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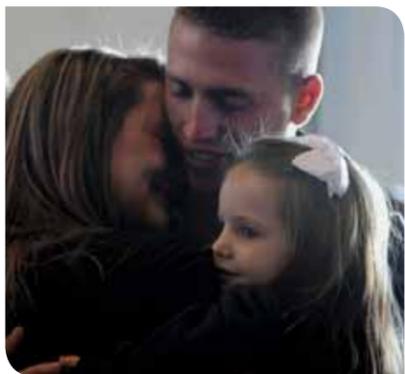
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SORTIES DISPLAY

5 BW Flying Goals, September 2011

SQUADRON	SORTIES	FLOWN	DELTA
23rd BS/AMU	44	09	-4
69th BS/AMU	44	13	0



WELCOME HOME DEPLOYERS

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

The following Airmen have recently returned from deployment:

5th Medical Group

Master Sgt. Geisha Y. Patton

5th Maintenance Squadron

Master Sgt. Aaron Rivers

5th Communications Squadron

Senior Airman Brandon Wall

5th Operations Support Squadron

Staff Sgt. Sherwood Reynolds



(U.S. Air Force photo/Senior Airman Ashley N. Avecilla)

Lt. Gen. Loren Reno, Deputy Chief of Staff for Logistics, Installations and Mission Support, inspects military armored vehicles with Senior Airman Christopher Bielski, 5th Logistics Readiness Squadron vehicle maintenance apprentice, here, Sept. 13. Reno visited individual shops and spoke with Airmen about their daily duties.

Potential housing allowance for 2012

By Airman 1st Class
Jessica McConnell

Minot Air Force Base Public Affairs

A base allowance for housing rate determination team is scheduled to visit the base to consider potential increases to BAH rates for Minot Airmen during 2012.

With housing already difficult to find due to the oil boom, and the flood damaging more than 4,100 homes, many Airmen have found themselves staying with friends, living in recreational campers, or moving from hotel to hotel.

Officials also expect lease and rental rates to increase even more due to the decrease in housing availability.

In an effort to assist Airmen with projected increased housing rates, the Air Force is re-evaluating the amount of BAH active duty members qualify

for. To increase BAH, proof must be shown to justify an increase.

"We need people to send in any and all documents showing how their rates have increased," said Lt. Col. Randall Morris, 5th Mission Support Group commander. "The housing office needs to see copies of past and present documents, including lease and rental agreements."

The Minot AFB housing office is asking members renting in the local community to please collect the relevant paperwork, such as lease agreements, rent increase notifications, or any other documentation that demonstrates proof of increases, both past and future, and provide copies to the housing office.

Also, members are encouraged to provide information on the entire amount due every month, not just a portion, in order to accurately capture the data.

For example, if three Airmen are living in a house and split the rent of \$1,500 a month three ways, each individual Airman would not send information saying they only pay \$500 a month to rent their house. Each individual Airman would submit documents stating that the rent of their home is \$1,500 a month.

The information may be hand-delivered to the housing office Monday to Friday from 8 a.m. to 3:30 p.m., or sent electronically to their organization box, 5ces.ceach@minot.af.mil, by close of business on Sunday, Sept. 18. All emails must be received no later than 6 p.m. on Sept. 18.

All Airmen living off base are highly encouraged to participate in this survey in order to increase BAH rates. For any questions regarding this survey, please contact the housing office at 723-6429.

IDEA program holds ingenuity competition

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

The Innovative Development through Employee Awareness program began a base-wide competition Sept. 15, designed to promote the best in job ingenuity among various squadrons here.

The squadron whose Airmen provide the highest number of approved ideas will be awarded a trophy for their success.

Airmen are encouraged to submit their ideas between the dates of Sept. 15 to Dec. 15 for a chance to not only save the Air Force money but prove their potential in trade ingenuity.

"If an Airman's idea is approved, they will also be entered into a drawing to win a Nintendo Wii and Wii fit as well," said Charles Hamilton, 5th Force Support Squadron IDEA program manager. "The last promotion had a total of 18 submissions, so there is a good chance of winning the drawing."

The IDEA program is an Air Force sponsored initiative that has allowed Airmen an opportunity to improve their work environment in a more resourceful and efficient way.

The program has proven to be popular racking up 7,095 idea submissions within the first six months in 2011. More than 3,100 have been approved, validating savings of \$44 million Air Force-wide.

According to Hamilton, within the past fiscal year, Minot AFB had almost 90 ideas submitted. He explained ideas submitted can range anywhere from making changes to the Air Force Portal online to improving the way resources are used in offices. "If it is within the Air Force's private business, then we can accept virtually any idea," Hamilton said.

He added the monetary rewards



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

The Innovative Development through Employee Awareness program recently began a base-wide competition, designed to promote the best in job ingenuity among various squadrons here. The squadron whose Airmen provide the highest number of approved ideas, between the dates of Sept. 15 to Dec. 15, will be awarded a trophy for their success. According to Charles Hamilton, 5th Force Support Squadron IDEA program manager, if an Airman's idea is approved, they will also be entered into a drawing to win a Nintendo Wii and Wii fit as well.

were always a plus, ranging anywhere from \$200 to the maximum of \$10,000. Long term cost savings theoretically offset any award given, which is why monetary rewards can be offered to those with proposals.

"In the past year there were two individuals here who saved the Air Force several million dollars, so they were each awarded the maximum," said Hamilton. "Submitting an idea can be very rewarding, especially if it can save the Air Force money and be

implemented on all bases."

Hamilton suggested those interested in submitting an idea spend a little extra time doing some background research behind their idea and to be detailed on how much it can save the Air Force.

"The hardest part in this process is determining if an idea is original and eligible," said Hamilton. "Once we determine that an idea is not duplicate, we send it to a point of contact who will review it if it is something

out of my knowledge base."

Hamilton encouraged Team Minot Airmen to show the ingenuity they have to offer when it comes to work efficiency and looked forward to the ideas to come.

Those interested in submitting a proposal, can log onto IDEA Program Data System at <https://ipds.randolph.af.mil> to create a profile and start sharing suggestions. For more information contact the IDEA program manager at 723-3900.

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 for you and whoever
 has your back.**

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Families value the benefits of USAA Auto Insurance from generation to generation. In that spirit, we invite you to enter our WinWin™ Sweepstakes. Four lucky finalists win a trip to D.C., and you could even win the Grand Prize: a new Chevrolet for you, plus another to give away. To enter, start a USAA Auto Insurance quote.

Start a quote to enter

usaa.com/win | 866-213-4733



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Medical NCO 'exudes calm in midst of chaos'

**Airman 1st Class
Jessica McConnell**

Minot Air Force Base Public Affairs

A master sergeant from the 5th Medical Support Squadron received the Lewis L. Seaman Enlisted Award for outstanding operational support here, Aug. 29.

Master Sgt. Camille Stamatakos, 5th MDSS NCO in charge of Tricare operations and patient administration, said she was very honored, as well as humbled, to have received this award.

"I think I received this award through knowing that nothing replaces good old-fashioned hard work, holding integrity as the number one work ethic, and always seeking out mentors throughout my career," said the master sergeant.

Stamatakos said it is her responsibility to oversee the daily operations of the Tricare and patient administration flight. Having recently been stratified as the top one percent of 5th Bomb Wing Senior NCOs due to her 'career record of amazing performance', Stamatakos has been described as an exemplary leader with a commanding presence.

Stamatakos supervises 17 active duty military, civilian and contract employees here. During her time as flight chief, she implemented referral policies and oversaw quality assurance reviews to ensure appropriate support to 12,500 patients. She also re-wrote the medical group patient administrative instructions to ensure the medical treatment facility was in line with Defense Department regulations.

As the flight chief, Stamatakos takes her position very seriously, and said her favorite part of her job as flight chief was being able to be there for her Airmen, being in a position to foster mentorship and to motivate, share her past experiences and provide career guidance whenever she can. The sergeant also completed a Health Care Administration bachelor's degree with a 3.9 grade point average and has already completed 26

hours in a Master's Program in international health with a 3.7 GPA.

Along with her drive toward self-improvement, Stamatakos is also greatly committed to supporting the local community both on and off-base. She was the base's Air Force Assistance Fund group project officer, at which she ensured 100 percent contact and directly aided to the base's \$113,000 in donations. Additionally, Stamatakos spared no time arranging several community outreach activities to improve the quality of life for the local community.

With all of these accomplishments under her belt, Stamatakos isn't shy about leading others to the same suc-

cess.

"Never underestimate your ability to make a difference in this world," she advised. "Find something you love doing in life and be the best you can at it. When you do right, you can never go wrong."

Maj. Mary Stewart, 5th Medical Group administrator, said Stamatakos always exudes calm in the midst of chaos.

"Her confidence and job knowledge help make any situation better," said Stewart. "I always know I can count on her to come through with the right solution. She is an excellent role model to her peers and is able to 'mentor up' as well to ensure the

organization is consistently moving in the right direction."

The AMSUS award acknowledges the abilities of many outstanding federal healthcare professionals each year through the awards program. Any senior NCO in a federal medical facility and any branch of the military is eligible for this award. It is given to a medical senior NCO who has made a significant impact in the areas of patient care, clinical support or healthcare management, to their service's medical mission.

Stamatakos will receive her award during the Association's annual meeting at its annual dinner this November.

Putting your best smile forward

5th Medical Group

The 5th Medical Group recently created a program designed to offer free teeth whitening services to smokers who successfully complete the Health and Wellness Center's structured tobacco cessation program.

The incentive is being offered in response to a record-level increase in tobacco use among Team Minot Airmen. In July 2011, tobacco use for active duty Airmen here was 32 percent compared to Air Force Global Strike Command's 27 percent use and 23 percent Air Force-wide.

The HAWC tobacco cessation program follows the American Lung Association curriculum "Freedom from Smoking Program." The class is offered every Wednesday from 11 a.m. to 12:30 p.m. Additionally, the HAWC is scheduled to start a "Baby & Me" cessation program for pregnant women in October, with classes each Monday from 11 a.m. to 12 p.m. Please call the HAWC for further details. "Becoming tobacco-free has the potential to increase productivity, increase health benefits, improve sustainability, and to improve the image



of our Airmen," said Nestoria Wright, 5th MDG health educator.

Countless studies have reinforced the detrimental effect tobacco use has on warfighting competence, including physical and mental fitness. The use of these products has been shown to reduce lung capacity and decrease night vision. Tobacco use is also associated with higher levels of impotence and infertility.

"Minot AFB's high rates of smoking compared to command and Air Force-wide statistics is especially concerning," said Lt. Col. Todd Huhn, 5th MDG chief of aerospace medicine. "Smokers are more vulnerable to

frostbite from winter temperatures as well as to bronchitis and airway irritation from cold, dry air."

For those with unique schedules, individual counseling is available at flexible times. This counseling is free to all military beneficiaries and Department of Defense civilians. Those interested in enrolling in the program may call the HAWC 723-2991 to register.

Medications may also be available to assist tobacco users in quitting the habit. To verify eligibility for these medications, one should make an appointment with their primary care manager by calling 723-5633.

Air Force family aids Team Minot Airmen

**by Airman 1st Class
Jose L. Hernandez**

Minot Air Force Base Public Affairs

As a leading organization in assisting Airmen and their families during Minot's flood recovery efforts, Operation Warmheart has continued to ensure charitable funds help those in need, distributing more than \$107,000 in aid here.

To date, Operation Warmheart has received a total of \$197,000 in charitable contributions from around the globe.

Master Sgt. Patrick Lund, 5th Force Support Squadron first sergeant and Operation Warmheart chairman, said donations have come in from a variety of individuals and organizations including chiefs groups, airman leadership school classes, spouses clubs, and first sergeant councils among many others.

Most recently, Minot AFB chaplains presented Operation Warmheart with a \$110,887 check donation on behalf of the Air Force Chaplain corps.

Col. Gerald MacManus, command chaplain for Air Force Global Strike

Command, said they sent a letter out to all of the commands and their wing chapels proposing the idea of taking up a designated offering for the intent of supporting the Airmen and their families affected by the flooding in Minot.

"There is no doubt the Air Force chaplain corps' number one priority is warrior care and it is very much echoed and supported in the priorities of the AFGSC mission," said MacManus.

"This goes beyond just helping our Airmen. If we take care of them and support them, ultimately, it helps them fulfill their mission."

MacManus said he hoped those who donated are made aware of the fact that they have enhanced the security of this nation because they have stepped forward and assisted in a time of great need.

"Those Airmen fulfilling their job day in and day out are our security and anyone who assists them surely plays their part in maintaining the security of this nation," said MacManus.

Lund explained he was amazed to see individuals place people first and

offer their full pledge of support.

"There are organizations on base that are holding events like car washes to help support Operation Warmheart," said Lund. "It's amazing how we have even received contributions from deployed members."

According to Lund, on average, grants of up to \$1,000 are being granted to Airmen, to help offset flood related rebuilding costs.

"Airmen have come to us seeking help in rebuilding efforts," said Lund. "The grants we offer are helping them pay for water heaters, sheetrock, HVAC, lumber, electrical, and per-

sonal necessities and supplies."

He said some are using the funds to hire contractors or buy equipment to help clean up their homes themselves.

"Many have had to deal with black mold and these grants can help Airmen afford expenses necessary to help them rebuild," said Lund. "From bottom up, we are helping them out."

Those interested in donating funds to Operation Warmheart, can mail contributions to Operation Warmheart care of Minot Flood Fight at 291 Peacekeeper Place, Minot AFB, ND 58705.

Airman found guilty of drug use

by Base Legal Office

On Sept. 7, a special court-martial was convened to hear the case of the United States versus Airman 1st Class Seaver R. Hellman, 791st Missile Security Forces Squadron.

Hellman was found guilty of wrongfully using spice in violation of Article 92 of the Uniform Code of

Military Justice and wrongfully using marijuana in violation of Article 112a of the UCMJ.

Hellman was sentenced to 40 days of confinement, reduced to the grade of E-1, and received forfeitures in the amount of \$1,500. This case marks the sixth court-martial conviction for drug usage at Minot Air Force Base since June of 2011.

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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 week-end 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

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



The AF's silent warriors

SOMEWHERE IN N.D.-When I first found out I'd be visiting the missile alert facility for a week, I was really excited. As I thought about it even more, I started getting nervous. Eventually, all that nervousness turned to uncertainty.

I had no idea what the Airmen did at these alert facilities. Then I started to wonder, if I don't know, how many people actually do? That's when I realized how important this trip would be. So many people, both civilian and active duty, have no idea what goes on out in the vast and desolate fields of North Dakota.

I had the great opportunity to embed with crewmembers of the 741st Missile Squadron's Foxtrot MAF. Before I go into detail as to what I encountered there, you'll probably want to know what the 91st Missile Wing's mission is first.

The 91st MW is an intercontinental ballistic missile wing here and is one of the Air Force's only three ICBM wings.

The missile wing is responsible for defending the United States by operating, maintaining and securing a fleet of 150 Minuteman III missiles located in underground launch facilities scattered across the northwest part of the state.

The wing's missile complex stretches over 8,500 square miles - approximately 12 percent of North Dakota.

America's alert ICBMs are ready to launch on any given day, and America's ICBM team plays a critical role in maintaining global stability and ensuring the nation's safety and security.

Approximately 450 Minuteman III missiles provide a critical component of America's on-alert strategic forces. As the nation's "silent sentinels," ICBMs, and the people who operate them, have remained on continuous, around-the-clock alert since 1959.

The team responsible for manning

these missile sites includes two missile combat crew members [one commander and one deputy commander], a facility manager, security forces members, a flight security controller, and a chef.

Each member rotates in and out of the alert facilities based on which position they are. In one year, the time spent away from home is normally equivalent to a 6-8 month deployment. The only difference is they don't receive a welcome home celebration, nor do they benefit from any extra pay.

These unsung heroes do their job day in and day out without complaining. I thought everyone I interviewed would complain so much. I thought they had a right to complain! I was very wrong.

Everyone was enthusiastic about both their jobs and their respective mission. So this is the purpose of my trip, to highlight what these professional men and women do every day; something so many people go without ever even noticing.

My trip started out with both myself and Senior Airman Michael Veloz, Minot AFB Public Affairs photographer, driving to the missile wing building bright and early for mission briefings. They discussed everything from the planned route and the crew members who would deploy to the missile complex, to any maintenance plans scheduled for the trip. Everything discussed and presented was very precise and professional, something I can say I observed quite frequently during my trip.

After the briefings were complete, we hit the road to Foxtrot 1, one of the missile wing's 15 alert facilities. I knew the facilities were far away, but I couldn't help but think to myself, "Toto, I don't think we're in Kansas anymore."

Upon arrival at Foxtrot-01, security was tight to get in. There are many different procedures and identifica-

tion processes to go through, just as it should be.

Our trip coordinator, Capt. Zach Eagle, 741st ICBM missile combat crew commander, took care of everything before we arrived, so needless to say, it was a smooth entry. On the other hand, Eagle had been planning this for months. Gaining access to an alert facility is no easy matter.

Once we arrived, everyone welcomed us in and gave us a quick tour of the facility. And I must say, the facility team does a very good job of taking care of their facility. Every room was neat and clean. Everything looked, for lack of a better word, perfect.

The MAF consists of a fitness room with two treadmills, weights, and an elliptical machine, a television room, lodging rooms, a security office, a facility manager office, a billiards room, a study room with two computers and internet, and a fully stocked kitchen and dining area. It only makes sense for them to have a nice place to stay; it's their home away from home.

There are many jobs that contribute to ensuring each facility operates as smoothly as it does, with no one job being more important than the other.

Just as retired Lt. Gen. Frank Klotz, the first and former Air Force Global Strike Command commander, once said, "No matter what job you have, every job is important. There is no one career that is higher than another." That statement is very true at the alert facilities.

In the following weeks I plan to highlight these important jobs through a series of feature articles. And trust me; these Airmen do a lot more than just hang out at the facility for a few days.

[This article is the first of a series covering the Missile Alert Facility team members and how they support the overall mission of the 91st Missile Wing]

Tips for your journey to becoming a more effective professional

Commentary by Col. Dave Funk

Air Force Center for Engineering and the Environment

LACKLAND AIR FORCE BASE, Texas (AFNS) - As a relatively new member of the Air Force Center for Engineering and the Environment team, I recently had the opportunity to share with a group of our branch leaders the philosophy I follow as a professional Airman.

Here are the tips I shared with them to help in their journey to be-

coming a more effective professional:

Priorities

In any endeavor, we all must pull in the same direction to move our organization forward in exceeding the expectations of our customers. That means, first and foremost, the priorities of our leaders must be our priorities as well. At the same time, we should strive to become the best professionals we can be in accomplishing the critical missions in our charge.

Leadership

We must always step up to take charge when needed and to share the "leadership load." That means we need to focus on the mission, but don't try to do it all by ourselves. We have a highly educated and trained group of professionals, so I encourage you to delegate and to ask for help before you get "behind the power curve."

A good leader is also proactive in

EFFECTIVE continued on page 8

MAFB EMERGENCY PHONE NUMBERS

BASE EMERGENCY
911 or Cell 727-1911

BASE CRIME STOP
723-7867 (STOP)

LAW ENFORCEMENT
723-3096

SECURITY
723-3011

FIRE
723-2461

ROAD CONDITIONS
723-1190

SAFE RIDE
723-7233 (SAFE)

WEATHER FORECAST

Fri 9/16	Sat 9/17	Sun 9/18	Mon 9/19	Tue 9/20
70/48	69/49	73/48	69/45	70/51
Mostly sunny. Highs in the low 70s and lows in the upper 40s.	Slight chance of a thunderstorm.	Sunshine. Highs in the low 70s and lows in the upper 40s.	Plenty of sun. Highs in the upper 60s and lows in the mid 40s.	Mostly sunny. Highs in the low 70s and lows in the low 50s.

Security forces Airmen complete 9/11 ruck march

by Staff Sgt. Chris Powell
Defense Media Activity

NEW YORK (AFNS) - After more than two months and 2,100 miles of marching, a flight of security forces Airmen completed the Security Forces 9/11 Ruck March to Remember here Sept. 11. The last leg of their march began at the Intrepid Sea, Air and Space Museum and ended at Battery Park, where 2,796 flags covered the area to honor each person who died on 9/11.

More than 300 active-duty, Guard and Reserve Airmen from 23 units took turns marching from the Security Forces Center at Lackland Air Force Base, Texas, on July 12 to New York, handing off a guidon at each leg to honor the security forces members and Americans who died on 9/11 and in the ensuing wars.

"We've marched the last two months to remember our fallen, to honor the sacrifices of our defenders and their families ... whose lives changed forever with ours," said Col. Alan Metzler, the chief of security forces at Air Combat Command. "We marched to remember this new generation of Americans who fought this new enemy in this new war."

The Airmen battled against summer heat, hurricanes, torrential rain, sore feet and tired backs, they said, but it was the overwhelming support from people throughout their march that gave them the strength to persevere.

"Every time you felt like you were getting beat down and you couldn't do it anymore, someone drove by and honked or someone came by and shook our hands," said Tech. Sgt. Kenneth Broughman, the NCO in charge of training at the 4th Security Forces Squadron at Seymour Johnson AFB, N.C.

"We were hosted every night; we actually had to turn meals away because we didn't have enough time to eat them all. Everyone wanted to give us free food, and everyone wanted to let us stay with them for the night. It was really overwhelming."

Whether it was a simple honk by a passing driver or a caring veteran offering their home for the night, one thing rang clear about American's support for the Airmen who participated in the march.

"They never forgot," Broughman said. "We just wanted the awareness that we're still doing this; that we're still deployed. We gave them an outlet so they could say thank you, but no one forgot."

One such person was Barry Schneider, who saw the Airmen marching in New Jersey and stopped to thank them for their service.

"It means everything to me; it touches my heart as

an American," he said. "I've always felt bad because I never served my country, but because of what they do, I can stand here now. I'm holding back tears."

As the flight of Airmen marched through Washington Heights to Times Square Sept. 10, they were met with cheers, salutes and a police escort.

One of the New York police officers who escorted the security forces members was Sgt. Marc Sommers, who is an Air Force Reserve security forces master sergeant assigned to the 105th Security Forces Squadron at Stewart Air National Guard Base, N. Y.

"(The Ruck March) means a lot to me," he said. "I was there that day, and I lost a good friend, Jerome Dominguez."

Dominguez was also an Air Force Reserve security forces member and New York police officer. He died on 9/11 while attempting to rescue people from the World Trade Center.

"It was devastating (when Dominguez died) because he was our heart and soul," Sommers said.

"It's a great honor (to provide the escort) because it's what Jerome would have wanted, too. He would have wanted to take the escort because of the type of guy he was, and we have a legacy that we like to carry on in his honor. He was always service before self. He would give the shirt off his back for anyone."

During the march, the Airmen laid wreaths at the site of where United Flight 93 crashed in Shanksville, Pa., at the Pentagon and at Battery Park - just a few blocks away from where the World Trade Center once stood.

While the march was met with overwhelming support



(U.S. Air Force photo/Tech. Sgt. Bennie J. Davis III)

Airmen march into Times Square, N.Y., Sept. 10, 2011, completing their leg of the Security Forces 9/11 Ruck March to Remember. More than 300 security forces members from 23 units participated in the 2,100 mile march.

from the security forces community, the important thing to remember is that the Airmen who stayed behind made sure their home missions kept going, Broughman said.

"To be able to put this together and continue to keep the mission going, speaks to the versatility of the security forces career field," Broughman said.

"No one missed a deployment; there were no mission stoppages at home because of it. There were bases that had major inspections two days before they started their portion of the march."

The ruck march first began in November 2010 with an idea between Broughman and Maj. Jim Alves, also from the 4th SFS.

"At first, it was kind of overwhelming because we didn't think there was a way we could get it done," Broughman said. "But we broke down the route into 15 legs,

and at the first of the year, we sent (a message) out to the units asking if they would be interested in participating. Their response was an overwhelming, 'Yes.'"

From there, Broughman sent routes to each unit's lead point of contact, and they made minor alterations to make it easier for them, he said.

One of the leads was Master Sgt. Chris Wright, the operations superintendent at the 87th Security Forces Squadron at Joint Base McGuire-Dix-Lakehurst, N.J. He led 25 other security forces Airmen from Hazelton, Pa., to Times Square and marched more than 70 miles himself through their four-day march.

"I put myself in a happy place when I really started hurting," he said. "You really have to find that thing that you're doing it for, which is those people and their

families. I thought about the people who passed away and really about their families."

Each Airman who took part in the march had his or her own reason for marching, said Staff Sgt. Lawrence Aiello, assigned to the 108th Contingency Response Group at JB McGuire.

"I did it for everything that happened on 9/11 and for my kids to show them that they know Dad's out there doing his part for his country," he said.

Their mission ended with a simple, "Dismissed," as Alves released his flight at Battery Park, but before they left, he told them the significance of what they accomplished.

"You will march off knowing you have become a part of history - history of security forces, history of the Air Force, history of the military and history of the United States," he said.

OTOLARYNGOLOGY



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Mark D. Noel, DO

OTOLARYNGOLOGY

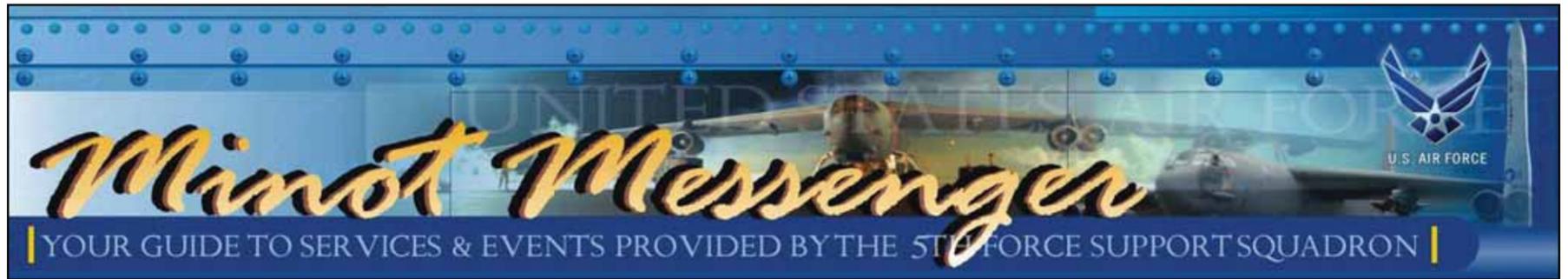
As an otolaryngologist, Dr. Mark Noel specializes in ear, nose and throat disorders, with special expertise in chronic ear disease, snoring, sleep apnea, sinus problems, head & neck cancers, thyroid conditions, hearing issues and dizziness. His experience also includes balloon sinuplasty and BAHA implantation - a hearing device that is implanted behind the ear to correct hearing loss.

MEDICAL EDUCATION:

- Graduate, Brigham Young University, Provo, UT
- Master's in Public Health and Doctor of Osteopathy degree, Des Moines University, Iowa
- Five-year residency in Otolaryngology and Facial Plastic Surgery, Michigan State University/Genesys Regional Medical Center, Grand Blanc
- Intern of the Year, Chief Resident honors
- Affiliate member, American Academy of Otolaryngology - Head and Neck Surgery
- Enjoys hiking, fishing, snowboarding and family activities

Appointments and Consultations:
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“Tastes Around The World Beer Tour” Coming To J.R. Rockers

Are you a beer connoisseur? Would you like to become one? J.R. Rockers has the perfect opportunity for you to tempt your taste buds by sampling a variety of beers during their 7th Annual Tastes Around the World Beer Tour. The tour begins at 4:30 p.m. on September 22nd and runs every Thursday until November 17th. Each club member completing the tour will receive a complimentary J.R. Rockers jacket.

Don't miss out as you savor the flavor of beers from around the world. Sixteen different beers from over a dozen different countries will be represented including beers from England, Jamaica, Germany, Canada, Ireland, Australia, Holland, Japan, Mexico, Italy, Denmark, and France. Each week two different beers will be featured. A “Taste Off” on November 17th is scheduled as the finale for this year's tour.

The only charge to participate in the tour is the price of the beer. The event is open to all ranks and is for club members only. For more information, call J.R. Rockers at 727-ROCK.

7th ANNUAL TASTES AROUND THE WORLD BEER TOUR
EVERY THURSDAY, STARTING SEPTEMBER 22 4:30PM-9:00PM
 TASTE-OFF WILL BE NOVEMBER 17 AT 5PM
 EVERYONE COMPLETING THE TOUR WILL RECEIVE A ROCKER'S JACKET. WINNER OF THE TASTE-OFF WILL RECEIVE A ROCKER'S JACKET & T-SHIRT. CLUB MEMBERS ONLY.
 727-ROCK

Fitness Center Hosting Amazing Race & Racquetball Tourney

The McAdoo Fitness Center invites you to enjoy some fun and friendly competition during two different upcoming events.

The Amazing Race is scheduled for September 24th at 11 a.m. and is open to DoD ID card holders age 16 and older. This is a team event in which participants receive points for mental and physical challenges, treasure hunts, or being at the right place at the right time. Teams will consist of two participants who must travel together, on foot, to required stations to collect points. Registration deadline is September 22nd. The game will have

a time limit of two hours.

The Fall Racquetball Tournament takes to the court on September 30th and October 1st at 8 a.m. The tournament is open to all DoD ID card holders and dependents age 16 and older. This is a single division only tournament with participants signing up as A, B, C, or D players. Prizes will be awarded for first place in each category. This is a free tournament; deadline for registration is September 23rd. You may sign-up at the front counter of the Fitness Center. For more information, call the McAdoo Fitness Center at 723-2145.



The 5th Force Support Squadron was named the overall squadron winner during the annual Summerfest Sports Day held on September 1st. CMSgt John Hoffman, 91st Missile Wing command chief and CMSgt Kevin Jurgella, 5th Bomb Wing command chief, presented the Commander's Cup trophy to Mary Brown, 5th Force Support Squadron deputy and Capt. James Apholz, 5th Force Support Squadron operations officer. The Summerfest Sports Day, hosted by the McAdoo Fitness Center, featured a full-day of fun and friendly competition designed to promote morale and team building among Minot AFB personnel.

Mall Of America Trip Perfect For Holiday Shopping



Don't miss your chance to visit one of the top tourist attractions in the United States during the Mall of America trip on November 10th-13th to Bloomington, Minnesota. Outdoor Recreation will transport you to a virtual shopping paradise that offers you the perfect chance to make your holiday gift purchases.

The Mall of America features 520+ stores with a gross building area of 4.2 million square feet. Such a large square footage figure boggles the mind, so to put it in perspective, the Mall of America is big enough to hold thirty two Boeing 747s or seven Yankee stadiums. If shopping isn't your thing, the mall includes 50 restaurants, Nickelodeon Universe, the nation's first Nick theme park, the SEA LIFE Minnesota Aquarium featuring more than 10,000 sea creatures, and other exciting attractions.

Cost for the Mall of America Weekend trip includes round trip transportation and three nights lodging at Country Inn and Suites (across the street from the Mall of America). Price for single occupancy is \$425 per person, double occupancy is \$275 per person, triple occupancy is \$225 per person, and quadruple occupancy is \$175 per person. Children age 17 and under must be accompanied by a parent or guardian. Deadline for reserving your spot is October 5th; space is limited. For additional information, contact Outdoor Recreation at 723-3648.

BGCA Day For Kids & “Child Find” Event

The Youth Center invites all youth to the Boys and Girls Club Day For Kids and “Child Find” event on Friday, September 16th at 5 p.m. Both events are FREE. Enjoy face painting, a bounce house, splat wall, arts & crafts, carnival games, and more. Agencies will be there to discuss available resources for children with special needs as part of the “Child Find” event. For details, call 723-2838.

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

Youth Flag Football and Cheerleading Registration

The Youth Center is holding registration for Youth Flag Football and Cheerleading now through September 30th. Cost is \$26 for youth 5-13 years of age. Youth Center membership is required. Current sports physical and current vaccinations (including current flu shot) are required. The season is tentatively planned to run from October 17th through December 16th. Parents must attend an annual league orientation meeting (contact Youth Center for date). For more information, call the Youth Center at 723-2838.

Wing Fest

Join the Doolittle Center for Wing Fest on September 23rd 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 additional details.

\$1.50 Bowling During September

Rough Rider Lanes is offering everyone a great way to get out of the house and enjoy some recreation fun. During September, you can bowl for \$1.50 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 \$1. Contact Rough Rider Lanes at 727-4715 for details.

Jewelry Making Class

The Arts & Crafts Center is hosting a Jewelry Making class on Saturday, September 17th 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.

Arts & Crafts Center Open September 17th

The retail store at the Arts & Crafts Center will be open on Saturday, September 17th from 10 a.m. to 2 p.m. Check out their many unique gift ideas. For details, call the Arts & Crafts Center at 723-3640.

Children's Literacy Workshop

The Base Library is hosting a Children's Literacy Workshop on Saturday, September 17th at 11 a.m. The class is designed to instill a love of reading in your children and is taught by special guest Cammy Davis. Ms. Davis is an educational consultant with Usborne Books & More. Children are welcome to attend as the class will include readings of several children's books as part of the presentation. For additional information on the Children's Literacy Workshop, call the Base Library at 723-3344.

Red Pin Bowling Night & Music

Enjoy a great night of bowling fun at Rough Rider Lanes during Red Pin Bowling Night on September 17th from 6 p.m. to 11 p.m. Get a strike when you have a red head pin on your first ball and receive a free game; one free game per bowler per game. Cost is \$2.50 per game. This event is open to all ages so gather your friends and family for a fun evening of music and bowling. If there is a waiting list, the 3 game limit rule will apply. For additional information, call 727-4715.

Home-Based Career & Telework Job Development Program

The Airman and Family Readiness Center invites you to attend the Home-Based Career & Telework Job Development Program on September 24th from 9 a.m. to 4 p.m. at the Jimmy Doolittle Center. This program focuses on how and where to find legitimate home-based work opportunities with companies like 1-800FLOWERS, U-haul, American Express, and hundreds of others. Nationally known guest speaker Christine Durst brings a wealth of knowledge to share with attendees. This program is ideal for military spouses, retirees, DoD civilian personnel, transitioning personnel, and more. Military spouses will receive sign-up preference. To register or for more information, call 723-3950.

Lights & Strikes Family Night

Rough Rider Lanes is hosting Lights & Strikes Family Night on September 24th from 6 p.m. to 11 p.m. Experience music, flashing lights, and glow in the dark lanes, pins, and bowling balls. Cost is \$2.50 per game. Don't miss this enjoyable family event. Call Rough Rider Lanes at 727-4715 for more information.

Join A Bowling League

Rough Rider Lanes invites you to strike up some fun through participation in one of their many bowling leagues. Bowling leagues offer Minot AFB personnel a great opportunity to get out of the house or dorm. You definitely don't need to be a terrific bowler to join a league and enjoy a weekly bowling outing. Rough Rider Lanes sets up their leagues so low average bowlers can compete with high average bowlers. Leagues available include: 9 Pin No Tap League on Mondays, Scotch Doubles League on Tuesdays, Squadron Xtramural League on Wednesdays, Mixed League on Thursdays, Fun Mixed League on Fridays, and Youth Leagues on Saturdays. For details, call 727-4715.

Family Bowl-a-Rama

Rough Rider Lanes invites you to bring the whole family to Family Bowl-a-Rama on September 23rd from 5-8 p.m. During this affordable, fun family event, you can bowl for 2 hours with up to 6 people on a lane for only \$25. The price includes shoe rental and a pitcher of soda. Lanes must be assigned between 5.p.m. and 8 p.m. Call Rough Rider Lanes at 727-4715 for details.

Dance The Night Away

Dance, party, and hang out during J.R. Rockers Hip Hop Nights on September 17th and 24th. 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 J. R. Rockers at 727-ROCK for more information.

Club Members Be Sure To Visit J.R. Rockers And Register For Football Frenzy

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Season Games

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Officials announce colonel selective early retirement board eligibility

RANDOLPH AIR FORCE BASE, Texas - As previously announced May 27, the Air Force will convene a selective early retirement board for colonels to further size and balance the force within the congressionally authorized 332,800 end-strength level.

The CY12A Colonel SERB is scheduled to convene Jan. 9, 2012, to consider eligible officers for early retirement. Colonels selected for early retirement by the SERB must retire by June 1, 2012. Deployed colonels selected for early retirement will return to their home stations by Apr. 1, 2012, to allow time to make final arrangements.

The colonel SERB affects active-duty colonels in the line of the Air Force, chaplain corps and medical service corps competitive categories who have at least four years of active-duty service in that grade as of Jan. 9, 2012, and whose names are not on a list of officers recommended for promotion.

Officers meeting the initial criteria who will be

excluded from the SERB are: officers who are recommended for promotion (on a promotion list); have been approved for voluntary retirement; are not to be involuntarily retired under any provision of law during fiscal 2012 or 2013; or were previously considered in the 2007 or 2010 SERBs.

SERB-eligible colonels may request voluntary retirement through Dec. 16, 2011, with an effective date no later than Sept. 1, 2012. Officers approved for retirement will not meet the SERB. Selective Early Retirement Board-eligible colonels may continue to apply for voluntary retirement after Dec. 16, 2011; however they will still meet the SERB.

Approval of applications that require Active-Duty Service Commitment waivers is not guaranteed. Approval or disapproval determinations will be based on the best interests of the Air Force.

In addition, if a member is allowed to voluntarily retire with a waiver, recoupment of the unearned por-

tions of bonuses, special pays and educational costs may be required. There are also specific requirements for eligibility and reimbursement related to the Montgomery GI Bill, Post-9/11 GI Bill and transfer of benefits.

Since the retirement application and review timeline normally takes 4 to 6 weeks, officers requesting voluntary retirement should allow sufficient time.

The Air Force has transition assistance programs available to all Airmen who are separating or retiring. For more information on transition assistance programs, Airmen may contact their Airman and Family Readiness Centers.

For detailed information on the colonel SERB, go to the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil> and do a keyword search for SERB, or go to the FY11/12 Force Management Programs section. First time users will need to create an account with a username and password.

Officials announce enlisted supplemental promotions

RANDOLPH AIR FORCE BASE, Texas (AFNS) - More than 850 Airmen have been selected for promotion to the next higher rank as part of the September enlisted supplemental promotion process.

The enlisted supplemental promotion release announces those Airmen selected for promotion who tested outside of their required cycle due to an extended temporary duty or deployment in support of contingency operations.

Visit www.afpc.af.mil/

shared/media/document/AFD-110908-006.pdf to view the promotion list. Airmen can also access their score notices on the Virtual Military Personnel Flight through the Air Force Personnel Services website.

Airmen selected for promotion achieved an overall score above the cutoff mark in their respective Air Force specialties.

The score is a composite of factors under the Weighted Airman's Promotion Sys-

tem, which includes time in grade, time in service, enlisted performance reports, decorations, promotion fitness examination and specialty knowledge test scores.

AFPC officials said selections are tentative until the data verification process is complete, which is no later than 10 days after the promotion release date.

Officials will notify Airmen through their servicing military personnel section if a discrepancy is identified.

Emergency center closes, offers thanks

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

The installation commander deactivated the Emergency Family Assistance Control Center here Aug. 22 after the demand for emergency services significantly decreased.

"The emergency has ended, but long-term assistance may still be needed by those affected," said Master Sgt. Carisa Smith, 5th FSS NCO. "All initial arrangements have been made for those affected, so our focus has shifted to long-term assistance. We are still available to provide information, make referrals and provide support related to the flood."

The center acted as a liaison to those willing to volunteer and those in need of help. The center advertised those base community members who had extra housing space, extra storage room, food, or willing to lend a hand in sandbagging and other volunteer

efforts.

Now that the flood has come and gone, most flood victims are more focused on recovering and getting back to normalcy.

The A&FRC has resumed normal operations, which are Monday to Friday from 7:30 a.m. to 4:30 p.m., and will continue to provide long-term flood recovery assistance.

The E-FACC would not have been able to sustain 24/7 operations without the many volunteers who donated their time and numerous resources.

The A&FRC extends a huge thank you to those who volunteered time and provided donations.

The following list identifies volunteers that the A&FRC was able to identify through sign-in logs. For those not listed, the staff thanks you as well.

To view the list of volunteers, visit www.minot.af.mil/shared/media/document/AFD-110913-118.pdf.

For more information, please contact the A&FRC at 723-3950.

EFFECTIVE continued from page 4

rewarding and taking care of people. Be enthusiastic about helping those who exceed standards to succeed. Nominate your top performers for quarterly and annual awards recognition. At the same time, ensure marginal performances are identified and given the proper attention. Identify people in your charge who don't meet standards, and develop a plan to give them improvement opportunities to be effective at accomplishing the mission.

All of us make mistakes and a good leader helps

people learn from them so they can move on as more competent professionals.

Management

Strive for excellence! Our mission is critical and impacts the entire Air Force. We can achieve great success by effectively managing our time and workflow processes so that we stay ahead of the issues - being in a proactive rather than reactive mindset.

Track suspenses closely, especially awards, decorations and performance reports. Follow up on communications in a timely manner, using interim replies rather than being late. The workflow and administrative teams are not responsible for meeting suspenses. We are all responsible for tracking and following up on them until completion. Ensure communication up and down the chain of command is of great quality, not necessarily of great quantity.

Balance

Our personal lives and duty must be in harmony. Remember your family, friends and your health and happiness as you accomplish the mission. Pursue self-improvement and don't let the workload be an excuse. Take care of yourself and let your leaders know if you need help. See someone before your physical, mental, or spiritual health, or your family or your happiness is adversely impacted.

Enjoy life and your duty, but don't let them be one in the same.

Women's Health & Maternity Care



Kwanza Devlin, MD

Dr. Kwanza Devlin has joined the UND Center For Family Medicine Clinic healthcare team. Dr. Devlin is a family medicine physician who enjoys caring for the whole family but has a special interest in women's health and maternity care. She also speaks fluent Spanish.

Dr. Devlin graduated from the University of Nebraska Medical Center in Omaha, Nebraska in 2005 and completed her residency at the Saint Joseph Regional Medical Center in South Bend, Indiana in 2008. She is Board Certified in Family Medicine and most recently practiced in Utah where she served as adjunct faculty at the University of Utah School of Medicine.

For appointments with Dr. Devlin call 858-6700 or toll free 1-800-841-7321.



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CROSSWORD PUZZLE

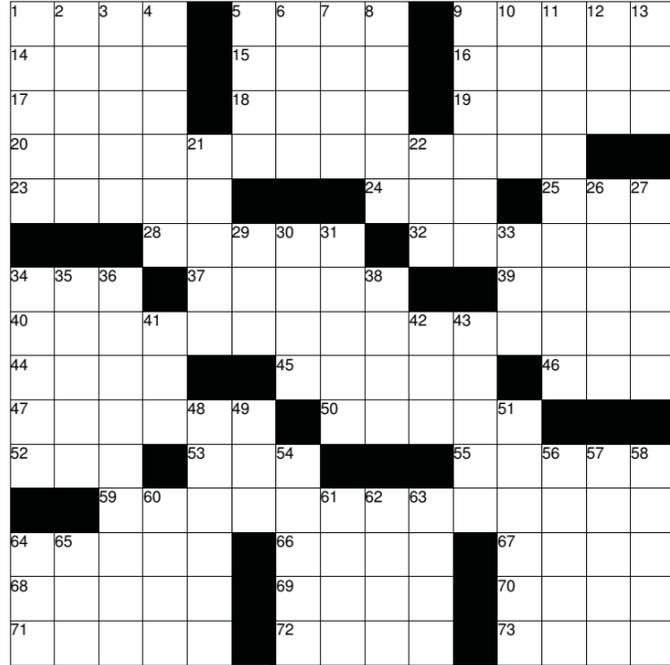
ACROSS

1. Catches some rays
5. Suffix with auto or bureau
9. Roman Empire invaders
14. "... or ___ me?"
15. Bank takeback
16. Come to terms
17. Symbol of stubbornness
18. Wallet wad
19. "Maria ___" ('40s hit)
20. They're tipped
23. Crockett's last stand
24. Poetic pugilist
25. Erie Canal mule
28. Subway standee's aid
32. Strait of Messina monster
34. Start of MGM's motto
37. British nobles
39. Sashimi fare
40. They're tipped
44. Kumquat's shape
45. Boyfriends
46. ___-cone (summer treat)
47. Part of CORE
50. Gloomy, in poetry
52. Animal that bugles
53. Profession, slangily
55. ___ toast
59. They're tipped
64. Give a score to
66. Cattle poker
67. Nest eggs, for short
68. Tosses the horsehide
69. Galileo's home
70. Mild-mannered
71. Atlas feature
72. Dummy Danny
73. Mr. Potato Head pieces

DOWN

1. Animated movie feline
2. "The ___" (tavern order)
3. Nabisco wafer
4. Gets really ticked
5. Moat critter, for short
6. Russo of "Get Shorty"
7. Gibbons et al.
8. Puccini heroine
9. Language that gave us "banshee"
10. Look like a wolf
11. Bald
12. Cackler
13. Ross or Sargasso
21. Observer

Hot Tips



22. Two of the racing Unsters
26. Green Mountain Boys leader
27. Will Rogers prop
29. Wet behind the ears
30. Fine horse
31. Practiced, as a trade
33. Doorbell-answerer's word
34. Be gaga over
35. Hertz, to Avis
36. Carnival stands
38. Telephone button
41. Biblical priest
42. Be contrite
43. Crammers' worries
48. Most fit
49. "___ Darlin'" (jazz standard)
51. Speak from memory
54. Lighter brand
56. Virginia's ___ Caverns
57. Former New York mayor Abe
58. Chuckleheads
60. Thumb-twiddling
61. Saharan
62. Civil rights activist Parks
63. Make-or-break time
64. Touch-tone 4
65. Turn tail

Solution to puzzle from last week.



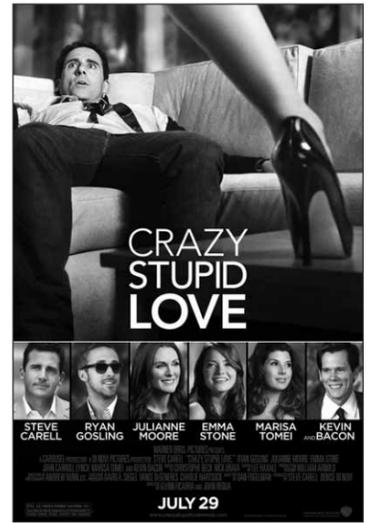
UPCOMING MOVIES

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

Crazy, Stupid, Love

Friday, September 9, at 7 p.m.

At forty-something, straight-laced Cal Weaver is living the dream-good job, nice house, great kids and marriage to his high school sweetheart. But when Cal learns that his wife, Emily, has cheated on him and wants a divorce, his "perfect" life quickly unravels. Worse, in today's single world, Cal, who hasn't dated in decades, stands out as the epitome of un-smooth. Cal and Emily aren't the only ones looking for love in what might be all the wrong places: Cal's 13-year-old son, Robbie, is crazy about his 17-year-old babysitter, Jessica, who harbors a crush on Cal. And despite Cal's makeover and his many new conquests, the one thing that can't be made over is his heart, which seems to keep leading him back to where he began.



Rated PG-13 for coarse humor, sexual content and language.

Running time: 110 Minutes

Captain America: The First Avenger

Saturday, September 10, at 7 p.m.

Steve Rogers volunteers to participate in an experimental program that turns him into the Super Soldier known as Captain America. As Captain America, Rogers joins forces with Bucky Barnes and Peggy Carter to wage war on the evil HYDRA organization, led by the villainous Red Skull.



Rated PG-13 for intense sequences of sci-fi violence and action.

Running time: 124 Minutes

SUDOKU

Solution to puzzle on page 21

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

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

Pheasant numbers down, similar to a decade ago

North Dakota's roadside pheasant survey conducted in late July and August suggests poor production this spring, meaning a lower fall population in all areas of the state.

Stan Kohn, upland game management supervisor for the North Dakota Game and Fish Department, said the survey shows statewide total pheasants are down 36 percent from last year. In addition, brood observations were down 38 percent, but the average brood size was up

4 percent. The final summary is the

result of 222 runs made along 104 brood routes across North Dakota.

"Brood survey numbers from this summer match closely to numbers from 2001, when hunters harvested 420,000 roosters," Kohn said. "If fall weather conditions hold through most of the year, I could see a fall harvest of about 400,000 birds. But if winter weather sets in early, we could be much lower. Either way, this could be the first fall since 2001 that we harvest less than 500,000 roosters."

Kohn said several factors contribute to the decrease in pheasant numbers: three difficult winters in a row with above average snowfall has reduced spring's adult breeding population; wet

conditions during peak hatch in mid-June of 2008, 2009 and 2011 reduced chick survival; and the loss of nesting habitat on the landscape as more Conservation Reserve Program acreage is removed from pheasant range.

"Boiled down, hunters will likely have to put in more time in the field to find success," Kohn said. "But as always, there will be local areas within all four pheasant districts where pheasant numbers will be much above or much below what is predicted for the district."

Statistics from southwestern North Dakota indicate both the number of broods and number of birds observed were down 26 percent from 2010.

Observers counted 14 broods and 118 birds per

100 miles. The average brood size was six. "Census numbers indicate this district will have the best pheasant numbers in the state this fall," Kohn said.

Results from the southeast show the number of birds observed down 54 percent from last year, and the number of broods was down 60 percent.

Observers counted four broods and 36 birds per 100 miles. The average brood size was 5.7. "Removal of CRP in the southeast may have already affected the number of birds produced this spring, with weather conditions adding more pressure on spring production," Kohn said.

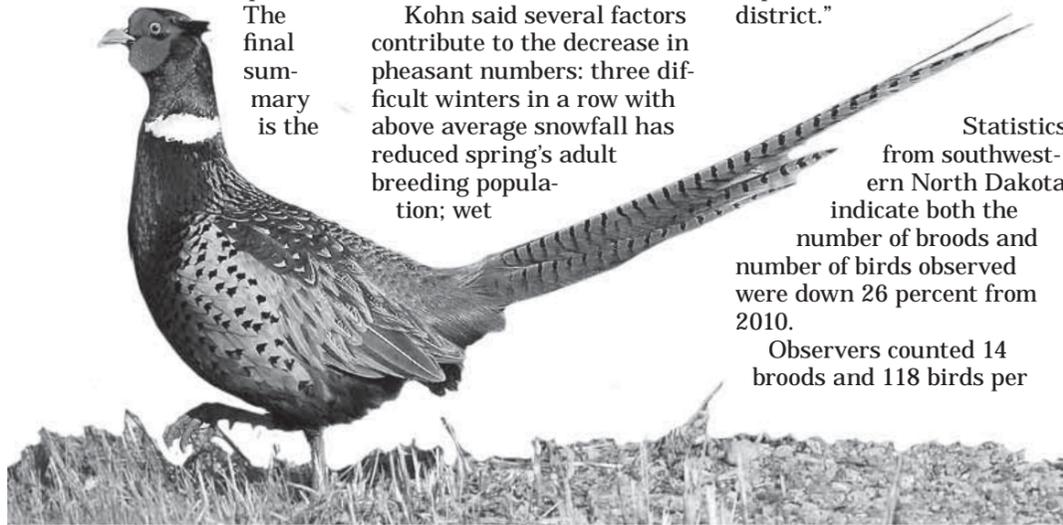
Statistics from the northwest indicated pheasants are down 53 percent from last year, with broods down 62 percent. Observers recorded two broods and 21 birds per

100 miles. Average brood size was 5.5.

The northeast district, generally containing secondary pheasant habitat with much of it lacking good winter cover, showed 0.4 broods and four birds per 100 miles. Average brood size was six. Both number of birds observed and number of broods recorded were down roughly 66 percent.

"Hunters should concentrate their efforts in the southern counties of this district for the best potential to find birds," Kohn said.

The 2011 regular pheasant season opens Oct. 8 and continues through Jan. 8, 2012. The two-day youth pheasant hunting weekend, when legally licensed residents and nonresidents ages 15 and younger can hunt statewide, is set for Oct. 1-2.



PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

The things a person learns from a little PLOTS.

The PLOTS, Private Land Open To Sportsmen, program has been around a decade or so and one of its offshoots is a handy, dandy publications called the PLOTS Guide.

It's evolved into an excellent educational tool while at the same time fulfilling a legislative mandate requiring the N.D. Game and Fish Department to publish where land enrolled in PLOTS are located.

The PLOTS program provides walk-in hunter access on private land within

legal hunting seasons – or as signed. It's not a program giving carte blanche access to others who don't foot the bill paying for the privilege of accessing the land. In other words, it's a good idea to ask the landowner first if you want to berry-pick, bird or hike on PLOTS because it's a hunter access program, not an access program for the general public.

But picking up a PLOTS Guide is a worthwhile venture for just about anybody. There's a wealth of information tucked in its many pages, not to mention some things worth pondering:

For example, in the "Outlook and Beyond" section by Game and Fish Department Wildlife Division chief Randy Kreil, he's offering a hint of what could well be in the future for North Dakota's hunting: After discussing how three hard winters and habitat loss resulted in closures of sage grouse, prairie chicken and pronghorn seasons, he touches on upland species: "Our pheasant, partridge and sharp-tailed grouse populations also took a hit from the winters, but more importantly their ability to bounce back from winter losses is diminished by the loss of a million acres of CRP

and conversion of other grasslands."

In other words, hunters pay attention to the warning because the good ol' days could well be setting into the sunset for abundant hunting opportunities.

There's also a sobering reminder about how hunter behavior – good and especially, bad – can influence access to private land.

And while Kreil's comments should provide some thought-provoking among

hunters, the PLOTS Guide isn't totally about doom and gloom. It includes extremely helpful information, such as under-

standing the Fire Danger Index.

And then there's the reminder not to bring firewood into the state. While the focus is preventing the potential spread of the deadly emerald ash borer, a cruise through any western state shows how devastating pine beetles are to pine trees, destroying millions of trees throughout many national forests.

One page lists sunrise and sunset times, the RAP, Report All Poachers, telephone number and information about the HIP, Harvest Information Program, required of migratory bird hunters. There's also a reminder to pay attention to land ownership when hunting on road right-of-ways – not all are open to hunting.

But the best thing of all about the PLOTS Guide isn't just one thing, it's the maps detailing PLOTS acreages and the variety of public land available based on managing agency. It's descriptions of Game and Fish Department Wildlife Management Areas, locations and regulations and it even tells how to age and identify the sex of the state's upland game species.

In other words, it's a wealth of information all at no cost.

“I continue to emphasize how important it is to respect the land on which you hunt and the game you pursue... respect the animal, respect the land, respect other hunters and in the end you'll have a rewarding experience.”

– N.D. Game and Fish Department Director Terry Steinwand's comments in the 2011 PLOTS Guide.

Bighorn sheep numbers remain strong

While three consecutive severe winters played a significant role in reducing many of the state's western big game populations, overall bighorn sheep numbers are strong, according to Brett Wiedmann, big game biologist for the North Dakota Game and Fish Department in Dickinson.

A July-August survey in western North Dakota showed 290 bighorn sheep, unchanged from last year and just 26 below 2008's record summer survey. "After recording dramatic declines in mule deer and pronghorn numbers, we were pleasantly surprised to see that our bighorns have remained stable," Wiedmann said.

Bighorn sheep can tolerate frigid temperatures, but deep snows can cause problems because of their short legs, Wiedmann said. "Low adult mortality last winter despite very deep snow conditions demonstrates just how hardy bighorns are," he said.

Survey results revealed 85 rams, 158 ewes and 47 lambs - 233 in the northern badlands (an increase of two from last year) and 57 in the southern badlands (down just one). "Bighorns are doing very well in the northern badlands, and, following three years of declines, have stabilized in the south," Wiedmann said, while noting that 43 lambs were observed in the north, but only four in the south.

Although the ewe segment of the population actually increased five percent from last summer's survey, rams saw a 10 percent decline. "Due to an abundance of forage, rams were scattered and in smaller-than-usual bachelor groups," Wiedmann said. "Consequently, I'm confident that poor detectability had more to do with the lower ram count than an actual population decline."

The department's survey does not include an additional 30 bighorns that inhabit the North Unit of Theodore Roosevelt National Park.

Annual bighorn sheep survey statistics are not recorded using a calendar year, but instead are done over a 12-month period beginning each April and ending the following March. Each summer, Game and Fish Department biologists count and classify all bighorns, a process that takes nearly six weeks to complete as biologists locate each bighorn herd in the badlands by tracking radio-marked animals from an airplane, and then hike into each band in order to record population demographics using a spotting scope and binoculars. Biologists then complete the annual survey by recounting lambs in March to determine lamb recruitment.

North Dakota's bighorn sheep hunting season opens Oct. 21 and continues through Nov. 3. Six licenses were issued.

Swan hunt lottery held, licenses remain

North Dakota's swan lottery has been held and more than 450 licenses remain. Only hunters who do not have a swan license for the 2011 season can apply, as regulations limit hunters to one license per year.

First-come, first-served licenses are available online at the North Dakota Game and Fish Department website, gf.nd.gov. Hunters may also request an application by calling the department's Bismarck office at (701) 328-6300.

The statewide tundra swan hunting season is Oct. 1, 2011 - Jan. 1, 2012. North Dakota residents and nonresidents are eligible to apply. The fee is \$5 for residents and \$25 for nonresidents.

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>Thursday Mass 8:30 a.m. Friday Mass 8:30 a.m. Sunday Mass 9:30 a.m. (All Masses at Northern Lights Chapel)</p> <p>Sunday CCD 11:15 a.m. (North Plains School)</p> <p>Northern Lights Chapel 723-2456</p>
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<p>First Presbyterian Church 1000 3rd St. NE (Next to Trinity Nursing Home) 852-0315</p> <p>Sunday Contemporary Worship 8:30 a.m. Sunday School 9:30 a.m. Sunday Traditional Worship 11 a.m. Monday Youth Worship 7 p.m. Wednesday Community Supper 5-6:30 p.m. Wednesday Contemporary 6:30 p.m. Sunday Transportation & Nursery Available</p> <p>www.minotfpc.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Sunday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study .. 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Minot First Church of The Nazarene 2500 West Central Avenue 701-838-8704</p> <p><i>Come Experience a Warm Family Feeling</i></p> <p>Coffee & Conversation 9-9:30 a.m. Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6 p.m. Midweek Service (Wed.) 7 p.m.</p> <p>Senior Pastor Francis Warren</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p>  <p>Saturday Worship 5:30 p.m. Sunday Worship 8:30 & 11 a.m.</p> <p>Radio Broadcast 8:30 a.m. KRRZ 1390 AM</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 8:30 a.m. & 11 a.m. Sunday School & Bible Class .. 9:45 a.m.</p> <p>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><i>"We're Not There Yet... Come Grow With Us!"</i></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 8 a.m. & 10:30 a.m. Sunday Education 9:15 a.m. Wednesday Education 6:30 p.m.</p> <p>Pastor Taryn Montgomery Breadoflifeminot.com</p>	<p>St. Paul's Lutheran Church</p> <p>Sunday Service 8 & 10:30 a.m. (Video-TV Feed to Family Room) Sunday School 9:15 a.m. Saturday Service 7 p.m.</p> <p>(at Lynch Immanuel, located north of MAFB) Call for summer schedule 852-2821 200 Burdick Expy E • Minot 1 Block East of Trinity Hospital</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 <i>"Building Followers of Jesus Christ"</i></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>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA (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's 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 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 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>September-May Sunday School 9 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p>  <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p> <p>Wednesdays Soup Kitchen .. 11:30 a.m. - 12:30 p.m. Classes for all ages 6:45 p.m. Adult Choir Rehearsal 8 p.m.</p> <p>Pastor Allen Lively Sarah Dvirnak, Youth Director 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 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>	

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Annual pet fair winners



Miranda and Marissa Alcozer pose with their pet guinea pig named Daisy after winning the Best Unusual Pet category during the annual Pet Fair held on September 10th.



Bruce Davis shows off Ashton, a Russian Blue owned by he and his wife Laura. Ashton was named the winner of the Best Feline category during the annual Pet Fair.



Taking home the top spot in the Best Canine category at the Pet Fair was Sampson, a blue Great Dane owned by Christina Bishop. The event is a favorite annual event for pet lovers at Minot AFB.

Photos submitted by MAC Photography

Cheyenne Mountain receives piece of World Trade Center

by Tech. Sgt. Benjamin Rojek
Defense Media Activity

CHEYENNE MOUNTAIN AIR FORCE STATION, Colo. (AFNS) - After more than a year of planning and building, leaders here unveiled a 9/11 artifact display Sept. 12. The construction of the display was a collaborative effort between the National Homeland Defense Foundation, civil engineers here and University of Colorado at Colorado Springs engineering students.

The Cheyenne Mountain project started through the radio. Col. Rusty Wilson, who was the 721st Mission Support Group commander here, said he was listening to the local news in his car on the way to work when he heard about the NHDF donating a 9/11 artifact to Schriever Air Force Base, Colo.

"I didn't hear about Cheyenne Mountain (participating), and I was wondering if there was a project afoot that I wasn't aware of," Wilson said.

After calling Air Force Space Command leaders, he found out his base wasn't initially consider to receive an artifact. However, NHDF had one more to hand out. Wilson said he jumped at the opportunity to place it at "the Mountain."

"Cheyenne Mountain played a pretty important role (during 9/11); at that time the (North American Aerospace Defense) command center was still in Cheyenne Mountain," he said. "Those were the folks that were watching our skies from a military perspective."

"It seemed like a very fitting tribute," he said. "Not only do we have several of those folks still working in the mountain, I've got young Airmen and defenders who have been deploying all over the world. It will remind them not only of what the mountain had done with a tribute to the folks who have gone before us, but of the continued efforts that we have to protect our freedoms and way of life."

Working with Don Addy, the president of the NHDF and coordinator of the artifact program, Wilson secured a 750-pound beam from one of the World Trade Center

towers for display at the base. However, he had to figure out where to put it and how to display it, he said. Working with his civil engineers, they decided to get the community involved in the project. That's when UCCS became involved. Wilson said he invited

the timeline on this project was shorter than usual. Student teams normally pick their projects by the end of September or the beginning of October.

"I presented (this project) on the first day," Gorder said. "I said, 'Listen, you know

we've got 12 other projects that are going to be presented to you. I'm

asking if there's anybody who is really interested working on this knowing that they don't even

know what the

other choices are."

Gorder said he had more than enough interest in the project and was forced to randomly pick students for the team. While the four-person team realized the significance of the project, they quickly found out there were also more aesthetic components to this than other projects, making it both art and engineering.

"With most of the other problems the students address, function absolutely overwhelms form," he said. "In this case there had to be a marriage of both."

The students said they were challenged by the idea that the customer in this case was "everyone." They were forced to not just think in engineering terms, but also in aesthetics and inviting passersby to stop and look. The biggest challenge, though, was trying to capture all of the emotions and thoughts associated with 9/11.

"We had so much support up here," said Andrew West, one of the student engineers on the team. "We were able to present our understanding of what they wanted the piece to do and what they wanted the piece to look like (based on) the designs of the Cheyenne community."

The students began working with the 712th MSG civil engineers in designing the display. The experienced engineers helped the students think about and come up with solutions to problems such as having display that is exposed to elements like high winds and snowfall.

Local artist Rita Salazar Dickerson helped solve the problem with the elements. The beam was sandblasted to remove the rust and then weather proofed with sealant before Dickerson painted the

“ We remain vigilant ... And this memorial will stand as a constant reminder of that determination and unity that 9/11 events reignited, brighter and more intense than ever in our American spirit. **”**

- Lt. Gen. Michael Basla, vice commander of Air Force Space Command.

staff members from the engineering department of the university to the base in June 2010 with the idea of first deciding on where to place the artifact. Ideas ranged from near the base gate to inside the mountain complex. When it was finally decided that outside was the best place for the display, Wilson invited base employees to submit design ideas. All of the submitted ideas were turned over to the engineering students as a "kick-off" point from which to begin the project.

To further involve the local community, the NHDF and Cheyenne Mountain leaders hosted an artifact transfer ceremony, beginning at UCCS. Local leaders and instructors, as well as Addy and Wilson, spoke at the ceremony. Even the Cheyenne Mountain High School choir performed at the event. From there, the local police provided an escort for the movement of the artifact from UCCS to the base.

"From the beginning we felt like it was really important to make sure this wasn't just a Cheyenne Mountain event," Wilson said. "We really wanted to reach out and get some community involvement."

Dr. Peter Gorder, the head of the senior design program in the mechanical and aerospace engineering department of UCCS, was part of that community participation. Each year since 1999, the program brings in external customers to present real-world problems for the students to solve.

"This seemed a perfect fit for what we try to do," Gorder said.

After agreeing to the project, Gorder offered the opportunity to his senior students. Usually, he said, the students get several projects from which to pick; however,

WHAT'S FOR DINNER



Ratatouille

Serves: 6 to 8
 Prep Time: 15 minutes
 Cook Time: 30 minutes
 Total Time: 45 minutes

- 6 tablespoons olive oil
- 1 pound yellow onion, chopped
- 3 cloves garlic, crushed
- 1 pound zucchini, chopped
- 1 pound yellow squash, chopped
- 1 pound green pepper, chopped in 1/2-inch cubes
- 1/2 pound red bell pepper, chopped in 1/2-inch cubes
- 1/2 pound yellow bell pepper, chopped in 1/2-inch cubes
- 1 whole bay leaf
- 3/4 cup tomato juice
- 1 teaspoon Italian seasoning
- 1 teaspoon red pepper flakes
- 1 teaspoon dried basil
- Salt and pepper to taste
- 1 pound ripe tomato, seeded, skinned and chopped

In one large skillet, heat 2 tablespoons olive oil and sauté onions for 5 minutes. Add garlic, reduce heat to low.

In another large skillet, heat 2 tablespoons olive oil, sauté zucchini until brown. Add browned zucchini to skillet with onions and garlic, toss.

In empty skillet, heat 2 tablespoons olive oil, sauté yellow squash until brown. Add browned yellow squash to pan with onions, garlic and zucchini. Repeat process with all remaining vegetables, except tomatoes.

When vegetables are done and in same skillet, increase heat to high. Add spices and tomato juice and stir. Bring to slight boil.

Cook uncovered on low for 20 minutes. Add tomatoes and cook 10 minutes. Stir and serve.



(Submitted)

"Catching a Wave" by Jan Schuster-Callus.

"Full Circle" Exhibition

Minot native returns after 30 years

The Taube Museum of Art is proud to exhibit the works of a Minot native. Full Circle is a selection of 'Impressions of Australia' paintings and jewelry by Minot native Jan Schuster-Callus, Australia.

The exhibition will be open from September 20th to November 16th. For an opportunity to visit with the artist Jan Schuster-Callus will be in attendance during the artist reception on September 22nd from 5:30 - 7 p.m. It is free and open to public. Refreshments and cocktails will be served.

Full Circle is a collection of paintings from previous art exhibitions, but mostly from this past year's work in preparation for the Minot exhibition. She is very privileged to be able to bring home some of Australian lifestyle to her much loved hometown.

She paints in oils mostly and likes the freedom that she can 'change her mind' if something doesn't work, but still loves the sensitiv-

ity of watercolors. She likes to 'build up' her paintings with series of washes and a lot of her inspirations come from around her home area, the local beaches, parks and grandkids.

While in Minot she attended Bishop Ryan and graduated from Minot High in 1969. After attending Minot State College she left to travel to Glasgow Scotland with her mother after losing her father to cancer.

After a year in Glasgow, Jan was accepted to the City and Guilds of Kennington Art School in London, England and received a Diploma/Advanced Diploma in Lettering and Printmaking. After graduation she relocated to Sydney, Australia and has lived there for the past 30 years.

In Sydney Jan worked in the advertising world as a finished artist in various companies and the University of Technology in Sydney. She then accepted a position with

The Campaign Palace, a top advertising agency creating new business campaigns, and was there for ten years. She retired early to take care of her mother, and it was at that time she took up painting again full time.

Lower Gallery will feature works by Scott Nelson, North Dakotans in World War II Aviation. The reception for this exhibition will be held on November 10th from 5:30 - 7 p.m. to promote Veteran's Day. Scott will also be in attendance for the reception.

For viewing opportunities please visit during normal business hours: Tues. - Thur. 10:30 a.m. - 5:30 p.m., Sat. 11 a.m. - 4 p.m. or by special appointment.

Contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

Please call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.

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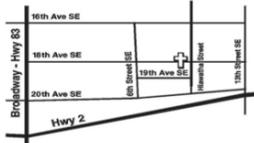
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Friday Evening		September 16, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	Shark Tank		Karaoke Battle USA		20/20		Local	Nightline	Jimmy Kimmel Live			
KXMC/CBS	48 Hours: Burying		CSI: NY		Blue Bloods		Local	Late Show Letterman	Late			
KMOT/NBC	ALMA Awards		Dateline NBC				Local	Tonight Show w/Leno	Late			
KNDX/FOX	Kitchen Nightmares		Fringe				Local					
Cable Channels												
AMC	Silence-Lambs					Silence-Lambs						
CNN	Anderson Cooper 360	Piers Morgan Tonight	Anderson Cooper 360	John King, USA	24/7	24/7						
DISC	Man, Woman, Wild	Man, Woman, Wild	One Man Army	Man, Woman, Wild	One Man Army							
DISN	Wizards	ANT Farm	Phineas	Random	Vampire	Good Luck	Wizards	Wizards	ANT Farm	Phineas		
ESPN	College Football						SportsCenter	Baseball Tonight				
FAM	Happy	Happy	Happy	Happy	Happy	Happy	The 700 Club	Whose?	Whose?			
FX	How I Met	How I Met	X-Men Origins				12 Rounds					
LIFE	Reba	Reba	Reba	Reba	Roseanne	Roseanne	Reba	Reba	Reba			
NICK	SpongeBob	Bucket	Lopez	Lopez	Friends	Friends	'70s Show	'70s Show	Lopez	Lopez		
SPIKE	Gangland		UFC Unleashed		UFC Unleashed		UFC Unleashed		Day-Thndr			
TBS	Fam. Guy	Fam. Guy	The Longest Yard				The Longest Yard					
TNT	Law & Order		The Rock				Assault on Precinct 13					
USA	Fast & Furious				Fast & Furious				Nat'l Treasure			
WGN	Chris	Chris	How I Met	How I Met	WGN News at Nine	Scrubs	Scrubs	South Pk	South Pk			
Premium Channels												
HBO	24/7	24/7	24/7	24/7	Real Time/Bill Maher	Real Time/Bill Maher	Face Off	Edge				
MAX	Terminator 2				Strike Back	Chemistry	Skin-Max	Strike Back				
SHOW	Living for 32		Patton Oswalt		Sweet Karma		Push					

Wednesday Evening		September 21, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	The Middle		Modern Family		Revenge		Local	Nightline	Jimmy Kimmel Live			
KXMC/CBS	Survivor-Pacific		Criminal Minds		CSI: Crime Scene		Local	Late Show Letterman	Late			
KMOT/NBC	All Night	Free Ag.	Harry's Law		Law & Order: SVU		Local	Tonight Show w/Leno	Late			
KNDX/FOX	The X Factor						Local					
Cable Channels												
AMC	The Italian Job					The Italian Job						
CNN	Anderson Cooper 360	Piers Morgan Tonight	Anderson Cooper 360	John King, USA	Piers Morgan Tonight							
DISC	Sons of Guns	Sons of Guns	Sons of Guns	Sons of Guns	Sons of Guns							
DISN	Wizards	Little Manhattan	Good Luck	Random	Wizards	Fish Hook	Wizards	Wizards				
ESPN	MLB Baseball						MLB Baseball					
FAM	Princess	Princess Diaries 2					The 700 Club	Whose?	Whose?			
FX	Forget Sarah						Forget Sarah					
LIFE	Dance Moms		Dance Moms		Dance Moms		Dance Moms		Dance Moms			
NICK	Family	My Wife	George	George	Friends	Friends	'70s Show	'70s Show	George	George		
SPIKE	UFC Unleashed		The Ultimate Fighter				BlueMount	BlueMount	The Ultimate Fighter			
TBS	Browns	Browns	Payne	Payne	Payne	Payne	Conan		Office	Office		
TNT	The Mentalist		The Mentalist		300				CSI: NY			
USA	NCIS		NCIS		NCIS		NCIS		NCIS			
WGN	30 Rock	30 Rock	How I Met	How I Met	WGN News at Nine	30 Rock	Scrubs	Scrubs	Sunny			
Premium Channels												
HBO	REAL Sports Gumbel		Edge of Darkness				Real Time/Bill Maher	24/7	Mel			
MAX	Terminator 2	Going the Distance			Inception				Chemistry			
SHOW	Talihina Sky		Inside the NFL		NASCAR	Weeds	Inside the NFL	NASCAR	Thirst			

Saturday Evening		September 17, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	College Football							Local				
KXMC/CBS	Rules	Rules	Criminal Minds		48 Hours Mystery		Local					
KMOT/NBC	Who Do You		Law Order: SVU				Local	Saturday Night Live				
KNDX/FOX	Cops	Cops	Amer. Dad	Cleveland	Local		Fringe		Crockett	Local		
Cable Channels												
AMC	Defiance					Top Gun						
CNN	CNN Presents	Piers Morgan Tonight	CNN Newsroom	CNN Newsroom	CNN Presents	Piers Morgan Tonight						
DISC	Commandments-Mafia	Track Me if You Can	I Faked My Own Death		I Faked My Own Death							
DISN	Random	Good Luck	ANT Farm	ANT Farm	ANT Farm	Shake It	Shake It	Phineas	Random	Good Luck		
ESPN	College Football						College Football					
FAM	Ever-Cinderella		50 First Dates				Dodgeball: Underdog					
FX	College Football						League	League	Wilfred			
LIFE	Enough	The Perfect Roommate			Enough							
NICK	iCarly	Victorou	Ninjas	iCarly	Friends	Friends	Friends	Friends	'70s Show	'70s Show		
SPIKE	UFC Unleashed		UFC Fight Night Live				BlueMount	Deadliest Warrior	Repo			
TBS	Wedding Crashers				I Love You, Man				American			
TNT	Shawshank R.						True Lies					
USA	NCIS		NCIS		NCIS		NCIS		NCIS			
WGN	Funniest Home Videos	Funniest Home Videos	WGN News at Nine	Scrubs	How I Met	South Pk	South Pk					
Premium Channels												
HBO	Hereafter				True Blood		Machete					
MAX	Men in Black		Strike Back		Inception				Skin-Max			
SHOW	Letters to Juliet		The Other Woman				The Penthouse		Weeds			

Thursday Evening		September 22, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	Charlie's Angels		Grey's Anatomy				Local	Nightline	Jimmy Kimmel Live			
KXMC/CBS	Big Bang	Big Bang	Person of Interest		The Mentalist		Local	Late Show Letterman	Late			
KMOT/NBC	Community	Parks	Office	Whitney	Prime Suspect		Local	Tonight Show w/Leno	Late			
KNDX/FOX	The X Factor						Local					
Cable Channels												
AMC	True Grit					True Grit						
CNN	Anderson Cooper 360	Piers Morgan Tonight	Anderson Cooper 360	John King, USA	Piers Morgan Tonight							
DISC	Hogs Gone Wild	MythBusters	MythBusters		MythBusters							
DISN	Shake It Up!		Random	Phineas	ANT Farm	Good Luck	Random	Fish Hook	Wizards	Wizards		
ESPN	College Football						SportsCenter	Baseball Tonight				
FAM	Dennis the Menace		Richie Rich				The 700 Club	Whose?	Whose?			
FX	Two Men	Two Men	Two Men	Two Men	Sunny	Archer	Sunny	Archer	Archer	Sunny		
LIFE	Project Runway		Project Runway		Dance Moms				Russian	Project Runway		
NICK	Family	My Wife	George	George	Friends	Friends	'70s Show	'70s Show	George	George		
SPIKE	UFC Unleashed		iMPACT Wrestling				Damage					
TBS	Fam. Guy	Fam. Guy	Big Bang	Big Bang	Big Bang	Big Bang	Conan		Office	Office		
TNT	Bones		Bones		Bones		CSI: NY		CSI: NY			
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU		Burn Notice		NCIS			
WGN	How I Met	How I Met	How I Met	How I Met	WGN News at Nine	30 Rock	Scrubs	Scrubs	Sunny			
Premium Channels												
HBO	Avatar				Real Sex		Cathouse	Boardwalk	127 Hours			
MAX	Big Stan				The Losers		Sin City Diaries					
SHOW	Six Wives-Hen		Web Ther.	The Big C	Weeds	The Big C	Gigolos	Sweet Karma				

Sunday Evening		September 18, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	Extreme Makeover		20/20				Local					
KXMC/CBS	The Good Wife				CSI: Miami		Local					
KMOT/NBC	Football	NFL Football					Local		Dateline NBC			
KNDX/FOX	Emmy Awards						Local					
Cable Channels												
AMC	U-571					Breaking Bad						
CNN	CNN Presents	Piers Morgan Tonight	CNN Newsroom	CNN Newsroom	CNN Presents	Piers Morgan Tonight						
DISC	Curiosity	When Fish Attack 3	When Fish Attack 2		Curiosity	When Fish Attack 3						
DISN	Shake It Up!	Good Luck	ANT Farm	Shake It Up!	Random	Good Luck	Wizards	Wizards				
ESPN	MLB Baseball						SportsCenter	SportsCtr				
FAM	50 First Dates	Paul Blart: Mail Cop			Funniest Home Videos	J. Osteen	Ed Young					
FX	Monsters vs. Aliens		Monsters vs. Aliens		Ex-Girlfriend							
LIFE	The Perfect Roommate	Drop Dead Diva	Against the Wall	Against the Wall	Drop Dead Diva							
NICK	My Wife	My Wife	Nick News	Lopez	Friends	Friends	'70s Show	'70s Show				
SPIKE	Auction	Auction	Auction	Auction	Bar Rescue	Bar Rescue	U.S. Marshals					
TBS	Meet the Fockers		Meet the Fockers									
TNT	Shawshank R.		The Da Vinci Code				The Da Vinci Code					
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU			
WGN	How I Met	How I Met	How I Met	How I Met	News/Nine Replay	Monk	Monk					
Premium Channels												
HBO	Boardwalk Empire	Boardwalk Empire	Boardwalk Empire		127 Hours				Maher			
MAX	Inception				The Book of Eli				Zane's Sex Chron.			
SHOW	Dexter		Weeds	The Big C	The Switch				Weeds	The Big C		

Friday Evening		September 23, 2011										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
WDAY/ABC	Modern Family		Revenge		20/20		Local	Nightline	Jimmy Kimmel Live			
KXMC/CBS	A Gifted Man		CSI: NY		Blue Bloods		Local	Late Show Letterman	Late			
KMOT/NBC	All Night	Whitney	Dateline NBC				Local	Tonight Show w/Leno	Late			
KNDX/FOX	Kitchen Nightmares		Fringe				Local					
Cable Channels												
AMC	The Village					Exorcism-Emily						
CNN	Anderson Cooper 360	Piers Morgan Tonight	Anderson Cooper 360	John King, USA	Piers Morgan Tonight							
DISC	Man, Woman, Wild	Man, Woman, Wild	One Man Army	Man, Woman, Wild	One Man Army							
DISN	PrankStar	ANT Farm	Fish Hook	Buttowski	Random	Good Luck	PrankStar	Random	PrankStar	ANT Farm		
ESPN	College Football						SportsCenter	Baseball Tonight				
FAM	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	The 700 Club	Whose?	Whose?						
FX	How I Met	How I Met	Death Race				The Transporter 2					
LIFE	Reba	Reba	Reba	Reba	Reba	Reba	Against the Wall	Reba	Reba			
NICK	SpongeBob	Bucket	George	George	Friends	Friends	'70s Show	'70s Show	George	George		
SPIKE	Gangland	Gangland			Gangland		Gangland		Gangland			
TBS	Fam. Guy	Fam. Guy	Sahara				Sahara					
TNT	Tokyo Drift				V for Vendetta							
USA	NCIS		NCIS		NCIS		NCIS		Law & Order: SVU			
WGN	30 Rock	30 Rock	How I Met	How I Met	WGN News at Nine	30 Rock	Scrubs	Scrubs	Sunny			

Today

- **Federal Resume Workshop**, 1100-1300, A&FRC
- **BGCA Day for Kids & “Child Find” Event**, 1700, Youth Center
- **Lights & Strikes Bowling**, 1800-2300, Rough Rider Lanes
- **Last day to register for Deployed Family Dinner**, A&FRC

Saturday

- **Arts & Crafts Retail Store Open**, 1000-1400, Arts & Crafts
- **Jewelry Making Class**, 1030-1200, Arts & Crafts
- **Children’s Literacy Workshop**, 1100, Library
- **3-D Archery Tournament**, 1200-1600, Outdoor Recreation
- **Red Pin Bowling & Music**, 1800-2300, Rough Rider Lanes
- **Hip Hop Nite**, 2300-0400, J.R. Rockers

Sunday

- **All-Ranks Champagne Brunch**, 1030, JDC
- **Football Frenzy NFL Sunday Ticket**, 1100-1900, J.R. Rockers

Monday

- **Money Monday’s – Intro to Saving & Investing**, 1130-1230, A&FRC
- **Fit Factor Birthday**, 1630-1730, Youth Center

Tuesday

- **All-Ranks Lunch: Roast Beef/Mongolian BBQ**, 1100-1300, JDC
- **Family Frenzy w/Dizzy the Clown**, 1700-2100, J.R. Rockers
- **Bedtime Story Time**, 1830, Library

Wednesday

- **Time Management Class**, 1000-1130, A&FRC
- **Counted Cross Stitch**, 1300-1500, Arts & Crafts
- **4-Day Childbirth Class (1 of 4)**, 1900-2100, A&FRC

Thursday

- **Tastes Around the World Beer Tour**, 1630, J.R. Rockers
- **Dinner at the Dak**, 1630, Dakota Inn
- **Deployed Family Dinner**, 1700-1900, A&FRC

September 23

- **Anime Club**, 1630, Library
- **Family Bowl-a-Rama**, 1700-2000, Rough Rider Lanes
- **Give Parents a Break**, 1800-2200, CDC/SAP
- **Family Fun Night**, 1800-2000, Youth Center
- **Last day to register for Fall Racquetball Tournament**, Fitness Center

September 24

- **Home-Based Employment Seminar**, 0900-1600, A&FRC
- **Framing Class**, 1000-1600, Arts & Crafts
- **Scrapbooking at the Library**, 1000-1800, Library
- **Amazing Race**, 1100, Fitness Center
- **Hip Hop Night**, 2300-0400, J.R. Rockers

Missile Avenue Closings

Missile Avenue will be closed from Burger King to the commissary effective Sept. 12-24. Access to the Professional Development Center will be through Burger King. Access to the commissary will be through the west Exchange entrance. Housing occupants will have to find an alternate route to get to Cruise Missile Lane. Missile Avenue will then be closed from the commissary to Firing Lane effective Sept. 26 to Oct. 15. Access to the Exchange will be through the east commissary entrance. The Firing Lane will be open. Housing occupants will have to find an alternate route to get to E Street.

Federal Resume Workshop

In order to provide everyone a more active workshop on USAJOBS and accommodate all DoD civilians for the way to apply for ‘internal civilian’ federal jobs, the Airman & Family Readiness Center will be holding a “Federal Resume Workshop” on

September 16th from 11 a.m. to 1 p.m. This workshop is open to all active duty members, spouses, retirees, DoD civilians, and NAF employees. Information included will be accessing USAJOBS, how to find federal jobs, finding the KSAs, and tips on writing a resume. To sign up, contact the Airman & Family Readiness Center at 723-3950.

Jewelry Making Class

The Arts & Crafts Center is hosting a Jewelry Making class on Saturday, September 17th 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.

Wounded Warrior Project 5K

On Sept. 17, a 5K will take place to benefit the Wounded Warrior Project. The race will start at 9 a.m., with registration beginning at 8:30 a.m. The cost of the race is \$10 with all proceeds going towards the Wounded Warrior Project. Registration will be inside the base gym at the basketball courts.

Night Wing Performances

The U.S. Air Force Heartland of America Band, Night Wing, will be on tour Sept. 19 and 20. Night Wing will put on a free performance at the Kenmare Town Square on Sept. 19 at 6:30 p.m., and again on Sept. 20 at 6:30 p.m. at the Velva Saddle Club. Night Wing is the country/rock showcase group of the United States Air Force Heartland of America Band stationed at Offutt Air Force Base in Omaha, Neb. Their music stretches from the Top 40 pop & country hits of today to popular rock-n-roll classics. Night Wing honorably represents more than 325,000 Air Force professionals around the world who diligently watch over the skies protecting and defending all those who cherish freedom.

Retiree Appreciation Day

The annual Retiree Appreciation Day will be held Sept. 23 at the Jimmy Doolittle Center, with a social hour scheduled to begin at 12 p.m. followed by an informational fair at 1 p.m. The information fair will showcase a variety of base agencies and include presentations from local offices such as ND Military and Family Outreach. B-52 and missile silo tours can be scheduled with advanced reservations. If you are interested in signing up, or have any questions, please call the 5th Force Support Squadron Customer Service Office at 723-6379, no later than Sept. 19.

Currently Deployed and Returnee Family Dinner

Dinner is on us! The Airman & Family Readiness Center invites family members of currently deployed personnel and deployment returnees/families to enjoy a free Deployed Family Dinner on September 22nd from 5-7 p.m. at the Airman & Family Readiness Center patio. This is a great informal event which provides an opportunity to network with other family members experiencing a separation. No speakers or briefings!

There will be door prizes, resource materials, program/incentive information, activities for children, great food, and lots of conversation. Interested persons should pre-register by September 16th by calling 723-4500; seating is limited. Eligible participants include any deployment returnee who came home after May 26th, 2011 and their family members, 5 BW/91 MW families of currently deployed members, and 91 MW families experiencing a work-related separation on the date of the event. For more information, call the Airman & Family Readiness Center at 723-4500.

Tastes Around The World Beer Tour

Are you a beer connoisseur? Would you like to become one? J.R. Rockers has the perfect opportunity for you to tempt your taste buds by sampling a variety of beers during their 7th Annual Tastes Around the World Beer Tour. The tour begins at 4:30 p.m. on September 22nd and runs every Thursday until November 17th. Each club member completing the tour will receive a complimentary J.R. Rockers jacket. Don’t miss out as you savor the flavor of beers from around the world. For more information on the Tastes Around the World Beer Tour, call J.R. Rockers at 727-ROCK.

Anonymous mental

health self-assessment

The 5th Medical Group Mental Health Clinic invites all base personnel to take an anonymous mental health/alcohol use questionnaire Sept. 23 at the Minot AFB McAdoo Sports and Fitness Center, online at www.MilitaryMentalHealth.org or by calling 877-877-3647. These screenings are a part of a wider outreach for Suicide Prevention month. For more information on National Depression Screening Day and Suicide Prevention Month, contact Capt. Lea Laffoon from the Mental Health Clinic at 723-5527.

Amazing Race

The Fitness Center invites you to participate in the Amazing Race on September 24th at 11 a.m. This is a team event in which participants receive points for mental and physical challenges, treasure hunts, or being at the right place at the right time. Teams will consist of two participants who must travel together, on foot, to required stations to collect points. Registration deadline is September 22nd. The game will have a time limit of two hours. Event is open to DoD ID card holders age 16 and older. For additional details, call the Fitness Center at 723-2145.

Home-Based Career & Telework Job Development Program

The Airman and Family Readiness Center invites you to attend the Home-Based Career & Telework Job Development Program on September 24th from 9 a.m. to 4 p.m. at the Jimmy Doolittle Center. This program focuses on how and where to find legitimate home-based work opportunities with companies like 1-800FLOWERS, U-haul, American Express, and hundreds of others. Nationally known guest speaker Christine Durst brings a wealth of knowledge to share with attendees. This program is ideal for military spouses, retirees, DoD civilian personnel, transitioning personnel, and more. Military spouses will receive sign-up preference. To register or for more information, call the Airman and Family Readiness Center at 723-3950.

Youth Dance Lesson Registration

Youth Center members are invited to put on their dancing shoes and learn a variety of styles of dance. 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. All classes are scheduled for Saturdays. The tentative times for each class are below:

- 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 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.

Join Cub Scouts

1st graders through 5th graders welcome. Scouting activities include camping, fishing, swimming, crafts, archery, hiking, community involvement, skiing, snowboarding and much much more! Learn life-long lessons including first aid, personal safety, fire safety, tracking, compass navigation, survival skills and outdoor awareness. Visit cool places such as fire stations, police stations, museums and sporting events and facilities. Scouting builds integrity, character, self-confidence and self-esteem! Don’t miss out on this tremendous opportunity. For more information call Frank Mattair: 701-340-2351 or Katie Becker: 727-0465.

The Lord's Cupboard Food Pantry

Faith United Methodist Church Food Pantry will be held at 103 14th Ave SE: old Steve Vibeto insurance office, east of Good Will Store. Hours are Mondays, 10am to 1pm, Wednesdays from 1pm to 4pm and again on Fridays from 2pm to 5pm.

Taste of Heaven Soup Kitchen

Come to our new location: United Congregational Church at 430 N. Broadway, Minot. The hours are Mondays from 11 a.m. to 12:30 p.m. The soup kitchen will be open every Monday until further notice.

Parkinson's Disease Symposium

We will have informative speakers and refreshments on Friday, September 16th at the Knights of Columbus in Minot. (Plenty room for parking) For information, call Eilene Emly at 837-8538 or Cecilia Howe at 839-1762.

Glenburn W-ELCA Fall Luncheon

Glenburn Trinity Lutheran Church annual W-ELCA luncheon will be held on Saturday, September 17 starting at 12 noon. Tickets - \$6. Home cooked lunch, entertainment, and bake sale.

Walk to End Alzheimer's

09/17/11 - Dakota Square Mall - JCPenney wing - Registration 8 am; Program/Walk 9 am. Join the Alzheimer's Association Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Since 1989, we've mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now, we ask you to register for Walk to End Alzheimer's, the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Together, we can end Alzheimer's disease the nation's sixth-leading cause of death.

MSU Homecoming Events

- Monday, September 19: Johnny Holm Band. Free Community Concert with Johnny Holm Band - East Dome Parking Lot at Minot State University. The traditional bonfire will be held north of the Minot State University Dome.
 - Tuesday, September 20: King & Queen Coronation at the Ann Nicole Nelson Hall on the campus of Minot State University.
 - Wednesday, September 21: Beaver Fun Run/Walk (5K) - Cook Hall Parking Lot at Minot State University, Registration: 4-5:30 p.m., Race: 6 p.m.
- MSU Community Block Party - MSU Old Main lawn. Free food, games, music, prizes & lots of fun!

Bring the entire family. Co-Sponsored by Minot Young Professional Network.

Thursday, September 22: MSU Homecoming: Golden Awards Banquet - Student Center Conference Center at Minot State University. A night of tribute to the university's most honored alums & friends. 2011 Recipients: Dr.Dale Elhardt, Thomas W. Fredericks, Jerry & Judy Spitzer. Young Alumni Achievement Award: Dean Frantsvog

Friday, September 23: MSU Homecoming: Beaver Athletic Luncheon at Sevens

The MSU soccer team will be hosting Augustana College at the Herb Parker Stadium. Come cheer on the Lady Beavers!

Alumni Reunions - Grand International, All MSU alumni & friends of the university are invited to this event! Beta Theta Reunion, All Music Reunion, Wrestling Reunion and Save the Date: September 2012 Tri Sigma Reunion.

The Minot State Beavers volleyball team will be hosting Valley City State vikings at the MSU Dome. Come out and cheer on the Lady Beavers!

Saturday, September 24: The homecoming parade will begin Downtown, move down Broadway and finish at MSU.

The tailgating will be held at the East Dome parking lot at Minot State University. Free lunch for everyone!

Homecoming football game. The Beavers will face the University of Sioux Falls at the Herb Parker Stadium. Come cheer on the Beavers!

The Athletic Hall of Fame Banquet will be held at the Grand International. The 2011 recipients include: Hank Hettwer, Steve Holen, Darrik Trudell & the 2002 Men's Cross Country Team.

For more information about the MSU Homecoming events, visit www.minotstateu.edu/homecoming

Legacy of the Arts Fall Festival/ Harvey City Wide Garage Sales

Join us in Harvey for September 23 - 24. On Friday, September 23: Noon - 1 pm - Scavenger Hunt begins - pick up rules at City Armory, grand prize is \$500.00. Approximately 1:30 pm will be the Homecoming Parade followed by a Pep Rally at Harvey High School. The football game will be held at 7pm - Harvey-Wells Co. Hornets vs. Larimore Polar Bears. There will be a Silent Auction on Sept 24th at the 1st International Bank.

Knights of Columbus BLOOD DRIVE

Monday, September 26th at 12 Noon to 5 p.m. Located at the Minot Knights of Columbus *FREE BP and Cholesterol testing with every donation.*

Please contact Neil Zimmerman at 837-0055 to schedule a convenient time for your donation. (Walk-ins Always Welcome) Sponsored by the St. Leo's Knights of Columbus. For more information go to www.UnitedBloodServices.org.

Art Show and Wine Walk in Harvey

Join us Saturday, September 24th from 10 am - 10 pm - 4th Annual Art Show at Harvey City Armory including the Ultimate Veggi & Scarecrow Contests. Food Vendors available. From 10am to Noon - Kuchen drop-off at Kiwanis room, Armory, pre-register. At 3pm will be the end of the scavenger Hunt. At 4pm - Awards Ceremony for Art Show, Kuchen Queen, Scarecrow & Scavenger Hunt at City Armory. Lion's Club selling "brats" on Lincoln avenue. From 7:30pm to 10pm - Wine Walk begins at RUE no 54 - Advance Tickets. From 7pm to 9pm - Music on the corners of Lincoln Avenue.

Zion Lutheran (Minot) Annual Lutefisk and Meatball dinner

41st annual Lutefisk and Meatball dinner, Saturday, September 24th, 2011 from 2 p.m. to 7 p.m. Tickets \$15, on sale day of event.

Mechanical Bull Riding

Cowboy's Corner in Sawyer will be sponsoring a mechanical bull riding event. Sept 24 starting at 8pm-1am. \$10 per ride, must be 21 years old. Come early practice up enter in the calcutta. Calcutta starting at 11 pm.

Karlsruhe Harvest Festival

Saturday, September 24, 9am-4pm on Main Street in Karlsruhe. Rummage sales, Vendor & Craft Show, Bake Sale, Karlsruhe Cook Book Sales, Dakota Cruisers & Classic Car Show will be from 11am-3pm. Serving Lunch.

Brass Band of Minot

Join us on Sunday, Sept. 25th to enjoy the brass band at the Ann Nicole Nelson Hall at MSU, 7 pm.

Beginning Square Dance Lessons

The Minot Magic Squares are excited about Square Dancing, and we really want everybody to join us! Beginning October 3rd, Monday evenings 7:30-9:30 p.m. \$2 per person. Lessons held at the Minot Moose Lodge (400 9th St SW, Minot, ND) Taught by "Doc" Brooks Professional Square Dance Caller. Great fun, good exercise, plenty of laughs! Come on out and swing your partner! For more info call 839-0755.

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Continuous Bomber Presence restructuring saves \$12 million

by Megan Meyer
Air Force Global Strike
Command Public Affairs

BARKSDALE AIR FORCE BASE, La. – Recently Air Force Global Strike Command and Pacific Air Forces teamed up to restructure logistics support and aircraft rotations for the continuous bomber presence in the Pacific, saving more than \$12 million annually in costs to the Department of Defense.

“The continuous bomber presence in the Pacific is vital in assuring our regional allies,” said Lt. Gen. James M. Kowalski, commander of Air Force Global Strike Command. “It is important we support U.S. Pacific Command in this critical mission.”

The first of these logistics changes involve the B-52’s Mobility Readiness Spares Package kits—8 semi-trucks of critical parts necessary for day-to-day flying. These kits will now be left in place at Guam between deployments, rather than sending each kit home with its owning squadron, according to officials.

One independent MRSP kit is assigned to each of Air Force Global Strike Command’s combat B-52 squadrons at Barksdale and Minot Air Force Base, N.D., said Chief Master Sgt. Jeffrey Buxton, weapons system team superintendent for Global Strike Command A4/7. Kits previously remained with their assigned squadron, whether that squadron was deployed or stateside in the continental U.S., he said.

“We looked at the process

and said ‘why are we moving the kits from CONUS to Guam and back, rather than moving the kit left behind between the stateside squadrons?’” Finch said.

By avoiding sea or air transport for the MRSP package to Guam, and instead funding the ride for the kit from Barksdale to Minot and back by land, a \$12 million cost is avoided per year. Minot and Barksdale’s squadrons rotate in and out of Guam every six months, on average.

In addition to the cost avoidance associated with transportation, Pacific Air Forces helped Global Strike Command by funding additional standardization of the MRSP kits between the two CONUS bases.

Minot’s MRSP kits have traditionally been housed in internal aircraft/helicopter slingable container units, while Barksdale’s kits were not.

PACAF’s funding of these containers avoided an additional cost to Global Strike Command of \$90,000 and further standardized MRSP kits between stateside squadrons, officials said.

Global Strike Command’s four B-52 combat squadrons have been supporting the continuous bomber presence since 2004.

U.S. Pacific Command officials said they routinely evaluate the command’s readiness and reposition forces as needed to ensure they maintain both the operational and support capabilities necessary to meet the obligations of national defense.

35 Airmen graduate FTAC

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

Congratulations to the following Airmen who graduated from the First Term Airman Center here Sept. 9.

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 Bomb Wing
Airman 1st Class Stephanie Ashley

5th Security Forces Squadron
Airman 1st Class Harvest Brown
Airman 1st Class Todd Kobielusz
Airman 1st Class Dustin Laduke
Airman 1st Class Alfredo Muratalla
Airman 1st Class Timothy Vanhulst
Airman 1st Class Carlos Garavito
Airman 1st Class Karl Burg
Airman Mark Weltz

5th Aircraft Maintenance Squadron
Airman 1st Class Cody Brantner

5th Logistics Readiness Squadron
Airman 1st Class Ryan Vanderwerf
Airman 1st Class Tyler Kiele
Airman 1st Class Codey Cline
Airman 1st Class John Daily
Airman 1st Class Jason Brooks

5th Comptroller Squadron
Airman 1st Class Scott Nicol

5th Maintenance Squadron
Airman 1st Class David Bryant
Airman 1st Class Dario Stamm
Airman 1st Class Jeremy Buschmann
Airman 1st Class Thomas Wammack
Airman 1st Class Joseph Cuff

5th Civil Engineer Squadron
Airman 1st Class Zachary Flowers
Airman 1st Class Ashley Poole

5th Munitions Squadron
Airman 1st Class Dmont Herring

91st Missile Security Force Squadron
Airman 1st Class Joseph Stover
Airman 1st Class Garrett Smith

91st Missile Maintenance Squadron
Airman 1st Class Adam Rempfer

91st Mission Operations Squadron
Airman 1st Class Angulo Frank

17th Munitions Squadron
Airman 1st Class George Bates
Airman 1st Class Rodney Pierce
Airman 1st Class Joshua Valcich
Airman 1st Class Dylan Reed
Airman 1st Class Andrew Garcia
Airman 1st Class Preston Woodall
Airman 1st Class Nathan South

Regional DUI task force releases Labor Day crackdown results

The Northwest Minot Regional DUI Task Force, conducted a regional enforcement event August 17th - September 5th. During this enforcement effort, the DUI Task Force made 13 driving under the influence arrests and 154 other significant arrests including reckless driving, speeding and drug related citations.

In the Northwest Minot region, the North Dakota Highway Patrol, Bottineau, Renville, Ward, McHenry and McLean County Sheriff’s Departments, and Minot, Surrey, and Burlington Police Departments participated

in the enforcement effort. Statistically, the additional resources devoted to Regional DUI Task Force’s across North Dakota are paying off with an increased number of citations and increased visibility in communities.

The Regional DUI Task Force was created on October 1, 2010 in an effort to reduce the number of alcohol related accidents and fatalities within the state of North Dakota.

Historically, North Dakota’s alcohol-related fatalities are about 50 percent; this is one of the highest in the nation.

“The DUI Task Force is making a difference by removing impaired drivers from the roads resulting in fewer alcohol-related fatalities. But, enforcement will continue until everyone is making the decision to drive sober like most North Dakotans are already choosing to do,” stated Mark Nelson, Director, Safety Division, NDDOT.

Currently, 83 percent of all law enforcement agencies participate in the DUI Task Force across North Dakota. This program was created to save lives by reducing alcohol-related fatalities and car crashes.



MILITARY APPRECIATION DAY
Sponsored by the Minot Area Chamber of Commerce Military Affairs Committee

SCANDINAVIAN HERITAGE PARK
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FRIDAY, SEPTEMBER 23, 2011
11:00 a.m. - 2:00 p.m.

THANK YOU
to our military for all their hard work!
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are invited to a picnic in the park.

Free food, bouncy castle and slide for young kids,
a look at Roosevelt Park Zoo animals and
an afternoon in Minot’s beautiful Scandinavian Heritage Park.

Military ID required

Thanks to the Chamber’s Military Affairs Committee,
ND Beef Commission, ND Stockman’s Association,
SunPrairie Grain and Homesteaders Restaurant.

Celebrate Project HOPE Casual Days with us this week!

It’s not too late to join area businesses in supporting project HOPE, a new community event building awareness and providing wellness tips about the four most prevalent cancers in North Dakota.

How Your Business Can Participate:

- Allow employees to make a \$10 donation to participate.
- Allow employees to dress casual and/or wear the colors of cancer awareness ribbons for each day.
- Employees will receive cancer awareness fact sheets, wellness materials, and stickers each day.

All proceeds support the Bismarck Cancer Center Foundation and are used to support regional cancer patients with financial, transportation, lodging, emotional, and additional needs.

For more information, call Jill at 701-226-2095 or go to bismarckcancercenter.com

project HOPE™
BISMARCK CANCER CENTER

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DISPLAY continued from page 13

beam to look just as it did when it was removed from the wreckage of the fallen towers. The paint she used, however, was electrostatic powder coat. After each layer of paint was applied, the beam was baked in a large oven to set the coating. The work is so convincing, people who saw the beam before it was painted did not even know it had gone through that treatment, Dickerson said.

After the students completed their design in the spring, the base engineers began actual construction of the display, completing the project August 2011.

The final design is 20-foot diameter cement platform, upon which sets four benches surrounding a pentagon-shaped pedestal. Atop the pedestal stands the artifact surrounded by a metal globe. The construction gives the viewer a chance to "step up into it," West said, as opposed to just walking by and looking at it. The beam is within reach of the viewer, inviting visitors to the display to both see and feel the destruction caused during the 9/11 attacks, as well as to have a place to reflect upon all that has passed since.

"(Seeing the artifact is) a stark reminder of that particular day," Wilson said. "You can see the amount of force that it took to distort that beam to the degree it's been distorted. You got to go and think further that there was several thousand people in that building when those planes struck."

"It takes you down to your core," he added.

Its location on the air force station grounds was selected for maximum viewing both by visitors to the base and the people who work

there every day, said Don Addy, the president of the NHDF.

"We really want it to be a reminder of, one, the tragic events of that day and then, two, our American pride and freedom and the fact that we make sacrifices to ensure that freedom," said Col. Joe Turk, the current 721st MSG commander.

While Cheyenne Mountain is currently not open to public tours, visitors to Colorado Springs, Colo., can see the "sister" artifact display at UCCS. Designed by students who had worked on the Cheyenne Mountain display, including West and Matt Martin, the UCCS display points toward the mountain as a show of solidarity between the school and the base.

"It's undeniable that we do our best work when we're working on something we're passionate about," West said. "I can't think of too many things that are better to drive a passion then being able to give back the military and our country and school ... (This display) is nothing compared to what these guys do every day, but it's something."

The artifact display here is evidence that a spirit of service and unity lives on, even as the U.S. remembers the 10th anniversary of 9/11, said Lt. Gen. Michael Basla, the vice commander of Air Force Space Command.

"Time has a way of healing wounds, but it has not dulled our determination," Basla said. "We remain vigilant ... And this memorial will stand as a constant reminder of that determination and unity that 9/11 events reignited, brighter and more intense than ever in our American spirit."



Pride of America Scramble Flight One Winners

The Pride of America Scramble was held on Sunday, September 11th at the Rough Rider Golf Course. The winning team of the First Flight consisted of (left to right) Jeff Beaver, Scott Heathcoat, Jordan Kelly, and Travis Wittmayer. The event was sponsored by the Ryan Family Dealerships. No Federal Endorsement of Sponsor Intended.



Pride of America Scramble Flight Two Winners

The winning team of the Second Flight during the Pride of America Scramble held at the Rough Rider Golf Course was comprised of (left to right) David Burgess, Wayne Schumaier, Mark Guy, and Bud Lindquist.

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or email nsads@srt.com.

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 Ashleigh Collins 240-2608 ashleigh@minothomes.com	 ZOOM IN minothomes.com	 Blake Krabseth 720-1786 blake@minothomes.com

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Part-Time Room Monitors

Do you have a passion for improving the lives of children and families in the community? The Village Family Service Center, a 117 year-old nonprofit human service agency, has immediate openings for part-time room monitors in its Supervised Parenting Time & Child Exchange Program. Room monitors are responsible for facilitating interactions between parents and children in cases where supervised visitation is required, and when parents with shared custody exchange their children. Successful candidates must demonstrate the ability to work independently, strong decision making skills and passion for serving at-risk children and their families. Experience working directly with children and/or families is required. Candidates with experience or education in social work, child development, psychology, counseling, teaching, domestic violence and related areas are strongly encouraged to apply. Hours of work will range from 12pm – 9pm and will include rotating weekends. Deadline for resumes is Friday, Sept 16, 2011. Send resume and cover letter to Jeni McCann, the Village Family Service Center, 20 1st St. SW Suite 250, Minot, ND 58701. Background checks completed. EOAAE www.TheVillageFamily.org

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The 5th Contracting Squadron is looking for the following Contract to be filled: **Catholic Religious Education Coordinator & Catholic Parish Coordinator**

Important: The intent of this announcement is to advertise for a Catholic Religious Education Coordinator and Catholic Parish Coordinator between an individual and the 5th Contracting Squadron. For questions, copies of the solicitation, and submitting offers, please contact the Contracting Specialist listed below at 5 CONS. Please, review all documentation carefully prior to submitting an offer. **Offers are due no later than: 1:00 P.M. on 19 September 2011**

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

Answers to puzzle on page 9

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Former USAF Judge Advocate

Robert S. Thomas
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Reliability:	★★★★★	4.7 out of 5
Quality:	★★★★★	4.6 out of 5
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