

northern sentry

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U.S. AIR FORCE PHOTO | SENIOR AIRMAN JESSICA WEISSMAN

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Videos

Making the Climb

SENIOR AIRMAN SAHARA L. FALES
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Throughout their career, only a few Airmen will make it to the rank of chief master sergeant; an even smaller percentage will reach this accomplishment as a couple.

Senior Master Sgt. Becky Thomas, 5th Medical Operations Squadron superintendent, and her husband, Senior Master Sgt. Detrick Thomas, 705th Munitions Squadron systems flight chief, were recently named two of Minot Air Force Base's newest chief master sergeant selects.

In 2010, then Tech. Sgt. Becky Thomas, began her journey to Keesler Air Force Base, Mississippi, where she first lay eyes on her husband.

Detrick, also a technical sergeant, was an instructor at the Non-Commissioned Officer Academy and assigned as her trainer.

In a staff of only 21 people, they quickly became friends and later became a couple.

Although their relationship had just began to blossom, the Air Force had other plans for them.

"She arrived to Keesler two years after I did and we still weren't married," said Detrick. "This meant we had to spend two years apart when I got orders. There was a lot of traveling back and forth every month with our one-year-old."

"I think the hardest part for most military couples is the unknown if you're going to be separated," he added.

Once Becky joined her husband in Minot, their motions synchronized and they began to soar through the Air Force ranks.

"Military couples are lucky because we know what each other has going on," said Becky. "We know when testing cycles are, or if someone has to work late. There is just an overall understanding."

For a lot of military couples it is important to find the balance between managing careers and the household. The Thomas' support for each other sometimes means they have to sacrifice their time to help their partner.

"When testing time comes around, whoever is more apt to promote that year gets more dedicated

study time while the other tackles family duties," said Becky.

During their first year testing for senior master sergeant, support for this couple also came in the form of keeping each other on track.

"I made it my first time and so did he. I attribute a lot of that to him telling me to study," said Becky.

As the couple worked toward the final rank of their career things became more challenging. Detrick felt his chances of making it were high, but Becky's were looking slim with only two eligible to make chief master sergeant in her career field.

"I knew she would be competitive based off the work she was doing- and because she's just amazing." Detrick said, smiling at his wife. "But we knew this was going to be harder than before."

Finally when the results were released, a crowd of chief master sergeants broke the good news to Detrick and pulled him onto a bus to see his wife, who would once again join him in the next rank.

"I was partly shocked and filled with excitement," Detrick said. "I was more excited when I found out she made it with me."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY

Senior Master Sgt. Becky Thomas, 5th Medical Operations Squadron superintendent, and Senior Master Sgt. Detrick Thomas, 705th Munitions Squadron systems flight chief, pose for a photo with their children, and base leadership, at Minot Air Force Base, N.D., Dec. 12, 2017. Both of them were recently named two of Minot's chief master sergeant- selects.

"It's such an accomplishment when families do well," Becky added. "It's even better when they do well together."

Now that they've reached the last rung of the ladder, they face an obstacle that was once familiar six years ago.

"The tough part now is working everything out to help us stay together," said Detrick. "As a chief, all the places I can go--she can't and vice versa."

Becky said she is thankful for their career field functional managers who are working hard to help them seek options.

"This is the part where we try special duties and

take other opportunities that's what will keep us to learn new career fields; together," said Becky.

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AGE: FLIGHT LINE SURGEONS

Senior Airman Dustin Holmes, 5th Maintenance Squadron aerospace ground equipment technician, repairs a generator at Minot Air Force Base, N.D., Jan. 24, 2018. Diesel generators are used to conduct and distribute power to the B-52H Stratofortress. Aerospace ground equipment technicians are responsible for delivery, maintenance and inspection of equipment used on the flight line.

U.S. Air Force photos | Senior Airman Jessica Weissman



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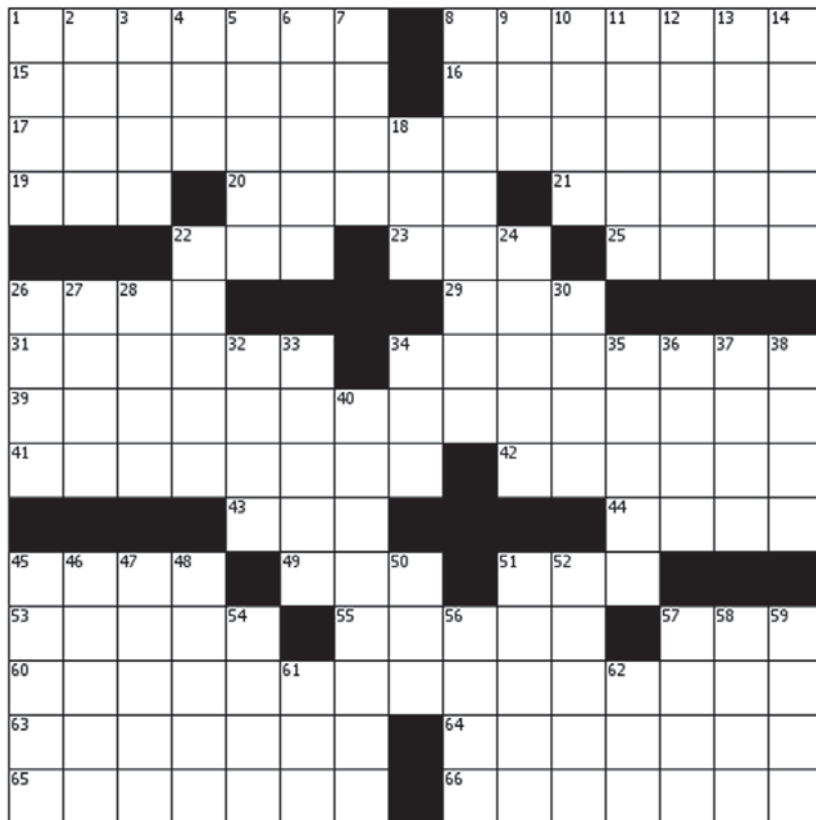
FACEBOOK

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CROSSWORD PUZZLE

Across

- 1. Nightclothes
- 8. Former USA/USSR rivalry
- 15. Versify
- 16. One of the deadly sins
- 17. Supreme ruler
- 19. Fast flyer of the past
- 20. Do blackboard duty
- 21. The end of ___
- 22. Exist
- 23. South African golfer Ernie
- 25. Snatch
- 26. Golf club part
- 29. ___ Alamos
- 31. Verdi creations
- 34. Jim Carrey comedy of 1997
- 39. The, to a grammarian
- 41. Feelers
- 42. Amass, as money
- 43. Gender
- 44. Doctrines
- 45. Stalemates
- 49. "___ walks in beauty ..."
- 51. And, in Germany
- 53. Chalcedony
- 55. Brookner or Bryant
- 57. Troy sch.
- 60. They have plus signs
- 63. Retell
- 64. No-cost item
- 65. Purina's partner
- 66. Visible to the audience



Down

- 1. Pod occupants
- 2. White vestments
- 3. Gag
- 4. In the past
- 5. Runner of a sort
- 6. Shade of blue
- 7. ___ good example
- 8. Pink flower
- 9. Lacto-___ vegetarian
- 10. Turner of films
- 11. Sturm's companion
- 12. Electrician, at times
- 13. Capital of Ghana
- 14. Drying-out place, familiarly
- 18. Vane dir.
- 22. Eagle's abode
- 24. Flies high
- 26. Type of cracker
- 27. Candid
- 28. Departed
- 30. Mlle. in Mexico
- 32. Raggedy dolls
- 33. Trigonometry functions

- 34. "___ Miz"
- 35. Furious
- 36. Decorates with frosting
- 37. Grad
- 38. Agts.
- 40. Financial shelter of a sort
- 45. Disdainful-looking beast
- 46. "___ Feeling" (Ricky Nelson hit)
- 47. Stand in the studio
- 48. Ruins 007's martini?
- 50. Chemical suffix
- 51. Complete reversal
- 52. John, Paul, George and Ringo, e.g.
- 54. Coup d'___
- 56. Facts
- 57. Ms. McEntire
- 58. Arrogant one
- 59. Words of understanding
- 61. Simpson trial judge Lance
- 62. Wager

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

PITCH PERFECT 3 • (PG-13) FRIDAY, FEBRUARY 2 • 1800

Following their win at the world championship, the now separated Bellas reunite for one last singing competition at an overseas USO tour, but face a group who uses both instruments and voices.



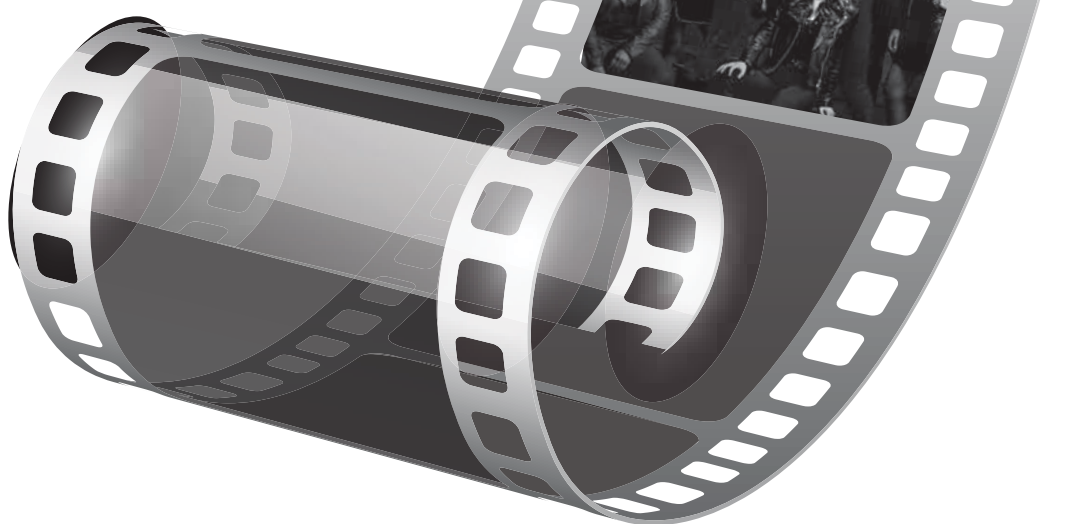
JUMANJI: WELCOME TO THE JUNGLE • (PG-13) SATURDAY, FEBRUARY 3 • 1700

Four teenagers are sucked into a magical video game, and the only way they can escape is to work together to finish the game.



LADY BIRD • (R) SUNDAY, FEBRUARY 4 • 1500

In 2002, an artistically inclined seventeen-year-old girl comes of age in Sacramento, California.





Spicy Chicken Patties



INGREDIENTS:

- 1 lb. ground chicken
- 1 medium zucchini, grated and squeezed well of excess moisture (should be about 1/2 cup after squeezed out)
- 1 clove garlic, minced
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper (optional; see notes)
- 1 1/2 tablespoons canola oil or coconut oil

INSTRUCTIONS:

Combine all ingredients (except oil) and stir until just combined. The mixture will be wet. Form into small patties, about 1 1/2 inches wide, and place on a plate. It should be about 1/4 cup of the mixture for each patty. Heat oil in a large skillet over medium-high heat. Add patties, working in batches if necessary, and cook over medium-high heat for 5-6 minutes, then flip and finish cooking, another 4-5 minutes, until chicken is cooked through. Add extra oil or turn down heat if they are cooking too quickly or if you are doing more than 1 batch. Serve and enjoy!

Explore North Dakota's Winter-Scape

NORTH DAKOTA LEGENDARY

February may be short on days, but it certainly is not short on things to do in North Dakota. Across this northern state people are embracing winter's temperatures, whether they are inside or out. Blaze a trail on cross-country skis, go for an invigorating snowmobile ride or drop a line through a hole in a frozen lake. If you prefer the heated indoors, check out a live performance or visit a craft show. Whatever you are into, there is no shortage of fun this February in North Dakota. For details on these or other events, go to NDtourism.com or call 800-435-5663 or 701-328-2525.

Sport and Rec Show Jamestown
February 2-4
Find new and unique ways to get ready for spring and summer at the Jamestown Sport and Rec Show. It's fun for the entire family and provides everyone opportunities to learn more about their favorite outdoor activities from fishing to camping. Visit <http://jamestowncalendar.com/>; 701-252-4835.

Cabin Fever Days Jamestown
February 2-11
Join the fun of Jamestown's Parks and Rec Department's Cabin Fever Days, as the community heads outside to embrace winter ... together. Citywide activities include cross-country skiing, sleigh rides, a basketball

tournament and more. www.jamestownparksandrec.com/events/?ID=35; 701-252-3982.

Full Moon Candlelight Hike Garrison
February 3
February's full moon is known as the Snow Moon and Fort Stevenson State Park is eager to honor it. Snowshoe, hike or ski the 1.5-mile trails lit with luminaries and then stop at the visitor center to enjoy warm drinks and snacks. <http://www.parkrec.nd.gov/>; 701-337-5576.

Wild About Wheels Car and Trade Show Minot
February 10-11
Back for its 27th year, the annual Wild About Wheels Car and Trade Show convenes at the North Dakota State Fair Event Center. Check out race cars, muscle cars, classic cars, Northern Mini-Racers and vendors. <http://racenodak.com/wildaboutwheels/>; 701-857-7620.

Bismarck-Mandan Civic Chorus Bismarck
February 13
Just in time for Valentine's Day, the Bismarck-Mandan's Civic Chorus will present "Sweets for the Sweet: Love Songs and Romance." The performance will be held at the North Dakota Heritage Center. <http://www.bismanchorus.com/>; 701-400-7774.

ShiverFest Devils Lake
February 16-18
Now in its 18th year, ShiverFest is a fun

"hodgepodge" of festivities, including youth ice fishing tournaments, kite flying, ice golfing, pond hockey and sleigh rides. Dress warmly to check out these events – and many more – this February. Visit <http://tourism.devilslakend.com/shiverfest-2018/>; 701-662-4903.

Dance+ Bismarck
February 23-24
Don't miss out on an incredible evening showcasing the elegance of athleticism. Dance+ is an all-inclusive performance that merges art, dance and music. Open your mind – and your heart – to the power of movement and imagination. <http://www.northernplainsdance.org/npdperformance.aspx?Id=3>; 701-530-0986.

Unglued Craft Fest Fargo
February 23-24
Delight in a joyful weekend of all things handmade. Head over to the Plains Art Museum for the Unglued Craft Fest, where more than 70 vendor booths will showcase handmade goods, art and crafts. Don't miss the free workshops for both kids and adults, as well as this year's Craft Preview Party on Friday night. Also enjoy live music, a craft beer garden and free gallery admission. Learn more about the fun at <http://www.ungluedmarket.com/fest/>.

Red River Valley Home and Garden Show Fargo
February 23-25
Looking for inspiration and motivation for home renovation projects? Head to the Fargodome and explore 300 vendors to learn about the latest trends and selections of home and garden goods. After all, February is a great time to get a jump-start on those home tasks. <http://www.hbafm.com/events/home-garden>; 701-232-5846.

Bikecicle Fatbike Race Grand Forks
February 25
Bundle up and head out for the Bikecicle Fat Fifteen bicycle race which covers 15 to 20 miles of Greenway trails through Grand Forks. You also get the chance to ride the surface of the icy Red River! There are warming stations along the route, which is ideal for fat-biking rookies and experts alike. <https://endracing.com/bikecicle>; 701-645-3630.

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

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February 17
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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.

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.

Celebrate Valentine's Day With Numerous 5 FSS Events

You'll find a variety of Valentine's Day events at 5th Force Support Squadron facilities this year. From delicious dining to fun events for both young and those not quite so young, there is something for everyone to enjoy.

COOKIE DECORATING

February 8 - Lil' Riders (Rough Riders Pizza)
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.



SWEETHEART DANCE

February 9 - Youth Center
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.

(Continued On Next Page)

Free Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 221 pay-per-view event at Rockers Bar & Grill on Saturday, February 10. Non-members price is only \$7. The action features the UFC Interim Middleweight title fight between #1 ranked Yoel Romero and #2 ranked Luke Rockhold. Other main event action will feature a UFC Heavyweight bout between Mark Hunt and Curtis Blaydes. Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. For more details, call 727-ROCK.

CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 2 WILL BE FOR \$1,000.

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, February 2 at Rockers Bar & Grill only. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

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 the Family Child Care office at 723-6662.

Family Fun Night

Looking for an opportunity to 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 and burning off some energy in the Lil' Riders Indoor Playland. For additional information, please contact Rough Riders Pizza at 727-4377.

Family Fun Night
 "A Couple in Love"
 Come out & experience family night with a Prince & Princess
February 13 5pm-7pm
 Enjoy fun family activities & music. Grab a \$1 slice of Pizza or the Family Fun Night Special for just \$25!
 *No purchase necessary. 10 winners. Family Fun Night Special includes 1 large one-topping pizza with 12 breadsticks or two pitchers of soda. \$25.00. Call 727-4377 for details.

Feb 15 Creative Kids Class

Spend the morning with your preschooler having fun decorating a T-shirt that you can take home during the Creative Kids class at the Arts & Crafts Center on Thursday, February 15 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. Call the Arts & Crafts Center at 723-3640 for details.

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Mardi Gras
 February 13th, 2018
Lunch Special 1030-1330
Dakota Inn Dining Facility

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 2 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on February 2 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.

Wine and PAINT
 February 16 6:00-8:00pm
 REGISTER FEBRUARY 6-15 @ ARTS & CRAFTS
 Follow step by step instructions in the 2-hour session. Space is limited. Wine not provided. Bring your own wine & ID.
 \$26 per person
 Ages 17 & up
 723-3640

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.

KID'S NIGHT OUT
 at the Youth Center
 Ages 5-18
 5:30PM-9:30PM
 91 MW-9 FEB
 5 BW-20 FEB
 Cost is \$30/Child
 Free for Deployed
 POPCORN
 MOVIES
 GAMES
 PIZZA
 723-2838

VALENTINE'S EVENTS

from previous page

VALENTINE'S FOR VETERANS

February 10 - Base Library

Celebrate Valentine's Day by thanking America's veterans. Children of all ages are invited to the FREE Valentine's for Veterans event at the Base Library on Saturday, February 10 starting at 1 p.m. Children will make Valentines for residents of the North Dakota Veterans' Home. Materials and a snack will be provided. For additional details, call the Base Library at 723-3344.

SWEETHEART NIGHT BOWLING SPECIAL

February 10 - Rough Rider Lanes

Rough Rider Lanes is offering a Sweetheart Night Bowling Special on Saturday, February 10 from 4-9 p.m. You and your sweetheart can bowl 4 games each for only \$15 per couple with free shoe rental. For more information, call Rough Rider Lanes at 727-4715.

VALENTINE'S DAY DINNER

February 14 - Rockers Bar & Grill

Make this Valentine's Day unforgettable for your sweetheart with a scrumptious dining experience at Rockers Bar & Grill on Wednesday, February 14 from 5-9 p.m. Rockers Bar & Grill is offering a delicious dinner special featuring mouth-watering, slow roasted prime rib with au jus, golden fried shrimp, baby baker potatoes, steamed vegetables and garlic medallions. This delectable Valentine's Day dining choice is sure to be a hit with you and your loved one. Cost for the dinner special is \$25/person for club members and \$27/person for non-members. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Base vs. Base 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.

FORCE
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Partnership Flight Symposium enhances cooperation between 13 countries

TECH. SGT. RACHELLE COLEMAN | U.S. AIR FORCES IN EUROPE-AIR FORCES AFRICA PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFNS) -- The U.S. Air Forces in Europe-Air Forces Africa hosted the first-ever Partnership Flight Symposium combining both African and European military aeromedical teams at Ramstein Air Base, Jan. 16-19, 2018.

More than 50 representatives from 12 countries including Albania, Angola, Bulgaria, Croatia, Gabon, Hungary, Nigeria, Poland, Romania, Slovenia, Ukraine and Zambia. It was the first time USAFE-AFAFRICA hosted an event dedicated to medical cooperation that brought both African and European countries together in the same venue.

“The way forward must be based on these two premises: a clear, shared, strategic vision and multilateral cooperation,” said Col. Craig Rice, USAFE-AFAFRICA Medical Modernization Division chief, during opening remarks for the symposium. “We are more alike than we are different, so I am confident, that together, we can continue to build partnership

capacity.”
 “This is a huge step and we are extremely optimistic and excited to host this event,” Rice said.

The program was intended to not only develop on U.S., African and European relationships but to promote communication and enduring medical partnerships. The week started with briefings from the participants which outlined each nations’ capabilities as well as key units within the aeromedical planning the U.S. uses. The participants toured the local aeromedical evacuation squadron facility, en-route patient staging facility and multiple aircraft to understand how each airframe was configured to provide the best care for patients being evacuated.

“The values and traditions we hold - both medical and military - are strong,” Rice said. “I have no doubt that together, we will find the best solutions to advance aeromedical evacuation support to peacekeeping operations around the globe.”

The relationships will help to build medical support capacity throughout the area which

will enhance regional cooperation and increase interoperability to support future humanitarian assistance and disaster response missions.

“No military in the world has enough people, money, supplies,” said Col. Ricardo Trimillos, USAFE-AFAFRICA International Affairs Division chief. “That right there is the recipe for innovation. Smart ideas on how to use what you have at hand to do good things. In the medical community you are bringing relief from suffering, tyranny, and all that is bad in the world and making us and showing us the best of humanity. Your innovation is what I hope that we can learn from.”



U.S. Air Force Staff Sgt. Marissa Morgan, 86th Aeromedical Evacuation Squadron aeromedical technician, and Gabonese air force Capt. Herve Batamio, prepare to load a patient on to a C-130J Super Hercules at Ramstein Air Base, Germany, Jan. 18, 2018. Thirteen countries gathered at Ramstein AB to exchange aeromedical tactics, techniques, and procedures to encourage working relationships between the nations during a week-long symposium.

U.S. AIR FORCE PHOTO | TECH. SGT. RACHELLE COLEMAN



5th Maintenance Squadron: Structurally Sound

From left, Airman Britain Cutbirth and Airman 1st Class Christopher Rich, 5th Maintenance Squadron aircraft structural maintenance apprentices, perform maintenance on an upper engine cowling at Minot Air Force Base, N.D., Jan. 25, 2018. Airmen with the 5th MXS support the flying mission through munition, aircraft and other maintenance operations.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JONATHAN MCELDERRY



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule 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>Trinity Church</p>  <p>An Evangelical Free Church 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>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><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 Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule 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 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 Carllyle 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: 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>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</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 <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>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>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1>	

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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MLS #180187



\$148,000

GREAT STARTER - 3 bedroom home in NW area. Remodeled kitchen with new flooring, cabinets, countertops, window and dishwasher added. New flooring and plumbing in bathroom. Restored hardwood in bedrooms. Egress basement bedroom. Detached garage, patio and nice yard.

MLS #180197



\$219,000

MOVE IN READY - 3 bedroom, 2 bath, 1400 sq ft home on large lot minutes from Minot. Electric fireplace. Large deck and patio. Attached, oversized 2 car garage. Well manicured yard.

MLS #180159



\$205,000

SPLIT FOYER - 4 bedroom, 1 3/4 bath home on a corner lot in Surrey. Custom kitchen cabinets, deck off dining room. Daylight lower level family room, 2 bedrooms, 3/4 bath and laundry. Oversized double garage.

MLS #180010



\$204,900

RANCH STYLE - 3 bedroom, 1 3/4 bath nicely updated home in NW area. Spacious kitchen, dining room, living room and full bath on main level. Lower level family room, remodeled bathroom and 2 non-egress rooms. New furnace and carpets. Detached garage.

MLS #172503



\$129,900

SOUTH HILL LOCATION - 3 bedroom home on fenced corner lot. Large living room, dining area off kitchen. 2 main level bedrooms and a 3rd in the upper level. Enclosed front porch. Attached garage with alley access. Seller/Licensed Agent.

MLS #172486

Carrie Montoya
240-0709
carriecornhusker@aol.com

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Colleen Johnson
721-4536
crowjohnson@min.midco.net

BASE ANNOUNCEMENTS

TODAY

- 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
- Pre-Game Tailgate First Friday, 1600-2100, Rockers Bar & Grill
- Torch Club, 1600-1700, Youth Center
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- 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
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

- Family Zumba, 1400, Fitness Center
- Super Sunday, 1600-2100, Rockers Bar & Grill

MONDAY

- Last Day to register for the Ice Fishing Trip to Metigoshe at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center

- Reintegration Briefing, 1300-1400, A&FRC
- Yoga, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800-1900, A&FRC, held at the PDC
- Zumba, 1830, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Fitness & Sports Advisory Council, 1300, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle/Strength/Core, 1930, Fitness Center

WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Rockers Closed For Lunch Service, 1030-1600, Rockers Bar & Grill
- Brown Bag Book Talks, 1200, Base Library
- 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

- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY

- Cookie Decorating, 0930, Lil' Riders located inside Rough Riders Pizza
- 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
- Weight Lifting 101, 1730, Fitness Center
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

9 FEBRUARY

- Last Day to register for the Terry Peak Ski/Snowboarding Trip at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- Weight Lifting 101, 1100, Fitness Center
- Fit to Fight, 1130, Fitness Center
- School Age Program Sweetheart Dance, 1600-1700, School Age Program
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Air Force Annual Awards Banquet Kid's Night Out - 91 MW, 1730-2130, Youth Center
- Give Parents A Break, 1800-2200, CDC & School Age Program
- Youth Center Sweetheart Dance, 1800-2100, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center

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- Bowling Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

10 FEBRUARY

- Lifeguard Certification Course Skills Testing hosted by Outdoor Rec
- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center

- Youth Bowling League, 1000, Bowling Center
- EFMP Event - Chill With a Chinchilla!, 1100, A&FRC, held at BBC Community Center
- Valentines for Veterans, 1300, Base Library
- Sweetheart Night Bowling Special, 1600-2100, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

Breaking the status quo: USAFA educator develops program based on mountaineering, special ops background

STAFF SGT. CHARLES RIVEZZO | U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. (AFNS) – If you told Lt. Col. Rob

Marshall leadership starts at the top, he'd take you literally. Part mountaineer, part special operations pilot, he's spent a lot of time living his life at high altitudes.

Marshall is by no means the casual adventurer, he's a world-class mountaineer, having led climbs of the highest peak on each continent, including Mount Everest, and ferried special operators in and out of war zones as a CV-22 Osprey pilot.

These days, the 2001 Academy

graduate is on the forefront of adventure-based experiential learning at the Air Force Academy. He's in the early stages of developing a summer program that encourages cadets to learn and overcome challenges, risk and failure that can't be replicated in a classroom via outdoor experiences.

"The greatest threat to America is following the status quo," said Marshall, U.S. Air Force Academy Center for Character and Leadership Development director for experiential education programs and honor education. "It inhibits innovation."

His vision for the program stems from a career he calls "unconventional."

"In a classroom, we mainly learn through reading, discussion, watching and listening," Marshall said. "Experiential learning involves applying the concepts learned in a classroom - often outdoors - experimenting with them and sometimes failing."

Controlled environments can limit learning and it's easy to develop tunnel vision as an Academy cadet, Marshall said.

"There's not a single cadet here who isn't highly intelligent, but how far have they been tested?" he said. "Learning with unpredictability is essential and that's what Mother Nature provides."

There's no one way to do anything

Marshall vibrates with innovation and ideas. He's a mixture of a mad scientist and athlete, and the walls of his office are covered with floor to ceiling whiteboards dotted with his adventure-based notes.

He's an educational pioneer who admits to sometimes needing to taper his vision into something achievable, but recognizes the need to push cadets to break through their personal limits.

Although in the nascent stage, Marshall plans to add 10 days onto the Academy's Expeditionary Survival Training. The program would include a 12-hour hike, a 24-hour hike and a 36-hour adventure race in the wilderness west of the Academy. It's slated to be implemented this summer and involve the Cadet Wing's 1,200 sophomore-year cadets with support from approximately 250 junior and senior cadets.

"At the end of each experience, cadets will debrief and reflect upon what they learned," Marshall said. "This way the experience is personalized and they can then try it again and again, each time learning something new and hopefully improving their results."

The CCLD department head, Col. Mark Anarumo, said faculty have been completely evolving the way they deliver character education to cadets.

CCLD officials, including Marshall, plan to develop an adventure-based experiential learning foundation at the Academy and start collecting data to empower the Air Force to implement this style of learning across the enterprise.

"We will push them to their personal limits through these

programs and test them in ways they would otherwise never experience short of leading in a combat environment," Anarumo said. "This generation clearly learns differently than any past cohort of young adults."

"Adventure-based experiential learning and similar programs we will be rolling out will close the gap between how we teach and what these future leaders need as they enter a rapidly changing, hyper dynamic world."

Melding his background as a special operations pilot and mountaineer, Marshall wants to incorporate lessons at the Academy that deal with uncertainty and quick flexibility.

"There is usually only one way to solve things here at the Academy, you need to get an 'A,'" he said. "The further you get to an 'A' the better. But what I always foot stomp to cadets is that there is never one way to accomplish anything. This summer program is an opportunity for cadets to create their own unique strategy to succeed."

Having witnessed the innovations made by enemy combatants during his time in the special operations community, Marshall stressed the need for Air Force leaders to think outside the box and step out from their comfort zones.

"I believe the number one skill that we have to fight our enemies is innovation and the outdoors requires innovation in abundance as the rules and environment are always changing," Marshall said. "I want our cadets to realize that when you walk off the beaten path you're no longer following the status quo and that's okay, because often the status quo is our enemy."

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