for the First Steps T-Ball class now through June 17th. This class is for youth ages 3 and 4. Cost is \$30 for members and \$35 for non-members. Children are signed up for either a Monday or Tuesday class held from 10.a.m. to 11 a.m. Monday classes are scheduled for July 11th, 18th, & 25th, August 1st, 8th, and 15th. Tuesday sessions will be July 12th, 19th, & 26th, August 2nd, 9th, and 16th. Parents participation is mandatory and parents are required to attend a meeting on June 23rd at 5:30 p.m. at the Youth Center. Space is limited and registration may end early if slots are filled. For additional information, contact the Youth Center at 723-2838.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on June 11th, 18th, and 25th. 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.

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 June 13th 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.

Swimming Lesson Open Enrollment

Swimming lesson open enrollment will be held at the outdoor pool on Monday, June 6th at 10 a.m. The swimming lesson session runs from June 6th to June 17th. Cost of the lessons are \$30 per person. Participants must be 5 years of age or older. Lessons will be held at the indoor pool during poor weather. Call Outdoor Rec at 723-3648 for more information.

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.

Sign Language Camp

The Sign Language Camp is slated for June 13th to June 16th from 1-3 p.m. at the Youth Center. This free camp is for youth age 9 and older. For details, call the Youth Center at 723-2838.

Wing Fest

Join the Doolittle Center for Wing Fest on June 17th 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.

Margaritaville Beach Party

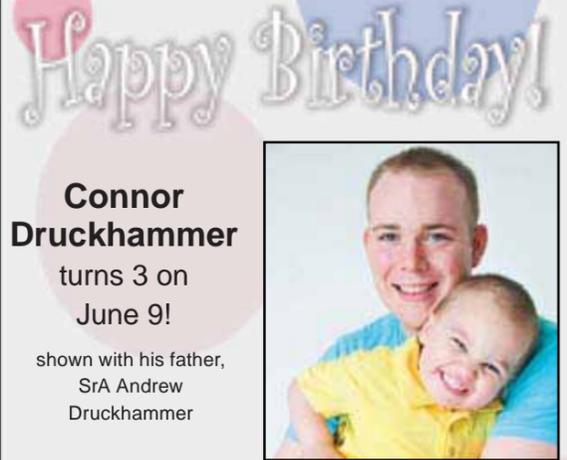
Celebrate the start of summer during the Margaritaville Beach Party at the Jimmy Doolittle Center on Friday, June 3rd from 4-7 p.m. Enjoy beach volleyball, a clam bake, the fire pit on the patio, and lots of great music provided by DJ Crowd Pleasers. So grab your parrot and your best friend to kick-off summer at the Margaritaville Beach Party; adults only. For details, call the Doolittle Center at 723-3731.

Youth Programs Summer Hours

From May 31st through August 23rd, the Youth Center will have the following summer hours: Open Recreation: 12:30 p.m. to 6 p.m., Mon. - Thurs., 2 p.m. to 8 p.m. Fri., closed Sat. & Sun. Teen Center: 12:30 p.m. to 6 p.m., Mon. - Thurs., 3 p.m. to 11 p.m. Fri., closed Sat. & Sun. For more information, call the Youth Center at 723-2838.

Triangle Y Camp - Alpine Tower/Swimming Trip

The Youth Center will host a trip to the Triangle Y Camp near Garrison, ND on June 8th for Youth Center members age 9 and older. Youth can enjoy the alpine tower with an opportunity to swim afterwards. Trip will depart Youth Center at 7 a.m. Cost is \$10 per member. For more information, contact the Youth Center at 723-2838.



Happy Birthday!
Connor Druckhammer
 turns 3 on
 June 9!
 shown with his father,
 SrA Andrew
 Druckhammer

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

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Visit www.MyAirForceLife.com for more information on the **PLAYpass** program.

WHAT'S FOR DINNER



White Chocolate Apricot Swirl Cheesecake

- Crisco Original No-Stick Cooking Spray
- 1 cup graham cracker crumbs
- 1/2 cup ground almonds
- 1/4 cup sugar
- 1/4 cup butter, melted
- 3 8-ounce packages cream cheese, softened
- 1 14-ounce can Sweetened Condensed Milk
- 3 large eggs
- 1 1/2 cups white baking chips, melted
- 1 teaspoon vanilla extract
- 1 15-ounce can apricot halves, drained

Heat oven to 350°F. Coat bottom of 9-inch springform pan with no-stick cooking spray. Stir graham cracker crumbs, almonds, sugar and butter in small bowl until evenly moistened. Press firmly into bottom of prepared pan. Beat cream cheese until fluffy. Blend in sweetened condensed milk. Add eggs, melted white baking chips and vanilla; blend until smooth. Pour over crust. Place apricots in food processor or blender. Cover and process until smooth. Spoon small dollops of apricot puree over top of cream cheese mixture. Swirl with tip of knife to make marbled appearance. Bake 50 to 60 minutes or until edges are puffed and golden. (Center will not be completely set.) Cool completely in pan on wire rack. Chill thoroughly before serving.

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NWAC BFA thesis exhibit

Minot State University senior painting student Sharonda Fudge will present a solo exhibition, *Dis/Illusioned*, June 22 through July 21, 2011 in the Northwest Art Center's Hartnett Hall Gallery.

Opening reception is Wednesday, June 22 from 6:30 to 8:00 p.m. at the gallery.

The exhibition is presented in partial fulfillment of a Bachelor of Fine Arts degree.

Dis/Illusioned creates illusions using the combined media of painting and sculpture, inviting the audience to experience a "transformation of space," according to Fudge. She works in oils, and her paintings are displayed in starkly lit, sculptural constructions of metal, wood, tree branches and other materials.

Though some may view her art as dark or macabre, Fudge says "it's not in any way

evil. This is just the other side of lightness and life."

"The source and inspiration for my work come from a variety of places: dreams, stories that I have read or heard, memories, fears, other creative outlets such as movies and theater, random thoughts, a love of the supernatural and unexplained," said Fudge.

The exhibition and reception are free and open to the public. Parking on the MSU campus is unrestricted after 5 p.m. Gallery exhibit hours are from 8 a.m. to 4:30 p.m. or by appointment. 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.

NORTHERN SENTRY
 839.0946 | nsads@srt.com | www.northern Sentry.com

HAPPY ANNIVERSARY

Minot State University, in 1961, began offering classes at MAFB for military personnel.

Monday, **June 6**, MSU will celebrate with our military family our **50th Anniversary** with cake and ice cream from **5:00 p.m. - 7:00 p.m.** at the Base Education Center

Push is on to save energy in Global Strike Command

by **Carla Pampe**
Air Force Global
Strike Command

BARKSDALE AIR FORCE BASE, La. - The Air Force Global Strike Command commander is looking to Airmen to find innovative ways to save energy in the air and on the ground.

One focus of good ideas is at this week's Energy Management Steering Group meeting, the second such gathering since February.

"We're looking at shrinking budgets and growing energy costs," said Lt. Gen. Jim Kowalski. "We have to do everything we can to control what we spend on fuel and power. I'm really looking for our people to help us rein in our energy consumption."

Global Strike Command is currently looking at ways to conserve power and fuel use in installation facilities and in flight, especially in the face of increasing energy costs.

The energy management group is examining the command's energy use, ways to conserve energy in flying operations and opportunities to promote energy awareness.

Ms. Michele Price, an energy manager with the command's logistics directorate, said that the Air Force is an energy-dependent organization that uses a lot of fuel and electricity in everything it does.

"The ability to utilize energy as efficiently as possible and sustain reliable, low-cost energy sources is critical," she said.

The command is looking to build on some innovative successes already earning significant savings. A project at Minot Air Force Base, N.D.,

for instance, earned the 2010 Federal Energy Management Program Award for energy efficiencies, renewable energy and water efficiency.

The Minot initiative uses naturally occurring heat from below ground on base and at several of Minot's remote missile alert facilities instead of traditional heating sources, Ms. Price said. Heat pumped from the ground is more efficient and cheaper than buying electricity from commercial power companies, she said, saving the base up to 300 percent at some locations.

"Minot's [initiatives] are recognized as a benchmark throughout the Air Force and across the federal government," she said.

With aircraft fuel consumption, one quick change that can save money right away is to strictly monitor what is aboard an aircraft when it takes off, and to question whether it needs to be there, said Maj. Brian Gilpatrick, liaison officer with the command's Detachment 1 at Langley Air Force Base, Va.

"We are currently exploring options to ensure aircraft aren't carrying anything that unnecessarily increases the weight or drag of the aircraft," he said.

This can include removing things like internal and external munitions racks when they aren't necessary for a mission.

Just like car drivers can save fuel by removing extra pounds of things tossed in a trunk, aircraft can also conserve fuel by carrying less gas, officials say, because fuel carried in fuel tanks weighs a lot.

So the command is looking at things like the timing of scheduled air refueling on

long-duration flights to better control the amount and weight of fuel on board at any given time.

On the ground, energy audits are ongoing at command installations to identify areas for savings, and opportunities to use renewable sources of energy," Ms. Price said.

"Identifying solutions to

reduce the command's demand for energy and increasing supplies of renewable energy sources are an obligation for a headquarters, that is working to change the command's energy 'culture' - the attitude toward energy use and conservation, she said.

Ms. Price said awareness is key to reaching this year's

command energy goals.

"We need to work together to ensure we save energy and water whenever we see the chance," she said.

Interested in hearing more about Air Force Global Strike Command? Follow the commander on Twitter @AFGSC_CC or follow the command @afglobalstrike.

Summary Court-Martial Results

Base Legal Office

On May 6, 2011 a summary court-martial was convened to hear the case of the United States versus Staff Sgt. Nzilani Hayes, 5th Security Forces Squadron. Sergeant Hayes was charged with one specification of an assault consummated by a battery upon a child under the age of 16.

Sergeant Hayes was accused of striking her child with a military uniform utility belt several times during the evening of 9 February 2011.

Col. Clifford Stansell, 5th Maintenance Group commander, sat as the summary court-martial. Sergeant Hayes pleaded guilty to the charge and specification of

violating Article 128 of the UCMJ, and was sentenced to a reduction to the grade of Senior Airman and a \$500 fine.

Capt. Cassandra J. Gilbert from Family Advocacy stated, "Under the Air Force Family Advocacy Program guidelines anytime you strike a child and leave more than a superficial bruise or cause the child to experience pain for more than 24 hours, or strike any child in the face or head, or cause an injury to a child under two, this will be categorized as child physical abuse by the Air Force."

Capt Gilbert also stated, "Under the North Dakota Century Code, it is illegal to strike a child with an object and leave a mark while disciplining."

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For more information call 839-0946

Summer kickoff event at Fort Mandan cancelled

Summer Kickoff at Fort Mandan, an annual tradition the first weekend of June sponsored by the Lewis & Clark Fort Mandan Foundation, has been cancelled this year, due to the current and anticipated flooding along the Missouri River.

According to Foundation Vice President Wendy Spencer, "With Bismarck and Mandan, along with other communities along the Missouri battling the rising Missouri River, we have decided to skip our annual kickoff event," she says. "We hope that this will help our staff and volunteers devote their attention to the historically high water levels," she adds.

"We are monitoring the river levels at Fort Mandan, west of Washburn, and while we will have issues with our walking trails, we do not anticipate any other inconveniences for our visitors" says

Spencer. "Fort Mandan, and the Lewis & Clark Interpretive Center, are open."

"Many of our fellow nonprofits that operate historical and tourism sites are facing serious issues with flooding this spring," she says. "We appreciate the concern expressed by our own members and supporters, and are grateful for the support given all of us who help welcome visitors to North Dakota," she adds.

Spencer says that the Foundation will provide further information about Fort Mandan as the rising levels of the Missouri River continue this spring and summer. The Lewis & Clark Interpretive Center and Fort Mandan are both open seven days a week at Washburn. For more information, including future events, go to www.fortmandan.com or call 877-462-8535.

**When It Comes to Cancer,
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**Minot's Relay for Life
Friday, June 10, 2011**

In front of Old Main on the MSU Campus

- Opening Ceremony and Survivors Lap at **7:00 pm**
- Silent Auction
- Open to the public
- Kids activities, Food, and Family Entertainment
- Luminaria Ceremony at **10:00 pm**

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



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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 <i>Visitors Welcome</i></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><i>Come Experience a Warm Family Feeling</i></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. Saturday Worship 5:30 p.m. Sunday Worship 9:30 a.m.</p> <p>Radio Broadcast KRRZ 1390 AM -9:30 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 9:30 a.m. Bible Class 10:30 a.m. Holy Communion is served on the 1st & 3rd Sunday of each month.</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 p.m. Sunday Worship 9 a.m. Sunday Fellowship 10 a.m.</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church</p>  <p>524 21st Ave. NW • Minot, ND 58703 701-839-7283</p> <p>Pastor Dan Andrus, 701-578-5060 sparrow@minot.com minotnorthhillbaptistchurch.com</p> <p>"We're Not There Yet...Come Grow With Us!"</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 and 10:30 a.m.</p> <p>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</p>	<p>All Saints' Episcopal Church (Anglican) 301 S. Main St. • 839-1037</p> <p>Sunday Worship 10 a.m. Wednesday Worship 5:15 p.m.</p> <p>www.allsaintsminot.org</p>	<p>Our Redeemer's Church A Church with a Christian School 700 16th Ave SE</p> <p>Sundays Worship Services 8:30 a.m. & 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m. Children's programs 9:45 a.m. Youth & Adult Bible Classes 10 a.m. Interpreter services for the deaf 10:45 a.m.</p> <p>Wednesdays Supper 5:40 p.m. Bible Classes for all ages 6:30 p.m.</p> <p>Lead Pastor, Rod Spidahl, PhD 838-0750 • www.ourredeemers.org</p>
<p>Augustana Lutheran Church 321 University Ave W • Minot (Across from MSU) ELCA • 839-9563</p> <p>Sunday Worship 8 & 10:30 a.m. Sunday School, Confirmation, Adult Forum & Choir Rehearsal 9 a.m.</p> <p>Pastor Michon 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</p>  <p>"Building Followers of Jesus Christ"</p> <p>Sunday School 9:00 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7:00 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>River of Life Church</p>  <p>400 22nd Ave NW • Minot</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Sunday Evening Service 6 p.m. Wednesday Service 7 p.m.</p> <p>Joe VanEst, Pastor • 858-7777</p>	<p>First Baptist Church 220-3rd St. S.W. • 852-4533 www.firstbaptist-minot.org</p>  <p>Summer Worship Schedule: Classic Worship 9:30 a.m. Contemporary Worship Service... 11 a.m. Children's Church 11 a.m. AWANA Wed. (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.</p> <p>Prayer (Friday) 7:00 p.m.</p>	<p>BEREAN BAPTIST CHURCH Independent KJV</p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Sunday Evening 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p>Pastor Joe Minnerup www.bereanbaptistminot.com</p> <p>601 1st Ave SE • Minot 833-9811</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7 p.m.</p>
<p>Trinity Church An Evangelical Free Church</p>  <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September - May Sunday School 9 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sunday Worship 10 a.m.</p> <p>Wednesdays Soup Kitchen .. 11:30 a.m. - 12:30 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director</p> <p>www.immanuelbaptistminot.org</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

- **Margaritaville Beach Party**, 1600-1900, JDC
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes
- **Last day to register for Spa Day for Spouses**, A&FRC
- **Last day to register for First Tee Golf Camp**, Youth Center

Saturday

- **Horseback Riding Trip**, 0830, Outdoor Recreation
- **TurboKick**, 1000, Fitness Center
- **MAFB Triple Crown Triathlon**, 1200, Fitness Center
- **Out of School Special**, 1630-2100, Rough Rider Lanes
- **Rocker's Old School Night**, 2100-0100, J.R. Rockers

Sunday

- **All-Ranks Champagne Brunch**, 1030, JDC
- **Zumba**, 1300, Fitness Center
- **Traditional Service**, 1000 North Plains Chapel
- **Gospel Service**, 1130 Northern Lights Chapel
- **Contemporary Service**, 1400 North Plains Chapel

Monday

- **New Parent's Play Group**, 1000-1130, Youth Center
- **Swimming Lesson Open Enrollment**, 1000, Outdoor Pool (weather permitting), session runs June 6-17
- **Federal Resume Workshop**, 1100-1300, A&FRC
- **AFGSC U.S. Kids Golf/Link Up 2 Golf**, June 6-17, M, W, F, 1700-1800 or 1800-1900, Rough Rider Golf Course

Tuesday

- **Men's Day**, 0800-1200, Rough Rider Golf Course
- **New Parent/Family Orientation**, 1000, Youth Center
- **Family Night**, 1700-2100, J.R. Rockers

Wednesday

- **Triangle Y Camp-Alpine Tower/Swimming Trip**, 0700-1500, Youth Center
- **Right Start**, 0730-1200, JDC
- **Spa Day for Spouses**, 0945, 1100 or 1200, Headquarters Hair Academy, Hosted by A&FRC
- **Beginning Knitting**, 1030-1200, Arts & Crafts
- **New Parent Orientation**, 1200, CDC
- **Wild Wing Wed & \$1 Drafts for Members**, 1600, J.R. Rockers
- **Hello/Goodbye/Birthday Celebration**, 1600, Youth Center
- **Feed Your Faith Night**, 1730-1930 North Plains Chapel

Thursday

- **Bundles for Babies**, 0900-1100, A&FRC
- **Daddy & Daughter Dance**, 1730-2030, JDC
- **½ OFF Flat Stall Fees**, June 9-30, Auto Hobby

June 10

- **Mega Mexican Platter Challenge**, 1600-2000, JDC
- **Anime Club**, 1630, Library
- **Texas Hold'em Tournament**, 1900, J.R. Rockers
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes

June 11

- **Armed Forces 5K Run**, 0730, Fitness Center
- **Stars & Stripes Scramble**, 0900, Rough Rider Golf Course
- **America's Kids Run**, 1300, Fitness Center's Outdoor Track, hosted by Youth Center
- **Give Parents a Break**, 1300-1700, CDC/SAP
- **Summer Reading Program Kick-Off Party**, 1300, Library
- **Lights & Strikes**, 2100-2300, Rough Rider Lanes
- **Hip Hop Nite**, 2300-0400, J.R. Rockers

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 session provides participants with a solid foundation about the game of golf, including mechanics, etiquette, terminology, and proper behavior. 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 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.

Triple Crown Triathlon Rescheduled

The Fitness Center Triathlon scheduled for 21 May 2011 has been postponed due to weather and rescheduled for 4 June 2011. Start time is still 1200 and registrations will be accepted until 3 June. Please accept our sincerest apologies and direct all questions to MSgt Erick Lundberg at 723-2145 or erick.lundberg@minot.af.mil.

Out of School Special

Play two games of bowling for the price of one during the Out of School Special at Rough Rider Lanes on Saturday, June 4th from 4:30 p.m. to 9 p.m. For more information, call Rough Rider Lanes at 727-4715.

New Morning Lap Swim Hours

Beginning Tuesday, June 7th, the Indoor Pool will have new morning lap swim hours, Monday through Friday, 6 a.m. to 10 a.m. For more information, call Outdoor Recreation at 723-3648 or 727-9286.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on June 9th 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.

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!

Base Chapel Vacation Bible School

SonSurf Vacation Bible School is having a Splish Splash Beach Bash registration party on June 11 at the Montessori of Minot School, 1/4 mile North of the main gate on HWY 83. Join us from 11-1 for a tour around Big D's Diner and the Surf Shop, while you enjoy lunch and a craft and listen to the cool tunes of summer! Cost is free, and all are welcome! Vacation Bible School will run June 26-30 from 5pm-8pm at the Montessori School. Volunteers are still needed. Sponsored by the Minot Air Force Base Chapel and the Montessori of Minot School. Call Erica on 340-4200 for more details. You can also register any time at the Northern Lights Chapel Annex.

America's Kids Run & Armed Forces 5K Run Rescheduled

The America's Kids Run and Armed Forces 5K Run scheduled for Saturday, May 21st have been postponed due to weather and rescheduled for Saturday, June 11th. Start time for the Armed Forces 5K Run is June 11, 7:30 a.m. and the start time for the America's Kids Run is June 11, 1 p.m. at the outdoor track at the Fitness Center. For questions regarding the Armed Forces 5K Run, please contact the Fitness Center at 723-2145. For more information regarding the America's Kids Run, call the Youth Center at 723-2838. We apologize for any

inconvenience this may cause.

Open Mic Night

Calling all poets, R & B, country, jazz, gospel, rock, and hip-hop artists. Come show off your talent during Minot AFB's "Open Mic Night" on June 17th at J.R. Rockers. The fun starts at 7 p.m. and runs until 11 p.m.; open to club members and non-members. For more information and to sign-up to perform, contact SSgt Brian Wyche at 723-1421.

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. Customers who accept the challenge will attempt to eat a Mexican platter 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.

Father's Day Special

For a fun-filled family outing, take dad to Rough Rider Lanes on Saturday, June 18th for the Father's Day Special from 4-9 p.m. Dads bowl up to three free games and receive free shoe rental when accompanied by his children, spouse, or the entire family who bowl at regular open play rate. Rent-a-Lane rates not available for use with this special. Call Rough Rider Lanes at 727-4715 for details.

Jewelry Making Class

The Arts & Crafts Center is hosting a Jewelry Making class on Saturday, June 18th from 10:30 a.m. to noon. Participants will receive instruction on the tools used for jewelry making as well as all supplies to make a necklace and earrings. Once you complete the jewelry, it is yours to keep. Cost for the Jewelry Making class is \$10. The Arts & Crafts Center retail store will be open from 10 a.m. to 2 p.m. on Saturday, June 18th. For more information, call 723-3640.

Father's Day Barbeque Brunch

A tasty, mouth-watering dining experience awaits dad during the Father's Day Barbeque Brunch at the Jimmy Doolittle Center on June 19th. In addition to the normal delectable Sunday brunch items served at the Doolittle Center, this special event has a barbeque twist that will include ribeye steaks, BBQ ribs, and more. Cost is just \$11.95 for club members and \$14.95 for non-members; dads receive \$1 off their meal. Call the Doolittle Center at 723-3731 for more information.

Fitness Center Closures

Due to the upcoming renovation project we would like to apologize in advance for the closure of the basketball courts, indoor track, group exercise room and racquetball courts during the time periods listed below:

June 13-19

- The basketball courts and entire gymnasium floor, group exercise room and indoor track will be closed for floor renovation/resurfacing.

- All Unit PT sessions scheduled for any of the above areas will need to find an alternate location (outside track, soccer field, base runs, etc).

- All outside areas will be utilized on a first come first serve bases and will be shared by all units. Reservations will not be taken during this time. We encourage UFPM's and PTL's to plan accordingly for unit PT and work with other UFPM's for use of the shared space.

- Air Force Fitness Assessments will NOT be administered (due to unpredictable weather outside and construction inside) during this time. UFPM's will need to reschedule all personnel for earlier or later June dates.

June 20-26

- The racquetball courts will be closed.
- The family workout room should not be affected*. If concerns arise, the family room will be blocked off for customer use for the duration of work.

These dates are the based on the contractors renovation projected start/end dates. We will let everyone know of any changes in dates and/or status.

Again, we apologize in advance for any and all inconvenience. This project is long overdue and we're excited that we can improve the facility for all our customers. Please direct all questions to: Mr. Paul Stubbs/MSgt Lundberg, 723-2145 or SMSgt Molina, 723-2717.

Action Agility Dog Training Club

The Club is holding a dog agility trial at the Bishop Ryan football field. The trial will be held on Friday, June 3rd at 7pm to 9pm. On Saturday, June 4th and Sunday, June 5th from 8am to 3pm. Dog agility is the fastest growing canine sport in the US and in Canada. The public is invited and there is no charge.

Rough Rider State Chili Cook Off

On June 4th, the 29th Annual Rough Rider Chili Cook Off will start at 8:00 AM in the parking lot of the Capri Bar. There will be a cook's meeting at 8:30 AM for all cookers. The competitions for the day are : Salsa judging at 12 noon; Cowboy Chili Judging at 1 p.m.; ICS Red Chili judging at 3 p.m.; and ICS Chili Verde judging at 4 p.m. Set up, chopping, and cooking all start at 8 a.m. Everyone is welcome. In order to qualify to the World Cook Off, we must have ten teams that are ICS Members. Whomever wins if we have ten teams qualifies to go to the world cook off in New Hampshire. If you don't want to cook, we are also looking for judges. To volunteer to judge, please contact Sheri or Dar at the Capri!

Run For the Arts Postponed

The Taube Museum of Art's Run for the Arts 5K/10K fundraiser scheduled for Saturday, June 4th is postponed until further notice, due to the concern and well being of the Minot community during this difficult time. Please contact the Taube Museum of Art with any further questions by calling 701-838-4445 or by visiting www.taubemuseum.org.

Citywide Garage Sale in Surrey

The Surrey Senior citizens are sponsoring the rummage sale on Saturday, June 4th from 9am to 5pm. A listing of the sales will be available at the Senior Center. Lunch will be served all day. Lunch will feature our famous potato salad, slush burgers, hamburgers, hot dog, caramel rolls and other goodies.

Panda Mania

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

Walk Minot

- Tuesday, June 7th at 6:30 pm. Walk through the fantastic Scandinavian Heritage Park Leader: Michelle Fundingsland, Trinity Health. Meet at Town and Country Center Parking Lot, 1015 2 Broadway.
- Tuesday, June 21st at 10 am walk west on the beautiful rural 4th Ave Trail. Leader: Rich Berg, Dakota Boys & Girls Ranch. Meet: Dakota Boys & Girls Ranch horse barn, (north side of 4th Ave West across from entrance to DB & GR)

SVAS Garage Sale

The Souris Valley Animal Shelter's Garage Sale will take place on Fri, June 10th and Sat, June 11th from 8:00 am-5:00 pm. Come shop till you drop to help our furry friends! Drop off your items to the shelter from May 3rd thru May 28th... nothing before May 3rd please! All items must be CLEAN and in working order. No clothing or stuffed animals! For more information, contact Susan at 701-839-6770.

First Intenational Bank and Trust Celebrations Kick off

On Saturday, June 11th from 12pm to 4pm. Bring a picnic lunch to enjoy at this community gathering. Partake in old fashioned family games; including: three legged races, hula-hoop contest, tricycle obstacle course, water balloon tosses, egg raes and more! Enjoy a piece of the centennial birthday cake. See history in the making as Minot Park District's centennial statue is unveiled.

Free Summer Concerts in Oak Park

- Join us on Sunday, June 12th for City Band/ Stillpoint Photography/English Tea by Sylvia Rau at 4 and 7 p.m. in Oak Park.
- On Thursday, June 16th for Voices of Note/ Avis Veikley, artworks at 7 p.m. In Oak Park.
- On Sunday, June 19th for Dakota Summit Band / Pat Marquard, artwork at 4 p.m. and 7 p.m.
- On Sunday, July 24th: JMB Band / Tammi Millstead, mosiacs at 4pm and 7pm

Pickle Ball Tournament

The MAYSA Arena will host a city-wide pickle ball tournament at 1 p.m. on Sunday June 12. All teams must register in advance.

Dollars for Scholars Steak Supper

On Sunday, June 12th in Drake City Park from 5pm to 7pm. 8 oz steak supper \$12.00, 16 oz steak supper \$17, children's hot dog supper \$3 (ages 12 and under). Serving steak, baked potatoes, coleslaw, garlic toast, dessert. Tickets can be purchased at United Community Bank, Hair Oases and any Dollars For Scholars Member. In case of bad weather, the supper will be held at the Drake City Hall.

The Drowsy Chaperone

06/14/11 - MSU's Summer Theatre - 8:30 p.m. What happens when an old, worn-out musical theatre fanatic decides to listen to his favorite 1927 musical soundtrack on his turntable? The musical comes to life all over again-literally-in his living room, of course! A 1920's inspired "Wedding Anniversary" gift basket worth over \$150 in value will be given away to a lucky couple each night; mention your anniversary month when making reservations to be entered in the drawing.

Benefit Supper for Terry Haider

Spaghetti Supper will be served from 4:30 to 7 p.m. on Thursday, June 16 in the Burlington Elementary Cafeteria. Free will offering, sponsored by Thrivet. Silent Auction and Raffle Items will be available. Contact Diane Moline 838-8382 for further information or if you wish to donate or assist with the benefit.

Jam Session at the Vegas

Join us on June 18th at the Vegas for the Jam session at 9pm. This event is free to the public.

Croppin for Quincy

Saturday, June 18 · 9 a.m. - 9 p.m., Cake Walk Starting at 1:30 p.m. Guest Speaker at 2 p.m. at Sevens Bar and Restaurant at The Vegas Motel, Minot ND. Bring your Scrap Booking supplies and crop the day away to raise money to help find a cure for Diabetes! If you don't Scrapbook come anyways and join the Cake Walk and listen to our Guest Speaker on Diabetes! All proceeds from the day will help Quincy's D Team raise money for the American Diabetes Association Step Out Walk to Stop Diabetes in Fargo on October 15th. \$20 at the door gets you a 4 foot section of table to spread out on, snacks, door prizes, and fun! We will provide appetizers throughout the day, but supper will be on your own. You will also be able to purchase tickets for a Pile of Raffle Items and a Cake Walk. Questions, call Marie 720-7061 or Kristen 626-1687.

MSC Ceramics at the Gallery

Join us from June 7 to 28 at the Hartnett Hall Gallery at MSU. Public Reception on Thursday, June 17th from 6:30 - 8 p.m. at the Gallery.

Faith Journey with Jesus

Big Jungle Adventure will have Amazing Bible stories, Cool Craft creations, Go Wild Games, Gorilla - approved snacks, and Jammin' Jungle tunes on June 19th to June 23rd from 5:30 p.m. to 8 p.m. at St. Pauls Lutheran Church.

3rd Annual Purses with a Purpose

You see a purse ... Maddie sees her future. On Thursday, June 23rd from 6:30 - 8:30 p.m. at the Grand International. Tickets in advance are \$12, at the door \$15. Wine tasting light appetizers, silent auction. Purchase your tickets at your local Girl Scout office, 525 31st Ave SW in Minot, call 1-800-666-2141 ext. 39 or visit www.gsdakotahorizons.org click on events, select Minot.

Summer Vacation Bible School

First Baptist Church of Minot would like to invite your children and their friends ages kindergarten through 6th grade to join them at First Baptist Church, 200 3rd St SW on Monday, June 20 through Friday, June 24, 8:45 a.m. to 12 noon. Children will have a great time with the music, games, crafts, snacks and Bible stories. Enroll your children now by calling the church office at 852-4533. First Baptist is located next to the City Auditorium.

Revel in the Rubble Rummage Sale

The Taube Museum of Art will be having the rummage sale on June 24 & 25. Now accepting items - if you need pick up please call 838-4445 for arrangements.

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HUGE 2 FAMILY GARAGE SALE: June 4th 8-12. 48-1 Dundee Dr. Electronics, girls & boys clothes 12 month up to 4T, baby items, mens/womens clothes (small to plus sizes), books, home décor, kitchen items, jackets, bike, large pic frames, lots of items.... Too much to list. Items Priced to Go!

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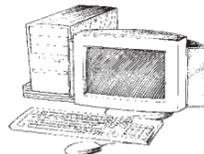
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2	8	5	4	7	3	1	6	9
7	3	4	6	9	1	8	2	5
4	5	1	7	8	9	6	3	2
3	6	7	1	4	2	9	5	8
8	9	2	3	6	5	4	7	1
1	7	3	9	5	4	2	8	6
5	2	9	8	3	6	7	1	4
6	4	8	2	1	7	5	9	3

Answers to puzzle on page 7

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