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Is there a medic onboard?

STAFF SGT. FRANKLIN R. RAMOS | 51ST FIGHTER WING PUBLIC AFFAIRS

SAN AIR BASE, South Korea (AFNS) -- While returning from leave, an Osan Air Base Airman sprang into action, saving the life of a fellow passenger mid-flight, Nov. 11, 2017.

After visiting family in Santa Ana, California, Staff Sgt. Cassidy McCurdy, 51st Medical Group independent duty medical technician, was heading back from leave on a flight from San Francisco to Seattle, when things took an unexpected turn.

"I was taking a nap and there was some commotion going on in the back (of the aircraft)," said McCurdy. "Then the (flight attendants) asked if there was a doctor or emergency medical technician onboard."

McCurdy sprung to action to assess the situation onboard.

"I got up and there was a woman in cardiac arrest," said McCurdy. "There were no other medics around (at the moment) and she didn't have a pulse, so I started to do chest compressions. I just completely reacted and did everything I've been trained to do through the emergency medicine protocols that we do. It was the first time I had to 100 percent rely on myself to know what to do (in a cardiac arrest situation)." It took around two minutes of cardiopulmonary resuscitation for the victim to gain consciousness.

"She quickly gained consciousness. Then another gentleman moved her to the back where the flight attendants sit," said McCurdy. "So from there we just got her stable, she started vomiting and another nurse came back and assisted."

McCurdy has more than five years of experience through the USAF in the medical field including two years as an IDMT.

"[As an IDMT] we're essentially physician extenders trained on anything in the hospital. We're able to see patients, prescribe medication, diagnose and treat them under a flight surgeon," said McCurdy. "We're supposed to be like a mini hospital ourselves, so if we deploy, we can help take care of everything like dental, labs, pharmacy, public health, water testing, etc."

McCurdy had to apply what she learned throughout her military career to help aid the victim.

"We administered oxygen, maintained her vitals, obtained glucose readings, and made sure she stayed stable," said McCurdy. "I was able

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701.852.2690 Email: hairoff@minot.com 1809 S Bdwy Plaza Suite K Minot, ND to do a full neurological exam to rule out a couple of other things."

Once the aircraft landed, emergency responders from the ground transported the patient to the emergency room.

"I feel very grateful I was there. She truly was my reason for being on the plane that night. It has been more than a month since this happened and each day I have wondered if what I did was enough and how she is doing," said McCurdy. "I joined the medical field to help people, so it feels great knowing that the skill set the Air Force has taught me allowed me to do so in a moment's notice."



U.S. AIR FORCE PHOTO | STAFF SGT. FRANKLIN R. RAMOS

Staff Sgt. Cassidy McCurdy, 51st Medical Group independent medical duty technician, at Osan Air Base, South Korea, Dec. 21, 2017. McCurdy has more than five years of Air Force experience in the medical field including two years as an IDMT. While on a flight from San Francisco to Seattle, she responded to a victim who went into cardiac arrest by providing cardiopulmonary resuscitation and stabilizing the victim. Once the aircraft landed, emergency responders from the ground transported the patient to the emergency room.



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The 5th Maintenance Squadron Non-destructive Inspection Team at Minot Air Force Base, N.D., identifies possible defects in systems and equipment before anything can become a dangerous problem. The NDI shop receives about 20-to-40 equipment parts a week and roughly 1,560 parts inspected annually.

U.S. Air Force photos | Airman 1st Class Dillon J. Audit











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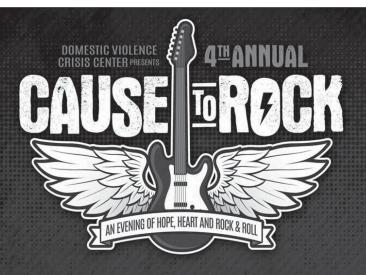
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FACEBOOK

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THE LIGHTER SIDE

d Pl SWOR Across



- 48. Repelled, with "off" 50. Spin-fishing need 52. Steps over a fence 54. 1:62,500, e.g.
- 55. Chrysalides
- 56. Matzoh's lack

45. Lizardlike

- 57. Psyche parts 58. Broke down
- 59. Secluded spot
- 60. Daredevil Knievel
- 62. Duration 65. "I'll take that as ____"









SUDOKU Solution to puzzle on page 14 2 3 1 5 6 4 7 2 1 5 3 6 7 2 1 8 6 1 9 9 5 1 7 3 8

6

4

Solution to last week's Crossword puzzle.

1

THREE BILLBOARDS OUTSIDE EBBING, MISSOURI • (R) FRIDAY, JANUARY 5 • 1800

A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit.

SATURDAY, JANUARY 6 • 1700

Studio Appreciation Advance Screening -Free Admission Screening - Rated *. Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to show time.

THE SHAPE OF WATER • (R) SUNDAY, JANUARY 7 • 1500



In a 1960s research facility, Elisa, a mute janitor, forms a relationship



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The Softest Sugar Cookies of Your Life



INGREDIENTS:

- 3/4 cup (1 and 1/2 sticks) salted butter, softened 4 ounces cream cheese, softened and 1/2 cups granulated sugar
- egg

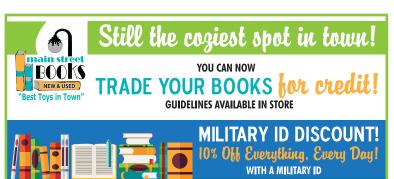
1 teaspoon vanilla

1 and 3/4 teaspoon almond extract

1 teaspoon salt 3 cups flour, spooned and leveled

INSTRUCTIONS:

In a large bowl or stand mixer, beat the butter on medium speed until it is soft and fluffy, 1-2 minutes. Add the softened cream cheese and continue to beat for 1 minute, until well incorporated. Add the sugar and beat well, 1-2 minutes, until fluffy. Add the egg, vanilla, and almond extract. Beat well. Scrape the sides and bottom of the bowl with a spatula. This is my spatula that I love and use for every baking project. Add salt and flour and beat until just barely combined, scraping the sides and bottom again. Do not stir too much or you will make your dough tough. The dough is pretty sticky! Scrape the dough out onto a sheet of plastic wrap (or into a ziplock or tupperware). Cover or wrap tightly and put it in the fridge for 2 hours (or overnight) or in the freezer for 1-2 hours. (If I am in a hurry I will split the dough in half and wrap separately so that it will chill faster.) When the dough is completely chilled, preheat oven to 350 degrees F. Line 2-3 baking sheets with silpat baking mats or parchment paper. Prepare a work surface with a light dusting of flour.* If you have not already split the dough in half, do so now. Put any dough that you are not working with in the fridge. Use floured hands to flatten out the dough a bit, then use a rolling pin to roll it and smooth it out a little bit. Don't go too crazy here, remember we want the cookies to be THICK, about 3/8 inch. I actually busted out the measuring tape for this step. No crisp cookies, please. Lightly dust your chosen cookie cutters with flour. Press firmly into the dough, utilizing your space wisely. Use your finger or a knife (depending on the shape) to wipe away the excess flour/dough on the outer edge of the cookie cutter before pushing them out onto the pan. This helps you get clean lines. Place the shaped dough on the prepared baking sheet. If you are using multiple cookie cutter shapes, bake all of the same shape on the same pan. Otherwise your smaller cookies will get over baked. Leave at least 1 inch in between each cookie. If you've taken long enough that your shaped cookies are no longer chilled, place the baking sheet in the fridge or freezer for a couple minutes. Scrape together the excess dough and knead it together once or twice (as little as possible), then roll it out again to 3/8. Don't overwork the dough! (It will get tough.) Continue until the dough is gone. Refrigerate the dough as necessary. They should go into the oven cool. Bake the shaped cookies at 350 for about 9 minutes for smaller cookies, and about 10-11 minutes for larger cookies. Do NOT over bake. You do not want the edges or tops to brown at all. The cookies should be barely browned on the bottom. See photos. Leave the cookies on the pan for 5 minutes, then immediately transfer to a large tupperware and cover until they are completely cooled and you are ready to frost.



See What's Cool in North Dakota this January

NORTH DAKOTA LEGENDARY

here are many cool ways to embrace winter across North Dakota in January. Bundle up, find a trail and enjoy a brisk afternoon walk to the sounds of wildlife. Head to the local ice arena and enjoy the company of fellow skaters. Settle into a local establishment for a hot toddy and live entertainment. This frosty winter wonderland is loaded with beauty and fun for the taking, so get out and play. To find more information about events in North Dakota in January, or for a

complete list of activities, go to NDTourism.com; 800-435-5663 or 701-328-2525.

Steve Augeri (former Journey lead vocalist) at Prairie Knights Casino

Fort Yates

January 6

Enjoy a night of legendary music with former Journey lead vocalist Steve Augeri. In 1998, Augeri debuted on the seven-times platinum Armageddon soundtrack, and for just under a decade, Augeri recorded three albums and performed on multiple tours. Don't miss top hits like "Don't Stop Believing", "Faithfully" and "Anyway You Want It." Learn more at http://prairieknights.com/events/ journey-former-lead-vocalist-steveaugeri/#.Wjlrbd-nG00; 701-854-7777.

Happy Harry's Beer and Bacon

Festival Grand Forks

January 20

Celebrate "swine and suds" at the fifth annual Happy Harry's Beer and Bacon Festival. The event held at the Alerus Center in Grand Forks – highlights bacon dishes from over eight local restaurants and offers samples of more than 100 varieties of local and national craft beers. Samples are included in the price of admission. Visit http:// baconandbeerfestivals.com/grandforks-nd/.

KMOT Ag Expo

Minot January 24-26 Visit the largest indoor agricultural show in the Upper Midwest. With over 350 exhibitors at 1,000 booths, it's the ideal way to while away a winter's afternoon whilst learning about what's new and improved in agriculture technology and equipment. For more information, log onto http:// kmotagexpo.com/ or call 701-852-5254/.

Mardi Gras Dickinson January 26-28 Celebrate Mardi Gras in North Dakota this January with Dickinson's Trinity High School. This fun event features delicious food, live entertainment, a midway and an auction. www. dickinsoncatholicschools.com/

mardigras.cfm; 701-483-6092. North of Normal Frostival January 26-27 Fargo Did you know that you can snow golf in January in North Dakota? Chances are, you didn't. Learn about other unique cold-weather games, arts and funky activities at Fargo's Frostival. It's a wacky event that celebrates one of the "coolest" places around. http:// frostival.com/. Devils Lake Volunteer Ice Fishing Tournament

Devils Lake January 27 It's time to dig out your warmest duds in preparation for a day on the lake at the largest and longestrunning ice fishing tournament in North Dakota. Over 4,000 anglers will compete for a wide range of prizes and take part in the fun to support the Devils Lake Volunteer Fire Department. 701-662-8022.

These are just a few North Dakota activities and events taking place in January. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

Follow North Dakota Tourism on Facebook at www.facebook. com/TravelND, on Twitter at twitter.com/NorthDakota or on Instagram at www.instagram.com/ northdakotalegendary and get tips on what to see and do all year long.



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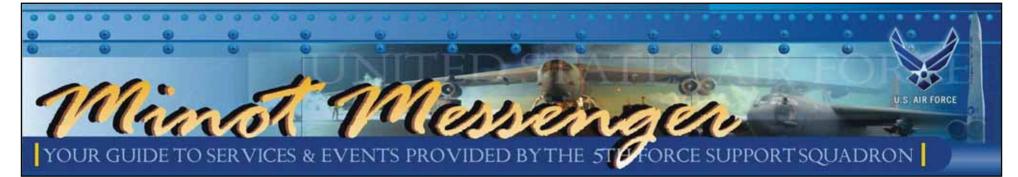
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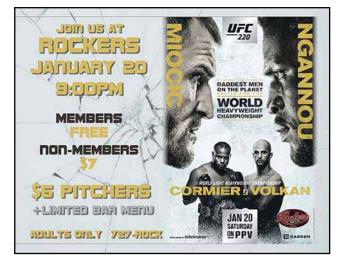
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UFC 220 Pay-Per-View Coming To Rockers On January 20



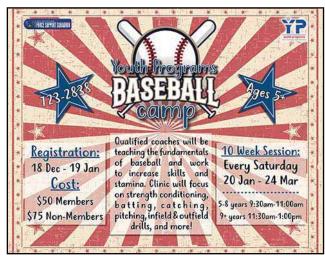
Club members receive FREE admission to the UFC 220 pay-per-view event at Rockers Bar & Grill on Saturday, January 20. Non-members price is only \$7. The action features the UFC Heavyweight championship bout between current champion Stipe Miocic and #1 ranked challenger Francis Mgannou. In addition, a UFC Light Heavyweight championship bout is scheduled featuring current champion Daniel Cormier and #2 ranked Volkan Oezdemir. A UFC Featherweight battle will see Calvin Kattar taking on Shane Burgos while a heated UFC Light Heavyweight bout is expected when Gian Villantea Calvillo goes up against Francimar Barroso. The main card also features a featherweight showdown between Kyle Bochniak and Brandon Davis as well as additional exciting UFC action.

The UFC 220 pay-per-view action takes to "The Octagon" starting at 9 p.m. This is an adults only event - no children. For more details, call Rockers Bar & Grill at 727-ROCK.

Baseball Camp Coming To Youth Center Starting Jan. 20

Youth at Minot AFB can learn the fundamentals of baseball and increase skills and stamina during the Youth Programs Baseball Camp hosted by the Youth Center. This 10-week camp will be held on Saturdays from January 20 through March 24. Sessions for children 5-8 years of age will be held from 9:30 a.m. to 11 a.m. and sessions for youth 9 years of age and older will be held from 11:30 a.m. to 1 p.m.

The camp is taught by qualified coaches and will focus on strength conditioning, batting, catching, pitching, infield and outfield drills, and more. The camp is open to both Youth Center members and non-members. Cost is \$50 for members and \$75 for non-members. Registrations for the camp are being accepted from December 18 through



January 19. For more information, please contact the David C. Jones Youth Center at 723-2838.





Test your angling skills during the guided Ice Fishing Trip to Lake Metigoshe hosted by Outdoor Recreation on Saturday, January 13. Will you be lucky enough to hook onto a northern pike lunker or catch a whopper of a walleye? Lake Metigoshe has an ample amount of both species of fish as well as bluegill and crappie. Must be at least 10 years of age or older to participate.

Registration deadline is Monday, January 8. The Lake Metigoshe fishing trip is a Recharge for Resiliency event. For additional details and cost for this event, please call Outdoor Recreation at 723-3648.







TEAM MINOT BATTLE RIG CHALLENGE - WED., JAN. 31 - 11AM - FITNESS CTR FREE - Open to adults 18 years of age & older - Maximum of 50 participants Registration January 17-29. For more information, call the Fitness Center at 723-2145.

CLUB MEMBER DRAWING ON FRIDAY, JANUARY 5 WILL BE FOR \$800.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill to obtain your application. The next weekly club membership drawing will be held on Friday, January 5 at Rockers Bar & Grill only (the Jimmy Doolittle Center will be closed for renovation). Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

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

Jan 13 Star Wars Spectacular

Children of all ages are sure to enjoy the fifth annual Star Wars Spectacular at the Base Library on January 13 at 1 p.m. Come to the library for a Star Wars celebration featuring stories, crafts, a Jedi training course, and more! May the force be with you! For details, call the library at 723-3344.

Jan 25 Star Wars Game Night

Teens, tweens, and adults can test their Star Wars knowledge and board game skills during Star Wars Game Night on Thursday, January 25 at the Base Library. For more information, call 723-3344.

Youth Basketball and Cheerleading

The Youth Center is holding Youth Basketball and Cheerleading registration for Youth Center members 3-12 years of age now through January 31. Cost for Youth Basketball is \$30 for Smart Start ages 3 & 4 and \$40 for ages 5-12. Cost for Cheerleading is \$30 for ages 3 & 4 and also for ages 5-12. New cheerleading uniforms are required (please see Youth programs for details). Youth Center membership and a current immunization record are required to be on file prior to registration. For more information, call 723-2838.

Jan 17 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on January 17 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Plus participants receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on January 16. For more details, call 723-3950.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 5 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on January 5 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Jan 22-25 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on January 22, 23, 24, & 25 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their latest end-of-month LES and have knowledge of their current bills. Pick a date and sign up today! Four classes to choose from in December. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up

Jan 6 New Year New You Fitness Event Start the new year off right by enjoying a great FREE fitness event. The Fitness Center is hosting the New Year New You fitness event on Saturday, January 6 from 9-11 a.m. in the aerobics room. This 2-hour multi class, multi instructor event is a terrific way to begin an exercise regime in 2018. For more information, contact the Fitness Center at 723-2145.





Jan 9 Tot Fitness Instructional Class

Starting January 9, the Youth Center will offer a Tot Fitness Instructional Class every Tuesday from 9 a.m. to 9:30 a.m. The class is for children 5 years of age and under. A parent or adult must be present and active with the child at all times. Every week a different fitness focus will be covered by a certified fitness instructor. Monthly cost is \$40 for Youth Center members and \$60 for nonmembers. A shot record is required to register. To enroll, please visit the Youth Center. For additional details, call the Youth Center at 723-2838.

Jan 18 MLK Day Bowling Special

Rough Rider Lanes is offering a Martin Luther King Day all-day bowling special on Thursday, January 18 starting at 9 a.m. Strike up some fun and bowl for \$2.75 per game and shoe rental of only \$1.75. Plus, it's a Red Pin day, get a strike when the head pin is a red pin and receive a free game coupon (one free game coupon per person per game). For additional information, please call Rough Rider Lanes at 727-4715.

Jan 18 Creative Kids Class

Spend the morning with your preschooler having fun making winter snow flakes during the Creative Kids class at the Arts & Crafts Center on Thursday, January 18 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Please contact the Arts & Crafts Center at 723-3640 for more information.

Tot Open Gym

The Youth Center is offering Tot Open Gym for children 5 years of age and under starting January 3 on Monday, Wednesday, and Friday from 9:30-11 a.m. Every week, a different fitness focus will be available for open gym time. A parent or adult must be present and active with children at all times. Cost is \$3/visit, per family for members and \$6 for non-members. A shot record is required for multiple attendances. For more details, call 723-2838.



Visit our website at www.5thforcesupport.com

Every journey begins with a single step – An Airman's story of resiliency (Part 1)

SHIREEN BEDI | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- (This is part one of a series following an Airman through her cancer treatment and amputation)

Maj. Stephanie Proellochs, a Medical Service Corps officer, was fighting cancer, overcoming the odds and set on returning to active duty. Unfortunately, just when the finish line was in sight, new challenges presented themselves.

After a year of treatment and the amputation of her left foot, Proellochs thought she was cancerfree in November 2017. She was not. Her cancer had spread, and will require additional treatment. Her drive to overcome cancer, her commitment to rejoin her fellow Airmen and her relentlessly sunny and positive attitude are all still present and stronger than ever.

The first part of her story showcases an Airman exhibiting strength and gratitude through the highs and lows of her treatment journey.

"Every journey begins with a single step," read the Facebook caption under a picture of Proellochs walking on a treadmill with a smile from ear-to-ear.

Most Airmen are not excited about exercising on a treadmill, but Proellochs is not your average Airman. As a recent amputee, this single step marked an important milestone on her road to recovery. Her journey has highlighted how patientcentered principles of trusted care help wounded, ill and injured Airmen at all levels of care.

For Proellochs, who has served for 10 years, it all started in late 2015 with unbearable pain in her left foot. That began a year long quest to find the root of her pain, a journey that drastically changed her life.

"I started seeing doctors, being referred to specialists and tests," said Proellochs. "My healthcare team was determined to find answers to the cause of my pain and get me back to work."

Her quest for answers led her to an orthopedic oncologist at Walter Reed National Military Medical Center in November 2016.

"The first thing he said to me was, 'You have a tumor in your foot and the next time I talk to you, I will be taking it out,'" said Proellochs. "They removed the tumor in December 2016."

While most would be shocked at the thought of a tumor, Proellochs had some prior experience with a benign tumor in the same foot. She assumed once doctors removed the tumor, her ordeal would be over.

However, in January 2017 she learned that her tumor was malignant and her foot needed to be amputated. Insisting on holding off on such a life-changing operation, Proellochs opted to undergo months of radiation therapy instead. By June, Proellochs thought she was healed and ready to go

back to work. Unfortunately, not long after she was back in combat boots, she noticed lumps in her upper thigh. In June, she discovered her tumor was metastatic and had spread from her foot.

"It was at that point I said, 'Take the foot'," said Proellochs. "When I found out it was on the move, it was time for the foot to go."

For anyone, an amputation of a limb is a life-altering experience that nobody is prepared for. Fortunately, Proellochs' husband and his experience working with amputees made the upcoming transition a bit easier.

"My husband, John, volunteers for a nonprofit organization that is focused on working with wounded veterans who have disabilities like amputations," says Proellochs. "He was familiar with life after amputations and conversations about what life would be like was common in our household. With the help of my husband and his experience, I felt prepared for it. And now he got his own amputee."

Knowing life as an amputee would be different, Proellochs wanted to have one last "tour" with all 10 of her toes. This motivated her to plan a "Farewell to Foot Tour" with her family.

"I wanted to put both of my feet in the sand one more time. My family, friends and I planned a vacation to commemorate the last time I would be able to do this with my left foot. We all met up and took pictures of my 10 toes in the sand and two feet in the water for the last time."

In September 2017, Proellochs underwent surgery to amputate her foot at Walter Reed National Military Medical Center in Maryland. The procedure was a below-the-knee, transtibia amputation on her left leg. This type of procedure

will give her a strong chance at regaining a functional limb, and enable her to return to an active lifestyle. "After speaking with my healthcare team at Walter Reed, I felt comfortable moving forward with the amputation," said Proellochs. "The team here has such an amazing reputation, so I knew I was in good hands.

Proellochs' strength, positive outlook and, most of all, gratitude after amputation

> are Center, Nov. 8, 20 impossible to ignore and help drive her

recovery. "I have the 'paper cut' of amputations. I only lost my left leg, so I can still drive," explains Proellochs. "When you talk to other amputees with more severe injuries, it puts it all in perspective. I have spoken with patients who are quadruple amputees, making incredible recoveries. I look at my situation and think, 'This is nothing. I just have a paper cut."" dod photo by karina luis

Maj. Stephanie Proellochs and her husband, John, are all smiles before heading for her last physical therapy session before she is fitted for her prosthesis at Walter Reed National Military Medical Center, Nov. 8, 2017.

> Proellochs might describe her amputation as "just a paper cut," but facing such a life-changing event like this is a sign of her strength and her ability to stay focused on her recovery.

The next part of her story brings to light her amazing support system, the impact this has had on her Air Force career, and her ability to use humor to face the more challenging moments of her treatment.







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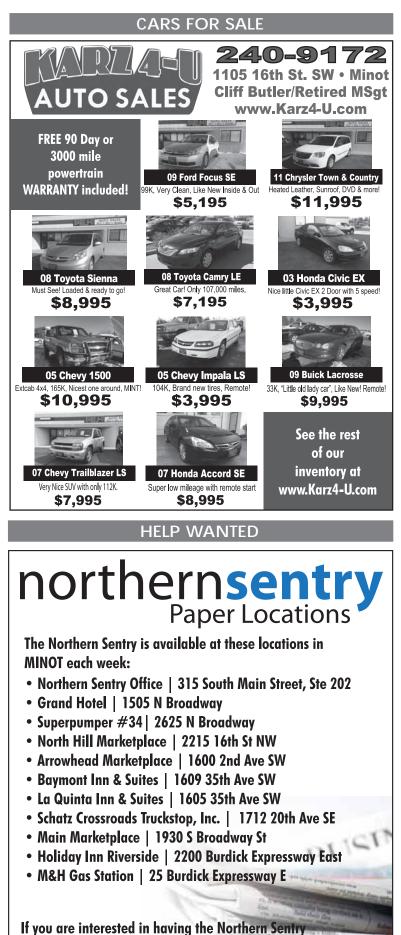


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• Rough Riders Pizza Special January Special -Greek Pizza. Our signature dough brushed with Extra Virgin Olive Oil and topped with roasted red pepper halves & Kalamata Olives. Topped with feta cheese and baked to perfection.

 B-Fifty Brew Drink Special January Special - Hot Apple Chai. • Tot Open Gym at the Youth Center: Starting 3 Jan – Mon, Wed, Fri • 0930-1100 Every week a different fitness focus will be available for Tot Open Gym Time at the Youth Center. Parent or adult must be present and active with the children at all times. Members: \$3 Non-Members: \$6 per visit, per family. For more information contact the Youth Center at 723-2838

• Indoor Sprint Triathlon, 0800, Fitness Center

SATURDAY

• New Year, New You Fitness Event, 0900-1100, Fitness Center

• Youth Bowling League, 1000, Bowling Center

• Give Parents A Break, 1300-1700, CDC & School Age Care

• Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

• NFL Sunday Ticket Football Frenzy, 1130-1830, Rockers Bar & Grill

• Family Zumba, 1400, Fitness Center

MONDAY

• Last day to register for the Ice Fishing Trip to Metigoshe at Outdoor Rec

• Tactical Fitness, 0630, Fitness

• Reintegration Briefing, 1300-1400, A&FRC

Center

• Fitness Hour, 1600-1700, Youth Center

• Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill

• Weight Lifting 101, 1730, Fitness Center

• Craft Club, 1800, Base Library • Mixed Couples League, 1830,

Bowling Center

· Zumba, 1830, Fitness Center

• Cycle/Strength, 1930, Fitness Center

WEDNESDAY

• Circuit Training, 0600, Fitness Center

• Right Start, 0730, A&FRC, Held at the Base Theater

• TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center

· Club Member Benefit, Every Wed, 0900-2000, Bowling Center

Pool. Visit 5thforcesupport.com for details.

• New Hours start for the Indoor

• Yoga, 1000, Fitness Center • Weight Lifting 101, 1100, Fitness Center

• Muscle Pump, 1130, Fitness Center

• Reintegration Briefing, 1300-1400, A&FRC

• Fitness Hour, 1600-1700,

Youth Center

the Fitness Center

• Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill • Weight Lifting 101, 1730, Fitness Center

• Mixed Couples League, 1830, Bowling Center

• Cycle, 1930, Fitness Center

12 JANUARY

• Tactical Fitness, 0630, Fitness Center

• TAP GPS Workshop, 0800-1600, A&FRC, held at the • Yoga, 1700, Fitness Center · Club Member Cash Drawing,

• Friday Fun Member's Buffet,

1730-1830, Rockers Bar & Grill

1630-1830, Rockers Bar & Grill

• Mixed Fun League, 1830, Bowling Center

• Keystone Club Meeting, 1830-1930, Youth Center

• Karaoke Night, 2000, Rockers Bar & Grill

· Lights & Strikes Bowling, 2100-2400, Bowling Center

13 JANUARY

• Tactical Strength & Fitness, 0900, Fitness Center

• Youth Bowling League, 1000, Bowling Center

• Yoga, 1000, Fitness Center

• Star Wars Spectacular, 1300, Base Library

• Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

• Winter Reading Program : 1 Dec, 2017 thru 1 Mar, 2018 Sign up for the Library's Winter Reading Program and stay warm with some good books! Registration open from 1 Dec, 2017 until 15 Feb, 2018. Adults and teens who read an log CSAF Reading list titles or books read for fun will receive

See ANNOUNCEMENTS on page 12

Embracing the uncharted life as an amputee – An Airman's story of resiliency (Part 2)

SHIREEN BEDI | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- (This is part two of a series following an Airman through her cancer treatment and amputation.)

Maj. Stephanie Proellochs, a recent amputee, gazes up at the rock climbing wall at Walter Reed National Military Medical Center's physical therapy center in Bethesda, Maryland. She recalled the time she witnessed a service member who had lost his arm effortlessly climb his way to the top.

"Yeah, I'm climbing that wall soon. Just watch," said Proellochs, a Medical Service Corps officer.

On the surface, this physical therapy center looks like a normal gym with its energetic music, exercise equipment, and rockclimbing wall, all surrounded by a running track. Look closer, and you see service members recovering from amputations, overcoming challenges, and making remarkable progress as they return to duty.

Proellochs is one of those patients taking her first steps with her prosthesis on the road to recovery.

Proellochs spent months receiving treatment for a cancer diagnosis that culminated in the amputation of her left foot in September 2017. Now learning to walk with her prosthesis, Proellochs shows a resilience that has been with her throughout all the phases of her diagnosis, treatment, and beginning of her recovery journey. Equipped with a daring sense of humor and support from her family, she demonstrates internal strength and resilience that are so critical to recovery.

That attitude was on full display right before she took her first steps. Proellochs and her husband, John, decided to spend Halloween at Walter Reed with other patients, physicians and physical therapists.

"Halloween here is on another level," said Proellochs. "Former patients even come back because everyone gets really excited about it and takes the costume contest seriously."

Proellochs was no exception. She won the costume contest with her amputation creatively dressed up as the iconic alien from the film "E.T." and her wheelchair fashioned to look like the familiar bicycle with a basket over the handlebars.

"Stephanie manages to make me laugh at every appointment," said Kyla Dunlavey, a physical therapist working with amputee patients at Walter Reed. "Her 'E.T.' costume is just one example of her humor! It was the best I had seen in my 14 years here." Proellochs embraced all these challenges with a smile. Her attitude and appreciation for the support she has received helped her build meaningful relationships with her physical therapists and other patients. These connections have helped her cope and prepare for what to expect when taking these crucial first steps in a prosthesis.

"I was told that it's the little things that you don't think of that you take for granted," said Proellochs. "For example, you can't feel the ground so you need to rethink about foot placement. Some other amputees have said that no matter how well you think you've got it down, you will never pick your foot up high enough."

Despite a minor setback that delayed her from receiving her prosthesis sooner, Proellochs was ready to take her first steps on Nov. 10, 2017.

"The moment I stood up I felt total elation. I can't begin to describe it but it was a very emotional moment," said Proellochs. "My husband and I were both brought to tears and we could not even look at each other when I first stood up."

That total elation is plain to anyone who sees Proellochs walking on her new prosthesis. It is easy to see how eager she is to move to the next steps in her recovery.

"I know this might sound corny but this is my first step in my new life. There are all these things I want to start doing now," Proellochs said. "I know that it will take time for me to get comfortable with my new leg before I start running, but I am excited."

Proellochs' determination has pushed her to be diligent in every exercise that will help her walk on her own. Despite still relying on a single crutch, she has been able to outpace her therapist while walking around the track in the physical therapy area.

"I am excited, but this new leg definitely takes some getting used to," said Proellochs. "If it rubs or gets unbearably uncomfortable, then I work with the physical therapist to make sure that my gait is correct and physically doing what I am supposed to be doing."

Proellochs takes advantage of every moment with her prosthesis. As soon as her physical therapist helps her stand, she is ready to tackle that day's exercises. She eagerly races around the track to the parallel bars for her next exercise. She fearlessly transitions from her one crutch to walking on her own, minimally relying on the bars for support. Her smile and confidence make it look like she has done this a million times before. It can be easy to forget that she has only recently received her prosthesis.

Her healthcare team is a significant factor for her safely walking in her prosthesis and back to her active lifestyle. The team-based approach between her oncologist, surgeons, therapists, and her prosthetists has been vital to her recovery. They work together to ensure she is receiving the best care, a classic example of Air Force Medical Service Trusted Care principles.

"My entire healthcare team is aware of and invested in every step of this journey," said Proellochs. "My therapist takes note of any discomfort I have during each session and the prosthetist actually takes my leg to make adjustments. I often see the surgeon who did my amputation come here to check in on his patients and speak with the therapists here. They really work together as a team and make me feel supported and engaged in my care."

Proellochs jokingly admits she sometimes struggles saying the word "prosthetists," but she has never had trouble facing new challenges. Talking with her healthcare team and other amputees recovering at Walter Reed, she is able to put her journey in perspective while finding solace through every step of her journey.

"People might not understand this, but it was liberating seeing the world from a wheelchair," said Proellochs. "I have gained a new perspective and appreciation to just be able to stand and walk again."

The next part of her recovery touches on how her role as a Medical Service Corps officer and how her amazing support system has prepared her for the unknown and ever-changing journey with cancer.

VROLET

ANNOUNCEMENTS from page 11

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• Winter Reading Program Squadron Contests: 1 Dec, 2017 thru 1 Mar, 2018 Registration is open from 1 Dec, 2017 until 15 Feb, 2018. The squadron whose active duty members read the most CSAF Reading List books and log them for the Base Library's Winter Reading Program will receive a certificate & bragging rights! For more information or to sign up, visit tinyurl.com/MinotLibrary

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