

northern sentry

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

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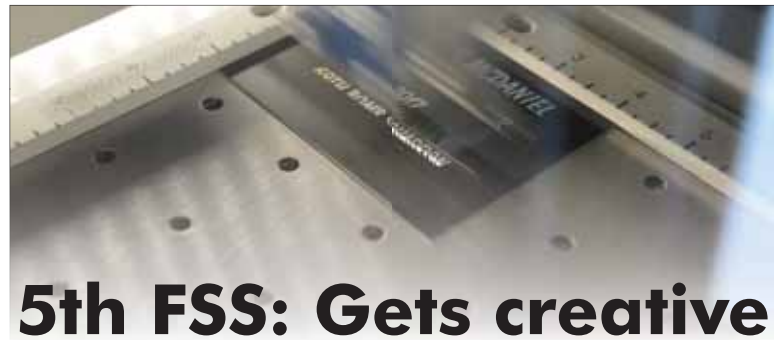
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Minot AFB



Videos



5th FSS: Gets creative

AIRMAN 1ST CLASS DILLON J. AUDIT
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Cheyenne Butler, 5th Force Support Squadron custom framer, has worked at the Arts and Crafts Center for about two and a half years and has been a custom framer for over a year.

"I frame and work on all kinds of things from shadow boxes to personal artwork," said Butler. "I also help around the shop whenever it's needed."

The Arts and Crafts Center engraves and puts together most of the awards given out during quarterly and annual awards events on base.

"We do embroidery, t-shirt printing, engraving, awards, going away gifts, family photos and other personal effects," said Butler. "I've done a million different things during my time being here."

Butler stated that some people don't know they exist, so the Arts and Crafts Center tries to advertise on several local Minot Facebook pages.

"Our busiest times are

during quarterly and annual awards," said Butler. "We have five employees working constantly."

Butler and the rest of the staff aren't allowed to tell anyone who the award winners are until they've received their award.

"It's nice to know you have a part in making something for people that have worked hard," said Butler.

Kristina Heisler, 5th FSS assistant manager, helps manage the Arts and Crafts Center shares the same feelings as Butler.

"We pretty much do what the customer wants and it feels pretty cool," said Heisler. "I like to see how happy people get."

Aside from awards, the Arts and Crafts Center also offers framing classes, wine and paint classes and a creative kids class.

"People come to learn and some to just hang out, relax or explore their creative side," said Butler. "My favorite part of the job is trying to figure things out



U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS DILLON J. AUDIT

Top Left: An award gets engraved at Minot Air Force Base, N.D. Feb. 8 2018. The 5th Force Support Squadron Arts and Crafts Center on base engrave, print, craft and design awards and other various creations. Above: Awards set in a display case at Minot Air Force Base, N.D. Feb. 8 2018. The 5th Force Support Squadron Arts and Crafts Center on base engrave, print, craft and design awards and other various creations.

on my own," said Butler. "There's a process to follow

but when someone brings something you've never done

before, you have to think outside the box."

Estate claims for Senior Airman William Buchanan

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Capt. Stephan Goodwin, from the 91st Security Support Squadron, has been appointed the Summary Courts Officer for the estate

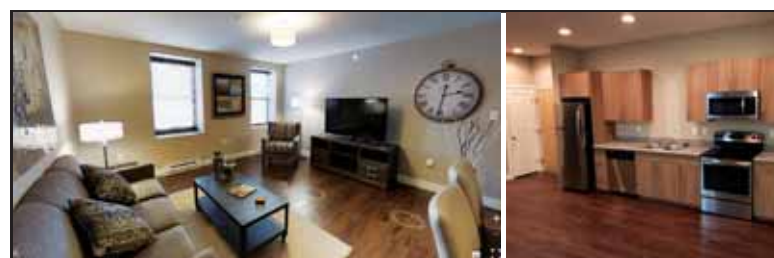
of Senior Airman William Buchanan, 791st Missile Security Forces Squadron.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, call Goodwin at (701) 723-2978.

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Mohammad T. Hashemi, MD



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Dr. Hashemi received residency training in orthopedic surgery at the University of Texas Southwestern Medical Center and completed his post-residency fellowship in total joint reconstruction at Desert Orthopaedic Center, Las Vegas. He's dedicated to helping people of all ages maintain an active and healthy lifestyle.

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BRAVING THE COLD: 91ST SFG PARTICIPATES IN SURVIVAL EXERCISE

Several defenders from the 91st Security Forces Group participated in cold-weather survival training inside the Turtle Mountain State Forest, N.D., Feb. 12-14, 2018.

The field training exercise challenged 12 junior leaders to accomplish multiple tasks spanning three days, in varying cold-weather conditions. The winter-familiarization FTX tested not only the Airmen's tactical and operational skills, but also developed their everyday leadership abilities and resiliency.

"The FTX is based on the Arctic Survival School hosted by Eielson Air Force Base, Alaska," said Lt. Col. James Slaton, 91st SFG deputy commander. "We have a challenging and cold environment most of the year, and by dropping them out here for 36 - 48 hrs., it enables them to better deal with day-to-day operations in the cold."

The training consisted of shelter and fire building, setting snares, land navigation and rescue coordination with the 54th HS. Airmen familiarized themselves with how their equipment works in low temperatures and how the weather affects the human body.

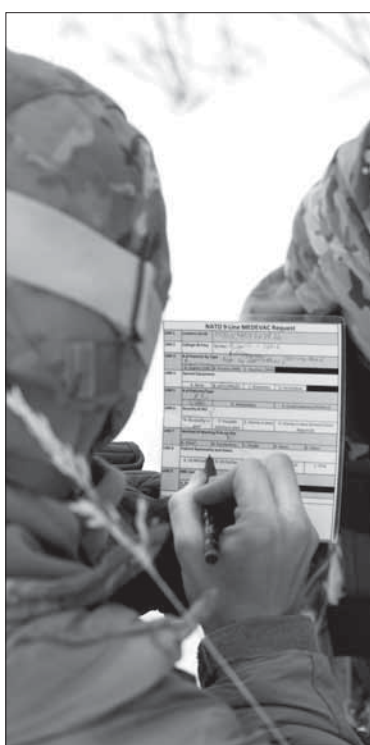
"For the first day of training, we came out and learned how to make fires and traps. We set up a hasty-shelter, which is something we'd do if we got lost close to nightfall," said Staff Sgt. Garrett Britton, 91st Missile Security Forces Squadron missile defense operation controller. "On day two, we learned about land navigation, how to make a signal fire and an A-frame shelter, which is more survivable if you have to stay out longer in the cold."

On the final day of training, defenders navigated to a landing zone and provided self-aid buddy care to a simulated casualty. Two 54th HS UH-1N Iroquois vectored in, via radio by defenders on the ground, to provide an emergency medical evacuation for the casualty.

After the training concluded, Airmen were reminded that their determination to survive and resiliency was the key to surviving a life-or-death scenario.

"I knew the basics of land navigation, but never really put it into practice," stated Britton. "I learned how to really survive in the cold, and with these new techniques, I could definitely do it again."

US AIR FORCE PHOTOS | SENIOR AIRMAN J.T. ARMSTRONG AND AIRMAN 1ST CLASS ALYSSA AKERS



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FACEBOOK

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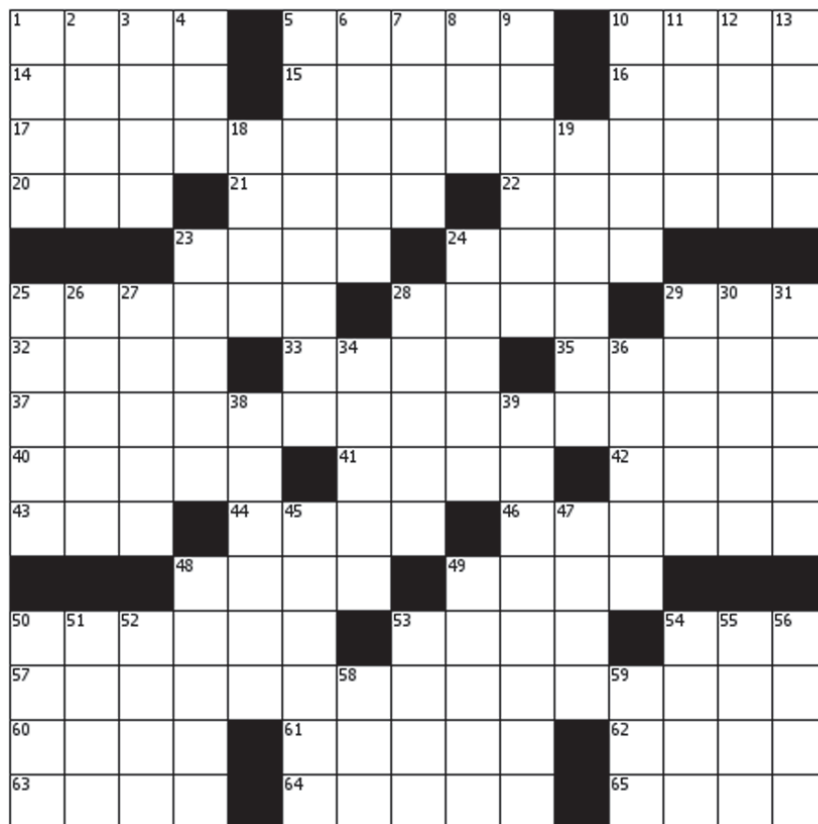
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CROSSWORD PUZZLE

Across

- 1. Bill of "Maude"
- 5. Won four, lost none
- 10. Position of control
- 14. Plaintive reed
- 15. Cliff and Norm's waitress
- 16. Out of the storm
- 17. 1997 Bob Carlisle hit
- 20. Chester White's home
- 21. Have status
- 22. Makes the scene
- 23. Voluntary offerings
- 24. Needle
- 25. Overture follower, often
- 28. Number in a letter
- 29. Have dinner
- 32. Think, old-style
- 33. Epithet for Shakespeare
- 35. "Jack Sprat could ___ fat"
- 37. 1959 Jackie Wilson hit
- 40. Secret motive
- 41. House start or finish
- 42. Heal, as bone
- 43. Where to find good schools?
- 44. Used a scissors kick
- 46. Otherworldly types
- 48. Peter or Paul, e.g. (Var.)
- 49. Slippery-eel link
- 50. Not so stiff
- 53. Stepped heavily
- 54. Ammo for a small gun
- 57. Arrest
- 60. Tilt one's head
- 61. No-goodnik
- 62. Exploits
- 63. Pro votes



- 64. Suffix for open or rear
- 65. When it's saved, it's taken

Down

- 1. Disorganized crowds
- 2. Touch on
- 3. De Gaulle's predecessor
- 4. In spite of that
- 5. Barely make it

- 6. Floats on the breeze
- 7. Crime fiction author's first name
- 8. Layer
- 9. Words with "like a man"
- 10. Waste maker
- 11. Contrariwise
- 12. Masher's look
- 13. Predicament
- 18. Role for Julia

- 19. "... need is a friend ___"
- 23. Item on a rod
- 24. Clerk of the 4077th
- 25. Mythical titan
- 26. Witchy woman
- 27. Fiji neighbor
- 28. Fodder for Freud
- 29. River skipper
- 30. Remove, as a badge
- 31. Sign supports
- 34. Not just feuding
- 36. "Wait Until Dark" actor
- 38. Apartment dweller
- 39. Logically concluded
- 45. Sing like a bird
- 47. Shane portrayer
- 48. The sounds of time?
- 49. Quit hitting the snooze button
- 50. Animal rights org.
- 51. Bit of subterfuge
- 52. Hispanic or Asian, e.g.
- 53. Sound of a heavy landing
- 54. Four six-packs
- 55. Geographical datum
- 56. "Hey, you!"
- 58. Unit of time
- 59. Way across town

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE

12 STRONG • (R)

FRIDAY, FEBRUARY 23 • 1800

12 Strong tells the story of the first Special Forces team deployed to Afghanistan after 9/11; under the leadership of a new captain, the team must work with an Afghan warlord to take down for the Taliban.

MAZE RUNNER: THE DEATH CURE • (PG-13)

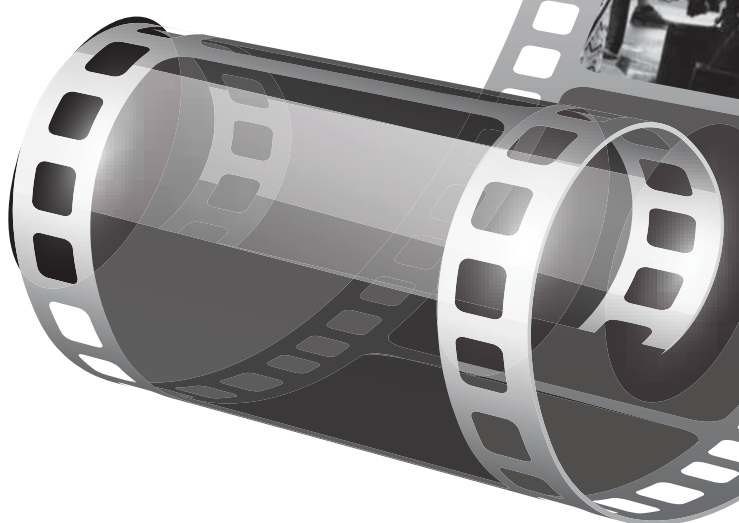
SATURDAY, FEBRUARY 24 • 1700

Young hero Thomas embarks on a mission to find a cure for a deadly disease known as the "Flare".

THE POST • (PG-13)

SUNDAY, FEBRUARY 25 • 1500

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.





Figgy Toilet Bombs



INGREDIENTS:

- 1 cup baking soda
- 1/4 cup citric acid
- 1/2 tsp vinegar
- 1 tablespoon hydrogen peroxide
- 15 to 20 drops your choice of essential oil (lavender, rosemary or peppermint)
- silicone candy molds

INSTRUCTIONS:

Add baking soda to a mixing bowl and use a fork or whisk to break up clumps. Baking soda naturally cleans and eliminates odors, making it the perfect base for the fizzies. Add the citric acid (which you can find near the canning supplies at some stores) and stir. The citric acid adds the fizz to these cleaners. In a small glass bowl, mix vinegar and hydrogen peroxide, which will work together to help clean your toilet. Now SLOWLY drop by drop, add vinegar and hydrogen peroxide to the baking soda. If you add it all at once, you'll have a big mess due to the reaction between the baking soda and citric acid!

Now add the essential oil and gently mix. This is just for scent, so you can choose any scent you like. I used lavender.

Use a half teaspoon to scoop the mixture into your candy molds, and press in gently with your fingers. You don't want to fill them completely full, because this will expand. Let dry for at least 6 hours or overnight.

Place the dried fizzies in glass jar and keep them sealed near your toilet. Make sure you label them and keep them out of reach of small children! The next time things get smelly, after flushing, drop in a fizzy and things will freshen up in no time.



ART 50! At the Northwest Arts Center

MINOT STATE UNIVERSITY

“Art 50!”, an exhibit featuring the work of 50 North Dakota artists, organized in celebration of the fiftieth anniversary of the North Dakota Council on the Arts, will open at the Northwest Arts Center’s Walter Piehl Gallery at Minot State University, March 1, 2018.

“Fifty artists for fifty

years – each artist is a testament to growth of the arts in North Dakota, a snapshot of the present and a hope for the arts in the future of our state,” said Linda Olson, curator of the show and past director of the North Dakota Art Gallery Association. Over the past fifty years, said Olson, the North Dakota Council on the Arts has helped the arts grow “from few opportunities, to the current prominence of the arts in our state, where we now have arts opportunities for all who wish to take part.”

The exhibit was organized by NDAGA and NDCA with support from Starion Bank. It is touring the state during the anniversary year of NDCA. The exhibit will be on display at the Northwest Arts Center through March 29.

Minot and area artists in the exhibit are: Susana Amundarain, Micah Bloom, Brent

Braniff, Susan Davy (Burlington), Bill Harbort, Roxi Mathis, Linda Olson, Doug Pfliger, Walter Piehl, Ryan Stander, Avis Veikley, and Elizabeth Woods.

The exhibit is free and open to the public. The Walter Piehl Gallery is open Monday through Friday from 9 a.m. to 4:00 p.m. and by appointment. Gallery entrance and parking are on the south side of the Gordon B. Olson Library. A visitor parking permit is available on request at the gallery office.

This program is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

Works from “Art50!”, on display March 1-29 at the Northwest Arts Center Walter Piehl Gallery at Minot State University: “Stoneware Pedestal Bowl,” Susan Davy, Burlington; “Renewal,” Elizabeth Woods, Minot; “Reflection,” Roxi Mathis, Minot; “1dogband#2,” Doug Pfliger, Minot.

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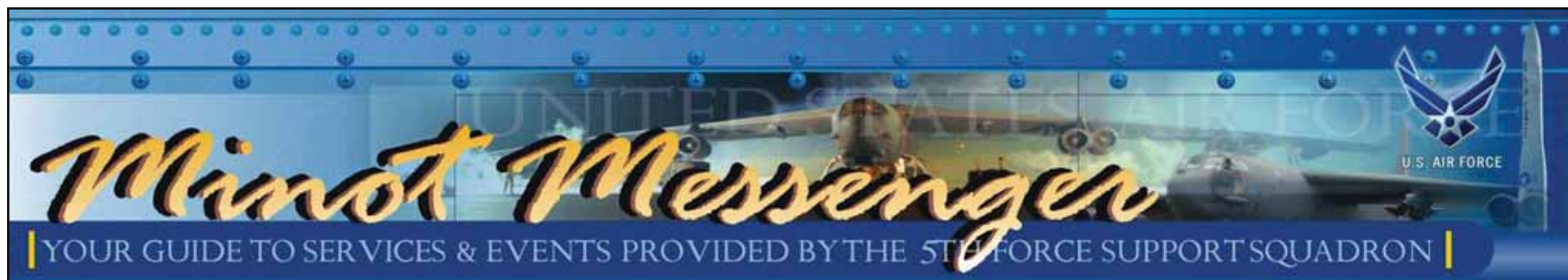
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Winter Games Coming To The Fitness Center On March 9th

2018 MCADOO WINTER GAMES
4TH ANNUAL
MARCH 9TH 10AM-3PM
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Fight the winter blues and join in the fun during the 4th annual Winter Games at the McAdoo Fitness Center on Friday, March 9 from 10 a.m. to 3 p.m. You'll enjoy fitness events which will challenge you to push yourself to the limit. Compete to win medals, the Winter Cup, and points toward the 2018 Commander's Cup.

A wide variety of fitness events are planned for this year's Winter Games. Compete in the 3 point shootout, soccer, dodgeball, Alpha Warrior challenge, volleyball, football combine, winter obstacle course, wallyball tournament, racquetball doubles, snowshoe softball relay, bench press competition, log roll, Team Murphy Challenge, cross country ski relay, and more. Events may change due to weather conditions.

Registration for the Winter Games is from February 26 through March 7. Contact your unit sports representative to register. The event is open to all active duty, dependents, and civilian employees 18 years of age and older. For more information, contact the Fitness Center at 723-2145.

Celebrate St. Patrick's First Friday At The Jimmy Doolittle Center

St. Patrick's Day First Friday
MARCH 2ND 4:00-9:00PM

ENJOY SPECIAL IRISH THEMED CUISINE FROM 4:00-6:00PM

RELAX & PARTICIPATE IN FAMILY FRIENDLY ACTIVITIES LIKE CORN HOLE, DARTS, OR CRUD!

Cost
ADULT NON-MEMBERS: \$7
CLUB MEMBERS & SPOUSE: FREE
\$3 FOR CHILDREN (AGES 6+)
FREE FOR CHILDREN 5 & UNDER

723-3731

The Jimmy Doolittle Center invites you to enjoy a special St. Patrick's First Friday event on Friday, March 2 from 4-9 p.m.

A delicious buffet of your favorite Irish themed cuisine will be served from 4-6 p.m. Plus relax and participate in corn hole, darts, or crud along with plenty of family friendly activities. 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. For more details, call the Doolittle Center at 723-3731.

Dog Sled Trip Provides A Once In A Lifetime Experience

If you're looking for a once in a lifetime type experience, don't miss the Dog Sledding Trip on March 9-11. Outdoor Recreation invites you to join the fun as you sled through the majestic Superior National Forest in the heart of Minnesota. You will get to drive your own dog team and have lunch on the lake.

Price includes the dog sledding day trip, two nights lodging, and transportation to Ely, MN. Cost for active duty Airmen and their families are \$65/person quad room, \$90/person triple room, \$115/person double room, or \$215/person single room. Cost for all other DoD I.D. card holders are \$285/person quad room, \$300/person triple room, \$330/person double room, and \$420/person single room.

Make a reservation Call 723-3648

MARCH 9TH-11TH REGISTER FEB 12TH-MAR 2ND

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DOUBLE ROOM \$315 QUAD ROOM \$425

ALL OTHER DoD CARD HOLDERS
SINGLE ROOM \$420 TRIPLE ROOM \$300
DOUBLE ROOM \$330 QUAD ROOM \$285

COME ON A DOG SLEDDING ADVENTURE WITH OUTDOOR REC THROUGH THE MAJESTIC SUPERIOR NATIONAL FOREST. DRIVE YOUR OWN DOG TEAM AND HAVE LUNCH ON THE LAKE. DON'T MISS THIS!

Deadline for registration is March 2. For more information, call Outdoor Recreation at 723-3648.

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Hazelnut Chocolate Frappuccino

For more 5th Force Support events, visit www.facebook.com/5thforcesupport

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EDGAR vs ORTEGA
FEATHERWEIGHT BOUT

MAR 3 SATURDAY ON PPV

CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 23 WILL BE FOR \$1,150.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, February 23 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Youth Baseball & T-Ball Registration

The Youth Center is holding Youth Baseball & T-Ball registration March 1 through March 30 for youth 3-12 years of age. Cost for Smart Start (ages 3-4 years old) is \$30. The cost for youth ages 5-12 years old is \$40. Current immunization record with current physical must be on file to register. Youth Center membership is required. The season is scheduled to begin on May 21. For additional youth baseball and T-ball registration information, please contact the David C. Jones Youth Center at 723-2838.

Friday Night Roller Skating

Did you know the Youth Center offers Base Skate every Friday from 6-7 p.m.? Come out with your family and skate the night away! You can bring your own skates, rollerblades and helmet or the Youth Center has some to check out. Cost is FREE for Youth Center members and only \$5 per family for non-members. No sign up is necessary. Don't miss this fun and healthy activity for youth 5 years of age and older. For more information, call the Youth Center at 723-2838.

Dr. Seuss Day
Our annual celebration of Dr. Seuss' birthday begins **March 10th at 1:00 PM** at the Base Library
We will have stories, crafts, & games all related to the world famous works of this most influential of children's authors.
For more information call 723-3344
FREE!! Open to children of all ages
Air Force Support Squadron Library Information System

Family Fun Night

Looking 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' Riders Indoor Playland. For more information, please contact Rough Riders Pizza at 727-4377.

Mar 7 Brown Bag Book Talks

The base library invites you to Brown Bag Book Talks on Wednesday, March 7 at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to others doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

Mar 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 March 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.

Base vs. Base Rowing Challenge

The Fitness Center is hosting the Base vs. Base Rowing Challenge now through February 28. The base with the best overall average meters will be the first recipients of the traveling trophy. Minot's top two rowers will be awarded gift certificates. T-shirts go to the first 10 rowers to reach 50,000 meters. Participants may only compete during normal Fitness Center hours of operation. For more information, call the Fitness Center at 723-2145.

Dr. Seuss Birthday Celebration Week
2-9 March 4pm-5pm
Come Celebrate Dr. Seuss by attending a reading party and activities! Dr. Seuss activities will happen daily throughout the week at both SAC and YP!
723-2838 Open to members & SAC Program
YIP SAC youth programs school-age care Air Force Services Air Force Services

BOWLING SPECIAL + HALF-OFF SHOE RENTAL!
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ENJOY 2 GAMES AT NORMAL PRICING, GET THE 3RD GAME FREE!
FEBRUARY 16 - MARCH 31
FRIDAY 5:00PM - 8:00PM
SATURDAY 4:00PM - 8:00PM
CALL 727-4715 FOR DETAILS
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A Mini HEALTH & FITNESS FAIR
March is National Nutrition Month
Feed your mind, body, & soul. There will be booths and workshops to educate and inspire.
Date: March 2nd, 2018
Time: 10AM-1PM
McAdoo Fitness Center
PRIZE DRAWINGS!
FOR DETAILS CONTACT MCADOO FITNESS AT 723-2145

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 23 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on February 23 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 and March 1 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! There are four classes to choose from. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

Join Us For A Special Lunch Menu!
1030-1330
Dakota Inn Dining Facility
Friday, March 16, 2018
Happy ST. PATRICK'S day

Mar 17 Seeing Green Dance Party

Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Seeing Green Dance Party on Saturday, March 17 from 9-11 a.m. in the aerobics room. See green with the Zumba and Urban Boot Camp instructors during this FREE 2-hour event. The Seeing Green Dance Party is open to all DoD ID card holders 16 years of age and older. For more details, call the Fitness Center at 723-2145.

Chicken Pesto Pizza February Special
Small \$11
Medium \$15
Large \$17
Our delicious seasoned crust topped with pesto sauce, diced chicken, sliced tomatoes & mozzarella cheese finished with a sprinkle of parmesan.
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Military working dog revived by vet tech

SAMUEL KING JR.
TEAM EGLIN PUBLIC AFFAIRS

EGLIN AIR FORCE BASE, Fla. (AFNS) -- The dog lay on the table struggling to breathe in the throes of a severe heat stroke. Pako, 96th Security Forces Squadron military working dog, thrashed around wildly. His vital signs were fading fast. At one point, his pulse vanished. Pako's heart stopped.

This was the scene of the emergency Army Sgt. Kelli Helfinstine and the base veterinary clinic personnel faced one hot day in June 2017.

"This was the most severe heat injury I have encountered," said Helfinstine, who recently received an Air Force Achievement Medal for her valiant efforts to save Pako's life. "I just thought, this animal needs oxygen, we need to get him oxygen."

Pako and his handler, Staff Sgt. Radames Leon, were participating in a hostile suspect exercise. The five-and-a-half-year-old K-9 searched, but was unable to find his target. He pressed on, unwilling to give up the hunt. His body temperature began to rise at an uncontrollable rate.

Pako showed no signs of heat injury, but did appear overly exerted, according to Tech. Sgt. Bryan Bowermaster, Eglin AFB's kennel master. Leon took the dog's temperature, which read 105, the average working temperature for the Belgian Malinoise's breed.

"These military working breeds are very high drive and will work themselves to death if allowed," said Helfinstine. "Heat injury is very serious and can progress quickly. He was probably fine initially, but continued to get hotter."

The training was cancelled and the MWD team returned to the kennel. It was then that Pako showed clear signs of distress and heat stroke.

He was immediately rushed to the veterinary clinic. The technicians provided oxygen and tried to cool Pako down while waiting for the veterinarian, Capt. Ashley Hydrick, to arrive. At this point, Pako was in severe respiratory distress and approaching cardiac arrest.

In the midst of the breathing and cooling procedures, Pako's heart stopped beating.

"I will never forget the moment I saw Pako's life slip away," said Bowermaster, a MWD handler for seven years. "His pupils dilated to a point where you could no longer see the brown of his eyes."

For approximately 10

minutes, Hydrick and others performed chest compressions, while Helfinstine administered the oxygen ventilation. Then, unexpectedly, Pako's pulse returned.

"I was so relieved when he stabilized," said Helfinstine, a 10-year vet tech. "I felt like I could finally breathe too. I could tell everyone was relieved. I continued to monitor his vitals and ensured he was getting the oxygen he needed."

Pako had not only defied the almost insurmountable odds of a dog surviving a heat stroke, but he also recovered via CPR, another extremely rare feat, according to Helfinstine.

When he stabilized, Pako was sent to the emergency clinic in Pensacola, Florida, for his follow-on care. When a large enough vehicle was coordinated, the handlers escorted their partner to the clinic. Hydrick and Helfinstine accompanied their patient on his journey providing fluids and monitoring his progress. The mutual opinions of the technicians and handlers was that Pako probably would not make it through the night.

Staff Sgt. Shane Massie, Pako's first handler and now Eglin AFB's MWD trainer, stayed with the dog that night in intensive care.

Pako survived the night. The following day he was removed from the ICU and was up and about although a little wobbly, according to Bowermaster.

"That dog's spirit kept him alive, kept him going," said Bowermaster.

Pako spent three days recovering in Pensacola. Because he is a military asset, an Airman had to be with him at all times.

For Leon, Massie and the other MWD handlers even if they weren't directed to stay, they all said they'd have been there for him regardless.

"There's a personal relationship that forms between us and these dogs," said Leon, who's been Pako's handler for approximately a year now. "We can't help but create a bond, a partnership, with them."

Upon returning to Eglin Air Force Base, Pako went into an eight-week rehabilitation program that slowly reintegrated him into his training regime. He is now playfully referred to around the kennel as the "zombie dog."

"Pako is now back and better than ever," said Bowermaster. "He works just as hard now as he did before his injury."



Top Photo: Staff Sgt. Radames Leon and Pako are a 96th Security Forces Squadron military working dog team at Eglin Air Force Base, Fla. Last year, on a hostile suspect exercise, Pako suffered a heat stroke and almost lost his life. The base veterinary clinic helped revive him and bring him back through CPR procedures. He beat almost insurmountable odds (for dogs) to survive heat stroke and CPR to make a full recovery. Right Photo: Pako, a five-and-a-half-year-old 96th Security Forces Squadron military working dog, suffered a heat stroke last year and died. The base veterinary clinic helped revive him and bring him back through CPR procedures. He beat almost insurmountable odds (for dogs) to survive heat stroke and CPR to make a full recovery.

U.S. AIR FORCE PHOTOS | SAMUEL KING JR.



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<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></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></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></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>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></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 Call or check out our website for more information.</p>
<p>Immanuel Baptist Church</p> <p></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></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></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></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></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></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</p> <p></p> <p>Family Worship Center 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & 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></p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> 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>OUR REDEEMER'S CHURCH</p> <p></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></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></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. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>Vincent United Methodist Church</p> <p></p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> 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>

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

Answers to puzzle from page 4

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MLS #172483



\$359,900

GREAT VIEWS – 3 bedroom, 1 ¾ bath home on 10 acres minutes from Minot. New kitchen cabinets. Sunken living room with fireplace. Daylight lower level family room with wood stove. Double garage. 36x60 shop. Owner/Licensed Agent.

MLS #180157



CONGRATULATIONS

JANET SCHELLING

SALES PROFESSIONAL, JANUARY 2018



\$47,500

IN DONNYBROOK – 2 bedroom, 1 bath, 1040 sq ft home on 4 lots. 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

Judy Hoskin
721-3837
judyh@minothomes.com

Check our site for weekly dates and times of **Open Houses**
one click printout of weekly open houses

Leigh Ann Perdue
641-0150
LeighAnn@minothomes.com

BASE ANNOUNCEMENTS

- TODAY**
- Tactical Fitness, 0630, Fitness Center
 - Weight Lifting 101, 1100, Fitness Center
 - Fit to Fight, 1130, Fitness Center
 - Torch Club, 1600-1700, Youth Center
 - Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
 - Bowling Special Play 2 Games, get the 3rd Free, 1700-2000, Bowling Center
 - Yoga, 1700, Fitness Center
 - Club Member Cash Drawing, 1730-1830, Jimmy Doolittle Center & 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
 - Yoga, 1000, Fitness Center
 - Youth Bowling League, 1000, Bowling Center
 - Give Parents a Break, 1300-1700, CDC & School Age Program
 - Bowling Special Play 2 Games, get the 3rd Free, 1600-2000, Bowling Center
 - Studio 47 Competition Team Showcase, 1800, Youth Center
 - Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

- SUNDAY**
- Family Zumba, 1400, Fitness Center

- MONDAY**
- Registration for 4th Annual

- Winter Games Opens at the Fitness Center
- Tactical Fitness, 0630, Fitness Center
 - TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
 - Cycle, 1130, Fitness Center
 - Reintegration Briefing, 1300-1400, A&FRC
 - Off-Base Budget Class, 1430-1600, A&FRC
 - Newbery Book Club, 1530, Base Library
 - Yoga, 1730, Fitness Center
 - Zumba, 1830, Fitness Center

- TUESDAY**
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
 - Game Day, 1000-1930, Base Library
 - Fit to Fight, 1130, Fitness Center
 - Intro to Mutual Funds, 1200-1330, A&FRC
 - Off-Base Budget Class, 1430-1600, A&FRC
 - 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
 - Right Start, 0730, A&FRC, held at the Jimmy Doolittle Center
 - TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
 - Club Member Benefit, Every Wed, 0900-2000, Bowling Center
 - Financial Goal Setting, 0900-1000, A&FRC
 - Parent & Tot Fit Kids, 0930, Fitness Center
 - Story Time, Every Wed, 1030,

- Base Library
- Cycle, 1130, Fitness Center
 - Pre-Deployment Readiness Training, 1300-1400, A&FRC
 - Off-Base Budget Class, 1430-1600, 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**
- Youth Baseball & T-Ball Registration Open at the Youth Center
 - TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
 - Yoga, 1000, Fitness Center
 - Debt Management, 1100-1200, A&FRC
 - Weight Lifting 101, 1100, Fitness Center
 - Muscle Pump, 1130, Fitness Center
 - Reintegration Briefing, 1300-1400, A&FRC
 - Off-Base Budget Class, 1430-1600, A&FRC
 - Fitness Hour, 1600-1700, Youth Center
 - Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
 - Weight Lifting 101, 1730, Fitness Center
 - Mixed Couples League, 1830, Bowling Center
 - Cycle, 1930, Fitness Center

- 2 MARCH**
- Last Day to register for the Dog

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\$7,995



05 Chevy 1500
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\$10,995



05 Chevy Impala LS
104K, Brand new tires, Remote!
\$3,995



09 Buick Lacrosse
33K, "Little old lady car", Like New! Remote!
\$9,995



04 Chevy 1500 LS
4x4 Crewcab, 146K, Very Nice, Remote Start
\$10,995



08 Pontiac G6 GT
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\$5,995

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- Sledding Trip to MN at Outdoor Rec
- Dr. Seuss Birthday Celebration Week/Read Across America, March 2-9, 1600-1700, Youth Programs & School Age Care
- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Mini Health & Fitness Fair, 1000-1300, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Think Like a Millionaire, 1430-1600, A&FRC
- St. Patrick's Day First Friday, 1600-2100, Jimmy Doolittle Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Bowling Special Play 2 Games, get the 3rd Free, 1700-2000, Bowling Center
- Yoga, 1700, Fitness Center

- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill & Jimmy Doolittle Center
- Friday Night Skate, 1800-1900, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- BGCA Smart Girls (Girls Only) Youth Lock-In, 2100-0600, Youth Center
- Lights & Strikes Bowling, 2100-2400, Bowling Center

3 MARCH

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center

AFCEC project hopes to land Airmen in 'hot water'

J. BRIAN GARMON

TYNDALL AIR FORCE BASE, Fla. (AFNS) -- The Air Force Civil Engineer Center is embracing innovation and a partnership with the South Dakota School of Mines and Technology in an effort to bring off-the-grid electricity and hot water to Airmen in difficult deployments around the world.

Using equipment originally designed to heat residential pools, this project is exploring the possibility of deploying kit-ready solar panels along with a water heating system that could provide both electricity and the valuable commodity of hot water to assembled-in-place structures.

Due to these structures' unique shape and construction, traditional mounting solutions for solar prove difficult to implement. The 823rd Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers at Hurlburt Field, Florida, constructed two small-scale K-Span buildings onsite at Tyndall Air Force Base, Florida to serve as a platform for testing the feasibility of this design.

Currently, once built, these structures are installed on an expeditionary electrical grid, where they serve as command centers, mess halls, maintenance facilities and more. Fuel must be delivered to these remote sites to power them and produce hot water. By introducing this renewable solution to the deployable inventory, it could serve to reduce this dependence on transported fuel.

"Less fuel equals fewer fuel convoys which equals saving troops' lives," said Reza Salavani, Air Force Civil Engineer Center energy program manager, requirements and acquisition division.

Mike Tomac is a doctoral student with SDSMT who originally proposed this project as part of his master's thesis along with professor Dr. David Dixon and former faculty Butch Skillman. The school then brought the proposal to the Air

Force, where it was granted funding through an existing contract partnership with AFCEC.

"The most exciting part of this partnership is the ability to apply existing technology in an innovative way for the Air Force," said Tomac. "Working with the Air Force helped tailor my education and gave me focus on innovation and implementation of projects in a real environment. It brought this applied project to life."

In addition to Tomac's work on his master's degree and PhD, other students have also benefited from the

partnership. Another master's student at SDSMT, Shannon Morse, is using the project for her thesis, and during set-up at Tyndall AFB, two local high school interns from Port St. Joe High School were given an opportunity to participate in the project.

In this project and others like it, the Air Force fosters strong partnerships with academia and encourages innovation around off-the-shelf tech that can find deployable solutions for Airmen and save the government countless dollars.

"Partnerships with academic institutions



COURTESY PHOTO

Mike Tomac, PhD student at South Dakota School of Mining & Technology, stands near a small-scale K-Span structure used to test the viability of adapting off-the-shelf solar technology to deployable structures for the Air Force at Tyndall Air Force Base, Florida.

around the country give the Air Force access to great minds and fresh perspectives," said Col. Tim Dodge, AFCEC deputy director.

"Harvesting the skills, knowledge, and abilities of students and faculty from around the country can ultimately benefit the warfighter downrange."

THOMAS FRIMPONG, DO, AND CHARLES WOOD, MD, NEUROSURGEONS

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