

# northsentry

FREE | VOL. 56 • ISSUE 9 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, MARCH 2, 2018



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

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## Minot AFB



## Videos

# Filing your 2017 income taxes

**T**he Minot Air Force Base Tax Center will be open Feb. 20 – Apr. 17, 2018. The tax center offers free advice, assistance, preparation and electronic filing of your federal and state income tax returns through the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program. Tax assistance priority will be given to active duty military; however, military dependents, retirees and DoD civilian personnel

may receive assistance on a space-available basis. To receive tax preparation/e-filing assistance, you must bring:

- Photo IDs – Proof of identification (Taxpayer/Spouse)
- Social Security Cards (or ITIN card, if applicable) (Taxpayer/Spouse/Dependents)
- Birth Dates (Taxpayer/Spouse/Dependents)
- Prior Year Tax Return (we no longer have copies of prior returns for previous clients)
- Wage/Income Statements (i.e., W-2s, W-2G, 1099-B, 1099-R,

1099-G, 1099-Misc)  
 • Interest & Dividend Statements (1099-INT, 1099-DIV)  
 • Affordable Care Act Healthcare documents (IRS Form 1095-A, 1095-B or 1095-C)  
 • Dependent Care Information (Daycare Provider Name, Address, Tax ID #, Amount Paid)  
 • Education Credit Information (1098-T, receipts for out-of-pocket expenses)  
 • Proof of Bank Routing and Account Number (For Direct Debits/Direct Withdrawals)  
 • Any other forms applicable to your return  
 o (i.e., "1098-E Student Loan Interest Paid", "5498 IRA contributions", "1098 Mortgage Interest Paid",

Real Estate Taxes paid in 2017, etc.)

Deployments can create many special tax issues. If you are now, or will be, in a deployed status at any time, January through April and cannot file by the Apr. 18 deadline, your filing season will be automatically extended. For any deployments, you may provide a spouse or family member with IRS Form 2848, (www.irs.gov), Power of Attorney, to file your taxes on your behalf while you are deployed.

The tax center is located in the PRIDE building, west entrance, 2nd floor.

Tax Center hours:

Mondays: Appointment only: 8:30 a.m.-3:00 p.m.

Tuesdays: Appointment only: 8:30 a.m.-3:00 p.m.

Wednesdays: Appointment only: 8:30 a.m.-3:00 p.m.

Thursdays: Appointment only – 8:30 a.m.-3:00 p.m.

Fridays: Walk-In Hours 8:30 a.m.-3:00 p.m. (Reserved for simple returns.)

Saturdays: Appointment only – 8:00 a.m.-3:00 p.m. (Reserved for Rental Income, Self-employment, Cancellation of Debt, etc.)

The Tax Center does not print W-2s or other tax documents. Once you have received/printed all of your tax documents appointments can be scheduled by calling 723-3026. If you received income from performing a DITY move, you must have your DITY move W-2 prior to filing.



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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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# 5TH OSS: PACKING PARACHUTES, SAVING LIVES

Airmen from the 5th Operations Support Squadron parachute shop pack back-automatic and drag parachutes at Minot Air Force Base, North Dakota. The aircrew flight equipment flight is responsible for maintaining and inspecting all life-saving equipment on the B-52H Stratofortress prior to each mission, and are on-duty for each take-off and landing to correct any potential aircrew-related equipment issues. Parachutes must pass a routine inspection every 30 days and are repacked after a year of non-use.

US AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA M. AKERS



## Former slave, two-time Olympian becomes an Airman

AIRMAN 1ST CLASS DILLON PARKER  
502ND AIR BASE WING PUBLIC AFFAIRS

**J**OINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- After enduring countless hardships and overcoming unimaginable obstacles, Airman 1st Class Guor Maker, a dental assistant currently in technical training, found his way out of war-torn South Sudan, Africa and into the U.S. nearly 20 years ago.

Surviving As one of roughly 20,000 children uprooted by the gruesome Second Sudanese Civil War, Maker's childhood was far from normal. After losing 28 family members, including eight of his nine siblings, 8-year-old Maker set out on foot from South Sudan to live with his uncle.

"The country I came from was torn apart by war," said Maker. "It was all I knew growing up, nothing else. I've seen people die in front of me, but I knew no matter what, I had to make it."

During his harrowing journey, Maker was captured and enslaved twice: once by Sudanese soldiers, and once

by herdsman.

"When I was captured, I was forced to be a slave laborer," said Maker. "I would wash dishes or do anything else needed to get by. I slept in a small cell and rarely got to eat...but not always."

Both times, Maker successfully escaped from enslavement and was finally able to join his uncle in Khartoum after three perilous years. However, his journey to safety was far from over.

During a nighttime attack in his uncle's home, Maker sustained serious injuries when he was beaten unconscious by a soldier who smashed his jaw with a rifle.

"My mouth was shut for two months and I could only consume liquids because my jaw was broken," he said. "We fled to Egypt after

Continued on page 8

## CONTACTUS

**Tonya Stuart-Melland**  
Sales Manager | Ad Designer  
nsads@srt.com

**Beth Duchsherer**  
Ad Designer | Sales Representative  
nsgraphics@srt.com

## MINOT AIR FORCE BASE PUBLIC AFFAIRS

### Chief of Public Affairs

Lt Col. Jamie Humphries

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## NEWS SUBMISSIONS

### Northern Sentry Office

nsads@srt.com | 701.839.0946

### MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

## MAIL&FAX

315 South Main Street, Suite 202

PO Box 2183

Minot, ND 58701 | 701.839.1867

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## FACEBOOK

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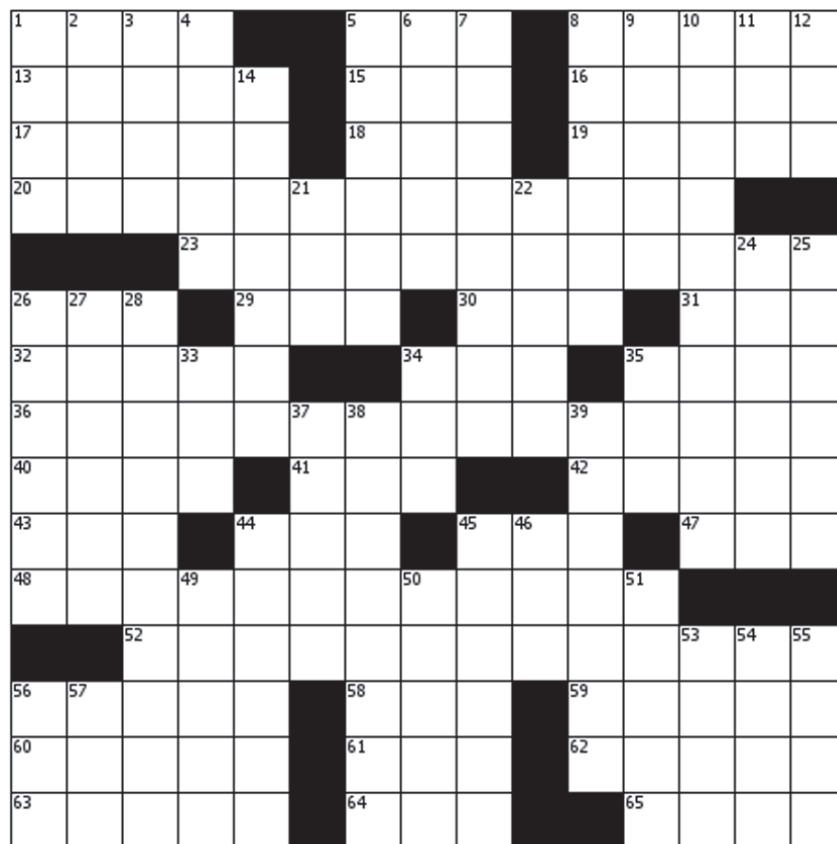


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## CROSSWORD PUZZLE

## Across

1. Cordelia's dad  
5. Honored mil. award  
8. Word with point or plane  
13. Lowest deck  
15. LAX posting  
16. When the hike may start?  
17. Keaton, star of 28-Down  
18. Goat-legged Greek god  
19. Violinist's need  
20. PUSH-UP  
23. SQUATS  
26. Russian fighter jet  
29. Company that bought Time Warner  
30. Back muscle, to Billy Blanks  
31. What did ewe say?  
32. How some popcorn is popped  
34. Hat or maid leader  
35. Seed case  
36. RUN  
40. "Smooth Operator" chanteuse  
41. Genealogy word  
42. Where McLean drove the Chevy  
43. This may end alcohol  
44. It's a relief  
45. The "ugly" to Clint's "good" and Lee's "bad"  
47. They may be personal  
48. SIT-UP  
52. PULL-UP  
56. Yellowish pigment  
58. A CPA might recommend one



59. Nitrous \_\_\_\_ (laughing gas)  
60. Extract by force  
61. "Winter of Artifice" author  
62. Air Jordans  
63. Members of the harp family  
64. Word with real or well  
65. Telegraphed

## Down

1. Where Napoleon defeated the Austrians in 1796

2. British Idle  
3. Wings, in Latin  
4. Pocket Fisherman provider  
5. Chicago campus  
6. Philatelist's purchase  
7. Senorita's scarf  
8. Obscurer of trees, for some  
9. Big man Shaq

10. Coastal region in NE Spain  
11. Young Darth Vader's nickname  
12. "The Ipcress File" author Deighton  
14. Cotton bed sheet fabric

21. "The Name of the Rose" author  
22. Is familiar with Asimov to Zola  
24. Stuck, gymnastically  
25. Major point on the Oregon Trail (with "The")  
26. "The little woman"  
27. How ransoms are paid  
28. Sue Miller work (with "The")  
33. Anger  
34. 2001 honor for J.K. Rowling  
35. Bart's grandpa  
37. "\_\_\_\_ Out" (Kevin Kline film)  
38. Little robin

39. Omission of a vowel in pronunciation  
44. Low bathroom fixtures  
45. Off the mark, as a throw  
46. Did not follow  
49. Better antithesis  
50. Spine-tingling  
51. They pick up and drop off  
53. He never reached his peak?  
54. Adam's apple location?  
55. Kind of home or room  
56. Hooting hunter  
57. Get all misty

## SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

WINCHESTER • (PG-13)  
FRIDAY, MARCH 2 • 1800

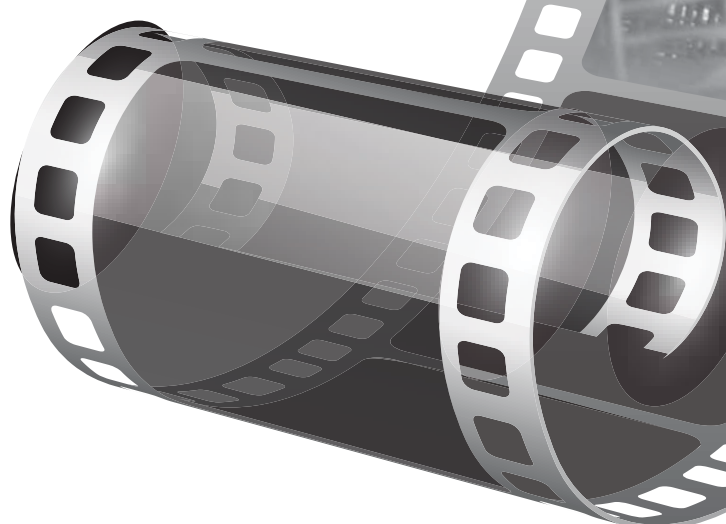
“Ensconced in her sprawling California mansion, eccentric firearm heiress Sarah Winchester believes she is haunted by the souls of people killed by the Winchester repeating rifle.”

PHANTOM THREAD • (R)  
SATURDAY, MARCH 3 • 1700

“Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.”

FOREVER MY GIRL • (PG)  
SUNDAY, MARCH 4 • 1500

“After being gone for a decade a country star returns home to the love he left behind.”

REEL TIME  
THEATER  
MOVIE  
SCHEDULE



## Easy Cream Cheese Danish

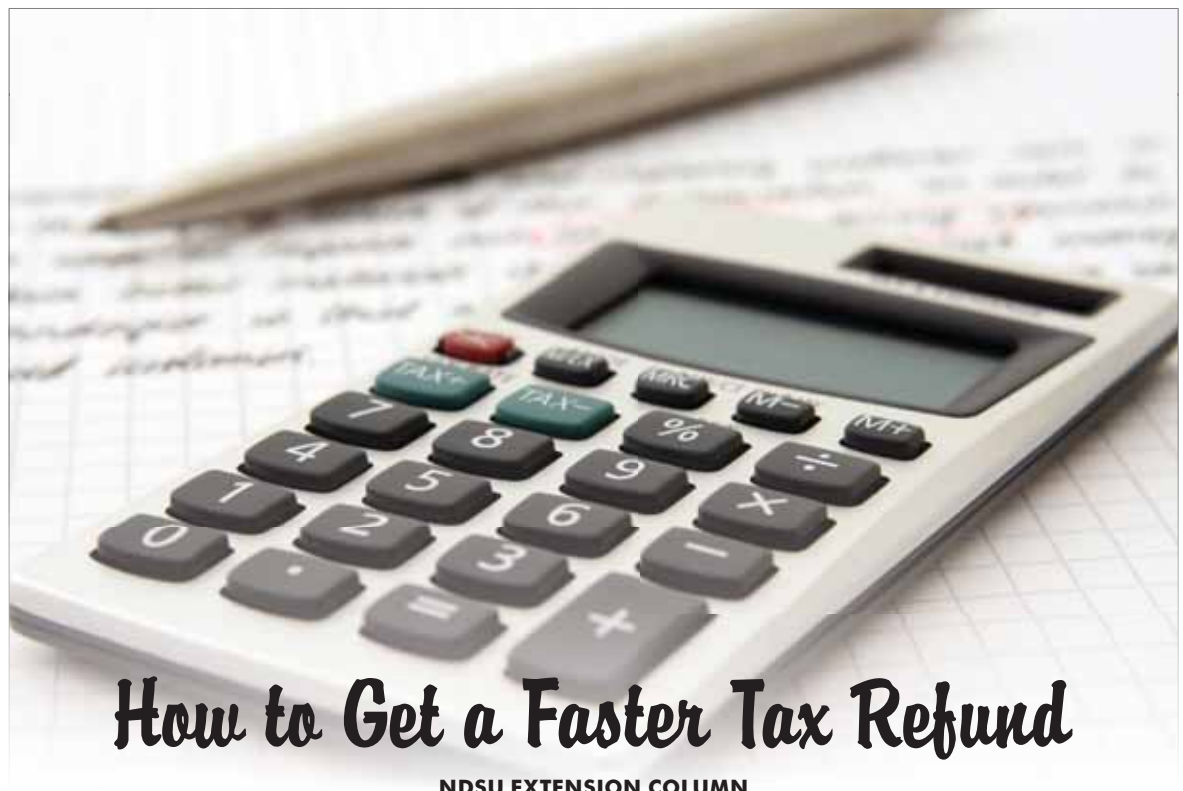


### INGREDIENTS:

2 cans of crescent rolls  
 1 8oz package of cream cheese at room temp.  
 2 Tbsp granulated sugar, divided  
 1 tsp lemon juice  
 3/4 tsp vanilla  
 1 tsp sour cream  
 Optional: assorted jams and preserves or pie filling (raspberry, cherry, strawberry, apricot, blueberry, lemon, etc)  
 Icing:  
 1 cup confectioner's sugar  
 1 tbsp milk  
 1 tbsp softened butter

### INSTRUCTIONS:

Preheat the oven to 350. Unroll the crescent rolls and separate into rectangles of dough using two triangle. Pinch closed the diagonal cut to form one solid sheet of dough. Sprinkle light with sugar. Slice crescent roll dough into 1 inch x 8 inch slices. Gently lift dough slice and twist opposite ends in opposing directions into a loose rope. Spiral the rope around itself to form a loose circle/spiral. Place onto a cookie sheet lined with a baking paper, spacing danishes about 2 inch apart. Press the centers with a finger to make a well for the filling and stretch the sides a bit if it is necessary. In a large bowl, mix together cream cheese, sugar, lemon juice, vanilla extract and sour cream. Add a tablespoon of filling to each roll. Lightly brush dough with melted butter. Bake in preheated oven for 12 to 15 minutes, or until lightly golden brown. In a small bowl, stir together confectioners' sugar, milk and butter. You can use a spoon to drizzle it over the tops of the danish, or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag." Take the danish out of the oven and allow them to cool for 10-15 minutes before icing. Voila! Cream cheese danish without leaving the house or breaking a sweat.



## How to Get a Faster Tax Refund

NDSU EXTENSION COLUMN

If you are expecting a tax refund, you probably want to get the money as soon as possible. There are certain measures that can be taken to ensure that you get your tax refund quickly.

The first thing you should bear in mind is filing early. According to Tracie Miller-Nobles, a Certified Public Accountant (CPA) and member of the American Institute of CPAs (AICPA), "The earlier you file your tax returns, the quicker you get a tax refund." It is always advised that you file your tax returns at the earliest possible period in order to enjoy the benefits of a quicker tax refund.

To guarantee a faster tax refund, always file your tax returns electronically. Frank X. Laborde, CPA, San Antonio, Texas contends that filing tax returns electronically guarantees a faster tax refund. There are several ways you can file electronically. People whose adjusted gross income is \$66,000 or

less annually can use the IRS free file software available online. In addition to this, there are several commercial online tax preparation services and software that can be used for a fee. The most popular commercial software programs are Intuit's Turbo Tax and Jackson Hewitt.

According to the Internal Revenue Service, the fastest way to get your tax refund is to have it directly deposited. Tracie L. Miller-Nobles, CPA, said, "It gets the money into your account faster and you don't have to worry about the post office losing the check." Uncle Sam is so nice that he allows you to choose up to three accounts with three different financial institutions to receive your tax refund.

One other tip you must keep in mind is to ensure that all information contained in your tax forms is correct. Although this seems like simple logic, it is often responsible for delayed

tax refunds. Take time to review little details like your name, Social Security number, bank routing number, etc. If you recently got married or divorced or had any reason to do a change of name, double check that your current name is updated during your filing. Be very careful if you are using tax preparation software. In the case of multiple users, the software will automatically default to the name of the last person that used it for tax submission. Make sure you review all lines before you submit your form.

Also take note that you can check the status of your tax refund by downloading the IRS2GO app at IRS.gov/refunds. You can also check the status of your refund by calling the IRS Refund Hotline at 800-829-1954. To check the status of your refund, you need to provide your Social Security number, filing status, and exact whole dollar amount of your refund shown on your return.

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## Enjoy St. Patrick's First Friday On March 2nd At The JDC

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

**Buffet**  
 ENJOY SPECIAL IRISH  
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 4:00-6:00PM

**Cost**  
 ADULT NON-MEMBERS: \$7  
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 CORN HOLE, DARTS, OR CRUD!

JIMMY DOOLITTLE CENTER  
 723-3731

You don't need to be a leprechaun to enjoy all the fun! 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. This is a great event to enjoy with the entire family.

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

## Arts & Crafts Center Offering Wine & Paint Class On March 16

**WINE & PAINT**  
 CLASS AT THE ARTS & CRAFTS CENTER

Sit, Sip and Create! Bring your friends out and enjoy a fun evening painting a masterpiece! Follow step by step instructions in this two hour session. Wine is not included, you must provide your own if desired. Must show ID.

**FRIDAY**  
**MARCH 16**  
**6:00-8:00PM**

ADULTS 17 & OLDER  
 COST: \$26/PERSON  
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 MARCH 6-15  
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723-3640  
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 MAEB Arts & Crafts

## Register Now For Winter Games At The Fitness Center

Fight the winter blues and join in the fun during the 4th annual Winter Games at the McAdoe 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.

723-2145 5TH FORCE SUPPORT SQUADRON

**2018 MCADOO**  
**WINTER GAMES**

**MARCH 9TH**  
**10AM-3PM**  
 REGISTER  
 FEBRUARY 26-MARCH 7

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WINTER GAMES IS A DAY OF SPORTING EVENTS FOR MORALE, ESPIRIT DE CORPS & TO FIGHT THE WINTER BLUES! SQUADRONS COMPETE TO WIN MEDALS, THE WINTER CUP AND POINTS TOWARD THE 2018 COMMANDER'S CUP!

CONTACT YOUR SPORTS REP TO REGISTER

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, March 16 from 6-8 p.m. Gather your friends for a fun evening out painting a masterpiece. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided.

Pre-registration is required at the Arts & Crafts Center from March 6 to March 15. There is limited seating available so be sure to register early. Class is open to adults 17 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For additional information, please contact the Arts & Crafts Center at 723-3640.

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 March Special

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## CLUB MEMBER DRAWING ON FRIDAY, MARCH 2 WILL BE FOR \$1,200.

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, March 2 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

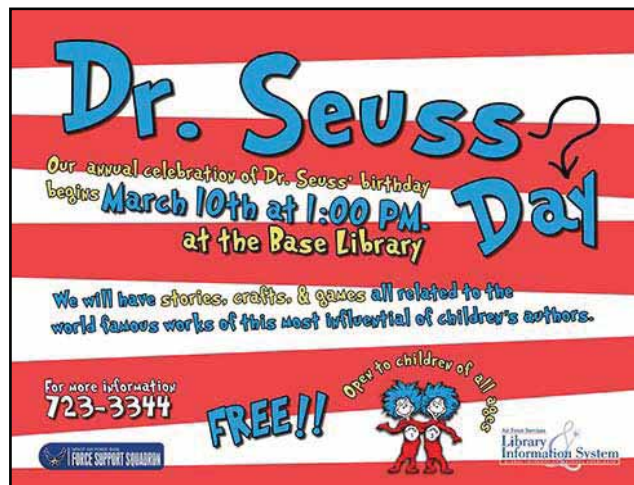
## FAMILY and YOUTH EVENTS & PROGRAMS

### Youth Baseball & T-Ball Registration

The Youth Center is holding Youth Baseball & T-Ball registration now 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.



### 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 723-6662.

### 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 15 Creative Kids Class

Spend the morning with your preschooler having fun creating a colored sand art container during the Creative Kids class at the Arts & Crafts Center on Thursday, March 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.

## YOUNG AIRMEN EVENTS & PROGRAMS

### Mar 2 Friday Night Karaoke

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

### Mar 19-22 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 March 19, 20, 21 & 22 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.

### 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.

Visit our website at [www.5thforcesupport.com](http://www.5thforcesupport.com)

## FORMER SLAVE from page 2

that, and the United Nations treated my injuries.”

After two years of filling out paperwork at U.S. Citizenship and Immigration Services in Egypt, Maker and his uncle's family were finally granted permission to enter the United States.

“I was very excited to come to the U.S.,” said Maker. “Looking back at everything my family and I endured, it is a miracle that we made it out of there.”

### Dreaming

When Maker first arrived in the U.S. in 2001, he settled in Concord, New Hampshire. Not only did he want to survive, but he wanted to thrive.

“I wanted to change my life, help my parents back in South Sudan, and give my future children a better childhood than the one I had,” he said. “And the only way to do that was through education and determination.”

Maker started with the basics and began learning English by watching children's cartoons and spending plenty of time with other high school kids just listening to their conversations and absorbing all that he could.

“Within a short amount of time, I was able to communicate effectively with other students and teachers, order food, and really get by on my own,” Maker said.

While learning English was a crucial step on his personal journey, Maker's high school career really took off when one of his teachers introduced him to running.

“Running was always just natural and easy for me,” said Maker. “It was a great high school experience and it helped me meet a lot of friends, build confidence and it was genuinely fun.”

After winning the National High School indoor two-

mile title, Maker received a scholarship to compete at Iowa State University, where he allowed himself to dream of things that had never been done before.

“When I got to college in 2005, I remember hanging a piece of paper on my wall that said I was going to run in the Olympics in 2012 for South Sudan,” said Maker. “I thought ‘Why not me? Why can't I do it?’”

Maker graduated with a bachelor's degree in chemistry and reached All-American status as a student athlete, ready to start his new life. Maker planned to head to Flagstaff, Arizona to train for the 2012 Olympics.

The same day he left for Arizona in 2011 was the day South Sudan officially gained its independence.

“I drove the whole way celebrating and it was a very special day that I will always remember,” said Maker.

Following his year of training, Maker qualified to run the marathon in the 2012 Olympics in London.

Even though South Sudan officially gained its independence, the country was not yet a member of the International Olympic Committee and Maker was still not an official U.S. citizen.

“State senators from New Hampshire and Arizona presented my case to the Senate in Washington D.C. so the International Olympic

Committee allowed me to run in the Olympics without a country,” said Maker.

Even though his dream of running for South Sudan had not yet come true, Maker accomplished a great deal as an unaffiliated Olympian.

“All of the people in South Sudan knew where I was from,” said Maker. “I wanted to be the inspiration for the children to say, ‘Hey, if Maker can do it, you know what, I can do it too.’”

After the 2012 Olympics, Maker was undeterred and set a new goal for himself and his country.

“I said to myself, ‘In 2016, I'm going to bring South Sudan to the Olympics for the first time,’” said Maker. “I wanted to try to do more for my country and the 2012 Olympics only strengthened my conviction to accomplish my goal.”

This time around Maker's dream became a reality in Rio de Janeiro 2016 when he became one of three athletes to be the first to represent South Sudan in an Olympic games, as well as South Sudan's flag bearer for the opening ceremony.

“Walking into that stadium, carrying the South Sudan flag was just indescribable,” said Maker. “The people of South Sudan were in my mind the whole time I was running into the stadium with that flag and it meant so much to me.”

While it was a truly incredible and improbable moment for Maker, his thoughts were filled with the people of his home country while he was running with



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DILLON PARKE

Gour Maker, a trainee at basic military training, receives an Airman's Coin at the coin ceremony Feb. 1, 2018, outside the Pfingston Reception Center at Joint Base San Antonio-Lackland, Texas. Maker was recognized by his wingmen as a selfless leader and motivator during his time at BMT.

that flag.

“Over 50 years of civil war and my country finally got independence,” said Maker. “So many lives were lost for our freedom, it was just ringing in my head that we have done it, we have done it. On that day, everyone in

South Sudan was at peace watching the Olympics for the first time.”

For Maker, the 2016 Olympics were an enormous accomplishment that went

See Former Slave on page 12



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**Michelle Fundingsland, RDN, LRD**  
**Ilene Olson, RN, Diabetes Educator**

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## ESTATE CLAIMS

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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Questions or more Information  
Call 701-626-2712

Northern Sentry  
**839-0946** or  
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## HOW DO I SUBMIT ARTICLES OR STORY IDEAS TO THE NORTHERN SENTRY?

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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 4

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IN SURREY – 4 bedroom, 1 ¾ bath split foyer home on corner lot. Custom kitchen cabinets, deck off dining room. Daylight lower level family room, 2 bedrooms, ¾ bath and laundry. Oversized double garage.

**MLS #180010**



**\$169,900**

IN MOHALL – 3 bedroom, 1 ¾ bath home. Large kitchen with oak cabinets. Master bedroom has walk-in closet and bath. Lower level family room, bath and laundry hook-ups. Large deck. Detached double garage.

**MLS #172698**



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**MARCH 2 & 3**



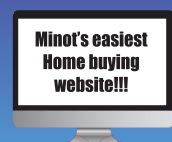
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**Matt Watne**  
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mwatne@minot.com

## BASE ANNOUNCEMENTS

## TODAY

- Dr. Seuss Birthday Celebration Week/Read Across America, March 2-9, 1600-1700, Youth Programs & School Age Care
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Mini Health & Fitness Fair, 1000-1300, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Olympic Lift Training, 1215, 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

## SATURDAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Bowling Special Play 2 Games,

get the 3rd Free, 1600-2000, Bowling Center

- Fight Night - UFC 222: Cyborg vs Kunitskaya, Preliminaries at 1900 and Main Card at 2100,
- Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

## SUNDAY

- Family Zumba, 1400, Fitness Center

## MONDAY

- Basketball Camp at the Youth Center, March 5-9
- Tactical Fitness, 0630, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Zumba, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800-1930, A&FRC, held at the PDC
- Yoga, 1830, Fitness Center

## TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Game Day, 1000-1930, Base Library
- Yoga, 1000, Fitness Center
- Zumba, 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, 1930, Fitness Center

## WEDNESDAY

- LAST DAY to register for 4th Annual Winter Games at the 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
- Brown Bag Book Talks, 1200, 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
- EFMP Meet & Greet, 1630-1800, A&FRC
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

## THURSDAY

- Parent & Tot Fit Kids, 0930, Fitness Center
- Yoga, 1000, Fitness Center
- Olympic Lift Training, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- March Kids Swim, 1330-1530, Indoor Pool
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Lift Training, 1730, Fitness Center
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

## 9 MARCH

- 4th Annual Winter Games, 1000-1500, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1215, Fitness Center

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- 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
- Operation Night Hoops (Teens Only), 1900-2200, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

## 10 MARCH

- 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
- Dr. Seuss Day, 1300, Base Library
- Bowling Special Play 2 Games, get the 3rd Free, 1600-2000, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

## ONGOING EVENTS

- March Kids Swim. Beat the winter blues with FREE Kids Swim at the Indoor Pool! Homeschooling families are welcome to attend. Every Thursday in March from 1330-1530

## FORMER SLAVE from page 8



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DILLON PARKER

Guor Maker, a trainee at basic military training, supports a wingman taking a physical fitness test Jan. 30, 2018, at the 324th Training Squadron's physical training pad at Joint Base San Antonio-Lackland, Texas. Maker was selected as a physical training leader for his time at BMT, his duties include leading the flight during warm-ups and providing support for struggling trainees.

far beyond his 82nd overall finish.

"I couldn't have accomplished any of it without all the support I received from my family and the opportunity the United States gave me. It's the highlight of my athletic career so far and a moment I'll treasure forever."

Serving

The next chapter in Maker's life began when he decided to join the U.S. Air Force to serve the country that gave him so many opportunities.

"All of the things I've

accomplished have derived from the opportunities the U.S. has afforded me," said Maker. "When I first came to America, I didn't have hardly anything, but with the support and opportunity this country has given me, I've been able to completely change my life."

The staff at basic military training had no idea who Maker was, but he quickly stood out to leadership at the 324th Training Squadron.

"I went out to the track and saw the instructors were putting their attention on one trainee in particular,"

said Maj. John Lippolis, director of operations for the 324th TRS. "I could see him running noticeably faster than everyone else and the instructors explained to me that we had a two-time Olympian at BMT."

In addition to Maker's Olympian status, his unique personal story also stood out to Lippolis.

"I was just absolutely floored when I talked to him about what he went through to get to where he is today," said Lippolis. "Not only did he survive, he wanted to better himself and he has accomplished so much. He has an amazing story and the drive he has displayed to succeed like that in the face of such adversity is truly inspiring."

Maker not only inspired Lippolis, but other members of his flight were inspired too.

"All of his wingmen said the same things when I talked to them," said Lippolis. "They told me what an inspiration he was within the flight; that the flight rallied around him and he doesn't do anything he's supposed to do for himself until he helps out everybody else."

While Maker has accomplished a great deal in his lifetime, he's not done dreaming.

Maker hopes to join the Air Force World Class Athlete

Program, a program designed to allow elite athletes the opportunity to train and compete in national events to make the Olympics. He also wants to make the 2020 Olympics where he'll have the opportunity to represent his new home and the

country that gave him so much.

"Joining the greatest Air Force in the world has been an absolute miracle," said Maker. "I can't wait to see what this next chapter holds for me."

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