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'Lighting' the way to structural integrity

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

Airman 1st Class Charles Sothikhoun, 5th Maintenance Squadron nondestructive inspection journeyman, and Airman 1st Class Jarred Irick, 5th MXS NDI apprentice, spray down parts of a B-52H Stratofortress and perform a magnetic particle inspection allowing inspectors to track internal cracks and discontinuities within the equipment, here Aug. 8. NDI is the examination of aerospace weapon systems components and support equipment for structural integrity using nondestructive inspection methods and fluid analysis.



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:

91st Security Forces Group

Senior Airman Ashley Woods

791 Missile Security Forces Squadron

Tech. Sgt. Brian Ingco
 Tech. Sgt. Charles Bradley
 Tech. Sgt. Simeon Bridges
 Staff Sgt. Christo Brunkhorst
 Staff Sgt. Daniel Johnson
 Staff Sgt. John Richardson
 Staff Sgt. Justin Glover
 Senior Airman Andrew Stafne
 Senior Airman Benjamin Tessin
 Senior Airman Justin Allison
 Airman 1st Class Devin Johnson
 Airman 1st Class Kendra Hillman

69th Bomb Squadron

Capt. Ryan Clark

Airmen selected for Global Strike Challenge

by Airman 1st Class
Jessica McConnell

Minot Air Force Base Public Affairs

Minot Airmen from both the 5th Bomb Wing and the 91st Missile Wing are slated to participate in this year's second annual Air Force Global Strike Command Global Strike Challenge during the months of June through November.

Team Minot brought home seven awards and trophies from last year's competition, and Col. James Dawkins, 5th BW commander, believes this year's competitors will perform just as well.

"The goals of this challenge are to showcase the world's premier bomber and ICBM force and to recognize outstanding AFGSC personnel and teams," said the colonel.

"Last year, Minot performed exceptionally well. Every day, Team Minot Airmen display excellence through their dedication to the mission and demonstration of nuclear deterrence. Their constant vigilance is the reason why I have no doubt in my mind that our Airmen will prove to the world why Minot Air Force Base is the place where 'Only the Best Come North'."

Team Minot will be pitted against all other AFGSC wings, including the 90th Missile Wing at F.E. Warren AFB, Wyo., the 341st Missile Wing at Malmstrom AFB, Mont., the 509th Bomb Wing at Whiteman AFB, Mo., and the 2nd Bomb Wing at Barksdale AFB, La.

The 5th Maintenance Group team:

- Staff Sgt. Jason Eilo, Senior Airman Derek Mitchell, Airman 1st Class Chaz Guerro, and Airman 1st Class Zachary Kienert for the nuclear load team.

- The 5th MXG conventional load team includes Tech. Sgt. Tyrell Arthur, Staff Sgt. Jesse Rushing, Senior Airman Philip Branscum, and Airman 1st Class David Johnson.

- The 5th MXG crew chiefs competing will be Staff Sgt. Eric Thomas and Senior Airman Kent Bode.

- The 5th Munitions Squadron ammo builders team include Staff Sgt. Lydell Abrams, Staff Sgt. Joseph Hess, Staff Sgt. Derek Holman, Staff Sgt. Waylon Lunde, Staff Sgt. Douglas Mullins, Staff Sgt. Casey Raduski, Senior Airman Dennis Barnett, Senior Airman Ryan Heagy, Senior Airman Javier Williams, Airman 1st Class Christopher Sheets, and Airman 1st Class Jason Vanover.

The 5th Operations Group team:

- The 23rd Bomb Squadron team members are Capt. Bryant Harrison, Capt. Ryan Hebron, Capt. Christina O'Neil, 1st Lt. Alex Brewster, and 1st Lt. Mark Nielson.

- Competing for the 69th Bomb Squadron are Lt. Col. Michael Cardoza, Capt. Nicholas Kamon, Capt. Ryan Loucks, Capt. Michael Pyle, Capt. Earl Schaller, and Capt. Charles Sigman.

- Competing for the 5th Operations Support Squadron are Maj. Bradley Dyer, Capt. Cody Moore,

Capt. Samuel Moore, Capt. Jarred Prier, and Capt. William Schuh.

The 91st Operations Group team:

- Competing for the 740th Missile Squadron are 1st Lt. James Douglas and 2nd Lt. Shawn Burnside.

- Competing for the 741st Missile Squadron are Capt. William Wood and Lt. Kevin Johnson.

- Competing for the 742nd Missile Squadron are Capt. Jared Miller and 1st Lt. Charles Bennett.

- Competing for the 54th Helicopter Squadron are 1st Lt. Mary Bonaventure, 1st Lt. Matthew Walker, Tech. Sgt. Jason Powers and Senior Airman Caprice Heines.

The 91st Maintenance Group team:

- The 91st MXG will be represented by Tech. Sgt. Dean Novasad, Staff Sgt. Kenton Roberts, Staff Sgt. Malcolm Salyards, Staff Sgt. Ryan Stocker, Senior Airman David Frost, Senior Airman Johan Riley, and Senior Airman Laura Trombley.

- Also participating are Tech. Sgt. Ananh Torr, Tech. Sgt. Travis Wolflick, Staff Sgt. Michael Archer, Staff Sgt. Richard Knight, Staff Sgt. Matthew Mendez, Staff Sgt. Donald Nelson, Staff Sgt. Jonathan Sims, Staff Sgt. Adam Urban, Senior Airman Samuel Hollis, Senior Airman Haisen Exon, and Airman 1st Class Timothy Welter.

Security Forces teams for both

CHALLENGE continued on page 3

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<p>\$18,995</p>  <p>2010 Chevrolet MALIBU • #M19390</p>	<p>\$13,995</p>  <p>2007 Ford FUSION • R9659A • Tan, 34K, Loaded</p>	<p>\$18,995</p>  <p>2008 Honda ACCORD • M19081 • White, 59K, Clean</p>	<p>\$22,995</p>  <p>2010 Dodge CHARGER • M19467</p>	<p>\$10,863</p>  <p>2009 Chrysler PT CRUISER • M19162</p>	<p>\$15,995</p>  <p>2010 Chevy COBALT • #M19599</p>
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Minot Airman sets example for Iraqis

by Senior Airman
Chuck Broadway

U.S. Air Forces Central, Baghdad
Media Outreach Team

KIRKUK, Iraq - The term example is defined several ways by the Merriam-Webster Dictionary. It can mean one that serves as a pattern to be imitated, a representative of all a group or type or an instance to illustrate a rule or precept. Tech. Sgt. Toya Stone and Staff Sgt. James Gaffney of the 321st Expeditionary Mission Support Advisory Group are doing all of these for the Iraqi Air Force at Kirkuk Regional Air Base, Iraq.

As Operation New Dawn continues, both Stone and Gaffney have set patterns and advanced the knowledge of the Iraqi air force communications field to operate efficiently like that of a U.S. Air Force communications squadron. Along the way, they have built several friendships which allow a trusting relationship between the two parties.

"Before I was selected for this assignment, I had questions about what we were doing in Iraq," said Stone, a military satellite supervisor from Offutt Air Force Base, Neb. "Since I've been here I truly believe we are doing good things."

Each day Stone visits with the Iraqi air force communications commander, and several of his officer and enlisted airmen. She spends a few hours in the morning talking and training the airmen on different communication infrastructures such as high-frequency radios, computers, and the internet. Her goal is to have them operate as closely as any communications squadron would for the U.S. Air Force.

Part of working with the Iraqis is

building tremendous rapport and often times, friendships. Over the past several months, Stone said she has a wonderful friendship with the Iraqi communications commander and several other communications officers.

She said for the Iraqis to listen to them and take their advice, there has to be a level of trust built.

"We have to show them that we're trustworthy," the Louisville, Ky.,

native said. "We're building relationships by talking to them instead of just working. They want to know about us and they ask us the right questions to get the personal information out of us so they can trust us."

One Iraqi air force officer stated the time he and his co-workers spend interacting with their advisors will provide tremendous results in the future.

"Their assistance is needed," he said. "[Sergeant Stone and Gaffney] help me almost too much and we have become very close, like good friends."

Gaffney, a Troy, Ill., native deployed from Minot Air Force Base, N.D., hasn't worked with the Iraqis quite as long as his co-worker has, but the trust he's gained from them has also contributed greatly to getting his message across.

"I was nervous the first day I met them," he admitted. "I tried to use

all the language and training classes and after a while they were really friendly and talked a lot.

When you're trying to give someone advice on how to do something, it's important to have that friendship because if you don't, they will think 'why should I trust them or listen to their advice.'"

Stone also must work around the daily schedule of the Iraqis. Their set hours don't always allow for ample training time, so she must visit twice a day to give the Iraqis as much information as she can. "Because I'm an advisor I get to see them and work with them first-hand," she

said. "They believe in what we're doing and it makes me feel like I'm actually contributing to them sustainably as an Air Force."

Working alongside each other, Stone and Gaffney, a network infrastructure technician, combine their expertise daily and carry out a plan which points the Iraqis towards success.

"We are doing something that is very good for someone else," Stone said. "Any chance you get to be an example for someone you should take it. People will look up to you and appreciate you if you just set the example for them and that's what we're doing."

Before I was selected for this assignment, I had questions about what we were doing in Iraq...Since I've been here I truly believe we are doing good things.

- Tech. Sgt. Toya Stone,
321st Expeditionary Mission
Support Advisory Group



On par to strengthening community ties

(Courtesy photo)

Col. Steve Williams, 91st Maintenance Group commander (far left), Master Sgt. Joseph Haddox, 5th Bomb Wing nuclear surety manager (left), Mr. David Buen and Mr. Reed Argent were named the winners of the Minot Area Council's Golf Scramble at the Roughrider golf course here Aug. 8. Events like this promote stronger community relations between base leadership and civic leaders of Team Minot.

CHALLENGE continued from page 1

the 5th BW and the 91st MW have not yet been chosen. A competition is scheduled for mid-August, and will be used to determine which Airmen will represent each Security Forces team.

Also participating in the Global Strike Challenge are Air Combat Command's 7th Bomb Wing from Dyess AFB, Texas, and 28th Bomb Wing from Ellsworth AFB, S.D., Air Force Reserve Command's 307th Bomb Wing at Barksdale AFB, the 377th Security Forces Squadron from Kirtland AFB, New Mexico, the

219th Security Forces Squadron from the North Dakota Air National Guard and the 131st Bomb Wing from the Missouri Air National Guard.

Bomber operations and weapons load competitions have been held in June and July and will continue until September. Missile and helicopter operations and missile maintenance competitions are scheduled for September through October. Security forces combat skills competitions are slated for November, as is the official score posting.

16 Airmen graduate FTAC

by Minot Air Force Base
Public Affairs

Congratulations to the following Airmen who graduated from the First Term Airman Center here Aug. 5.

The First Term Airman Center is a one-week transitory seminar designed to aid Airmen with their transition from the systematic and regimented environment of basic military training and technical school to their first duty station.

5th Operations Support Squadron

Airman 1st Class Charles Allen

5th Security Forces Squadron

Airman 1st Class Jamaal Anderson
Airman 1st Luis Arce-Millard
Airman 1st Class Justin Mills
Airman Jeremy Feldstein

5th Force Support Squadron

Airman 1st Class Brooke Gibbons

5th Civil Engineer Squadron

Airman Luke Wilson

91st Missile Security Forces Squadron

Airman 1st Class Kylan Chapman
Airman 1st Class Calvin Smith
Airman 1st Class Antonio Varisco
Airman Jordan Kinder

791st Missile Security Forces Squadron

Airman Basic Matthew Cunningham
Airman 1st Class Sean Freeberg

91st Missile Maintenance Squadron

Airman 1st Class Kimo Kalilikane
Airman Carlos Munoz

Other

Airman 1st Class Jacquelyn Molina

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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 **723-7233(SAFE)**.

Volunteers for the week and weekend of July 18 to July 25 and July 21 to July 23 are from the 91st Missile Security Forces Squadron.

**Lives saved through
July 18: 726**

Global Strike Command celebrates two years of success

Commentary by Lt. Gen. Jim Kowalski
Commander, Air Force Global Strike Command

BARKSDALE AIR FORCE BASE, La. (AFNS) - On Aug. 7th, it was two years since Air Force Global Strike Command was activated to be "a new major command focused and dedicated to the nuclear and conventional global strike mission - a key component of strategic deterrence."

When we set out on this path two years ago we understood the need to organize our force to drive discipline and professionalism consistent with the highest standards required of us as stewards of nuclear weapons. We were confident that, over time, we would have a force that not only understood the demands of this mission, but embraced the special trust and responsibility the nation has given us.

At this point we cannot declare victory. Developing an enduring culture requires a long-term commitment by all in this command, and by Air Force and Department of Defense senior leaders.

We are incredibly proud of the gains made by our Airmen and civilians, and echo the words of Lt. Gen. Frank Klotz when he said, "Our successful stand-up was possible because of the commitment, innovative spirit and sheer hard work of Global Strike Command Airmen."

We also need to thank Secretary of the Air Force Michael Donley and Chief of Staff of the Air Force Gen. Norton Schwartz for their unwavering support. They recognized that long range strike and nuclear deter-



(U.S. Air Force photo/Staff Sgt. Vernon Young)

Lt. Gen. Jim Kowalski, the commander of Air Force Global Strike Command, speaks to Airmen about Global Strike Command and efforts to strengthen the nuclear enterprise July 26, 2011.

rence were Air Force core functions from our earliest days as a separate service, and those functions remain critically relevant in a multi-polar and uncertain global security environment.

As we have improved our nuclear processes, we have not forgotten our significant conventional responsibilities. The command's conventional global strike and command and control capabilities were used to powerful effect during the beginning days of Operation Odyssey Dawn over Libya. We must continue to have both the discipline and flexibility to balance nuclear and conventional requirements. Our work in our core mission

areas is not without challenges. One of the biggest challenges came just last month when more than 1,200 Airmen and family members were forced from their homes in Minot, N.D., as a result of flooding.

The support to the flood recovery efforts from across the command and the Air Force was, and continues to be, amazing. The steady and tenacious headquarters staff efforts along with individual and organizational donations provide the most vivid definition of the phrase "Air Force family." Thank you for all you have done over the past two years to 'To Deter and Assure'...it's my honor to serve with you!

Commentary by Lt. Col. Arlene Collazo

21st Space Operations Squadron

The humble leader

SCHRIEVER AIR FORCE BASE, Colo. (AFNS) - Throughout my career, I've kept a mental list of characteristics I've admired from other officers and noncommissioned officers with whom I've worked: subject matter expertise, assertiveness, cool under pressure, quick thinker, grounded, etc.

There is one leadership characteristic that I think is the most important of all, and that is humility.

We often equate humility with low self-worth, hesitation and shyness. That is not humility. According to the Merriam-Webster dictionary, humility or the act of being humble means "not arrogant, nor proud."

Most leaders do not set out to be arrogant leaders; however, the fine line between subject-matter expert and arrogance can be blurry. Arrogant leaders are "know-it-alls"; they know what is best and do not need the advice of others. On the other hand, humble leaders acknowledge

their own strengths and weaknesses and are open to seek the advice and counsel of others. This openness to others' ideas also helps leaders to learn and grow by transforming their weakness into strength.

Humility allows leaders to value the contributions of others to their success. By welcoming input from subordinates, leaders can build a stronger unit. Subordinates feel important to the success of the mission and that they are valued members of the unit. This, in-turn, gives subordinates the confidence to approach their leaders with honest opinions and without the fear of rejection.

Merriam-Webster offers another meaning of humble: "in a spirit of deference and submission." This definition reminds me of the Air Force core value, "service before self." As leaders, we are servants to the Air Force mission. Its goals are our goals. Humble leaders make sure that their actions support the mission and the goals of the Air Force.

Humble leaders are also servants to their fellow Airmen - the Airmen

who accomplish the mission. In order to be effective, leaders must earn the loyalty and dedication and respect of the people through compassion and empathy. A leader should never forget the people. As Eugene B. Habecker said in "The Other Side of Leadership," "The true leader serves. Serves people. Serves their best interests, and in doing so will not always be popular, may not always impress. But because true leaders are motivated more by loving concern than a desire for personal glory, they are willing to pay the price."

Leaders know that no matter how high their position, they need a strong foundation. This solid foundation is humility. I urge leaders to be humble. When we are humble, we allow others to participate and seek their advice. When we are humble, we grow as individuals and leaders, and our organization grows as well. When we are humble, we value our people and have empathy and compassion toward them.

For, if we are humble, our great Air Force will remain strong.

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723-3011

FIRE

723-2461

ROAD CONDITIONS

723-1190

SAFE RIDE

723-7233 (SAFE)

WEATHER FORECAST

Fri 8/12	Sat 8/13	Sun 8/14	Mon 8/15	Tue 8/16
				
74/55	76/56	80/61	81/62	79/58
Scattered thunderstorms possible.	Sunny. Highs in the mid 70s and lows in the mid 50s.	Partly cloudy. Highs in the low 80s and lows in the low 60s.	Partly cloudy with a stray thunderstorm.	A few thunderstorms possible.

Reservist reenlists after 19-year break, sworn in by son

by Airman 1st Class
Jarrod Grammel
23rd Wing Public Affairs

VALDOSTA, Ga. (AFNS) - Nineteen years after separating from the active duty Air Force, Scott Long enlisted into the Reserves. Now he's Staff Sgt. Long, with the 476th Maintenance Squadron as a fuel systems craftsman.

Sergeant Long's son, U.S. Army 2nd Lt. Brandon Long, 1-169 Aviation Support Battalion liaison officer, presided over the ceremony July 28.

"When I decided to reenlist, I was looking into the future," said Sergeant Long, who is now 51. "I always regretted getting out, even though it was the right decision at the time."

Before his early separation in 1992, and after 11 years of service, he was stationed in numerous countries and states, finally settling down at Moody Air Force Base, Ga.

"What makes Sergeant Long a special case is that he has a 19-year break in service," said Tech. Sgt. Jeffrey Walker, Eastern Recruiting Squadron line recruiter. "He will bring back knowledge and heritage to the newer generation of Airmen."

Lieutenant Long was happy to have the chance to



(U.S. Air Force photo/Staff Sgt. Jamal D. Sutter)

Scott Long recites the Oath of Enlistment after his son, U.S. Army 2nd Lt. Brandon Long, during a ceremony July 28, 2011, in Valdosta, Ga. Lieutenant Long is a liaison officer with the 1-169 Aviation Support Battalion and said he was honored to preside over his father's ceremony since his father pinned on his officer rank earlier this year.

preside over his father's reenlistment ceremony.

"It's a special event, and a rare opportunity to do a reenlistment ceremony as a young officer, especially for my father," he said. "I'm

really happy for him. He has been talking about reenlisting for a long time, and he is happy to have the chance to serve his country again."

The lieutenant, who is currently waiting to leave for

pilot training, was commissioned in May 2011 during a ceremony where his father pinned his rank on.

"It has been a dream of mine to serve in the military ever since I was young," Lieutenant Long said. "I really wanted to join the Air Force, but my college only had an Army ROTC program. I got a slot for pilot training in the Army, and I have always wanted to fly so it didn't matter which service."

"My father's service definitely influenced my decision to join the military," he added. "It's a family legacy. His father was a Marine in World War II and my other grandfather was in the Navy."

At more than 50 years old and 19 years after leaving active duty, Sergeant Long faced challenges when reenlisting.

"The biggest challenge in reenlisting after all this time was making sure I was physically fit," he said. "You also have to make sure you are still medically qualified."

Only a few months after his son's commissioning and 19 years after leaving active duty, Sergeant Long chose to once again put on a uniform and serve in the Air Force.

"I am just proud to have the opportunity to serve my country again, and contribute more than just my tax dollars."

President, senior leaders pay tribute to fallen

by Christin Michaud
Air Force Mortuary Affairs
Operations Public Affairs

DOVER AIR FORCE BASE, Del. (AFNS) - President Barack Obama, Secretary of Defense Leon Panetta, and other senior leaders paid tribute to 30 fallen heroes here during a dignified transfer Aug. 9.

The Soldiers, Sailors and Airmen were killed in action Saturday when the Army CH-47 Chinook helicopter went down in Afghanistan Aug. 6.

Aboard the helicopter were 30 U.S. military members, seven Afghan soldiers and one civilian interpreter.

Their remains arrived at Dover on two C-17 Globemaster IIIs for a dignified transfer and transport to the port mortuary, the largest mortuary in the DOD and the only one located in the continental United States.

Once at Air Force Mortuary Affairs Operations, they will be identified and prepared for return to their families and travel to their final resting place.

Due to the catastrophic nature of the crash, the remains of the fallen service members were returned in "unidentified" status, until they could be positively identified by the Armed Forces



(U.S. Air Force photo/Roland Balik)

Col. Mark Camerer, commander of the 436th Airlift Wing, salutes President Barack Obama as he steps off Marine One at Dover Air Force Base, Del., Aug. 9, 2011. Obama came to Dover to pay respect to 30 fallen U.S. servicemembers, seven Afghan soldiers and a civilian interpreter at a dignified transfer.

Medical Examiners.

"We are using the full complement of identification technology, to include dental, fingerprinting, radiology and DNA," said Paul Stone, spokesperson for AFMES.

Following the autopsies, the fallen will be prepared for final disposition with the dignity, honor and respect given to all fallen heroes.

"Even as our thoughts and prayers are with the families and loved ones of these American heroes, our team

stands vigilant and prepared to answer our Nation's call during tragedies such as this," said Randy Keel, Port Mortuary director.

"Every loss is so very tragic, and our group of quiet professionals will continue to press forward caring for our fallen for their return home knowing that no matter what task each person is performing, their commitment and attention to detail has a direct impact for those who are grieving."

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Healthy fish populations in the Missouri River System

The North Dakota Game and Fish Department recently completed its annual fish population sampling on the Missouri River System and found positive results in both Lake Sakakawea and Lake Oahe. The Missouri River from the Garrison Dam to Bismarck was not sampled due to high water.

Scott Gangl, fisheries management section leader, said when Lake Sakakawea began to refill in 2009, all fish populations started to rebound, beginning with the smelt forage base. "The drought of the early 2000s hurt fish populations because low water reduced spawning habitat and the available forage base," Gangl said. "Now after a couple years of higher water we are seeing a turnaround."

After years of drought, higher reservoir levels gave fish access to gravel and cobble spawning areas that were dry just a few years ago.

There is also much more sheltered shallow-water habitat in the backs of bays that are important nursery areas for many fish species.

Recent netting operations in Lake Sakakawea found abundant walleyes, with many in the 18-22 inch range. Biologists also noted substantial numbers of yearling walleye in the nets, an indica-

tion of good reproductive and stocking success in 2010.

Northern pike, yellow perch and sauger were also plentiful in the survey nets. Sauger numbers have been good in recent years, and the size structure is favorable for anglers.

Meanwhile, northern pike and yellow perch reproduction has flourished since the return of water to the reservoirs. Although their size is still on the smaller side due to their younger age, Gangl said they are growing well.

Smallmouth bass are rebounding with the water levels as well, Gangl said, with good numbers of moderately-sized fish in the nets.

"All fish are in excellent condition and plump, a huge turnaround from a few years ago when drought conditions resulted in extremely skinny fish," he said.

On Lake Oahe, the walleye population is still strong, with numbers similar to the past three years. Although larger walleye remain in Oahe, many fish in the nets were less than 14 inches in length. Gangl said the high numbers of small walleye is the result of strong reproduction since the lake refilled in 2009.

"Northern pike numbers on Lake Oahe are also through the roof, higher than



we've ever documented," Gangl added. "Like in Sakakawea, these fish are still growing in size and will produce some exceptional fishing opportunities in the coming years."

Catfish were the most predominant fish in the Oahe nets.

Landowners seek early Canada goose hunters

The North Dakota Game and Fish Department is starting a pilot program for matching early Canada goose hunters and landowners in much the same way antlerless deer hunters are paired with landowners.

Waterfowl biologist Mike Szymanski said the Game and Fish Department is currently working with approximately 40 landowners across the state who would like to host Canada goose hunters during the early season. Enrolled producers are also a part of the department's depredation permit program during spring and summer.

"These landowners are experiencing Canada goose depredation problems," Szymanski said. Interested hunters can get their name on a list of possible participants by accessing the Game and Fish Department's website at gf.nd.gov. Hunters who do not have Internet access can call the department's main office in Bismarck at (701) 328-6300.

Hunters must provide their name, address and telephone number, and in the drop-down menu choose the "early Canada goose" season selection. In addition, in the comments section hunters must list up to five counties where they would like to hunt. From this list the department will select the number of hunters landowners have agreed to host. These hunters will be sent the landowner's name, phone number and hours available for contact. If selected, hunters will receive landowner contact information after opening weekend.

Szymanski said landowners may or may not have harvested cropland for hunting early Canada geese, but could have hunting opportunities over water or other situations available. North Dakota's 2011 early Canada goose season opens Aug. 13. The season closes in the Missouri River zone Sept. 7, while the rest of the state has an ending date of Sept. 15.

HIP required for migratory bird hunters

With opening day of early Canada goose season set for Aug. 13, migratory game bird hunters are reminded to register with the Harvest Information Program prior to hunting in North Dakota. HIP certification is required for all migratory bird hunters, regardless of age, before hunting ducks, geese, swans, mergansers, coots, cranes, snipe, doves or woodcock. Hunter compliance is essential in order to obtain reliable national and regional estimates of annual harvest of all migratory game bird species.

Hunters who purchase a license through the North Dakota Game and Fish Department's electronic licensing system (gf.nd.gov) or instant licensing telephone number at (800) 406-6409 can easily get HIP certified. Otherwise, hunters can access the department's website, or call (888) 634-4798 and record the HIP number on their fishing, hunting and furbearer certificate. Those who registered to hunt the spring light goose season in North Dakota do not have to register with HIP again, as it is required only once per year. However, hunters must HIP register in each state for which they are licensed before hunting migratory game birds.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

If you're one of the legions of hunters feeding your favorite pointer, retriever, flusher or all-around versatile hunting dog a maintenance-type dog food during their "off-season", now is the time to switch to a performance diet.

Better yet, make the switch at least two to three months ahead of hunting season.

After all, you're dealing with a highly tuned, highly trained and intuitive athlete. They need – and deserve – the best.

Actually, the best thing for your favorite canine isn't switching sooner from maintenance to performance dog food; the best thing for the dog is keeping it on performance dog food year-around. That's

the recommendation of Dr. Brian Zanghi, Research Scientist and Nutritionist, Nestle Purina Petcare. Zanghi is a Ph.D. nutritionist and sporting dog enthusiast well versed in canine health, nutrition and diet.

Simply reduce the quantity of performance dog food when they're not spending as much time in the field. Besides, like people, hunting dogs really should be on a year-around exercise routine for overall better health.

A performance dog food blend should contain a minimum of 30 percent protein and 20 percent fat. The remainder consists of carbohydrates, vitamins and minerals, described Zanghi. Both upland and waterfowl dogs benefit from a performance blend dog food. A high level of metabolic endurance allows for a better level of efficiency in training and hunting. There are only advantages to staying on performance dog food, Zanghi said. Calories are important for dogs, but not as important as nutrient profile, he added.

Unlike humans, dogs rely on fat and

higher-level protein to develop lean muscle mass. Carbohydrates are nonessential to all dogs, Zanghi said, and dogs are more capable of using protein and fat than humans.

However, like humans, a dog's muscles and body in general adapts slowly to diet changes. That's why changing from maintenance to performance food should be done sooner rather than later.

Many owners struggle with knowing how much to feed their dogs. Start with the manufacturer's guidelines, Zanghi

recommends. However, those guidelines are only a starting point. Feed the dog the recommended amount

for a period of time and closely observe the dog's body condition. "The dog owner always has to go on the body condition of the dog...every dog is an individual," he said. Use a one-cup measuring cup and fill it level to the top. Any adjustment up or down should be in small, one-quarter cup or less increments depending on the dog's condition.

"If you can't feel ribs, it's the first sign the dog is putting a little too much weight on," Zanghi described. However, if ribs are excessively pronounced, the dog needs to add weight and isn't healthy, either.

At best, dog food labels are daunting and confusing. Regardless of the brand, owners should buy quality dog food with proper nutrients for their dog, its activity level, age and overall body condition. Look at the percentage of protein, carbohydrates and fats for a better understanding of its nutrients, don't simply look at ingredients.

It's all part of having a healthy, happy hunting dog – or non-hunting dog, for that matter.

“Dogs don't need ingredients, they need nutrients.”
— Dr. Brian Zanghi, Research Scientist and Nutritionist, Nestle Purina Petcare

FLOOD NEWS BRIEFS

SBA approves \$108 million in disaster loans for ND residents and businesses

SACRAMENTO – SBA's North Dakota District Director James L. Stai announced today that SBA has approved more than \$108 million in federal disaster loans to North Dakota homeowners, renters and businesses who sustained damages from the flooding that occurred February 14 through July 20, 2011.

"SBA's disaster assistance employees continue to help North Dakota residents and business owners rebuild their homes and businesses," said Stai. Individuals and business owners who sustained damages are encouraged to register with the Federal Emergency Management Agency (FEMA) by calling the teleregistration number at (800) 621-FEMA (3362) or (800) 462-7585 (TTY) for the hearing and speech impaired. "Don't miss out on any assistance you may be entitled to by not registering for help," he added.

According to Stai, SBA customer service representatives are available at the locations listed below to issue loan applications, answer questions about SBA's disaster loan program, explain the application process and help each individual complete their application.

BURLEIGH COUNTY

Business Recovery Center, Bank of North Dakota, 1200 Memorial Highway, 1st Floor, SBDC Office, Bismarck, ND 58504, Mondays – Fridays, 9 am – 6 pm

BURLEIGH COUNTY

Disaster Recovery Center, Bank of North Dakota, 1200 Memorial Highway, Leadership Hall, 2nd Floor, Bismarck, ND 58504, Mondays – Saturdays, 9 am – 7 pm

RENVILLE COUNTY

Disaster Recovery Center, Sherwood City Hall, 204 Main Street, Sherwood, ND 58782, Closes Thursday, August 18, Mondays – Saturdays, 9 am – 7 pm

WARD COUNTY

Business Recovery Center, Wells Fargo Bank, 15 Second Avenue SW, Third Floor, Minot, ND 58701, Mondays – Fridays, 9 am – 6 pm

WARD COUNTY

Disaster Recovery Center, Ward County Courthouse, 315 Third Street SE, Ex-Servicemen's Room, Minot, ND 58701, Mondays – Saturdays, 9 am – 7 pm

WARD COUNTY

Mobile Disaster Recovery Center, Lewis & Clark Berthold High School, 401 Fourth Avenue NE, Berthold, ND 58718, Opens Monday, August 15 at 1 pm, Closes Wednesday, August 17, Monday – Wednesday, 9 am – 7 pm

WARD COUNTY

Mobile Disaster Recovery Center, Kenmare High School, 300 Seventh Ave Northeast, Kenmare, ND 58746, Closes Saturday, August 13, Mondays – Saturdays, 9 am – 7 pm

Disaster loans up to \$200,000 are available to homeowners to repair or replace their damaged or destroyed primary residence. Homeowners and renters are eligible for up to \$40,000 to repair or replace damaged or destroyed personal property.

Businesses of any size and private, nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory, and other business assets. The SBA can also lend additional funds to help homeowners and business owners with the cost of making improvements that protect, prevent or minimize the same type of disaster damage from occurring in the future.

For small businesses and most private, nonprofit organizations of any size, SBA offers Economic Injury Disaster Loans (EIDL) to help meet working capital needs caused by the disaster. EIDL assistance is available regardless of whether the business suffered any property damage.

Applicants may also apply online using the Electronic Loan Application (ELA) via SBA's secure Website at <https://disasterloan.sba.gov/ela>.

Residents and business owners may obtain information on SBA disaster loans by calling SBA's Customer Service Center toll-free at (800) 659-2955, emailing disastercustomerservice@sba.gov or visiting SBA's Web site at www.sba.gov/services/disasterassistance. Hearing impaired individuals

may call (800) 877-8339.

The filing deadline to submit applications for property damage has been extended to August 23, 2011. The deadline to submit economic injury applications is March 21, 2012.

For more information, visit SBA's Web site at www.sba.gov. SBA Field Operations Center – West, P.O. Box 419004, Sacramento, CA 95841

Date extended for household goods storage

The commander of Minot AFB has authorized short distance moves and non-temporary storage to vacating local economy quarters for displaced Airmen and their dependents.

Col. James Dawkins, 5th Bomb Wing commander, authorized this order in response to historic flooding of the Souris River Valley, which led to the evacuation of more than 1,100 Airmen and their families. The order has been revised to extend the date to Aug. 26.

The authorization applies to all active duty military and dependents of active duty military whose permanent residence is located in the evacuation area.

The evacuation area includes residences within McHenry, Renville, and Ward Counties ordered evacuate by state of North Dakota civilian authorities.

This order allows for up to 180 days of storage at government expense. Additional storage after the initial 180 days will be at the expense of the member and/or dependent.

All household goods shipment and storage requests under this order must be initiated with the 5th Logistics Readiness Squadron and the Joint Personal Property Shipping Office before Aug. 26. Actual pick-up, transport and storage can begin after the application date as necessary.

All affected members should report to their chain of command for further instructions.

FEMA trailer & BAH entitlements not duplication of benefits

The Federal Emergency Management Agency announced July 29, that receipt of basic allowance for housing entitlements will not be considered a duplication of benefits with receipt of a FEMA trailer.

FEMA officials determined that it would not be a duplication of benefits for Airmen to receive both basic allowance for housing and temporary lodging in FEMA trailers. FEMA acknowledges that the basic allowance for housing is part of military service member's compensation package.

Service members and their dependents may also be eligible for safe haven allowances after the evacuation order is lifted.

Safe haven allowances are for displaced active duty dependents and Department of Defense civilian dependents and consist of lodging, meals and incidental expenses. In addition, displaced service members may be eligible to have their household goods stored for up to six months.

"This is great news for our Airmen," said Col. Max Mitchell, 5th Bomb Wing vice commander. "This is one less thing to worry about for those affected by the Minot flood. It will allow our airmen to focus more of their attention on getting their houses and lives back together."

A FEMA regional coordinator may need to speak with those requesting trailers on an individual basis on this issue.

For more information or for questions regarding financial assistance or support, contact the Emergency Family Assistance Control Center at 723-4500.

MSU CJ accomodates flood-impacted ND students

Minot State University's Master of Science in criminal justice degree program is waiving the Graduate Records Exam admissions requirement

for the 2011-2012 academic year. The waiver affects all North Dakota residents, U.S. military and their dependents, Minot Air Force Base civilian personnel and all law enforcement, corrections and court personnel. Currently, the GRE is administered only in Bismarck and Fargo.

"North Dakota flood victims, military and criminal justice personnel, simply cannot travel to these test sites," said Bill Archambeault, chair of the Department of Criminal Justice. "The CJ faculty feel that we need do all that we can to accommodate any otherwise qualified student interested in pursuing the MCJ degree."

Under the temporary admissions requirements, students are required to have a bachelor's degree in criminal justice, criminology or closely related degree from an accredited university, graduate with an overall grade point average of 2.75 or higher (on a 4.0 scale) and maintain a 3.5 GPA during the first nine hours of graduate coursework

The application deadlines for fall 2011 and spring 2012 semester are Aug. 12 and Nov. 15. For more information, call the Graduate School at 858-3250 or 1-800-777-0750, ext. 3250 or visit its website at www.graduate@minotstateu.edu.

For questions, contact Archambeault at w.archambeault@minotstateu.edu.

Water conservation lifted

The Minot city mayor lifted the water conservation restrictions for the city of Minot, which also includes the installation, Aug. 9.

Base organizations and residents are authorized to resume normal water consumption throughout the base including housing, irrigation and car washing.

Base leadership is asking all housing residents to please follow the family housing brochure guidance, which is still current for the base housing area.

The base has a limited reserve of water, so water conservation is always necessary. Mission Support Group officials say the way grass is watered is important. Frequent watering makes the grass look good for a short time but does not encourage deep root growth. Failure to obtain good root growth results in heavy winter kill.

Officials continued to say that the ideal way to water, given North Dakota's type of soil, is to water once a week with one inch of water.

The base housing office has scheduled even numbered apartments to water on even numbered calendar days and odd numbered apartments on odd numbered calendar days.

Watering should take place from 7 - 10 a.m. and 7 - 10 p.m. Watering on the 31st of the month is not permitted to ensure fairness for everyone.

Base leadership thanks all base residents and work force, and said the base's success was only because of everyone's efforts.

For more information, refer to the family housing brochure at www.minot.af.mil/shared/media/document/AFD-110809-058.pdf.

FREE CLASSIFIED ADS

The Northern Sentry is offering FREE classified ads for everyone if they are selling personal items or to advertise rummage sales.

Find us on Facebook

Minot Air Force Base Northern Sentry to post any community fundraisers or announcements.

839.0946

nsads@srt.com

www.northernsentry.com



CROSSWORD PUZZLE

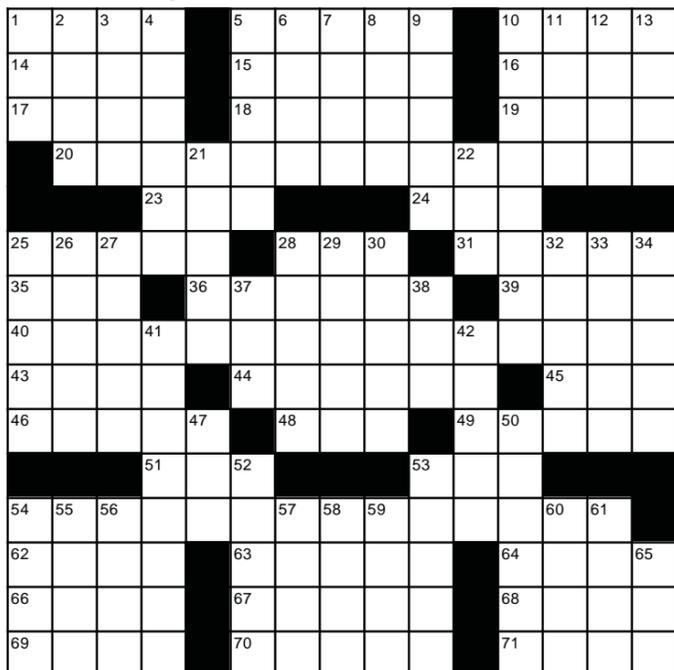
ACROSS

1. Surrounded by
5. Gets fur all over the rug
10. "The Simpsons" cartoonist Groening
14. Plumb crazy
15. Lose one's cool
16. Masseur's target
17. Ricky's landlord
18. Three-time batting champ Tony
19. "The Haj" novelist
20. 1943 Errol Flynn film
23. Fraternal fellow
24. JFK regulators
25. India's first prime minister
28. Mo. when the World Series begins
31. Andean wool source
35. GP gp.
36. Defender of Scopes
39. Vending machine input
40. They could go either way
43. Conductor Klemperer
44. "The Iceman ___"
45. Linguistic suffix
46. Summons with a pager
48. "Waking ___ Devine" (1998 film)
49. Coastal feature
51. "How Dry ___"
53. Jetsam of 1773
54. Paid holidays and the like
62. "Clair de ___"
63. Runs out of steam
64. Good earth
66. Added stipulations
67. Marner's creator
68. Toledo's waterfront
69. Chain items
70. McLain, baseball's last 30-game winner
71. Competitor of Gateway and Compaq

DOWN

1. Politico Landon
2. "Encore!"
3. Way to serve tea or coffee
4. Brooklyn ballplayer of old
5. Haunted-house figure
6. Soccer period
7. Geraint's lady

Brinksmanship



8. Aria performer
9. Gobble, with "down"
10. Hawaii Volcanoes National Park sight
11. Realty unit
12. Michael Moore's "Downsize ___!"
13. Tracy's Trueheart
21. Give the slip to
22. ___-EI (Superman's birth name)
25. Fat cat, so to speak
26. Ham it up
27. Poker Flat's chronicler
28. Sweater synthetic
29. It doesn't pay
30. Got in shape, with "up"
32. Photographer Adams
33. Ed of the Reagan cabinet
34. Black-ink entry
37. Pendulum's path
38. Freshly painted
41. Dazed and confused state
42. Crazy Horse, for one
47. Lose tautness
50. Executed perfectly
52. Apportioned, with "out"
53. Short-tempered
54. Bomber pilot's woe
55. Ancient alphabetic symbol
56. Memorial Day weekend race, for short
57. Liver secretion
58. "___ Brockovich" (2000 film)
59. Sign filler
60. Went like the blazes
61. Shove off
65. Blanc, the voice of Bugs

Solution to puzzle from last week.



UPCOMING MOVIES

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

Monte Carlo

Friday, August 12, at 7 p.m.

While on a trip to Paris with her best friend and soon-to-be-stepsister, Grace is mistaken for a British socialite, resulting in all three young women flying to Monte Carlo for a charity ball, auction, and the chance for international romance. However, when a million-dollar necklace goes missing, Grace and her friends must scramble to find it before the auction is ruined and their identities are exposed.



Rated PG for for brief mild language.
Running time: 109 Minutes

Larry Crowne

Saturday, August 13, at 7 p.m.

Until he was downsized, affable, amiable Larry Crowne was a superstar team leader at the big-box company where he's worked since his time in the Navy. Underwater on his mortgage and unclear on what to do with his suddenly free days, Larry heads to his local college to start over. There he becomes part of a colorful community of outcasts, also-rans and the overlooked all trying to find a better future for themselves...often moving around town in a herd of scooters. In his public-speaking class, Larry develops an unexpected crush on his teacher Mercedes Tainot, who has lost as much passion for teaching as she has for her husband. The simple guy who has every reason to think his life has stalled will come to learn an unexpected lesson: when you think everything worth having has passed you by, you just might discover your reason to live.



Rated PG-13 for brief strong language and some sexual content. Running time: 116 minutes

SUDOKU

Solution to puzzle on page 18

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

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



(U.S. Air Force photo/Master Sgt. Linda Miller)

A B-52H Stratofortress here departed for a fly-over mission at Arlington National Cemetery in Arlington, Va., commemorating the remains 12 U.S. service members missing in action from World War II, who were recently identified and returned to their families for burial with full military honors Aug. 4. While at the ANC, the Buff supported a funeral flyover mission as well, in honor of Retired Brig. Gen Thomas E. Lacy.

Missing World War II Army Air Forces soldiers identified

Office of the Assistant Secretary of Defense Public Affairs

ARLINGTON, Va. - The Department of Defense POW/Missing Personnel Office (DPMO) announced Aug. 1 that remains of 12 U.S. servicemen, missing in action from World War II, had been identified and would be returned to their families for burial with full military honors.

They are Army Air Forces 1st Lt. Jack E. Volz, 21, of Indianapolis; 2nd Lt. Regis E. Dietz, 28, of Pittsburgh, Pa.; 2nd Lt. Edward J. Lake, 25, of Brooklyn, N.Y.; 2nd Lt. Martin P. Murray, 21, of Lowell, Mass.; 2nd Lt. William J. Shryock, 23, of Gary, Ind.; Tech. Sgt. Robert S. Wren, 25, of Seattle, Wash.; Tech. Sgt. Hollis R. Smith, 22, of Cove, Ark.; Staff Sgt. Berthold A. Chastain, 27, Dalton, Ga.; Staff Sgt. Clyde L. Green, 24, Erie, Pa.; Staff Sgt. Frederick E. Harris, 23, Medford, Mass.; Staff Sgt. Claude A. Ray, 24, Coffeyville, Kan.; and Staff Sgt. Claude G. Tyler, 24, Landonver, Md.

The remains representing the entire crew were buried as a group, in a single casket, Aug. 4 in Arlington National Cemetery near Washington, D.C. An Air Force Global Strike Command B-52 from the 5th Bomb Wing at Minot Air Force Base, N.D., performed a flyover during the event.

Eight of the Airmen were identified and buried as individuals during previous ceremonies. Shryock, Green and Harris were also individually identified and were also interred individually at Arlington Aug. 4.

These 12 airmen were ordered to carry out a recon-

naissance mission in their B-24D Liberator, taking off from an airfield near Port Moresby, New Guinea, on Oct. 27, 1943. Allied plans were being formulated to mount an attack on the Japanese redoubt at Rabaul, New Britain.

The crew's assigned area of reconnaissance was the nearby shipping lanes in the Bismarck Sea. But during their mission, they were radioed to land at a friendly air strip nearby due to poor weather conditions. The last radio transmission from the crew did not indicate their location, and in the following weeks, multiple searches over land and sea areas did not locate the aircraft.

Following World War II, the Army Graves Registration Service conducted investigations and searches for 43 missing airmen, including these Airmen, in the area but concluded in June 1949 that they were unrecoverable.

In August 2003, a team

from the Joint POW/MIA Accounting Command (JPAC) received information on a crash site from a citizen in Papua New Guinea while they were investigating another case. He also turned over an identification card from one of the crew members and reported that there were possible human remains at the site of the crash.

Among other forensic identification tools and circumstantial evidence, scientists from JPAC and the Armed Forces DNA Identification Laboratory used mitochondrial DNA-which matched that of some of the crewmembers' families-in the identification of their remains.

Of the 16 million Americans who served in World War II, more than 400,000 died. At the end of the war, the U.S. government was unable to recover and identify approximately 79,000 Americans. Today, more than 73,000 are unaccounted-for from the conflict.

DAKOTA TERRITORY AIR MUSEUM'S 15TH ANNUAL SWEEPSTAKES

SPECIAL SECOND PRIZE!
P-51 MUSTANG RIDE
YOU COULD WIN IT!!

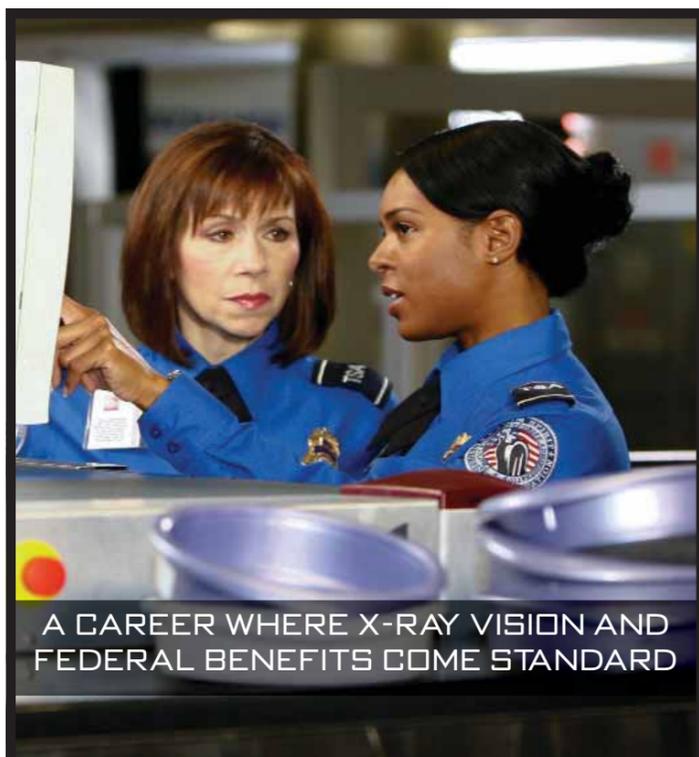
- Mustang Ride has just been donated as 2nd Prize in our 2011 Sweepstakes
- \$500 travel voucher to help with travel costs to get to the ride site will also be provided
- All 2011 sweepstakes entries received to date and all additional entries received until sold out or by 11:00 AM, August 21, 2011 at the latest, will qualify to win the Grand Prize 1946 Ercoupe
- After the Grand Prize drawing has been completed, all remaining entries will be eligible to win the 2nd prize drawing for the P-51 Mustang ride and travel voucher.

GRAND PRIZE: 1946 ERCOUCPE 415D

- 85 HP CONTINENTAL - 128 SMOH Limit: 2,500 Sweepstakes Entries available at \$50 per entry
- RUDDER PEDALS
- ICOM RADIO
- CLEVELAND BRAKES
- Need not be present to win
- Dakota Territory Air Museum is a non profit 501(c) 3 corporation.
- Sweepstakes Drawings will be held August 21, 2011.
- Thank you for your help to preserve and showcase aviation history.

See our website for sweepstakes rules and details

Enter Online: www.dakotaterritoryairmuseum.com
Phone: 1-701-852-8500
Email: airmuseum@minot.com
Mail: Dakota Territory Air Museum, P.O. Box 195, Minot, ND 58702



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Minot International Airport Is Now Hiring Transportation Security Officers

See yourself in a vital role for Homeland Security. Be part of a dynamic security team protecting airports and skies as you proudly secure your future.

Information Session – Open House

Wednesday, August 17th • 10:00 am - 3:00 pm

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Apply online: <https://tsajobs.tsa.dhs.gov> or call 1.877.872.7990



Transportation Security Administration

U.S. Citizenship Required.
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Must be 18 years of age to apply.

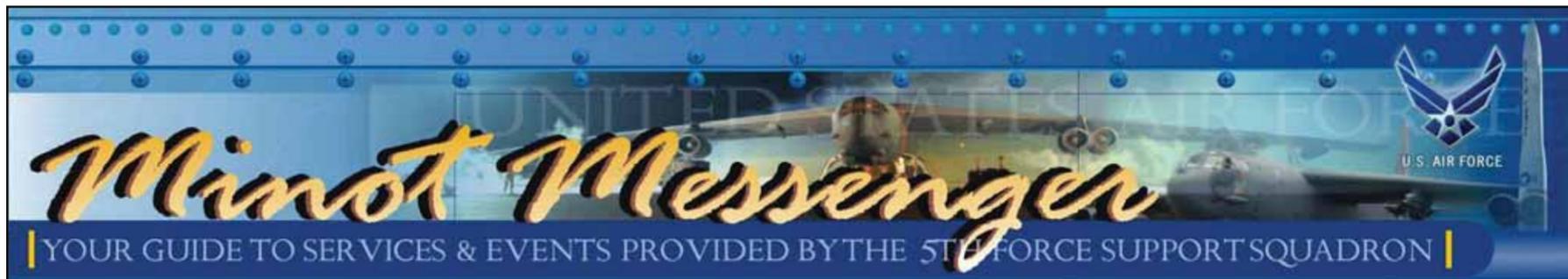
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Amber, Terri, Steph, Evelyn, Toni, Natalie & Joshua

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362 Missile Ave Minot Air Force Base, ND • 701-727-5545



Youth Dance Lesson Registration Begins On August 15th



Youth Center members are invited to put on their dancing shoes and learn a variety of styles of dance. Starting August 15th, members age 2 and older may register for a Creative Movement class, a Ballet, Tap, and Jazz combined lessons class, or a Hip Hop class. The cost of each dance style class is \$35 per month. Dance lessons are

scheduled to begin Saturday, September 17th; late registration will run until September 29th. Participants must be Youth Center members.

All classes are scheduled for Saturdays. The times for each class are below (please note these times are subject to change depending on the number of children registered):

- 1 p.m. to 1:45 p.m.**
Creative Movement – Ages 2 – 3
- 2 p.m. to 2:55 p.m.**
Ballet/Tap/Jazz – Ages 3-5
- 3 p.m. to 3:55 p.m.**
Ballet/Tap/Jazz – Ages 3-5
- 4 p.m. to 4:55 p.m.**
Ballet/Tap/Jazz – Age 6 and older
- 5 p.m. to 5:55 p.m.**
Hip Hop – Age 6 and older

There will be a parent orientation at 5 p.m. on September 15th. For more details, call 723-2838.



youth programs
Air Force Services

Upcoming Summer Camps and Trips Youth Center

Missoula Children's Theatre "Robin Hood"
Everyone is invited to enjoy the public performance of the Missoula Children's Theatre production of "Robin Hood" on Friday, August 12th at the Youth Center. Performance time is 5 p.m. See Minot AFB youth transform into Robin Hood and his Merry Band or even the evil Sheriff of Nottingham. Come cheer on all the talented participants in this year's Missoula Children's Theatre camp.

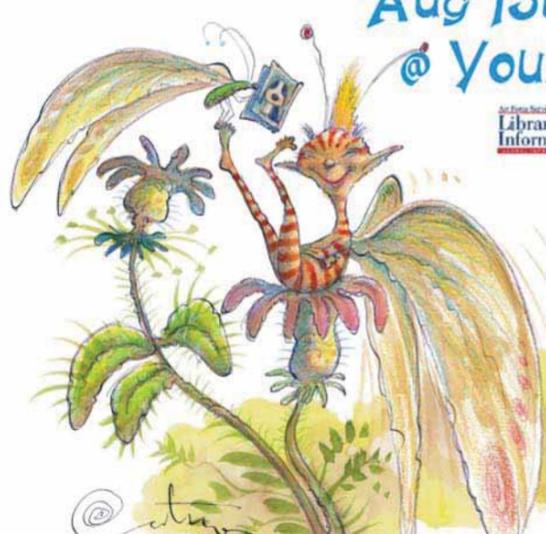
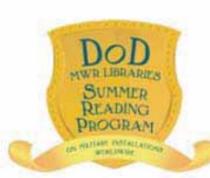
Keep America Beautiful Field Trip
Children age 9 and older are invited on the free Keep America Beautiful Trip August 24th starting at 9 a.m. Wear your grubbies and come help with the Adopt a Highway Program. Lunch will be provided. Call 723-2838 for more details.

A Midsummer Knight's Read

Wrap-Up Party

Aug 13th, 1:00pm

@ Your Library

Join us as we bid a fond farewell to another great Summer Reading Program. We will draw the winner of the grand prize at the party. Although you do not have to be present to win, participants & anyone else who is interested should come for a good time, left over incentive prizes & a treat.



Dive 'n' Jive II

You asked for it...you got it! After the tremendous success of the Dive 'n' Jive event held in July, the Outdoor Pool has scheduled Dive 'n' Jive II for Friday, August 19th from 7 p.m. to midnight. Persons age 18 and older can enjoy an evening of swimming, music, and partying. Cost is \$5 per person. Alcohol will be available for purchase for those 21 years of age or older. If you didn't get to enjoy all the fun at the first Dive 'n' Jive event, you won't want to miss this one. For additional details, call the Outdoor Pool at 723-3388 or Outdoor Recreation at 723-3648.

Base Theater Movie On August 19th

The base theater is adding to all the fun activities planned for Friday, August 19th. Kids and kids at heart can enjoy the movie "Transformers" with the doors opening at 5 p.m. and show time at 6 p.m. Cost is \$4.50 for adults and \$2.25 for children. Don't miss this great opportunity to enjoy an outing with your family.



Movie Night In The Park

Friday, August 19th - 9 p.m. - Bud Ebert Park

Bring your family and a blanket or lawn chair to Ebert Park on Friday, August 19th for the FREE Movie Night in the Park. Reserve your spot by 8:30 p.m. with the movie "Yogi Bear" beginning at 9 p.m. Concessions available for purchase.

Register Now For September 10th Badlands Horseback Riding Trip

Have you ever experienced the rugged beauty of the Badlands of North Dakota? Outdoor Recreation is offering an afternoon of horseback riding in the Badlands on September 10th. Cost is \$65 per person; includes transportation and a three hour horseback ride. Must be six years of age or older; age 17 and under must be accompanied by an adult. Horses have saddlebags so feel free to bring water or snacks. There is a lunch stop in New Town; you can bring your own or buy there. To reserve your spot, call Outdoor Recreation at 723-3648 by September 8th.



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

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on August 13th and August 27th. 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.

Bundles For Babies

Expectant mothers in their last trimester are invited to attend Bundles For Babies at the Airman and Family Readiness Center on August 18th 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.

Buck Bowling During August

Rough Rider Lanes is offering everyone a great way to get out of the house and enjoy some recreation fun. During August, you can bowl for \$1 per game, Monday through Thursday from 9 a.m. to 3 p.m. and Friday and Saturday from 4-6 p.m. Shoe rental is FREE. Contact Rough Rider Lanes at 727-4715 for details.

Rough Riders' August Specials

- Chicken Cordon Bleu Pizza – Golden baked pizza smothered in honey mustard sauce and topped with chicken, ham, and melted pizza cheese. Large \$16 Medium \$11 Small \$7.50
- Chicken Cordon Bleu Sub – Flatbread topped with chicken, honey mustard, ham, and swiss cheese. Served with choice of chips and drink for only \$8.

For details, call Rough Riders at 727-4377.

No Lunch At JDC On August 18th & 19th

The Jimmy Doolittle Center will be closed for regular lunch on Thursday, August 18th as they will be hosting the Base Quarterly Awards Luncheon and on Friday, August 19th when they host the Cultural Diversity Day. We apologize for any inconvenience this may cause.

Texas Hold'em Tournament

J.R. Rockers invites you to bring your best poker face to the Texas Hold'em tournament scheduled for Friday, August 20th. \$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.

Only The Best Come North Scramble

Golfers can "tee it up" on Sunday, August 21st when the Rough Rider Golf Course hosts the "Only the Best Come North Scramble" beginning at 9 a.m. This tournament was postponed from its original July 10th date. Cost for this four person, 18 hole scramble 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 August 18th. The tournament is sponsored in part by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended.*

Reggae Night

Enjoy an evening with friends during Reggae Night at J.R. Rockers on August 20th starting at 9 p.m. Relax with your favorite drink and listen to great reggae music. The J.R. Rockers DJ will be playing Jamaican style music to make you feel like you're on the islands man! Cost is free for club members and \$5 for non-members. For additional information, call J.R. Rockers at 727-ROCK.

Jewelry Making Class

The Arts & Crafts Center is hosting a Jewelry Making class on Saturday, August 20th 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. For more information, call 723-3640.

Retiree Scramble

The Retiree Scramble Golf Tournament will be held August 27th at 9 a.m. at the Rough Rider Golf Course. Teams of four will consist of retirees, active duty, and spouses. The entry fee for the tournament is \$15 per person; green fees and cart rental extra (includes meal). The tournament is sponsored by the David C. Jones Chapter of the Air Force Association. *No federal endorsement of sponsor intended.* Call the Rough Rider Golf Course at 723-3164 for more information.

Wing Fest

Join the Doolittle Center for Wing Fest on August 19th 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 details.

Arts & Crafts Center Retail Store Open Saturday, August 20th

The retail store at the Arts & Crafts Center will be open on Saturday, August 20th from 10 a.m. to 2 p.m. Browse through their wide selection of craft supplies or check out their many unique gift ideas. Be sure to ask about the wide variety of classes they offer including scrapbooking, framing, counted cross stitch, knitting, and more. For additional information, call the Arts & Crafts Center at 723-3640.

HeartLink: A Right Start For Spouses

The Airman and Family Readiness Center hosts HeartLink on August 24th from 9:30 a.m. to 2 p.m. at the Jimmy Doolittle Center. The class is for spouses with less than 8 years of experience with military and/or those new to Minot. This class is designed to provide important information to spouses on protocol, mission, financial readiness, resources, and the local community. It's a great chance to network with other spouses. Additionally, attendees have the opportunity to ask questions directly to a base leadership panel. Lunch and door prizes are provided. Interested spouses must pre-register by close of business on August 23rd. For more information or to register, call 723-3950.

WHAT'S FOR DINNER



Turkey Reuben with Thousand Island Coleslaw

- 1/2 cup Real Mayonnaise, divided
- 1/4 cup finely chopped dill pickle
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 8 slices rye bread
- 1 pound sliced cooked turkey
- 2 tablespoons ketchup
- 2 cups coleslaw mix
- 8 slices Swiss cheese

Combine 1/4 cup mayonnaise, pickle, ketchup, vinegar and mustard with wire whisk in medium bowl. Season, if desired, with salt and pepper. Stir in coleslaw mix; set aside.

Top 4 bread slices with cheese, turkey, coleslaw mixture, then remaining bread slice. Evenly spread outside of sandwiches with remaining 1/4 cup mayonnaise. Cook sandwiches, in batches, in 12-inch nonstick skillet over medium heat, turning once, 8 minutes or until golden brown.



Festival on Main is August 20

The annual Festival on Main will be held Downtown Minot on Saturday, August 20 from 10 a.m. until 5 p.m.

Sponsored by the Downtown Business & Professional Association of Minot, the Festival on Main is a fun filled day for the whole family.

Activities will include carnival games, inflatable obstacle course, bounce house, velcro wall, and dunk tank provided by River Rentals, Rock Top Petting Zoo, Dakota Cruisers car show, bingo, food vendors and craft booths will also be in attendance.

There will be a local dance

studio and square dancing demonstrations, including the Eagle Feather Dancers from New Town, FunTyme Karaoke contest, North Prairie Farmer's Market, pedal car races and a basketball tournament sponsored by Big Time Bistro.

Several businesses along Main Street and Downtown will be having activities at their locations, including a cupcake contest at Gourmet Chef, live pottery demos at Margie's Art Glass Studio, sushi eating contest at United Pantry, live music at Otis and James Photography,

2nd Story rummage sale, children's art activities at the Taube Museum, face painting at Main Street Books, Geo-Caching treasure hunt with Albertson Consulting, massages by Breathe Again Spa, and much more!

Booth spaces are available and volunteers are needed to man the carnival games and inflatable games.

If you are interested in helping during the festival or need a booth application, please call 839-4975 or 839-8928, or email us at gourmet@minot.com.

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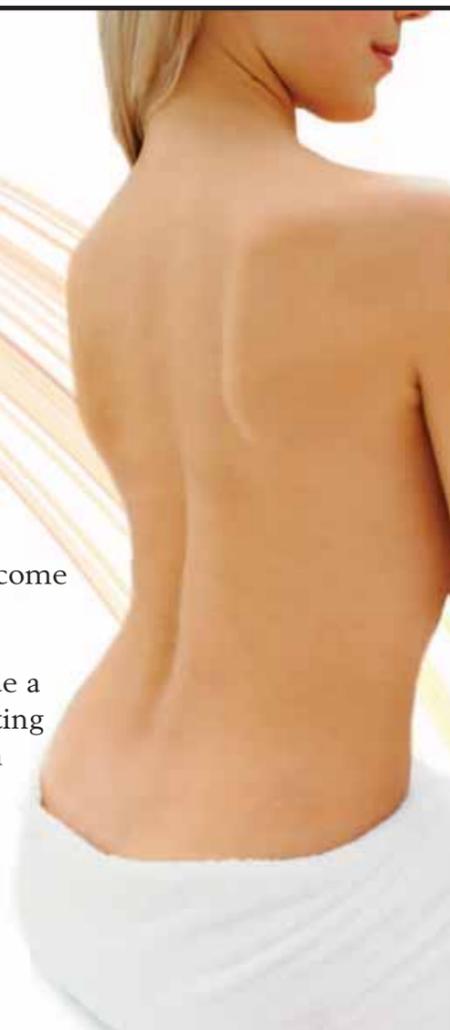
Q: What are the benefits of a tummy tuck?

A: After pregnancy or weight loss, the skin and muscle can become stretched and fail to return to their original shape. Despite exercise and diet, these tissues don't always respond and a tummy tuck, also known as an abdominoplasty, may provide a highly effective method of tightening the muscles and treating these difficult abdominal areas. This can be combined with liposuction as well to sculpt difficult to reduce areas.

Jeffrey Pitcher, MD
Plastic and Reconstructive Surgeon



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Minot, ND (701) 857-5662 *Financing Available*



MINOT AREA COUNCIL ON THE ARTS UPCOMING EVENTS

VISUAL ARTS

AUGUST

13&14 Prairie Artist Arts & Fine Crafts Show, Metigoshe Christian Center, Bottineau, 701-228-2905

REGISTRATION DEADLINES

AUGUST

16&17 Registration for Dance Company of Minot Fall classes, 838-5094

INTERNATIONAL PEACE GARDEN UPCOMING EVENTS

AUGUST

12-14 Order of Eastern Star Pilgrimage

13 Mason Annual Meeting

13 Warden on Wheels

20 50th Celebration of Legion Athletic Camp

20 7th International Country Gospel Performers from Canada and the U.S. Is one of the most popular events of the year. Concessions on site 5 – 9 p.m. Jamming session follow the performances. www.internationalcountrygospelfest.com

21 7th International Country Gospel, 11 a.m. Church Service-Festival, 1– 6 p.m.

20-21 Quilt Show & Sales hosted by Simply Sewing & J.D. Long-arm of Killarney-Tea & Refreshments, 10 a.m. – 5 p.m.

20-21 MB Natural Resource Officers, 1:30 – 3:30 p.m.

26-28 3rd Annual International Metis/Michif Rendezvous "Where the Fiddle and Mountain Unite" www.metisfest.com. Fun for the entire family – music galore, vendors, food concessions & more.

29 NAGWM – Annual Memorial Service ,1 p.m.

SEPTEMBER

Sept. 11: 9th - 9/11 Ceremony 11 a.m.

ETHNIC SUNDAY BUFFETS - 11 A.M. – 2 P.M.

\$9.95 Plus Tax, 12 & Under-\$.75 per year

Aug. 14 Ukrainian Buffet **Aug. 28** Mexican Buffet

Aug. 21 Chinese Buffet **Sept. 4** Italian Buffet



Club Championship Golf Tournament Winners

(Submitted Photo)

The Rough Rider Golf Course hosted the Club Championship Golf Tournament on August 6th and 7th. Winners of the tournament were (left to right) Tech. Sgt. Benjamin Barnett, 5 OSS, Low Net Club Champion and Airman Shane Hoover, 5 CES, Low Gross Club Champion.

How the diabetes dilemma can affect you

by Shari Lopatin

TriWest Healthcare Alliance

According to the American Diabetes Association, more than eight percent of the entire U.S. population has diabetes, and another 79 million Americans are in danger of becoming diabetic.

That's more people than the entire country of France. With such staggering numbers, what is causing this epidemic?

"Over the past decade, obesity has become recognized as a national health

threat and a major public health challenge," said the Centers for Disease Control and Prevention. "Obese adults are at an increased risk for many serious health conditions, including Type 2 diabetes."

Thirty-three of the country's 50 states had at least a quarter of their population obese in 2009. Only Colorado and Washington D.C., kept their obesity prevalence to less than 20 percent.

The ADA identifies people who are overweight or obese, and who don't exercise regu-

larly, at higher risk for developing diabetes. Therefore, as the country grows less active and collectively gains weight, more and more people will become diabetic.

Many other health problems can develop once a person becomes diabetic, including heart disease and stroke, high blood pressure, blindness, kidney disease and nerve system disease.

Tips on preventing the onset of Type 2 diabetes include:

- Make a grocery list when shopping and buy more fruits, vegetables, and whole grains.
- Purchase leaner meats—such as chicken and fish—and stick to lower-fat dairy products.
- Take a brisk walk every day (such as in the morning or after dinner).
- Join an exercise class, such as dance, aerobics, or weight-lifting.
- Gently stretch every night before bed.

For more healthy living tips, visit TriWest's Healthy Living Portal at www.triwest.com/healthyliving.

Every play has a love story...
...some more peculiar than others.

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Adapted by Robin Hawdon
Directed by Paula Lindekugel-Willis

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Thursdays at 4:00-6:00 pm

Questions or comments?
Contact Paulette Daily 838-6822

Diagnosed? How cancer clinical trials could help

By Shari Lopatin

TriWest Healthcare Alliance

When Ellen Beare learned she had Stage 3 breast cancer, she decided not to tell people at work. "I just didn't want to be defined by cancer," Beare said.

For many, that sentiment rings very common today. Nearly 12 million Americans were diagnosed with some type of cancer in 2010, according to the National Cancer Institute.

Discovering you, or a loved one has cancer, is very difficult. Beare—who is a care coordinator in Tacoma, Wash. for TriWest Healthcare Alliance—struggled the most with telling her son.

"It was probably harder telling him than anything else," Beare said, pausing to keep from crying. "He is my only child."

For those who have received this type of news, TRICARE recently expanded its coverage for cancer clinical trials. This makes it possible for cancer patients with TRICARE to receive more types of treatments. Beare, who is 63 years old and cancer-free today, is a strong believer in finding a cure.

"Cancer is very real, very prevalent, but with research, there can be a cure," she said.

What does TRICARE cover? TRICARE covers three

types of cancer clinical trials for those who are eligible. These trials test different ways to prevent, detect and treat various cancers. Of the three phases, Phase I trials were recently added as a TRICARE benefit:

Phase I trials: determine the highest dosage of a drug the body can handle, and the effects that drug has on the body.

Phase II trials: study the safety and effectiveness of an intervention method on a certain type of cancer, and how that method affects the body.

Phase III trials: compare promising new treatments to the standard treatments.

How to sign up

To take part in a trial, pre-authorization is needed. If you're TRICARE-eligible, you may be able to take advantage of the cancer clinical trials. The only exception is active duty service members, who would go through their military clinic instead.

"If clinical trials are available to someone through TRICARE, I would encourage them to get information, just as they should get information on the type of cancer they have and the current treatment options," Beare said.

For more information, or to see about taking part in a trial, contact a TriWest Cancer Clinical Trial Coordinator by calling 1-866-427-6610.

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.minotpc.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>Sunday 8:30 a.m. & 11 a.m. Wednesday 7 p.m.</p> <p><i>Saturday evening service is SUSPENDED for the Summer. For the foreseeable future, Zion Lutheran and First Lutheran will worship together.</i></p> <p>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><i>Fr. Dave Zimmer, Pastor</i> 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>Bread of Life Lutheran Church ELCA 1415 17th Ave SW 838-3360</p>  <p>Saturday worship 5 p.m. Sunday worship 9:30 am</p> <p>Pastor Taryn Montgomery Breadoflifeminot.com</p>	<p>Fill his spot in the Church Directory for only \$7 per week!</p> <p>call us at 839.0946 or email us at nsads@srt.com for more info.</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 a.m. Family Hour/ Leadership Training 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/ Children Worship (Wed.) .. 7 p.m. Prayer (Friday) 7 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>June - August Worship 9 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

- **August 5K**, 0700, Fitness Center
- **Anime Club**, 1630, Library
- **Public performance of Missoula Children's Theatre "Robin Hood"**, 1700, Youth Center
- **Lights & Strikes**, 1800-2300, Rough Rider Lanes

Saturday

- **Raging Rivers Waterpark Trip**, Youth Center
- **Horseback Riding Trip**, 0830, Outdoor Recreation
- **Stars & Stripes Scramble**, 0900, Rough Rider Golf Course
- **Summer Reading Program Wrap-Up Party**, 1300, Library
- **Lights & Strikes**, 1800-2300, Rough Rider Lanes
- **Hip Hop Nite**, 2300-0400, J.R. Rockers

Sunday

- **All-Ranks Champagne Brunch**, 1030, JDC
- **Sunday Escapes Book Club**, 1330, Library

Monday

- **Money Monday's-College Financial**, 1130-1230, A&FRC
- **Cooking Camp**, Aug 15-19, Youth Center
- **Dance Registration**, Aug 15-Sept 29, Youth Center
- **U.S. Kids Golf/Link Up 2 Golf**, Aug 15-26, M, W, F, 1700-1800 or 1800-1900, Rough Rider Golf Course

Tuesday

- **Men's Day**, 0800-1200, Rough Rider Golf Course
- **Family Night**, 1700-2100, J.R. Rockers
- **Bedtime Story Time**, 1830, Library

Wednesday

- **Goal Setting for People Who Hate Setting Goals**, 1000-1130, A&FRC
- **Hello/Goodbye/Birthday Celebration**, 1600, Youth Center
- **4-Day Childbirth Class (3 of 4)**, 1900-2100, A&FRC

Thursday

- **Bundles for Babies**, 0900-1100, A&FRC
- **Creative Kids**, 1030-1130, Arts & Crafts
- **No Regular Lunch due to Quarterly Awards Luncheon**, JDC

August 19

- **Block Party**, 1600-2000, J.R. Rockers
- **6th Annual Show & Shine Car Show**, 1630-2000, Rockers Parking Lot
- **Wing Fest**, 1730, JDC
- **Give Parents a Break**, 1800-2200, CDC/SAP
- **Dive 'n' Jive**, 1900-2400, Outdoor Pool
- **Movie Night in the Park "Yogi Bear"**, 2100, Bud Ebert Park

August 20

- **Arts & Crafts Retail Store Open**, 1000-1400, Arts & Crafts
- **Jewelry Making Class**, 1030-1200, Arts & Crafts
- **Texas Hold'em Tournament**, 1900, J.R. Rockers
- **Reggae Night**, 2100, J.R. Rockers

Ongoing Events

- **Equipment Orientation Class**, By appointment, Fitness Center
- **Youth Employment Skills**, for ages 13-18, Youth Center
- **First Steps Soccer Registration**, Aug 1-26, Youth Center
- **Dance Registration**, Aug 15-Sept 29, Youth Center

First Steps Soccer Registration

Registration for First Steps Soccer will be held from August 1st through August 26th at the Youth Center. This program is for youth ages 3 and 4. First Steps Soccer is scheduled for August 30th through October 5th. Times will be Tuesdays from 10 a.m. to 11 a.m. or Wednesdays from 5 p.m. to 6 p.m. for 6 weeks. You may choose which session works best for your schedule. Cost is \$30 for Youth Center members and \$35 for non-members. Space is limited and registration will end early if slots

are filled. Parents are required to attend a mandatory parent meeting on August 25th at 11 a.m. or 5 p.m. at the Youth Center. For more information, call the Youth Center at 723-2838.

Main Gate Traffic Info

From Aug. 1 to Sept. 10, the Minot Air Force Base main gate will only be open to limited traffic, Monday through Friday from 6 a.m. to 5:30 p.m. Limited traffic includes Medical Group appointments and housing residents. The main gate will be closed to all traffic on weekends, holidays, and down days. The south gate will open for 24/7 operations during this time, excluding visitor passes. The north gate will be open from 6 a.m. to 5:30 p.m. for oversized and contractor vehicles. The north gate will replace south gate operations during the aforementioned time period.

Thrift Shop Summer Hours

We accept donations 24/7. Donations can be dropped off inside the double doors facing Tanker Trail. We will resume Tuesday and Thursday operations on Thursday, August 25th.

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. 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 last Link Up 2 Golf session is 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.

Summer Block Party

Make plans now to attend J.R. Rockers annual Summer Block party on Friday, August 19th from 4:30 p.m. to 8 p.m. Enjoy food and fun for the entire family including bouncy castles, a giant slide, jousting events, face painting with Dizzy the Clown and Cloudy, the annual Show & Shine Car Show, and more. Cost for the meal is \$2 for club members, \$4 for non-members, and children age 4 and under \$1. J.R. Rockers will be closed for regular business on August 19th to prepare for this event. For more details, call J.R. Rockers at 727-ROCK.

Commissary Fall Case Lot Sale

The Commissary Fall Case Lot Sale will be Friday 19th through Sunday 21st August. Join us for savings in all departments.

Diversity Day Volunteers Needed

Diversity Day is fast approaching and the Minot AFB Diversity Day committee is in need of volunteers. Personnel can volunteer to set-up before the event or tear-down afterwards. The committee is also looking for personnel to assist with the kids corner and all of the cultural booths. If interested in volunteering, please call the Equal Opportunity office at 723-2711.

Hispanic/Latin Heritage Committee Meeting

The Hispanic/Latin Heritage Committee is meeting to organize displays/activities/performance for the upcoming Minot AFB Cultural Diversity Day event on 19 August. Everyone is invited to participate in the planning of this observance. Come out and share the richness of your heritage with the base populace. Please contact Mrs. Gina Large at 723-7585 for more information.

African American/Black History Committee Meeting

The African American/Black History Committee is looking for motivated personnel to help organize and plan events surrounding the history and accomplishments of Black/African Americans in America for the upcoming Minot AFB Cultural Diversity Day event on 19 August. Anyone interested in helping to plan for this event should contact SSgt Renee Sweeting at 723-1335 or e-mail renee.

sweeting@minot.af.mil.

Cultural Diversity Day

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

Demonstration of Online Tutoring

Find out about a unique service available to all military families: 24/7 online tutoring and career help from Tutor.com. August 22 at 10 a.m. or August 23 at 2 p.m. at the Base Theater Funded by the Department of Defense MWR Library Program, this program allows K-12 students to connect to a live tutor online at anytime for help with homework, studying, test prep and more. Tutor.com is also available for military members that are taking college-level classes including statistics, calculus, and much more. For more information you may also contact: MAFB School Liaison Officer at 723-1447 or matthew.balas@minot.af.mil.

Military Airfield Run

Join Col. Troy VanBemmelen, 5th Operations Group commander, in an OG sponsored "Fun Run" on Aug. 25 at 8 a.m. The run will be held on Minot's airfield starting at the Hazardous Cargo Pad and ending near the DV ramp. Buses will start running at 7 a.m. from the BX/Commissary parking lots. The POC's for this event are Tech. Sgt. Barnett, 723-3377 and Senior Airman Zettler, 723-2550.

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 containing one chimichanga, two enchiladas, two tacos, refried beans, Spanish rice, and chips and salsa within a 30 minute time frame. If you're able to accomplish this feasting feat, the meal is free and you'll be added to the board of fame. If you're unable to complete the challenge, the meal costs \$15. For more information, contact the Jimmy Doolittle Center at 723-3731.

Youth Employment Skills Program

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

Mom's Network

Want a chance to network with mothers on base? Well here is your chance every Wednesday from 11am - 1pm you can join us at the Northern Plains Chapel Basement for an open house-type structure, come and go, snack and learn, share with others, called the Mom's Network. We are offering this service to provide support to new (and experienced) Moms to promote healthy nutrition for families, support breast feeding, etc. Each session will consist of an educational topic and snacks will be served. Come and join us! The Mom's Network is co-sponsored by Family Advocacy and HAWC. Contact Donna Burth, Rn Family Advocacy at 723-5140 or Sandra Horob, RD, HAWC at 723-2994.

Summer Lodging Crunch

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

Minot RCC Established

The Minot Recovery Coordination Center (RCC) has been established. This service, free of charge, pairs volunteers with flood victims requesting volunteer assistance. Go to www.minotnd.org to register for this service. Those without internet access may visit the Minot Municipal Auditorium at 420 3rd Ave SW between the hours of 9am-5pm to fill out the request for volunteer assistance form or volunteer form in-person. Free volunteer assistance available for: muck out, mold remediation, salvaging items, gutting, demolition, moving assistance, sanitizing, repairs and other needs! Registering your volunteer assistance needs with the Minot RCC is the first step in getting volunteer support. When volunteer teams become available and are able to access the flood-affected neighborhoods, the RCC will match your needs with a volunteer team that can assist.

Flood of Love

Western North Dakota Synod and Minot ELCA congregations will host a "Flood of Love" community evening, Friday, August 12, 5 - 8 pm at Minot Bread of Life Lutheran church, 1415 17th Avenue SW. This evening of fellowship will feature meditation and special music led by Bishop Mark Narum, games for the kids, bounce houses, and a hamburger/hotdog supper. The public is invited to come and there will be no charge for the event. A free will donation will be accepted which will be used to assist individuals and congregations recovering from flood damage. The evening will be the kickoff for other "Flood of Love" events to be held in Western North Dakota.

Prairie Artists' Show & Sale

On Saturday, August 13th and Sunday, August 14th from 10am to 4pm both days at the Lake Metigoshe Christian Center, located north of Bottineau. Featured Artist: Paul Horn, Minot. Paintings, needle arts, decorative painting, photography, beadwork, scroll saw work, log furniture are some on the items shown. Call 701-228-2805 for further information or to enter. This is sponsored by the Prairie Arts Club of Bottineau.

Pancake Breakfast

This breakfast is for Flood Evacuees in our community and area on Sunday, August 14th from 8am to 2pm at the Surrey Senior Center. There will be a free will offering. The sponsors are: Hope Lutheran Church and Surrey Senior Citizens. If you would like to give a donation - please make checks to either Hope Lutheran Church or Surrey Senior Citizens. For more information call Diane Hjklden at 852-1762 or Lorraine Voeller at 838-4611.

Rummage & Bake Sale at Vincent

Join us for the rummage and bake sale on Tuesday, August 16th from 9am to 2pm. Lunch will be at 11am...Sweet Treats all day. Bag bargains at 1pm at Vincent United Methodist Church, 1024 2nd St SE - 4 blocks east of Toad's.

Kindergarten Party

Children who are entering kindergarten this fall are invited to the Minot Public Library's annual party that will be held on August 17th at 2pm in the Imagination Station. Children will hear stories about going to school and will be given treats. Children must be pre-registered by August 16th. Children may pre-register starting August 9th by calling the children's library at 838-0606.

Taube Museum Event Updates

This summer has been an interesting change for everyone. We have all had to adapt and adjust to changes and at the same time move forward with all the challenges that have been put on our "palattes". Here is an updated for the "arts community" about what is happening at the Taube Museum of Art.

- Annual Summer BBQ, Aug. 18th
- The Small Works Exhibit and Auction has been rescheduled for the Lower Gallery from August 16 - September 16. The Main Gallery Exhibition remains the same: Chuck Kimmerle, Unapologetic Landscapes. The reception will be held on August 18th from 5 pm - 7 pm in conjunction with the Annual Summer BBQ.
- And the last summer art class, Pressed Tin: Repousee - August 17 & 18

If you have questions or would like to register for classes please feel free to call 701-838-4445 or visit www.taubemuseum.org for more informa-

tion. See you soon at the Taube Museum of Art and thank you for your patience during the changes in the Calendar of Events!

Free Medora Musical Tickets

The Medora Musical is offering free tickets to flood victims on certain dates. Call 1-800-633-6721, and ask for the tickets under the Flood Block Code. The dates you can use them are: August 24, 25, and 31. September 1, 5-8.

MAHC Annual 5k Fun Walk/Run

Minot Area Homeless Coalition, Inc. 2nd Annual 5K Fun Walk/Run will be held on Saturday, August 27. The charity 5k fun walk-run to benefit the Minot Area Homeless Coalition. This is an "All comer's race (participants not put into divisions). It's a great way to test yourself against the whole field while supporting a worthy cause". Please note: this is a non-competitive charity run to aid the MAHC. There are no prizes promised or implied to those who participate. Contact the Homeless Coalition for more information or to register for this event. 701-852-6300.

Why Not! Fest

Why Not! Fest is back again - a week earlier this time: August 12-14, 2011 at Pangea House, Minot! We are all really excited for Why Not! this year and we have a whole gaggle of new events.

Confirmed traveling bands include: DEAD (Melbourne, Australia), Unstoppable Death Machines (Brooklyn, NY), Johnny Unicorn (Seattle, WA), The Cigarette Burns (Los Angeles, CA), Mean Mug (Minneapolis, MN), Serengetto (Minneapolis, MN), Laardvark (Minneapolis, MN), F. Detector (Fargo, ND), Systems Victims (Bismarck, ND - TEN YEAR ANNIVERSARY!) and Many More TBA! And Fantastic Local Acts: It's a Secret, Jazmine Wolff, Bitemarks, Cody Blotter, Todd.

Microcosm Publishing will also be there tabling and dropping knowledge again! Single day admission wristbands: \$7, Three day admission wristbands: \$15. For more information visit <http://whynot.pangeahouse.org>.

Coca-Cola to Award Favorite Park

Coca-Cola is giving away \$100,000 to your favorite park! Help Minot's Oak Park win up to \$100,000 - go to www.livepositively.com/#/americas-parks/vote and search for the city "Minot" to vote for Oak Park. Vote as many times as you would like between now and September 6th.

Kids In Need Foundation Helping Child Flood Victims

The Kids In Need Foundation, a national, non-profit organization dedicated to providing free school supplies to economically disadvantaged school children and under-funded teachers, is accepting donations to provide school supplies to students affected by the record-breaking floods in Minot, North Dakota. Donors can visit the Kids In Need Foundation website and make a donation that will deliver school supplies, including paper, pencils, glue, notebooks, and scissors directly to the hands of local Minot teachers and students. Donations can be made at <http://kinf.org/minot> until September 15.

Peace Garden Military Special

International Peace Garden salutes our United States Military. Present your valid Military ID and receive 50% off of one vehicle admission (a \$5 value). This is good for the 2011 Spring and Summer season. Call 1-888-432-6733 or check us out at: www.peacegarden.com.

Singers Wanted!

The Minot Chamber Chorale is seeking singers for the upcoming season. The Chorale was founded over thirty six years ago and is the only mixed community choir in Minot. Singers make a commitment to perform in the four concerts each season including a Fall Pops Concert, Renaissance Christmas Feast, Classical Works Concert and Spring Sampler Concert & Ice Cream Social. To schedule an audition contact the conductor, Bob Demke at 721-4548 or rcinvest@srt.com.



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JOB OPENINGS on Minot Air Force Base at the Commissary for a Custodian Worker, Shelf Stocker, Meatroom Custodian, and Puller. Job openings also at the Switchboard for Switchboard Operators and at Food Services for two Food Service workers. Please contact Mike Collins at 721-2176.

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LOCAL DANCERS CULTURAL MATURE, RELIABLE, TRUST WORTHY INDIVIDUAL.

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

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



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SAT AND SUN 9 - NOON Lots of items for sale to numerous to list Hope you come! 503 Maple Street, Minot

PCS YARD SALE: Friday and Saturday Aug 12th and 13th 8am to 2pm 52-1 Dundee Drive, Minot AFB. washer and dryer furniture, scrub-uniforms, tools Scentsy items (new and gently used) and lots of misc. Everything must go.

SUDOKU ANSWERS

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

Answers to puzzle on page 8

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 \$130,750 MINUTES FROM MAFB – 3 bedroom, 2 bath home in Glenburn. Many updates plus a completely remodeled basement in 2011 w/new bath, egress bedroom and family room. Hardwood floors on main level, nicely landscaped large lot w/alley access and storage shed. Attached garage MLS #20111034	 \$130,000 2-STORY – A flooded home - Ok'd by a structural engineer and currently in demolition and cleanup. The 3 bedrooms on 2nd level w/hardwood floors were not affected. Sellers continuing to work on home until it is sold or selling as is and willing to look at offers. MLS #20111296	 \$79,900 IN RUGBY – Completely renovated 3 bedroom ranch style home. New doors, windows, flooring thru-out. Newer street, new sidewalk and close to city park. Attached garage w/workshop. MLS #20111204
 \$164,900 COUNTRY LIVING – Great 4 bedroom, 1 ¼ bath home on 8+ acres near Ryder and a short drive to Lake Sakakawea. Formal dining room, main floor laundry, deck, detached garage and 40x80 pole building. MLS #20111183	 \$165,000 NICE CONDO – 2 bedroom, 2 bath condo in Harvey. Large master bedroom with full bath, patio off main floor family room, large kitchen/dining area, main floor laundry, double garage MLS #20110924	 \$228,550 IN KENMARE – High quality, new construction home now being built. Convenient one level 3 bedroom, 1 ¾ bath floor plan with Southern exposure. Concrete foundation, crawl space, covered front porch, landscaping and appliances included. Attached double garage MLS #20110931

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<p>AFFORDABLE HOME FOR SALE. 3Bdrm home 1 bath in Mohall 40 minutes from Minot AFB. New gas furnace/central air, steel siding, hardwood floors, appliances included. \$55,000 MUST SEE! Rhonda 340-8024. <small>39pd8x</small></p>	<p>CASH FOR YOUR UNSOLD RUMMAGE and also buying; old books, records, stereo equip., cameras, antiques, old postcards, old radios, pottery, glassware, guns, comics, furniture, lamps, jewelry, fishing gear, old signs, marbles, vinyl records, CD's & DVD's, old model kits, old magazines, Pre 1950's, anything else you want to sell. 626-2712 <small>32c1x</small></p>
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 1ST MINOT REALTY 219 S. Main 852-0136 www.cbminot.com • cb@minot.com An Independently Owned and Operated Member of Coldwell Banker Real Estate Corporation	<p style="text-align: center;">\$89,900</p> 3 bedroom, 2 bath, double garage home. It was in the 2011 flood and has been gutted, cleaned and sanitized. Home is sold "AS IS". Pre flood value was appx. \$170,000. Call Lorell Seibold Today! #20111252	<p style="text-align: center;">\$189,000 Tioga</p> 3 Bedroom, 2 Baths, 2 Fireplaces. Lots of updates. Lower level Living room and family room with fireplace. Large windows allow lots of sun light. Walk out doors to driveway. Large two stall garage with tool room/office. Call Brad Torkelson Today! #20111249	<p style="text-align: center;">\$60,000</p> Home was Flooded. Selling AS IS! Home has 4 bedrooms and 3 bathrooms. Enjoy 2 wood burning fireplaces, a full basement and a double attached garage. Call Jerry Thomas Today! #20111238																									
<p style="text-align: center;">\$115,000</p> Flooded Home. Has been cleaned out and sprayed for possible mold. Ready to build with your own design. A 1799sf home with 3 bedrooms, 2 bathrooms, 2 car garage, no basement, living room and family room. Very large yard. Call Clyde Thorne Today! #20111232	<p style="text-align: center;">\$274,900</p> Awesome custom built house! Main floor features include a very large foyer area with large hallway leading to a very large master bedroom with a full bathroom. The other bedroom on this level is nicely sized with newer carpet. The second full bath on this level is also nicely sized. Awesome open floor plan. Convenient main floor laundry. So much more to see! Call Jerry Thomas Today! #20111217	<p style="text-align: center;">\$99,500 Kenmare</p> Kenmare, ND Beautiful 2010 manufactured home with 3 bedrooms and 2 bathrooms on its own lot. Open kitchen area, oak cabinets, and a kitchen island for those baking goods. Carpeted throughout except for the dining room, kitchen, and bathrooms. Nice corner size lot with apple trees and alley access. Call Clyde Thorne Today! #20111214	<p style="text-align: center;">\$375,000 Garrison</p> Lake front home in Douglas Bay! This home in Garrison ND has 3 bedrooms and 2.75 bathrooms. This would make a perfect weekend get-away home with all the furniture being included or make it a year round home! The walk-out basement leads to Lake Sakakawea and has a detached 2 stall garage. Call Bruce Walker or Mike Matteson Today! #20111114																									
<p style="text-align: center;">\$115,000</p> Flooded home. Selling "AS IS" and well below Assessed value. 2 bedrooms 1.75 baths and a double attached garage. Home also has 2 fireplaces. Call Clyde Thorne Today! #20111099	<p style="text-align: center;">\$34,000 Bowbells</p> To Be Sold "As Is". Cozy 2 bedroom home with large lot in back. This would make a nice rental unit. Call Brad Torkelson Today! #20110824	<p style="text-align: center;">\$95,000 Kenmare</p> Completely remodeled home from top to bottom, with new siding, roofing, shingles, insulation, wiring, and much more. A new porch was added on the front for those days just sitting on the porch in your rocker. Completely ready to move in, no work necessary. Call Clyde Thorne Today! #20110739	<p style="text-align: center;">\$249,900</p> DON'T MISS OUT!! Over 3500 square feet of living space. Main floor features 3 bedrooms, 1 bath, large living room with newer flooring and a fireplace. Nice sized kitchen and dining room with sliding glass door to backyard. Huge family room with recessed lighting and a gas fireplace. Lower level consists of 1 non-egress bedroom and a renovated ¾ bath. Call Jerry Thomas Today! #20110374																									
<p style="text-align: center;">\$154,900 Surrey</p> 3 bedroom 2 bath ranch style home in Surrey. Remodeled lower level with family room and 2 more non-egress bedrooms. Walk-out to newer deck with hot tub in a large fenced back yard and a double garage. Call Lorell Seibold Today! #20110157	<table style="width: 100%; font-size: small;"> <tr> <td>Tony Alef.....362-7599</td> <td>Neil Gush.....833-9003</td> <td>Brad Livesay.....720-7769</td> <td>Lorell Seibold.....721-4996</td> <td>Brad Torkelson.....339-8907</td> </tr> <tr> <td>Alish Charley.....701-509-5362</td> <td>Tasha Haugen.....721-9969</td> <td>Sara Luedke.....852-0136</td> <td>Erich Sinn.....852-0136</td> <td>Aisha Vadell.....833-1136</td> </tr> <tr> <td>Tamie Dunn.....720-1723</td> <td>Lori Henderson.....721-0158</td> <td>Mike Matteson.....463-2099</td> <td>Virginia Slavick.....852-0136</td> <td>Dawn VerBruggen.....720-2034</td> </tr> <tr> <td>Todd Fettig.....852-0136</td> <td>Danette Krumwiede.....720-2335</td> <td>Orville Nesdahl.....852-6488</td> <td>Jerry Thomas.....833-7578</td> <td>Matthew Waind.....721-1166</td> </tr> <tr> <td>Ken Gorze.....852-0136</td> <td>Brenda Larson.....578-5480</td> <td>Jim Olson.....240-8761</td> <td>Clyde Thorne.....240-8594</td> <td>Bruce Walker.....852-0136</td> </tr> </table>			Tony Alef.....362-7599	Neil Gush.....833-9003	Brad Livesay.....720-7769	Lorell Seibold.....721-4996	Brad Torkelson.....339-8907	Alish Charley.....701-509-5362	Tasha Haugen.....721-9969	Sara Luedke.....852-0136	Erich Sinn.....852-0136	Aisha Vadell.....833-1136	Tamie Dunn.....720-1723	Lori Henderson.....721-0158	Mike Matteson.....463-2099	Virginia Slavick.....852-0136	Dawn VerBruggen.....720-2034	Todd Fettig.....852-0136	Danette Krumwiede.....720-2335	Orville Nesdahl.....852-6488	Jerry Thomas.....833-7578	Matthew Waind.....721-1166	Ken Gorze.....852-0136	Brenda Larson.....578-5480	Jim Olson.....240-8761	Clyde Thorne.....240-8594	Bruce Walker.....852-0136
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