

northersentry

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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS

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Minot AFB



Videos

5th AMXS introduces new consolidated facility

AIRMAN 1ST CLASS ASHLEY BOSTER | MINOT AIR FORCE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 5th Aircraft Maintenance Squadron held a ribbon-cutting ceremony to introduce their new \$18.6 million consolidated facility at Minot Air Force Base, Jan. 12, 2018.

The 44,000-sq.-foot building will now house all Airmen from the 5th AMXS, who currently operate out of six separate locations.

"The 69th Bomb

Squadron and the 69th Aircraft Maintenance Unit stood up in 2009," said Maj. Kristen Shadden, 5th Aircraft Maintenance Squadron commander. "AMXS doubled in size, but we haven't had the facilities to house and to collectively be together since then. This has been a long time coming to get us all under the right spot."

Since 2009, the 5th Bomb Wing gained 10 B-52H Stratofortresses, as well as the additional

manpower to maintain the aircraft. The increase drove the requirement for a larger consolidated facility. The new building will also help eliminate transit times and allow for better communication and camaraderie within the squadron.

"Everyone's hugely excited," Shadden said. "They are ready to get over there, have better facilities to work in. It will help make everything a little more effective and efficient."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ASHLEY BOSTER

Maj. Kristen Shadden, 5th Aircraft Maintenance Squadron commander and 5th AMXS Airmen are joined by community partners in a ribbon cutting ceremony at Minot Air Force Base, N.D., Jan. 12, 2018. Construction began in April 2016 to accommodate the additional manpower who maintain the B-52H Stratofortresses.

Modern medicine

AIRMAN 1ST CLASS ALYSSA M. AKERS
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- With a wall breaking ceremony, the 5th Medical Group marked the start of the construction phase of its \$37.8 million clinic modernization project Jan. 17.

"This was a total team effort across the base," said Mark Cory, 5th Medical Support Squadron facility manager. "We couldn't have done any of it without cooperation from various base agencies."

The project has been going on since November 2017, and is scheduled to finish November 2019. Throughout construction, various clinics within the building will be moving around.

"We're minimizing the impact to patients as much as possible," said Maj. Wendy Franke, 5th MDG clinic administrator. "We will continuously have appropriate signage in the front with current locations of moved clinics."

Some clinics will be reducing the intake of patients while others will refer them downtown until the facility is able to provide the support needed.

"We want to make sure we maintain safety and quality of care throughout the facility," said Franke. "That's always our ultimate goal."

According to Franke, these renovations will increase efficiency within the building for both employees and patients.

"The building was initially built as a hospital, so the

structure was designed for inpatients," said Franke. "Everything is spaced out. We want to ensure we have an appropriate flow so we are utilizing our energy efficiently."

The building, originally built in 1988, began transitioning from an inpatient to an outpatient clinic in the 1990s. It wasn't until the early 2000s that surgeries ceased, completing

the switch. Many rooms within the facility have gone unused due to this change, Franke said.

For more information on the project, follow the 5th Medical Group on Facebook.



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7:00 PM

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7:00 PM

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7:00 PM

January 28th
3:00 PM

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Minot State University*

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Stage Direction: Julie Wright Costa
Choreography: Rinat Mouzafarov
Costume Design: DeVera Bowles*

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MINOT AIR FORCE BASE, N.D. - Family members of 91st Missile Wing Airmen tour a Missile Alert Facility near Max, North Dakota, Jan. 20, 2018. The tour allowed families to interact with Airmen and experience what it feels like to live and work within the missile complex.

U.S. Air Force photos | Airman 1st Class
Alyssa M. Akers



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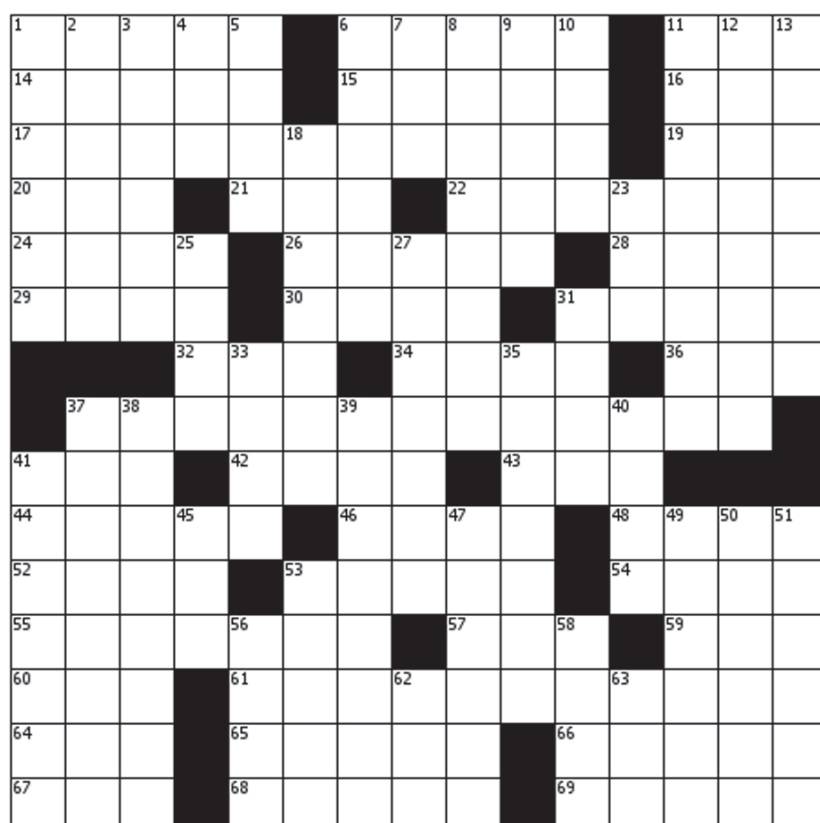
FACEBOOK

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CROSSWORD PUZZLE

Across

1. Parsley unit
6. Memory gap
11. ___ Xing (street sign)
14. Bout locale, often
15. Flynn of "Gentleman Jim"
16. Pay end
17. Pleased by a comedian?
19. "Solaris" author Stanislaw
20. That, in El Salvador
21. Work unit, in physics
22. Tapioca source
24. Sports network
26. Comparatively modern
28. Impediment
29. Financial section letters
30. Latin I verb
31. "Beau ___"
32. Initials of Dr. Jekyll's creator
34. Not any, country style
36. Some boxing wins
37. Pleased on a blimp?
41. Feel regret
42. Scottish island
43. Polished off
44. Felix of "The Odd Couple"
46. Type of ski lift
48. Nose stimulant
52. Popular card game
53. Island in the Mediterranean
54. Point in a network
55. Sony rival
57. Mesozoic, for one
59. Certain New York athlete
60. Actress Ruby
61. Pleased while intoxicated?
64. British suffix with American



65. Reunion folks
66. Heloise's specialty
67. Space invaders
68. Pee Wee or Della
69. Summer ermine

Down

1. Fine shiny fabric
2. Overly prim and proper
3. Summarizes

4. Squid's defense
5. Powerful wind
6. Accountant's book
7. Surrealist artist Jean
8. Sleeve attachment, sometimes
9. Sub standard?
10. Big game
11. Exiled Roman?
12. Way to get to the top
13. Compensatory cash

18. Che Guevara's real name
23. Vane dir.
25. Infamous Roman
27. Aspirant, informally
31. Ibsen's "Peer ___"
33. Hideaway
35. Lions, tigers and waterfalls, e.g.
37. Most earthy
38. Beneficiaries

39. Fascinate
40. Extremely long time
41. "The Satanic Verses" author
45. When you might get there (Abbr.)
47. Order to relax
49. It was designed to fall over
50. One-named folk singer
51. Give a makeup exam to
53. Bio-Bio locale
56. Scorch
58. Sounds of delight
62. Pinafore preceder
63. Word with shaving or mess

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

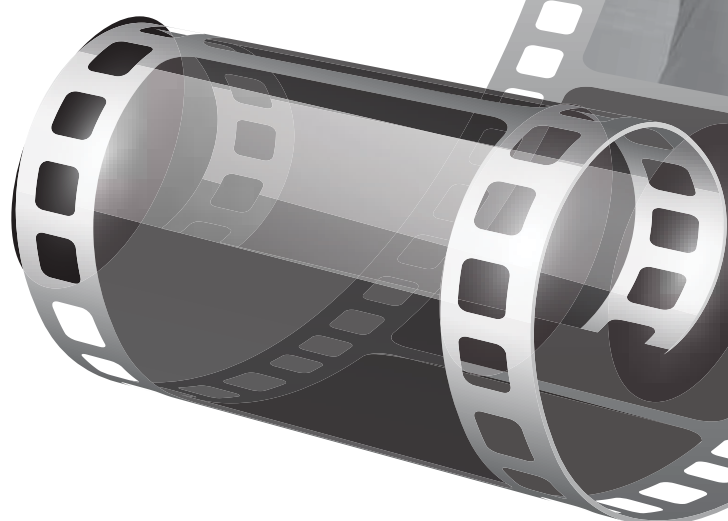
A	M	A	S	S		T	E	A	M		I	T	E	M
L	E	G	I	T		O	G	R	E		N	A	M	E
E	T	H	E	R		W	A	I	T		P	R	I	G
C	E	A	S	E	A	N	D	D	E	S	I	S	T	
			T	A	D	S			O	N	E			
S	E	D	A	K	A		S	Y	R	A	C	U	S	E
O	N	O			N	O	P	E		F	E	L	I	X
D	O	N	T	M	O	V	E	A	M	U	S	C	L	E
A	C	H	O	O		E	C	H	O			E	A	R
S	H	O	P	P	E	R	S		T	H	I	R	S	T
			R	E	N			R	E	A	M			
	S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

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SCHEDULE

Western Plains Opera presents Thursday Wilson

MINOT STATE UNIVERSITY AND TONYA STUART-MELLAND

MINOT, N.D. – Members of the Minot State



University music community along with the Western Plains Opera Company will present Rodgers & Hammerstein’s The King and I Jan. 26-28 at Ann Nicole Nelson Hall.

“The show combines the talents of MSU faculty and students, who anchor the orchestra, coach singers, design and build sets, hang lights, work the sound booth, work backstage

to move set pieces, assist with props, manage moving 81 people quietly through their paces, and build costumes – it’s a long list,” Bowles, who co-produces with Amaya. “Community members also join MSU faculty and students onstage in the chorus, or backstage as sewing volunteers, set painters/builders, or as stage managers. This year’s musical brings in local high school students from Minot, South Prairie, personnel from Minot Air Force Base, and dancers from Rinat Mouzafarov’s Institute of Ballet.” Thursday Wilson originally from

Cleveland, Ohio, who is a Government Contractor here in Minot and a reservist Youngstown Air Force reserve station in Youngstown, Ohio. She is amongst the amazing talent that will perform on stage this week at Anne Nicole Nelson Hall. The King and I is Wilson’s first show with Western Plains Opera, she plays one of the kings wives. She is currently a medical lab science major at MSU, and plans on being stationed here until she completes her degree. Wilson is also involved with the Concert Chorale at MSU and Gospel Tabernacle Church, where she is absorbing the teachings of her pastor and applying them to her life.

Wilson has been singing since she was in preschool and because of all of her amazing music teachers she is still singing today. She feels like she was born with the gift of singing and was influenced by her Grandmother who had the most amazing voice that when she sung the atmosphere would shift. She owes

her life to her wonderful Grandmother and Great Grandparents who have greatly impacted her life for the better.

Wilson looks forward to being a part of the Minot community, she is a nature girl at heart and is in love with the sunsets and sunrises here in the great state of North Dakota. Hope you can all make it out to MSU this weekend for Military Appreciation Day on Saturday, January 27 at 7:00 PM. There is a \$5.00 discount with valid military ID. See you all there!



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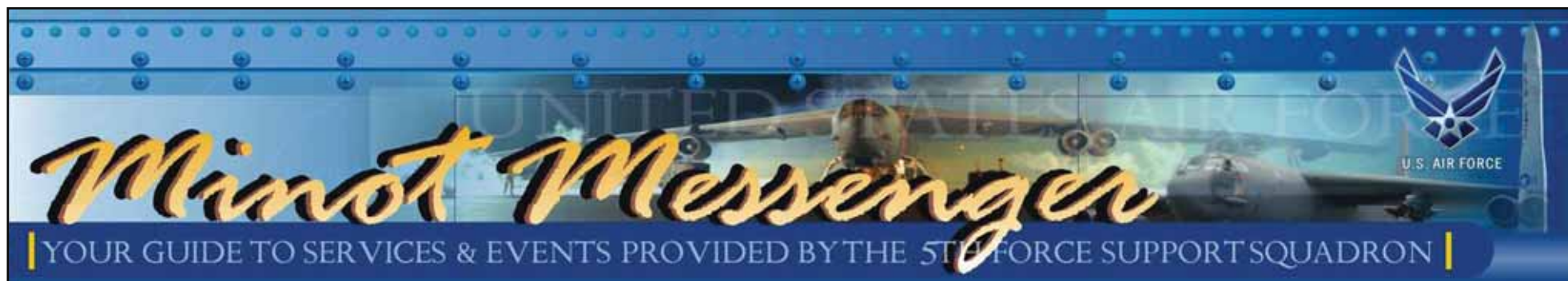
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Over \$1,600 In Prize Giveaways During Super Sunday Party

The New England Patriots and the Philadelphia Eagles will battle for the Super Bowl 52 championship. Rockers Bar & Grill invites you to catch all the action on Sunday, February 4 during their Super Sunday Party. Doors will open at 4 p.m. with kick-off tentatively set at 5:30 p.m.

The Super Sunday Party features a tailgating buffet beginning at 5 p.m. (while it lasts). The buffet will feature plenty of delicious items including brats, subs, meatballs, 7-layer dip with chips,

and more. Admission for the Super Sunday Party is FREE for club members and \$7 for non-members.

Rockers is offering a wing special (in house or carry-out) featuring a bucket of 50 wings for \$45 or a bucket of 100 wings for \$90. Beer and drink specials will also be available.

Besides great food and football action, you'll have an opportunity to register for a chance to win awesome door prizes. Adults (18 years and older) can register at the event for over \$1,600 in prize giveaways. Prizes include a Wampler massage chair valued at \$800, an LED HDTV, a One Fire Lock and Go barbecue grill, a soft cooler/picnic set, an NFL cooler, gift cards, and other great items. Winners must be present to win.

The Super Sunday Party at Rockers Bar & Grill and local prize giveaways are sponsored by I. Keating Furniture, Verendrye Electric Cooperative, and First Command Financial Services. *No Federal Endorsement of Sponsors Intended.*

This is an adults only event. A limited menu will be available for purchase. For additional details, call Rockers Bar & Grill at 727-ROCK.

Hit The Slopes During Deadwood, SD & Terry Peaks Ski Trip

Travel south with Outdoor Recreation to the historic Deadwood, South Dakota and Terry Peaks Ski Resort on February 16-19.

Terry Peak Ski Area is South Dakota's premier destination for a winter vacation, featuring skiing and snowboarding. The family-friendly ski resort is located in the Black Hills of South Dakota, near historic Deadwood. The summit of Terry Peak stands at 7,076 ft tall, with the highest vertical drop between the Rockies and the Alps. You don't want to miss this great opportunity to enjoy a spectacular weekend getaway.

Cost for active duty and dependents is \$129/person quad room, \$160/person triple room, \$220/person double room, or \$429/person single room. Cost for all other DoD ID card holders is \$270/person quad room, \$301/person triple room, \$361/person double room, and \$570/person

single room. The price includes transportation, three nights lodging, a 2-day lift ticket, and rentals. Deadline for reservations is February 9. For more information, call Outdoor Rec at 723-3648.

Illusionist Mike Super Coming To Doolittle Center On Feb. 13

Mike Super's life has been characterized by an obsession and passion for magic. Now Minot AFB personnel have an opportunity to enjoy a FREE live, family-friendly show featuring this award winning illusionist and magician on Tuesday, February 13 at 6 p.m. at the Jimmy Doolittle Center. Seating is limited and first come, first served.

Mike's ever-growing popularity has garnered him many prestigious awards, including being the only magician in history to win a LIVE magic competition on primetime US network television. In addition, he was voted America's Favorite Mystifier on NBC's hit TV show PHENOMENON.

Attendees have the option of enjoying a delicious pasta buffet prior to the performance from 4-6 p.m. Cost is \$5 for club members, \$10 for non-members, \$2 for club members children ages 5-12, \$4 for non-members children ages 5-12, and children 5 and under free.

For additional information, call the Jimmy Doolittle Center at 723-3731.

Enjoy Ice Fishing Trip To Lake Metigoshe On February 10

Test your angling skills during the guided Ice Fishing Trip to Lake Metigoshe hosted by Outdoor Recreation on Saturday, February 10. Must be at least 10 years of age or older to participate.

Cost for active duty and dependents is \$20 per person. All other DoD ID card holders cost is \$168 per person. The price includes transportation and fishing gear (fishing license is additional). Registration deadline is Monday, February 5. For additional details, call Outdoor Recreation at 723-3648.

Pre-Game Tailgate First Friday Coming To Rockers Bar & Grill

Rockers Bar & Grill invites you to enjoy a special Pre-Game Tailgate First Friday event on Friday, February 2 from 4-9 p.m.

A delicious buffet of your favorite tailgate foods will be served from 4-6 p.m. Cost is FREE for Club Members and spouse, \$7 for adult non-members, \$3 for children 6-12 years of age, and FREE for children age 5 and under. The event is family friendly. For more details, call Rockers Bar & Grill at 727-ROCK.

CLUB MEMBER DRAWING ON FRIDAY, JANUARY 26 WILL BE FOR \$950.

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 26 at Rockers Bar & Grill only. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Jan 30 **Tot Fitness Instructional Class**

The Youth Center is offering 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 non-members. A shot record is required to register. To enroll, please visit the Youth Center. For additional details, call the Youth Center at 723-2838.

Feb 1 **Harry Potter Night**

Harry Potter fans are invited to celebrate the Harry Potter series by J.K. Rowling at the Base Library on Thursday, February 1 at 6 p.m. Enjoy trivia, games, snacks, and activities during this FREE event. Open to teens, tweens, and adults. For additional information, please call the Base Library at 723-3344.

For 5th Force Support Job Opportunities, visit www.nafjobs.org

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.

Family Fun Night

Take the whole family out for a delicious and affordable meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, please contact Rough Riders Pizza at 727-4377.

Feb 8 **Cookie Decorating**

The B-Fifty Brew invites you to come out and enjoy heart cookie decorating on Thursday, February 8 from 9:30-11 a.m. at the Lil' Riders Indoor Playland. Each child will receive one FREE cookie and a tall cup of milk/chocolate milk (no substitutions). Supplies will be provided by the B-Fifty Brew Crew. For more details, call 723-4671.

Feb 9 **Youth Center Sweetheart Dance**

Youth 9-18 years of age are invited to the Sweetheart Dance on Friday, February 9 from 6-9 p.m. at the Youth Center. Door prizes and a photo booth will be available. Punch and cookies will also be served. Cost is FREE for members and \$10 for non-members. Register now through February 8. For more details, call the Youth Center at 723-2838.

Feb 12 **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 Pre-Orientation at the Family Child Care office on February 12 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 details, call 723-6662.

Tot Open Gym

The Youth Center is offering Tot Open Gym for children 5 years of age and under on Monday, Wednesday, and Friday from 9:30-11 a.m. Every week, a different fitness focus is 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.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 26 **Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on January 26 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.

Feb 26-28 **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 February 26, 27, & 28 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! Three classes to choose from in February. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

Feb 17 **Heart Healthy Cardio Event**

Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Heart Healthy Cardio Event on Saturday, February 17 from 9-11 a.m. in the aerobics room. This 2-hour event features a variety of cardio and is a terrific way to get some exercise. The Heart Healthy Cardio Event is open to all DoD ID card holders 16 years of age and older. For more details, call the Fitness Center at 723-2145.



Lifeguard Certification Course Offered By ODR



Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from February 10-18. There will be a skills test on February 10 at 9 a.m. The online course will take place from February 11-16 with the practice skills and final test scheduled for February 17 & 18 from 9 a.m. to 6 p.m.

Cost for the Lifeguard Certification Course is \$200. Registration deadline is February 2. Class size is limited so sign up today! If you have ever wanted to become a lifeguard you don't want to miss this great opportunity. For more information, please call Outdoor Recreation at 723-3648.

Base vs. Base Rowing Challenge

February 1-28, 2018

Bases Participating:

- Barksdale AFB
- Dyess AFB
- Ellsworth AFB
- F.E. Warren AFB
- Malmstrom AFB
- Minot AFB
- Whiteman AFB

The base with the best overall average meters will be the first recipients of the rowing challenge traveling trophy.

Minot's Top two rowers will be awarded gift certificates. T-shirt's go to the first 10 rowers to reach 50K meters.

- Kick off begins @ 0600 on February 1st.
- Participants may only compete during normal Fitness Center hours of operation.
- Participants must check in and out with a Fitness Center staff member.

Contact McAdoo Fitness Center Staff at the Front Desk or call 723-2145 for more information.

Visit our website at www.5thforcesupport.com

An American Tale: From Beijing to Minot

LT. COL. JAMIE L. HUMPHRIES | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Beijing is a long way from Minot, North Dakota-5,931 miles to be exact.

With a population of nearly 22 million, the massive super city is located on the northern tip of the North China Plain and is the country's second most populous city. Beijing's rich history dates back thousands of years and is considered by many to be the epicenter of politics within China.

Beijing is also the birthplace of Capt. Stephanie Huang, a lawyer, who works at the 5th Bomb Wing legal office, Minot Air Force Base.

The daughter of Edgar Huang and Lily Sun, Stephanie was born Jan. 27, 1991. Prior to Huang's birth, her father earned his first master's degree and was a college professor at the Beijing Institute of International Relations where he taught photojournalism. He also worked as a calligrapher and journalist. It was during this time that China began to experience a political upheaval so powerful it sent shockwaves around the globe.

Tiananmen Square Massacre Many people know of the Tiananmen Square uprising because of a famous Associated Press photo taken by Jeff Widener, which shows an unidentified man standing in protest in front of a column of Chinese military tanks. To Chinese citizens, there is much more to the uprising than this particular photo.

It was three weeks of vigils, marches and protests. Three weeks, in May 1989, when young Chinese nationals gathered in droves to protest what they believed were repressive Chinese Communist Party actions. Three weeks leading to the death of at least 300, possibly thousands, during the Tiananmen Square massacre.

Documenting the protests was a young, aspiring photojournalist: Edgar Huang. While Edgar was among the crowds during the duration of the protests, he was talked out

of going to Tiananmen Square by his wife.

"I was not at Tiananmen Square on the night of the massacre," said Edgar.

"Stephanie's mother requested that I stay home, since the central government had issued a serious warning about going to Tiananmen Square that night. I listened to my wife."

Following the protests, students remained in solidarity and defiance of the Chinese government and went on hunger strikes and held banners that contained Edgar's calligraphy. One of the banners that was hung on a wall led to trouble for the Huang family.

"I could not deny that was my handwriting, so I took the consequence," said Huang.

In China at the time, it was common practice for every citizen to have a personal dossier created by a company on behalf of the Chinese government, a university, or wherever the citizen worked. The individual had no way of knowing what was in the dossier.

"I knew that my university had notified me that a 'serious warning' had been placed in my dossier," explained Edgar. "With that serious warning, I should not have expected to get promoted at my university, and if I decided to leave, I could not expect that other universities would hire me. So I decided to leave the country. I did not want my newly-born daughter to live in that kind of environment."

It was at this moment that Edgar applied for a journalism scholarship to the University of California, San Diego, located in La Jolla, California. Edgar knew his family needed to leave China and he felt the scholarship was their only chance. He was accepted into the academic program and moved his family to the U.S. While Edgar would arrive in California before his family, he was nervous the Chinese authorities would seize his film, which contained photos of the protests surrounding the Tiananmen Square massacre. The responsibility of getting

the film into the U.S. fell on Lily. She managed to evade authorities by placing the negatives in her luggage and delivering the film to her husband on American soil.

A New Beginning

Stephanie was just three years old when her family arrived in La Jolla, California. Because of Edgar's passion for academics and the pursuit of a professorship, the family would move several times, to Bloomington, Indiana, then to DeKalb, Illinois and then to Largo, Florida, before finally settling down in Carmel, Indiana.

In the early 1990s, Edgar taught Graduate Record Examinations and Tests of English as a Foreign Language course in China, so transitioning to speaking English in America was an easy process.

"I started to learn English in school in Shanghai when I was in 4th grade. Outside of school, I listened, via shortwave channel, to Voice of America, a radio station that almost no Americans know about since it is not allowed by law to air in the United States," said Edgar. "I was very intrigued by English 900, Mark Twain's Tom Sawyer and Huckleberry Finn, and news stories, which were so different from what I heard from Chinese media, especially during the student movement in 1989."

The love of academics was passed on to Stephanie who was accepted to and began pursuing her undergraduate degree at Rice University in Houston, Texas, after graduating from high school.

"I do come from a somewhat stereotypical Asian family, where my father told me I could do anything so long as I could support myself and so long as I enjoyed it. He still pushed me more toward the doctor, lawyer, or engineer route," explained Stephanie. "So I spent most of my time in high school and college doing anything but those things so he could get used to the disappointment and eventually be okay with it."

During her freshman year at



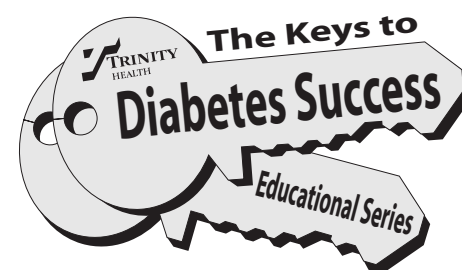
COURTESY PHOTO

Rice, Stephanie first discovered the issue of human trafficking. It became her passion. She concentrated on human rights as a method of study, but as she explained, "human trafficking gave me focus." Her father continued pushing her to apply for law school because he felt it would help her get a "real" job, given her particular majors in college.

While completing an internship in Ecuador during the summer before her senior year, she found out her friend, named Michelle, also studying

at Rice, was also doing an internship in Ecuador. At the end of their internships, they decided to travel to a portion of the Amazon jungle accessible on the eastern part of Ecuador. Stephanie learned Michelle planned on applying for law school and it interested her. Michelle explained that lawyers had an opportunity to work on human rights abuse issues which she hadn't thought of before.

See American Tale on page 12



Budget Tips with Diabetes

January 30 • 5:30 p.m.

Trinity Health Community Conference Center
Town & Country Center • Minot

Presented by

Ilene Olson, RN, Diabetes Educator
Sarah Rimatzki, RN, BSN, Diabetes Educator

Reservations are not required, but recommended.
Please call 857-5268.

trinityhealth.org



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CHURCH DIRECTORY

<p>Little Flower Catholic Church</p> <p>800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Saturday 5:30 pm Sunday 8:30 & 11:00 am</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> Harvest Reformed Church</p> <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p> An Evangelical Free Church</p> <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p></p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule</p> <p>Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule</p> <p>Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST </p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship. 8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School 9:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com</p> <p> Call or check out our website for more information.</p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled) 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday 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>St. John the Apostle Catholic Church </p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA</p> <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper 5:15 pm Wednesday Education 6:00 pm Wednesday Worship 7:00 pm</p> <p></p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.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) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Vincent United Methodist Church</p> <p> 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>
<p> BREAD OF LIFE ELCA LUTHERAN CHURCH</p> <p>1415 17th AVE SW 838-3360</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education..... 9:45 am</p> <p>Pastor Taryn Montgomery</p> <p><i>Everyone Welcome</i>  Breadoflifeminot.com</p>	<p> OUR REDEEMER'S CHURCH</p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</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.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>Vincent United Methodist Church</p> <p> 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p> <p></p> <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p> Zion Lutheran ELCA</p> <p>1800 Hiawatha St. 852-1872</p> <p>Worship Times</p> <p>Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday 6:15 pm</p> <p>John Streccius, Pastor Carol Wendel, Pastor</p>	<div> <p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$7 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> </div> <div> <p>CONTACT TONYA</p> <p><i>call</i> 701-839-0946</p> <p><i>email</i> NSADS@SRT.COM</p> <p><i>fax</i> 701-839-1867</p> </div>	

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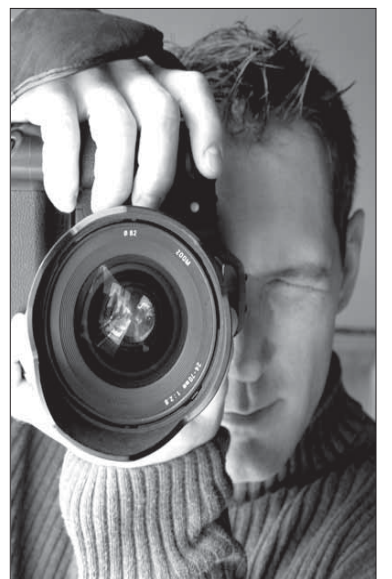
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9	8	1	5	6	3	4	2	7
3	7	2	8	9	4	5	1	6
6	5	4	2	7	1	8	9	3
5	1	7	3	8	6	9	4	2
2	3	9	7	4	5	1	6	8
4	6	8	1	2	9	7	3	5
1	9	5	6	3	8	2	7	4
7	4	6	9	5	2	3	8	1
8	2	3	4	1	7	6	5	9

Answers to puzzle from page 4

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MLS #180176



\$359,900

COUNTRY SETTING – 3 bedroom, 1 3/4 bath home on 10 acres. Great views from sunrise to sunset. New kitchen cabinets. Sunken living room with stone fireplace. Daylight lower level family room with wood stove. Double garage. 36x60 shop. Owner/Licensed agent.

MLS #180157



\$47,500

ENJOY SMALL TOWN LIVING – 2 bedroom, 1 bath, 1040 sq ft home on 4 lots in Donnybrook. Good size kitchen with newer appliances, new laminate and free-standing wood stove in living room. 12x16 storage shed and room to build a garage.

MLS #180149



\$108,000

MOVE IN READY- 2 bedroom, 1 3/4 bath home in Kenmare. Large living room. Nice kitchen. New hardwood, carpet and paint. Full basement with bath and laundry. Large yard with alley access. Attached garage.

MLS #171139



\$95,000

CONVENIENT CONDO – 2 bedroom, 1 1/2 bath, 2 story condo close to shopping and park. Upper level bedrooms and bath. New roof in 2017. Covered carport for 2 cars. Affordable price.

MLS #180120



\$169,900

IN MOHALL – 3 bedroom, 1 3/4 bath home. Large kitchen with oak cabinets. Master bedroom has walk-in closet and bath. Family room, bath and laundry hook-ups in basement. Large deck. Detached double garage.

MLS #172698



Ali Ryan
720-9004
amryan66@yahoo.com



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Blake Krabseth
720-1786
blake@minothomes.com

BASE ANNOUNCEMENTS

TODAY

- Tactical Fitness, 0630, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Zumba, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Give Parents A Break, 1800-2200, CDC & School Age Care
- 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

SATURDAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- EFMP Family Bowling Camp, 1500-1800, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

- Family Zumba, 1400, Fitness Center

MONDAY

- Last Day to register for the Team Minot Battle Rig Challenge at McAdoo Fitness Center
- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Reintegration Briefing, 1300-

- 1400, A&FRC
- Yoga, 1730, Fitness Center
- Zumba, 1830, Fitness Center

TUESDAY

- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Tot Fitness Instructional Class, 0900-0930, Youth Center
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle/Strength, 1930, Fitness Center

WEDNESDAY

- Last Day to Register for Youth Basketball & Cheerleading at the Youth Center
- Circuit Training, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Team Minot Battle Rig Challenge, 1100, Fitness Center
- Circuit Training, 1130, Fitness Center
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill

- Squadron Extramural League, 1730, Bowling Center
- Yoga, 1830, Fitness Center

THURSDAY

- Base vs Base Rowing Challenge Kicks Off at the Fitness Center
- Registration Open for March Youth Activity Camps at the Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- 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
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Weight Lifting 101, 1730, Fitness Center
- Harry Potter Night, 1800, Base Library
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

2 FEBRUARY

- Last Day to register for the Lifeguard Certification Course at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Weight Lifting 101, 1100, Fitness Center
- First Friday, 1600-2100, Rockers Bar & Grill
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center

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- Zumba, 1800, Fitness Center
- Club Member Cash Drawing, 1730-1830, 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

3 FEBRUARY

- Tactical Strength & Fitness, 0900, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- Bowl the Night Away with

"Lights & Strikes", 2000-2400, Bowling Center

JANUARY IS CERVICAL CANCER AWARENESS MONTH

According to the CDC, half of cervical caners occur among women who are rarely or never screened. Guidelines recommend women 21-65 years should be screened. Are you up to date? Did you know Minot AFB has a Women's Health Clinic? Call 701.723.5633 to schedule your visit with Women's Health today!

AMERICAN TALE from page 8

"So, it was there, on a motorized canoe in the middle of a river in the Amazon jungle, that I decided I would try out this law school thing," she said. "If I took the Law School Admission Test and then got accepted into law school, I'd go for it and see what I could do to direct my career toward human rights."

Following her graduation from Rice with an undergraduate degree in Hispanic Studies and Policy Studies, with a minor in Global Health Technologies, Stephanie applied for two law schools—the University of Texas School of Law and the University of Houston Law Center. She enrolled at the University of Houston Law Center and immediately got to work. Her

goal was to work with non-profit groups to help victims of human trafficking who were facing legal issues. She applied for an internship with the U.S. Attorney's Office in Houston and was selected for the program.

"The internship was the best thing I could have done during law school, because it exposed me to a career that is probably most fitting for my personality and values...prosecution," she said. "However, it's not just prosecution for prosecution's sake—it was the concept of 'prosecutorial discretion' that really swayed me. I learned that by watching some of the best work on the Tencha case, which is one of the largest human trafficking rings to get prosecuted in U.S. history."

Not only was Stephanie thrilled with the work she did at the USAO, it was there that she had a chance encounter with Col. Mitchel Neurock who was working as an Air Force Reserve judge advocate. Neurock was one of Stephanie's supervisors and encouraged her to join the U.S. Air Force.

"I'm glad he did, because I'm very happy now to be part of the Air Force."

Having been at Minot Air Force Base since April, Capt. Huang admits she's still trying to wrap her arms around military life, as well as being an attorney. While the lifestyle isn't easy, she says she is making progress.

"I'm a newly minted attorney starting my first real job here," Stephanie said. "Here's how someone else phrased it to me: 'Military lawyers have two professions—the legal profession and the profession of arms.' For us, it should be equally important to be both a good officer and a good attorney. For me, I am learning both at the same time and I am trying to do a good job, but it is a challenge. However, I am slowly but surely starting to get the hang of things, so my short-term goal is to keep on keeping on."

Her advice for anyone seeking new opportunities?

"Don't be afraid to break the mold and try things you may be interested in. To be honest, breaking the mold for me has mostly resulted in situations that have challenged me and forced me to adapt to new environments and lifestyles. However, I don't think I'll have regrets about not taking a chance when I still had the opportunity to do so!"

Rehabilitation

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The fast paced military lifestyle sometimes takes a toll on Airmen, causing injuries that need more attention than just a normal check-up.

To prevent this from becoming detrimental to the mission, Airmen from the 5th Medical Operations Squadron Physical Therapy Clinic offer rehabilitation services to those in need.

The clinic's role is to keep active duty military members fit to fight.

"We want to get them back to fitness and deployment standards," said Staff Sgt. Misty Smiley, 5th MDOS NCO in charge of physical therapy. "We want to get our Airmen back to their jobs."

Most of these clinics across the U.S. Air Force are staffed by a few Airmen. The Minot Air Force Base clinic only has a captain and staff sergeant but they still see roughly 3,800 Airmen annually.

Physical therapy in the Air Force is primarily manual therapy techniques such as joint mobilization and manipulation, dry needling, therapeutic exercises and orthotics.

"We offer all sorts

of pain and torture," joked Capt. Kathryn Kovanen, 5th Medical Operations Squadron physical medicine element chief. "We mostly do joint mobilization and manipulation, which helps relieve musculoskeletal pain."

According to Kovanen, any injury can take anywhere from a few days to a couple of months of therapy to improve. Through the techniques, Airmen only need to be seen a few times, and then continue exercising at home.

"We depend on people to do the work we assign at home," said Kovanen. "If they don't do the home exercise program, they're not going to get much better."

The most common injuries seen are lower back injuries, said Smiley. There are plenty of instances of Airmen slipping on ice in the winter, leading to referral to the clinic.

Although it is recommended for an Airman to be referred by their primary care manager, any Airman who believes they need to be seen can schedule an appointment.

For more information, call the appointment line at 701-723-5633.

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