

# northsentry

FREE | VOL. 56 • ISSUE 14 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, APRIL 6, 2018



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

## ONLY THE **BEST** COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212  
V35BW.PA@US.AF.MIL



## Minot AFB



## Videos



# The Healing Process

STAFF SGT. SAHARA L. FALES | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

"My doctors didn't know if I would walk again, but that wasn't ever really an option for me."

It was the stereotypical image of a car accident, the one where cars are frozen in time as their metal noses scrunch back to avoid colliding. Inside the car, glass shards danced in the air as her body was jerked toward the windshield.

It was Aug. 26, 2015 when her life changed forever because someone decided to get behind the wheel while under the influence.

"There was a tremendous amount of pressure all over my body--then I passed out."

As her eyes closed, memories of her favorite past-times flashed through her mind. She thought of her love for running, hiking and the outdoors. She even envisioned herself putting on her Air Force uniform and wondered if this would be the end of her short military career.

She woke up leaning on the inside of the car door, one arm hanging out of the window. A loud ringing in her ears made the already chaotic scene more confusing.

After reaching over to wake the driver, she attempted to get out of the car. Her right hand had swollen to the size of a softball and she couldn't feel her legs.

"I could see how mangled my hand was," said Stephanie Smith. "It turns out, I didn't break any fingers, just every other bone in my hand."

With her one good arm, she pushed down on the center console. A loud crack echoed from her sternum warning her to stay put.

"It seemed like I was stuck for hours. I felt myself getting really tired, sort of dozing in and out," said Smith.

The sound of a helicopter in the distance caught Smith's attention, but as the whirring blades passed by, they took her hope for help with them.

It seemed like ages, but eventually emergency personnel arrived to rescue her from the broken glass and twisted metal.

"When they laid my body on the backboard, I felt an amount of pain that I didn't

know was possible," said Smith. "I've heard people say 'I'll take pain because that means I'm alive' but those people must've not felt what I felt that day. I remember just screaming. Repeatedly. It didn't stop."

The medical team began to cut Smith's clothes off to assess her injuries better. Then she was transported into a helicopter.

On the upside, she could finally feel her legs again. The downside was her bones felt tangled up inside her, she said.

"When the helicopter landed, the medics couldn't fully load me in since my legs were so deformed,"

said Smith. "They wrapped a strap around my legs to straighten them, and succeeded getting me into the helicopter. The pain was so unbearable that's all I remember about the ride."

The team arrived to the emergency room with Smith in tow. She described the scene as busy- but everyone worked like a well-oiled machine. Fluorescent ceiling lights passed quickly overhead as she was rushed to surgery. One light. Two Lights. Three lights- she was out again.

"I woke up around midnight from surgery," said Smith. "Around day three I started to understand

what happened to me. I ended up shattering my pelvis, hips, femur, right foot and right hand."

She continued, "I also broke a few ribs, my sternum, ruptured my esophagus and appendix, lacerated my liver, collapsed a lung and had several lacerations in my intestines."

Smith endured six surgeries in the first five days, followed by 14 days in the intensive care unit and another eight weeks in the hospital.

Ten pins held together her hand while another 150 pieces of metal made up the rest of her new body.

"I relearned how to walk, which was bittersweet. You might think, 'Wow that's a lot,' but it wasn't the worst part," said Smith. "A few nights after leaving the

ICU, I remember waking in the middle of the night screaming and violently throwing up."

When she closed her eyes, memories of the cars colliding filled her dreams, trapping her as Post Traumatic Stress Disorder invaded her life.

"It's been two years since the crash and the nightmares still haven't stopped," said Smith. "The mental effects of the crash hit me harder most days than the physical effects."

Nine surgeries have passed and she still isn't done. Some days her pain is manageable, other days she can't even move her legs without assistance.

"My recovery is still happening today, and I still have several surgeries

Continued on page 8



**WE ARE PERSONALIZING CARE. TOGETHER.**

**TRINITY HEALTH**

RONN HALL, JR, RRT

## Joining forces to deliver truly remarkable care.

At Trinity Health, we go above and beyond to deliver you the highest level of care. As a member of the Mayo Clinic Care Network, Trinity Health works with Mayo Clinic specialists to resolve the most challenging medical problems and provide better answers.

For you this means greater peace of mind, knowing that our doctors have special access to Mayo Clinic knowledge, expertise, and resources. Then Trinity Health provides world class care right here — so you're never far from home. There's no stronger team in Western North Dakota and Eastern Montana dedicated to helping you enjoy the best of health.



CALL (701) 857-3748 TO FIND  
A TRINITY HEALTH PHYSICIAN, OR  
VISIT [TRINITYHEALTH.ORG/MAYO](http://TRINITYHEALTH.ORG/MAYO).

MINOT, NORTH DAKOTA



# 5TH CES: INSTALLATION POWERHOUSE

Airmen assigned to the 5th Civil Engineer Squadron electric shop repair light fixtures at Minot Air Force Base N.D., March 21, 2018. There are six different shops within the 5th CES electric shop including exterior and interior lighting, fire alarm teams, cathodic and lighting protection, and the airfield lighting teams.

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



## 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  
**Public Affairs Officer**  
Lt. Danielle Lucero  
**Superintendent**  
Master Sgt. Jeremy Larlee  
**Media Relations**  
Mr. Gregory Boster

**Staff Photojournalists**  
Tech. Sgt. Jarad Denton  
Tech. Sgt. Evelyn Chavez  
Staff Sgt. Benjamin Smith  
Staff Sgt. Airman Sahara Fales  
Senior Airman Justin Armstrong  
Senior Airman Jessica Weissman  
Airman 1st Class Jonathan McElderry  
Airman 1st Class Alyssa Akers  
Airman 1st Class Dillon Audit  
Airman 1st Class Ashley Boster

**COMMANDERS**  
5th Bomb Wing Commander:  
Col. Matthew R. Brooks  
5th Bomb Wing Vice Commander:  
Col. Sloan Hollis  
91st Missile Wing Commander:  
Col. Colin J. Connor  
91st Missile Wing Vice Commander:  
Col. Craig Ramsey

**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

**VIEW ONLINE**  
www.northernsentry.com  
www.minot.af.mil

**FACEBOOK**  
Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is **www.minot.af.mil**. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



creative property management Inc.

**BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT**

**2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE**

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

**STARTING AS LOW AS \$895 A MONTH!**

**SCHEDULE YOUR SHOWING TODAY!**



701-852-5028  
WWW.CREATIVEMINOT.COM

**NORTHERN SENTRY**  
839.0946 | nsads@srt.com

**MINOT FLEA MARKET**  
**APRIL 5 & 6**  
ANTIQUES, COINS, BOOKS, JEWELRY, TOOLS, BAKED GOODS, & MORE  
STATE FAIRGROUNDS - MINOT  
SAT 8AM - 4PM - SUN 10AM - 3PM  
A PLACE TO SHOP - A PLACE TO SELL  
SELLERS, CALL TODAY! 701-340-7930

*Electrolysis & Reflexology* studio


**What is electrolysis?**  
Electrolysis is the only FDA approved method of permanent hair removal for unwanted hair on both face and body. A large percentage of women & men have superfluous hair problems.

**EYEBROWS • SIDEBURNS • EARS  
CHEEKS • NECK • FOREHEAD LINES  
EYEBROW ARCH • BRIDGE OF NOSE  
LIP HAIR • CHIN HAIR**

- Sterile procedure using disposable probes
- Electrologist with 34 years experience
- A.E.A. Certified & Licensed

**FREE CONSULTATION  
PRIVATE OFFICE**

**701.852.2690**  
Email: hairoff@minot.com  
1809 S Bdwy Plaza Suite K  
Minot, ND





Picture your ad in the  
**northernsentry**

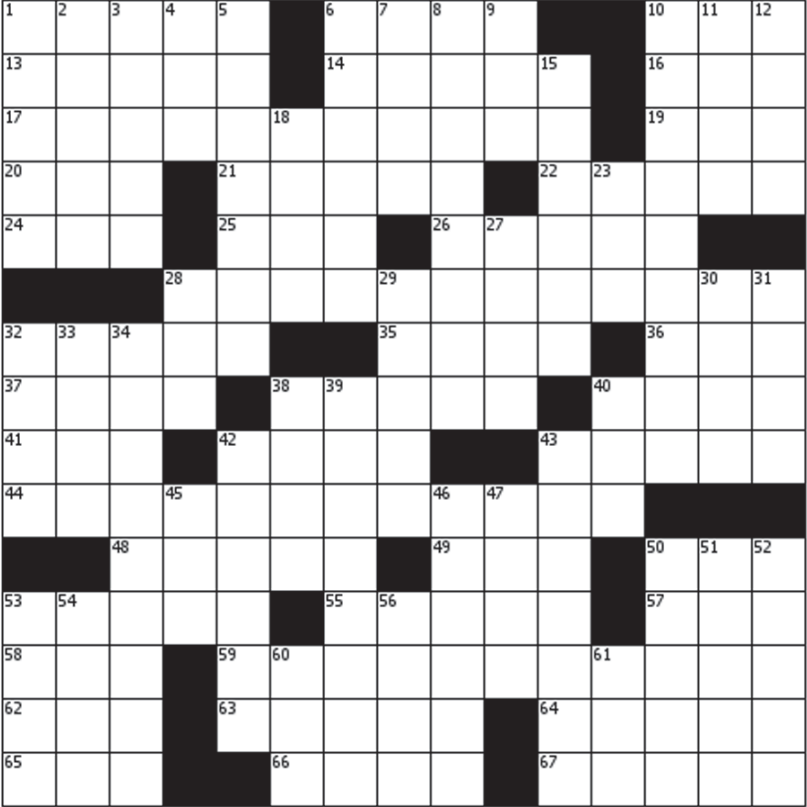
MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM

Call us today for more info!  
**701-839-0946**  
nsads@srt.com



CROSSWORD PUZZLE

- Across
- 1. Friday creator
  - 6. Engrave
  - 10. Court winner
  - 13. Mastodon relic
  - 14. Bar fare
  - 16. Pirate's potation
  - 17. Clockwork?
  - 19. Dr.'s diagnostic tool
  - 20. Heartthrob's picture?
  - 21. High hope
  - 22. Awesome spread
  - 24. "Comprende?"
  - 25. Victoria Island explorer
  - 26. Leading
  - 28. Seriously misbehave
  - 32. Leading
  - 35. Irish ancestor
  - 36. Something you may flip
  - 37. Hatchling's noise
  - 38. Checker move?
  - 40. Implored
  - 41. Historical period
  - 42. Drove like mad
  - 43. Double-edged literary device
  - 44. Amusement on a drive?
  - 48. Lions' locks
  - 49. Type of service
  - 50. Testing facility
  - 53. Hindu teacher
  - 55. Common refrain
  - 57. Klondike find
  - 58. Panama, for one
  - 59. Decorator's concern
  - 62. Corroded
  - 63. Buffed leather
  - 64. Controller's spot
  - 65. Milkman's meas.



66. "Julius Caesar" time frame
67. Run-down
- Down
- 1. Cubes
  - 2. Call forth
  - 3. Smithy's workplace
  - 4. Bruin superstar
  - 5. Conjunctivitis remedy
  - 6. Regard
  - 7. "See you later"
  - 8. Weather conditions
  - 9. Cordon bleu ingredient
  - 10. Well-shielded Southerner
  - 11. Some crossbreeds
  - 12. Give off
  - 15. Imperfection
  - 18. Stuff full
  - 23. Wax producer
  - 27. Shut down
  - 28. "NYPD Blue" extra
  - 29. Slicker in the winter
  - 30. Bearing
  - 31. Whirlpool

- 32. UAE et al.
- 33. Agrippina's tyrant son
- 34. Some play with them for money
- 38. Small carry-on
- 39. Went to the mat
- 40. Cursor attachment?
- 42. Garments for Antony and Cleopatra
- 43. Crater creators
- 45. Country singer Tillis
- 46. Unfriendly looks
- 47. Afflicts
- 50. "Gigi" composer
- 51. Ready to shoot
- 52. Smelling of suds
- 53. Big man in L.A.
- 54. Power unit
- 56. Got carried away?
- 60. Versailles agreement
- 61. Plot implement

SUDOKU Solution to puzzle on page 10

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

© 2009 Hamelin Content

Solution to last week's Crossword puzzle.

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

FRIDAY, APRIL 6 • 1800

GRINGO, a dark comedy mixed with white-knuckle action and dramatic intrigue, explores the battle of survival for businessman Harold Soyinka (David Oyelowo) when he finds himself crossing the line from law-abiding citizen to wanted criminal.

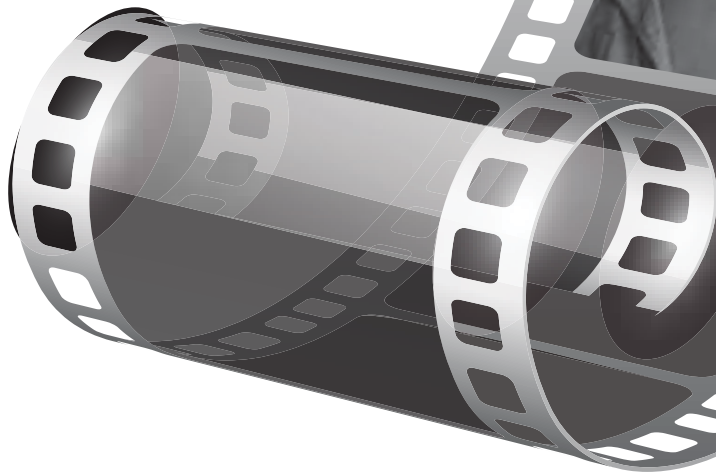
A WRINKLE IN TIME • (PG)  
SATURDAY, APRIL 7 • 1700

After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him.

THOROUGHBREDS • (R)  
SUNDAY, APRIL 8 • 1500

Two upper-class teenage girls in suburban Connecticut rekindle their unlikely friendship after years of growing apart. Together, they hatch a plan to solve both of their problems-no matter what the cost.

REEL TIME  
THEATER  
MOVIE  
SCHEDULE







## Lemon Garlic Slow Cooker Chicken



### INGREDIENTS:

14.5 oz can low-sodium chicken broth	2 - 2 1/2 lbs boneless, skinless chicken breasts
1/4 cup lemon juice, about 1 lemon	2 Tbsp unsalted butter
5 - 6 cloves garlic, minced	2 Tbsp cornstarch
1 tsp dried oregano	1/4 cup water
2 tsp chicken bouillon	salt and pepper
	wedges lemon, for serving

### INSTRUCTIONS:

Combine chicken broth, lemon juice, minced garlic, oregano and chicken bouillon in slow cooker then stir to dissolve bouillon. Once bouillon has dissolved, add chicken and butter. Cover and cook on low for 2 hours or just until chicken is cooked through and tender. Overcooking chicken breasts will result in them becoming dry. Remove chicken from slow cooker, dice, slice or leave breasts whole then transfer to a serving dish. Stir together cornstarch and water in a medium saucepan. Add the liquid from the slow cooker to the saucepan. Place over medium-high heat and bring to a boil, whisking continuously. Once sauce comes to a boil, reduce heat to low and simmer 1 minute. Remove from heat. Add salt and pepper to taste. Add a few drops of fresh lemon juice for a little more zing or a pinch of sugar if it's a bit too tart. Pour sauce over chicken, garnish with fresh chopped parsley then serve over rice or pasta with a lemon wedge on the side.

# Treat Spring Fever with North Dakota Fun this April

NORTH DAKOTA LEGENDARY

**R**eady for Spring? Join fellow gardeners and yardwork lovers at a home show to learn about new techniques and tools. Pursue that interest you've always had, whether it's for classic cars or square dancing. Or, just get the family out and about for some live entertainment. For more about these activities and a complete list of statewide events in April at [NDtourism.com](http://NDtourism.com) or call 800-435-5663 or 701-328-2525.

Foreigner and the Dave Eggar Orchestra  
Grand Forks April 2  
Minot April 3  
Celebrate one of the most popular rock acts in the world, right here in North Dakota. The legendary group Foreigner teams up with the Dave Eggar Orchestra to offer audiences a unique collaboration and blend of the band's hits. It is a limited live orchestra engagement, so don't miss out on the opportunity to enjoy this live performance. <http://und.edu/chester-fritz-auditorium/>; 701-746-0444.

Shrine Circus  
Fargo April 6  
Jamestown April 10  
The El Zagal Shrine  
Circus visits Fargo before taking its show on the road to Jamestown. Crowds will enjoy acts featuring high-wire and trapeze artists, clowns, elephants, bears and much more. 701-241-9100

(Fargo) and 701-320-5909 (Jamestown) for information and tickets.

Think & Drink – Happy Hour with North Dakota Humanities  
Minot April 8  
Bismarck April 29  
Spend an evening discussing important and relevant topics with other thinkers at one of Humanities North Dakota's Think & Drink series. The goal for the series isn't to get everyone to agree on a particular point of view, but rather to spark and encourage healthy debate and philosophical discussion on a range of issues, all while enjoying a locally crafted brew. Learn more at <https://www.humanitiesnd.org/thinkdrink.html>.

Minot Spring Big One Arts and Crafts Fair  
Minot April 13-14  
Now in its 27th year, Minot's Spring Big One Arts and Crafts Fair is a reliably wonderful showcase of all things handmade by artisans from all across the United States. Spend a day touring an array of exhibits and scoring some one-of-a-kind finds. [www.thebigone.biz](http://www.thebigone.biz); 701-837-6059

Maple Sugaring Day  
Garrison April 14  
Did you know you can make North Dakota maple syrup by tapping a Box Elder tree? Did you even know that Box Elder trees are in the maple family? Spend a day at Fort Stevenson State Park learning all about

the techniques for tapping and boiling maple syrup in North Dakota. A free-will pancake and sausage breakfast will be served. Learn more at <http://www.parkrec.nd.gov/>.

Prime Steel Car Show  
Grand Forks April 14-15  
Enjoy classic cars? Don't miss out on one of the Upper Midwest's largest indoor classic car shows. Hundreds of classic and special-interest automobiles will be on display. Check out the on-site entertainment and food concessions, as well. <http://www.primesteelcarclub.com/annualshows/>; 218-201-0813.

UNDIA Time-Out Wacipi Powwow  
Grand Forks April 20-21  
Eager to learn more about Native American culture? Here's your chance: For an entire week, lectures will be conducted at the University of North Dakota Memorial Union, giving attendees an opportunity to learn more about Native American culture and heritage. One of the state's largest and most renowned powwows caps the week. <https://und.edu/orgs/indian-association/powwow.cfm>; 701-777-4291

Dirty Rotten Scoundrels presented by Fargo Moorhead Community Theater  
Fargo April 20-29  
This ridiculous – but hilarious – 11-time Tony Award nominee is brought to life by the Fargo Moorhead Community Theater. Follow along – laughing and gasping all the way – as the show's characters make an absolute spectacle of themselves. For more information, call 701-235-6778 or visit <http://www.fmct.org/>.

iMagon  
Minot April 27-29  
It's North Dakota's comic con; a fandom event featuring all fan genres. Join the adventure and participate in LAN parties, table top gaming, video gaming, cosplay contests and more. Visit <http://www.imagiconnd.com/> to learn more; 701-852-2504.

66th North Dakota State Square and Round Dance Festival  
Bismarck April 28  
Calling all square dancers! The 66th Annual North Dakota State Square and Round Dance Festival will be held at the Burleigh County Senior Center and dancers of all levels are invited to attend. Square Dance is the official dance of the state of North Dakota, so come out for a day of fun, laughter and DANCE! To learn more, call 701-839-0755.

These are just a few of North Dakota activities and events taking place in April. For more information, go to [NDtourism.com](http://NDtourism.com) or phone 701-328-2525 or 800-435-5663.

Steer in for **BEER** APRIL 6  
cheers to National Beer Day!  
BEER | BRATS | PRIZES

APRIL 7  
**CASH IS KING**  
Win your share of \$15K

27<sup>th</sup> Annual  
**8-Ball Classic**  
APRIL 19-22

RELAX AND ENJOY MOMENTS NOTICE APRIL 6 & 7 AT POCKET ACES LOUNGE

800.294.5454

**4 BEARS CASINO & LODGE**  
4 MILES WEST OF NEW TOWN

Download our NEW MOBILE APP so you always know what's up!

NOW OPEN 24 HOURS!

VISIT [4BEARSCASINO.COM](http://4BEARSCASINO.COM) FOR DETAILS AND CHECK US OUT ON SOCIAL MEDIA.

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

**cartiva**  
3520 S. BROADWAY  
MINOT, ND 58701  
701-857-9210  
[WWW.CARTIVAOFMINOT.COM](http://WWW.CARTIVAOFMINOT.COM)

**MARGIE'S**  
HOURS:  
TUES & TH: 10AM - 8:30PM • W,F & SAT: 10AM - 5:30PM  
SUN & MON: CLOSED

**THE FUN STARTS HERE!**  
PAINT CERAMICS, CANVAS OR A FUN GLASS PROJECT

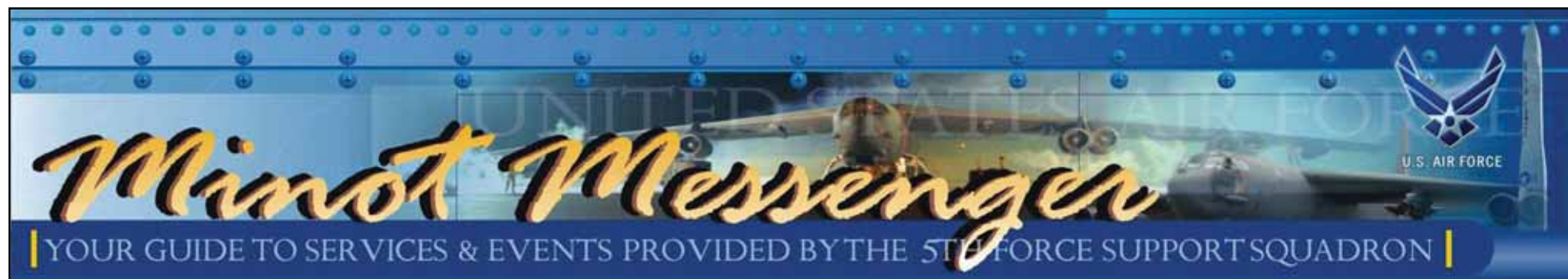
**ANYTIME!**

BROWSE OUR UNIQUE GIFT SHOP

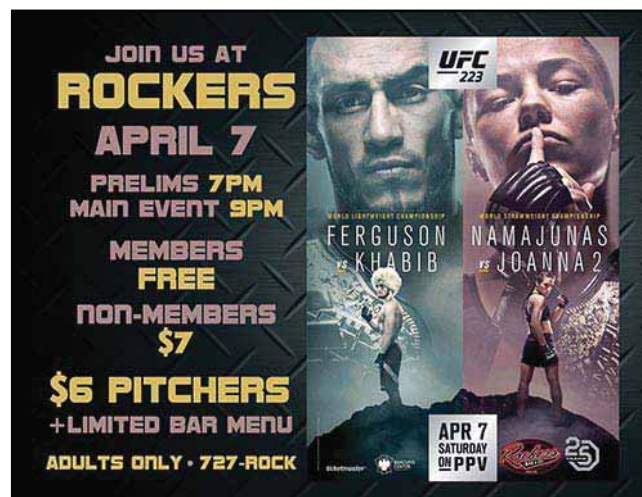
**"YES YOU CAN!"**  
109 S MAIN ST • 837-8555 • [MARGIESARTGLASS.COM](http://MARGIESARTGLASS.COM)

ENJOY A DELICIOUS FRUIT SMOOTHIE OR COFFEE FROM THE BLACK IGUANA COFFEE SHOP!





## Free Admission For Club Members At UFC 223 Pay-Per-View



Club members receive FREE admission to the UFC 223 pay-per-view event at Rockers Bar & Grill on Saturday, April 7. Non-members price is only \$7.

The action showcases the UFC Lightweight Championship bout between current interim champion Tony Ferguson and #2 ranked challenger Khabib Nurmagomedov. In addition, a UFC Women's Strawweight Championship bout is scheduled featuring current champion Rose Namajunas and former champion Joanna Jedrzejczyk. A UFC Featherweight battle will see Renato Moicano taking on Calvin Kattar. Additionally, the main card includes UFC Lightweight bouts featuring Michael Chiesa battling Anthony Pettis and Al Iaquinta versus Paul Felder. A stellar line-up of preliminary fights are also scheduled prior to the main event card.

The UFC 223 action takes to "The Octagon" starting at 7 p.m. with preliminaries and 9 p.m. for the main events. This is an adults only event - no children. For more details, call 727-ROCK.

## Advance Tickets On Sale Now For Dinner And A Comedy Show



Get ready for a great night of laughs during the Dinner and a Comedy Show at Rockers Bar & Grill on Saturday, April 28. Doors will open at 6 p.m. with the show starting at 8 p.m. Headlining the show will be Air Force veteran and Minneapolis native Ron Lamprecht.

Advance tickets for the Dinner and a Comedy Show are \$10 per person for Club Members and \$15 for non-members. Cost includes a delicious dinner served starting at 7 p.m. prior to the show. Tickets day of the show are \$17. This is an adults only event - 18 years of age and older.

Ron Lamprecht has toured the country doing shows including The Hollywood Improv with his act described as "taking the audience dancing". He has been featured in Laughlin, Nevada's Laughfest comedy festival as well as the 10,000 Laughs Festival in Minneapolis. With a controlled rage and self-deprecating approach, Ron takes on everything from idiot drivers to IPAs to how he almost burned down his house on the 4th of July and why that's like hunting whales.

For additional information, contact Rockers Bar & Grill at 727-ROCK.

## Don't Miss ODR Open House and FREE National Park Passes

Mark your calendar for Friday, April 27 so you don't miss the fun when Outdoor Recreation holds their annual Open House. Plus the facility will also host Park Rangers from Theodore Roosevelt National Park who will be on hand to distribute free annual passes to qualified personnel.

To show appreciation for those who serve in the U.S. Military, the National Park Service and other land management agencies began issuing an annual pass offering free entrance to over 2000 federal lands including Theodore Roosevelt National Park for active duty military members and their dependents.

On Friday, April 27 from 11 a.m. to 4 p.m. at Outdoor Recreation, active duty members and their dependents can visit with representatives from the Theodore Roosevelt National Park and pick up their free pass. To obtain the pass, you must present your valid Common Access Card (CAC) or military dependent ID (DoD Form 1173). This Interagency Annual-Military Pass also permits



free entrance for military personnel and their families to sites managed by the U.S. Fish & Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service. Passes are limited to those on hand so be sure to come early. For more information, call Outdoor Recreation at 723-3648.

# Delicious New Menu Options

## AT THE JIMMY DOOLITTLE CENTER

### Monday

#### Tex-Mex Buffet

### Tuesday

#### Chicken & Waffles

### Wednesday

#### APRIL SPECIAL

#### Build-Your-Own Ramen Noodle Bowl

### Thursday

#### BBQ Buffet

### Friday

#### Chef Choice Buffet

#### Chicken Fried Steak, Baked/Fried Fish, and more!

### Delectable Dishes

# 5

## Days a Week!

### PRICE

Members: \$9.50  
Non-Members: \$11.50

### SERVED

11:00 AM - 1:00PM

### + ALA CARTE

Delicious Sandwiches Every Weekday!  
Beef & Cheddar, Ham & Cheese, Italian, Grilled Cheese  
\$6.95 Members, \$8.95 Non-Members

### BEGINNING IN APRIL • 723-3731



## CLUB MEMBER DRAWING ON FRIDAY, APRIL 6 WILL BE FOR \$1,400.

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, April 6 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

### Apr 9 Family Child Care Pre-Orientation

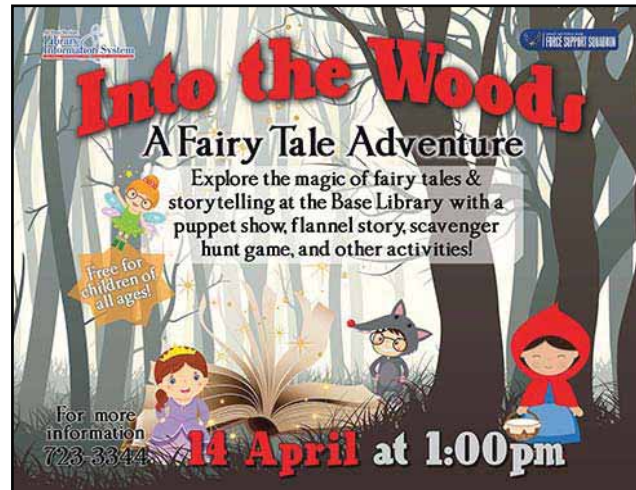
Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC New Provider Pre-Orientation at the Family Child Care office on April 9 from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For more information, call the FCC office at 723-6662.

### 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.

### Apr 11 National Library Week Open House

The Base Library is celebrating National Library Week with an Open House on Wednesday, April 11. Visitors can stop by anytime between 11 a.m. and 7 p.m. Celebrations will include a live treasure-hunt game with prizes and refreshments. Join the library and enjoy these FREE National Library Week activities. The event is open to everyone. For additional information, please contact the Base Library at 723-3344.



## YOUNG AIRMEN EVENTS & PROGRAMS

### Apr 6 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on April 6 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.

### Apr 16-19 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 April 16, 17, 18 & 19 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.



### Apr 14 Spring Cycle-a-thon

Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Spring Cycle-a-thon on Saturday, April 14 from 9-11 a.m. in the cycle room. Experience a great endurance ride during this FREE 2-hour event. The Spring Cycle-a-thon is open to all DoD ID card holders 16 years of age and older. For additional information, contact the McAdoo Sports & Fitness Center at 723-2145.

### Apr 16 IRS 1040 Tax Break Steak Dinner

The Jimmy Doolittle Center invites Club Members to celebrate the end of the tax season with a delicious dinner on Monday, April 16 from 5-7 p.m. Enjoy a tasty flat iron steak cooked to perfection by a JDC team member. Then proceed to a scrumptious buffet featuring baked potatoes with all the fixins and a delectable salad bar. Cost for this Club Member only dinner is just \$10.40 per person. Registration is required for this dinner - sign-up between April 1 and April 13. For more details, call the Jimmy Doolittle Center at 723-3731.

### Apr 20 Wine & Paint Class

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, April 20 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 April 10 to April 19. 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.

### Garden Plot Renewal

Spring is here and warmer weather is on the way! Now is the time to start your gardening plans. Outdoor Recreation is accepting garden plot consignments for the upcoming growing season now through April 14 for 2017 season plot owners. Anyone who is not a previous owner can start claiming their garden plot beginning April 16 on a first come, first served basis. Garden plot use begins around May 25 and ends on October 15. Plots are located on the corner of Minute Man Drive and Missile Avenue. Cost is \$20 per plot per season. For more details, call Outdoor Rec at 723-3648.

For more 5th Force Support events, visit [www.facebook.com/5thforcesupport](http://www.facebook.com/5thforcesupport)



# GOLF

## SEASON PASSES

# ON SALE

## STARTING APRIL 1ST

## AT THE GOLF COURSE \*

Be the first one to purchase your season pass for the upcoming 2018 Golf Season!

If you were a season pass holder in 2017 and purchase a 2018 season pass you can receive one **FREE** golf cart rental (a \$20 value) for every new member you refer to purchase a season pass. New members must not have had a season pass in 2017. (Must be done April-June 2018)

\* From 8am-4pm, weather permitting. If snow is still on the ground, contact Rough Rider Lanes at 727-4715 to coordinate.

**723-3164**

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



## THE HEALING PROCESS

from page 2

that I need to have. It's exhausting, but I want to be better than I was yesterday and that's what the Air Force teaches you to strive for in your career."

During the first year of recovery Smith couldn't bring herself to talk about the incident that got her medically discharged from the Air Force. Now she hopes to share her story and bring awareness to anyone who thinks about driving impaired.

"All of this was because some guy decided to get into his vehicle while he was intoxicated and high on heroin," said Smith.

The man who crashed into her car that day died. He was found at the scene with a needle still attached to his arm.

"(His family) lost a family member that day because he made a selfish choice," said Smith. "I watched all the emotions my family went through while they were grieving with me, but at least I am still here."

In the future, Smith hopes to have a day with no pain and to pick up her love of running once more, but until then her goal is to have less



COURTESY PHOTOS

surgeries.

"I am blessed to still have the opportunity to make memories with my family and friends every day, and every person should have that," Smith added.

On the outside, Smith appears to be like any other person so telling her story is like sharing her biggest secret with strangers; scary and overwhelming. In other ways it helps her through the healing process, and she hopes she can help others too.



## Together We Shine Brighter

**North Star CCU**  
Minot Town Hall Meeting  
**Monday, April 16th, 2018**  
Sleep Inn & Suites  
(Dakota Square Mall)  
2400 10th St SW  
Minot, ND 58701

6pm Supper | 7pm Meeting



Full  
Service  
Salon  
• cuts  
• colors  
• highlights  
• pedicures  
• manicures  
• facials  
• perms

B&D

**Berni's**  
Hair Designers, Inc.

• **Melisa Ellison** •  
**701-240-1385**

Located on North Hill  
2001 3rd St NW • Minot

HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

## Cooking Class Cooking with Greek Yogurt

**Tuesday,**  
**April 10, 2018**  
**5:30-6:30 pm**  
**\$10**

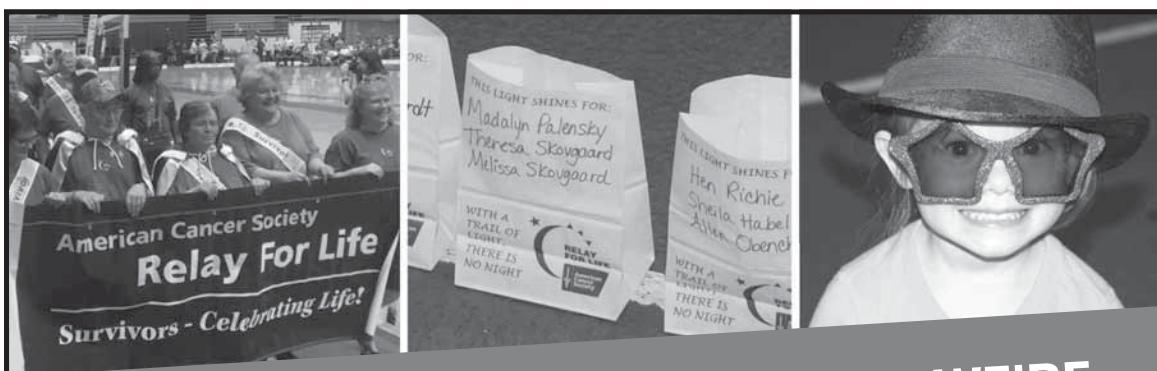


Trinity Health Community Conference Room  
Town & Country Center

Join a Trinity Health Registered Dietitian  
for a small group cooking class.



RSVP by April 9.  
Space is limited!  
Please reserve your  
spot today! Call 857-5268



**NO ONE FIGHTS ALONE, TOGETHER WE'RE  
ATTACKING CANCER FROM EVERY ANGLE.**



**APRIL MEETING**  
**APRIL 9 AT 7PM**  
**HOLIDAY INN RIVERSIDE**

**SURVIVOR DINNER**  
**JUNE 3 AT 4PM**  
**GRAND HOTEL**

GET YOUR LUMINARIA BAGS FOR \$5  
AT THE APRIL MEETING!

Register your team at  
**701.838.7047 • www.minotrelay.com**



<div><div><div></div><div><div>Little Flower Catholic Church</div><div>800 University Avenue West 838-1520</div><div>Mass Schedule</div><div>Saturday ..... 5:30 pm</div><div>Sunday .... 8:30 &amp; 11:00 am</div><div>Fr. Fred Harvey, Pastor</div><div>www.littleflowerminot.com</div></div></div></div>	<div><div><div></div><div><div>St. Peter The Aleut Eastern Orthodox Church</div><div>109 6th St. SE Minot • 838-3094</div></div></div><div><div>Sunday Liturgy ..... 10 a.m.</div><div>Saturday Vespers..... 6 p.m.</div><div>The Very Reverend Father Anastassy</div></div></div>	<div><div><div></div><div><div>Harvest Reformed Church</div><div>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</div><div>Now meeting at 1505 N Broadway, Grand International, Norse Room</div><div>Sunday Service 10:30 a.m. 838-0605</div><div>www.harvestreformedchurch.org</div></div></div></div>	<div><div><div></div><div><div>An Evangelical Free Church</div><div>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</div><div>Sunday School &amp; Fellowship ..... 9:00 a.m.</div><div>Worship ..... 10:45 a.m.</div><div>www.trinitychurchminot.org</div></div></div></div>	<div><div><div></div><div><div>Bible Fellowship Church</div><div>Worship Service at 10:45am Sundays Sunday School at 9:45am</div><div>1720 4th Ave NW, Minot 838-0916</div><div>MinotBibleFellowship.org</div></div></div></div>
<div><div><div></div><div><div>Faith United Methodist Church</div><div>5900 Highway 83 N, Minot</div><div>www.faithumcminot.com</div><div>Pastor Tom Sumers 701-838-1540</div><div>Sunday School (All Ages): 10 a.m.</div><div>Sunday Coffee Fellowship: 10:30 a.m.</div><div>Worship Services: Sunday 11 a.m.</div></div></div></div>	<div><div><div></div><div><div>Minot Baptist Church</div><div>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</div><div>Sunday School ..... 9:45 a.m.</div><div>Morning Worship .... 11:00 a.m.</div><div>Evening Worship ..... 6:00 p.m.</div><div>Wednesday Evening..... 7:00 p.m.</div><div>Independent/Fundamental/KJV</div><div>500 46th Ave NE • 839-1351</div><div>Pastor David Miller</div></div></div></div>	<div><div><div></div><div><div>Cornerstone Presbyterian Church</div><div>1000 NE 3rd Street 852-0315</div><div>Sunday Schedule</div><div>Contemporary Worship ..... 9:00am</div><div>Sunday School (All Ages) ..... 10:00am</div><div>Traditional Worship..... 11:00am</div><div>Wednesday Evening Schedule</div><div>Community Dinner ..... 5:30-6:30pm</div><div>Contemporary Worship ..... 6:30pm</div><div>Youth Group &amp; Small Groups.. 7:15pm</div><div>All are Welcome!</div><div>www.ecominot.org</div></div></div></div>	<div><div><div></div><div><div>Congregational UCC</div><div>430 N. Broadway • 839-1064</div><div>Sunday Worship ..... 11am</div><div>Sunday School ..... 11am</div><div>Tuesday Bible Study ..... 12pm</div><div>Saturday Noah's Breakfast ..9:30am</div><div>Please join us, all are welcome here!</div><div>UNITED CHURCH OF CHRIST</div><div>www.unitedchurchofchrist.org</div></div></div></div>	<div><div><div></div><div><div>St. Mark's Lutheran Church Missouri Synod</div><div>Sunday Worship. .... 8:30 &amp; 11:00 am</div><div>Adult Bible Study, Adult Choir, Youth</div><div>Sunday School ..... 9:45 am</div><div>2209 4th Avenue NW Minot, ND 839-4663</div><div>Carlyle Roth, Pastor</div><div>www.stmarksminot.com</div><div>Call or check out our website for more information.</div></div></div></div>
<div><div><div></div><div><div>Immanuel Baptist Church</div><div>1615 2nd St. SE • Minot • 839-3694</div><div>Sundays:</div><div>Sunday School ..... 9:15 a.m.</div><div>Worship ..... 10:30 a.m.</div><div>Wednesdays:</div><div>Soup Kitchen .... 11:30 a.m. - 12:30 p.m.</div><div>Family Supper ..... 5:45 p.m.</div><div>Classes for all ages ..... 6:30 p.m.</div><div>Adult Choir (as scheduled)..... 8:00 p.m.</div><div>Brian T. Skar, Pastor</div><div>www.ibcminot.org</div></div></div></div>	<div><div><div></div><div><div>Apostolic Faith Church, UPCI</div><div>2929 19th Ave NW • Minot</div><div>Located off Hwy 83 Bypass West (701)838-0609</div><div>Saturday School ..... 2:00 p.m.</div><div>Sunday Worship ..... 3:30 p.m.</div><div>Wednesday Bible Study ..... 7:30 p.m.</div><div>Jesse Starr, Pastor</div></div></div></div>	<div><div><div></div><div><div>St. John the Apostle Catholic Church</div><div>2600 West Central Ave • Minot, ND 58701 839-7076</div><div>Daily Mass Schedule:</div><div>Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.)</div><div>Wednesday - Friday ..... 7:00 a.m.</div><div>Saturday ..... 5:00 p.m.</div><div>Sunday ..... 8:00 &amp; 10:30 a.m.</div><div>Fr. David A. Richter, Pastor</div><div>Parish website: www.stjohnminot.com</div></div></div></div>	<div><div><div></div><div><div>First Lutheran Church - ELCA</div><div>120 - 5th Ave. NW 852-4853</div><div>Saturday Worship ..... 5:30 pm</div><div>Sunday Worship .. 8:30 am and 11:00 am</div><div>Wednesday Supper.....5:15 pm</div><div>Wednesday Education .....6:00 pm</div><div>Wednesday Worship .....7:00 pm</div><div>Services are now available online at firstlutheran.tv</div><div>Radio Broadcast KRRZ 1390 AM 8:30 AM</div><div>Pastor Brandy Gerjets</div><div>Associate Pastor Ellery Dykeman</div><div>www.flcminot.com</div></div></div></div>	<div><div><div></div><div><div>Gospel Tabernacle Community Church</div><div>9999 27th St NE 4 miles south of MAFB</div><div>James W. Henderson</div><div>Anna B. Henderson</div><div>Church: 701-838-4492</div><div>Home: 701-838-5759</div><div>KHRT 1320: 9 a.m. Sunday</div><div>Sunday School ..... 9:45 a.m.</div><div>Adult/Children Worship.. 11 a.m.</div><div>Family Hour .....6:30 p.m.</div><div>Evening Worship .....7:30 p.m.</div><div>Bible Study/Child-Adult</div><div>Children Worship (Wed).... 7 p.m.</div><div>Prayer (Friday) ..... 7 P.m.</div></div></div></div>
<div><div><div></div><div><div>Bethany Lutheran</div><div>215 3rd Ave. SE, Minot, ND</div><div>Phone: 838-5196 • Fax: 852-8494</div><div>A Member of the ELCA</div><div>Sunday Worship .... 8:30 am &amp; 10:30 am</div><div>Sunday Fellowship .....9:30 am</div><div>Wednesday Worship .....6:45 pm</div><div>Church School Wednesday .....5:45 pm</div><div>Website: www.bethanylutheranminot.com</div><div>Email: bethanylutheran@srt.com</div><div>Live Streaming: bethanylutheran.tv</div><div>Pastor Janet Hernes Mathistad</div><div>Pastor Gerald Roise</div></div></div></div>	<div><div><div></div><div><div>First Baptist Church</div><div>200 3rd St. SW • 852-4533</div><div>www.fbcminot.org</div><div>Classic Worship Service ..... 8:30 a.m.</div><div>Adult Sunday School .....9:45 a.m.</div><div>Contemporary Worship Service .. 9:50 a.m.</div><div>Children's Church.....9:50 a.m.</div><div>Sunday School (All Ages) .....11:00 a.m.</div><div>Contemporary Worship Service.. 11:05 a.m.</div><div>Wed. AWANA (Sept. to May) ..... 6:30 p.m.</div><div>Rev. Kent Hinkel, Senior Pastor</div><div>Rev. Barry Seifert, Associate Pastor</div><div>Pastor Sam Kautzmann, Student Ministries</div><div>Elaine Carlson, Children's Ministry Director</div></div></div></div>	<div><div><div></div><div><div>Calvary Alliance Church</div><div>715 20th Avenue NW Minot, ND 58703</div><div>www.calvaryofminot.com</div><div>701-852-0670</div><div>Sunday School..... 9:00 am</div><div>Sunday Worship Service ..... 10:00 am</div><div>Wednesday Prayer ..... 6:30 pm</div><div>Wednesday Youth Group (grade 7-12) .....6:30 pm</div></div></div></div>	<div><div><div></div><div><div>West Minot Church of God Family Worship Center</div><div>1105 16th St. NW • 839-1407</div><div>Sunday School..... 9:30 a.m.</div><div>Sunday Worship ..... 10:30 a.m.</div><div>Children's Church &amp; Nursery</div><div>Wednesday Family Training Hour</div><div>Meal..... 5:30p.m.</div><div>Classes for All Ages ..... 6:30 p.m.</div><div>Youth Center, Friday..... 7:00 - 11:00 p.m.</div><div>ABC Child Care Center.....852-6352</div><div>westminot.com</div><div>facebook.com/westminot</div></div></div></div>	<div><div><div></div><div><div>Vincent United Methodist Church</div><div>1024 2nd St. SE • 838-4425</div><div>Behind Town &amp; Country Shopping Center</div><div>open hearts...open minds...open doors!</div><div>Saturday Informal Worship .. 5:00 p.m.</div><div>Sunday School .....9:00 a.m.</div><div>Sunday Worship Service ....10:00 a.m.</div><div>Fellowship..... 11:00 a.m.</div><div>Pastor Mary Johnson</div><div>www.vincenumc.com</div></div></div></div>
<div><div><div></div><div><div>To Advertise your Church in this space.</div><div>Call 839-0946</div><div>Only \$7.00 a space / per week</div></div></div></div>	<div><div><div></div><div><div>OUR REDEEMER'S CHURCH</div><div>A Church of the Lutheran Brethren</div><div>Thursdays:</div><div>Worship.....6:30 p.m.</div><div>Sundays:</div><div>Worship..... 8:30 a.m. &amp; 10:45 a.m.</div><div>700 16th Ave SE • 701-838-0750</div><div>For more information visit us on the web at: www.ourredeemers.org</div></div></div></div>	<div><div><div></div><div><div>Cross Roads Baptist</div><div>Sunday School (all ages) ..... 9:45 a.m.</div><div>Sunday Worship ..... 11 a.m. &amp; 6:30 p.m.</div><div>Wednesdays (Prayer &amp; Missions) ...6:30 p.m.</div><div>www.minotcrbc.org</div><div>email: crbc@srt.com</div><div>415 28th Ave SE (Behind Menards) 838-1873</div></div></div></div>	<div><div><div></div><div><div>First Assembly of God</div><div>1805 2nd St. SE 838-1111</div><div>Morning Worship .....8:30 a.m.</div><div>Sunday School ..... 10 a.m.</div><div>Morning Worship ..... 11 a.m.</div><div>Evening Worship ..... 6:30 p.m.</div><div>Wednesday Family Night..... 7 p.m.</div></div></div></div>	

*fax*  
701-839-1867

*Your life matters to God!*





# CLASSIFIEDS

www.northernsentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

## HELP WANTED

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

tfn

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

tfn

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

*We are an equal opportunity employer and a drug free workplace.*

Apply in person at:  
605 27th St SE, Minot ND 58701  
or contact: Gail Peterson  
by E-mail or phone at  
gpeterson@kalixnd.org  
(701)833-6559

## FLEA MARKET

**MOVING NEED CASH?** Sell your used/unwanted items at MINOT FLEA MARKET, April 7 and 8, State Fairgrounds. Info 701-340-7930.

tfn

## CARRIERS NEEDED!

The Northern Sentry is now hiring carriers to deliver papers at the MAFB. Call 701-838-5937 for more info.



## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at **www.brokers12.com**.

tfn

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
www.marykay.com/lclouse.  
701-839-0475 or 701-721-0475

tfn

**AN AD IN THE NORTHERN SENTRY** with get your business noticed. Email your ads to nsads@srt.com or call 839-0946

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

tfn

**SELL YOUR STUFF** - One person's trash is another's treasure. Sell your unwanted items with an ad in the Northern Sentry. Contact us at nsads@srt.com or 701-839-0946 for more information.

## SERVICES

**WE CLEAN ALL TYPES OF FLOORING** including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, garage, storage unit. We have dump trailer for debris removal. Low rates. Cash/check/credit. Prairie Carpet Services. 701-833-2884 or 448-2883.

tfn

## TRANSPORTATION

**I BUY CARS OR HAUL JUNKERS AWAY FOR FREE** - Call Karz 4-U at 240-9172.

tfn

**\$ \$ \$ QUICK CASH \$ \$ \$**  
Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

tfn

**SELL YOUR CAR** in the Northern Sentry. Email your ad copy to nsads@srt.com or call 839-0946 for more info.

## AUTOMOTIVE

**90 DAY FREE POWERTRAIN WARRANTY** on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172.

tfn



creative property management Inc.

## MOVE-IN READY UNITS! STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



creative property management Inc.

701-852-5028  
WWW.CREATIVEMINOT.COM

## CARRIERS NEEDED!

The Northern Sentry is now hiring carriers to deliver papers at the MAFB. Call 701-838-5937 for more info.



## JOHN'S



## AUTOBODY

Pays Up To  
**\$500**

Insurance Deductibles

We Guarantee All  
Work & Color Match  
4121 S. Broadway  
**839-8896**

# BUSINESS & PROFESSIONAL DIRECTORY

## AUTOMOTIVE

**MBM AUTO SERVICE**  
Minot's Service Specialists  
**PARTS & SERVICE**  
We Specialize In:



1215 Valley St.  
838-9607  
Next to Action Wrecking

## ACTION AUTO WRECKING

Free Parts Locating service

1215 Valley St., Minot  
Formerly Minot Wrecking

We pay top price for cars & trucks, running or not  
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free  
1-800-533-5904 • Fax 838-7627

## STORAGE UNITS

**NORTHERN PRAIRIE CONDOS & STORAGE, INC.**

Military Discounts - Best Rates  
24 Hour Access  
701-720-1093

Convenient North Location for Both Base & Minot Customers

## HOBBY SHOP

**AEROPORT HOBBY SHOP**  
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658

2112 N. Broadway • Minot, ND  
Ask for Eva • www.airporthobby.com

## ANSWERS

## SUDOKU ANSWERS

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

Answers to puzzle from page 4

## HOME LOANS

FAST & FREE PREAPPROVAL • VA AND FHA FINANCING



MIKE LINDQUIST • NMLS #213449 • CELL 578-0478 | JORDAN WALD • NMLS #922889 • CELL 721-9391  
1408 20th Ave. SW, Ste 3, Minot, ND • APPLY ONLINE at **LENDING NOW.com**

## ACCOUNTANT

**BRADY MARTZ**

CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
www.bradymartz.com

## REAL ESTATE

www.brokers12.com  
**BROKERS 12**  
REAL ESTATE  
701-852-3757



## QUICK CASH!!

Running & Non-Running Cars & Trucks



**Edwardson Sales**  
**839-9512**

We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

Place a display ad for as little as **\$9.00** per week!

For more information

call **839-0946** or email nsads@srt.com



## REAL ESTATE




powered by

**Serving the Greater Minot Area Since 1951**

**408 North Bdwy  
Minot, ND  
701-852-1156**




 <p><b>\$89,900</b></p> <p>JUST LISTED! Main floor condo in Marion Heights. Sliding glass door from dining room to the deck with a courtyard view. 2 bedrooms, 1 3/4 baths and 12x30 personal storage unit in basement. Detached garage.</p> <p><b>MLS #180607</b></p>	 <p><b>\$37,800</b></p> <p>LIKE NEW – 2 bedroom, 2 bath, 2013 manufactured home with 1280 sq ft of living space. Large kitchen with wood cabinets. Master bedroom with private bath. Features quality fixtures and sheetrocked walls. Central air, all kitchen appliances and washer/dryer stay.</p> <p><b>MLS #180664</b></p>	 <p><b>\$204,900</b></p> <p>RANCH STYLE – Nicely updated 3 bedroom, 1 3/4 bath in NW area. Remodeled bath, family room and 2 non-egress rooms in basement. New furnace and carpets. Detached garage.</p> <p><b>MLS #172503</b></p>
 <p><b>\$160,000</b></p> <p>IN KENMARE – 5 bedroom, 3 1/4 bath home. Modern kitchen, fireplace in dining room. 30x30 split level addition with large family room and master suite, 3 lower level bedrooms and 3/4 bath. Attached garage.</p> <p><b>MLS #180412</b></p>	 <p><b>\$127,900</b></p> <p>MOTIVATED SELLER – Price has been reduced on this 3 bedroom home in South Hill location. Large living room, dining off kitchen, enclosed front porch, garage with alley access. Seller/Licensed Agent.</p> <p><b>MLS #180372</b></p>	 <p><b>\$126,900</b></p> <p>IN NORWICH – Cozy 2 bedroom home on over 1/2 acre lot. Covered front porch and spacious living, dining and kitchen. Carpet and laminate flooring. Steel siding and rural water. Minutes from Minot!</p> <p><b>MLS #180469</b></p>
 <p><b>Carrie Montoya</b> 240-0709 carriecornhusker@aol.com</p>	 <p>Check our site for weekly dates and times of <b>Open Houses</b> one click printout of weekly open houses</p>	 <p><b>Colleen Johnson</b> 721-4536 crowjohnson@min.midco.net</p>

## CARS FOR SALE



**240-9172**  
1105 16th St. SW • Minot  
Cliff Butler/Retired MSgt  
www.Karz4-U.com

<p><b>FREE 90 Day or 3000 mile powertrain WARRANTY included!</b></p>	 <p><b>09 Ford Focus SE</b> 99K, Very Clean, Like New Inside &amp; Out <b>\$5,195</b></p>	 <p><b>01 Dodge 2500 SLT-Plus</b> Extcab 4x4 Cummins Diesel, 170K, NICE <b>\$11,995</b></p>
 <p><b>08 Toyota Sienna</b> Must See! Loaded &amp; ready to go! <b>\$8,995</b></p>	 <p><b>04 Audi A6 Quattro AWD</b> 134K, NICE <b>\$4,995</b></p>	 <p><b>04 Jeep Wrangler SE</b> 4x4, 5 Speed Manual, 128K <b>\$7,995</b></p>
 <p><b>05 Chevy 1500</b> Extcab 4x4, 165K, Nicest one around, MINT! <b>\$10,995</b></p>	 <p><b>05 Chevy Impala LS</b> 104K, Brand new tires, Remote! <b>\$3,995</b></p>	 <p><b>12 Ford Focus SE</b> 250K, Company Car, NICE <b>\$5,495</b></p>
 <p><b>04 Honda Accord EX</b> 140K, Remote Start <b>\$5,995</b></p>	 <p><b>08 Mercury Mariner AWD</b> 125K, Remote Start <b>\$6,995</b></p>	<p><b>See the rest of our inventory at www.Karz4-U.com</b></p>



## BASE ANNOUNCEMENTS

## TODAY

- Month of the Military Child Bowling Special, 0900-1900, Bowling Center
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1230, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Keystone Club Meeting, 1630, Youth Center
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Open House & Spaghetti Dinner, 1800, Youth Center and School Age Care
- Give Parents a Break, 1800-2200, CDC & School Age Care
- Friday Night Skate, 1800-1900, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling 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
- Studio 47 Dance Recital, 1800, Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center
- Fight Night UFC 223: Ferguson vs Khabib, Preliminaries at 1900 and Main Card at 2100, Rockers Bar & Grill

## SUNDAY

- Family Zumba, 1400, Fitness

## Center

## MONDAY

- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Month of the Military Child Bowling Special, 0900-1400, Bowling Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Zumba, 1730, Fitness Center
- FCC Pre-Orientation, 1800-2000, FCC Office located inside Rough Riders Pizza
- Craft Club, 1800, Base Library
- Yoga, 1830, Fitness Center

## TUESDAY

- Coach Applications due for Armed Forces Women's Soccer Championship
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Month of the Military Child Bowling Special, 0900-1400, Bowling Center
- Game Day, 1000-1930, Base Library
- Yoga, 1000, Fitness Center
- Zumba, 1130, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

## WEDNESDAY

- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Right Start, 0730, A&FRC, held at the Jimmy Doolittle Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center.
- Month of the Military Child

- Bowling Special, 0900-1400, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- National Library Week Open House, 1100-1900, Base Library
- Fit to Fight, 1100, Fitness Center
- Cycle, 1130, Fitness Center
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- EFMP – Chill with a Chinchilla, 1700-1900, A&FRC, held at the BBC Community Center
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

## THURSDAY

- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Month of the Military Child Bowling Special, 0900-1900, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Yoga, 1000, Fitness Center
- Olympic Lift Training, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- April 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

- Craft Club, 1800, Base Library
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

## 13 APRIL

- LAST DAY to make reservation for IRS 1040 Tax Break Steak Dinner at the JDC
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Month of the Military Child Bowling Special, 0900-1900, Bowling Center
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1230, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Keystone Club Meeting, 1630, Youth Center
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Friday Night Skate, 1800-1900, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

## 14 APRIL

- Spring Cycle- a-thon, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Into the Woods: A Fairy Tale Adventure, 1300, Base Library
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

## ONGOING EVENTS

- April Kids Swim Beat the winter blues with FREE Kids Swim at the Indoor Pool! Homeschooling families are welcome to attend. Every Thursday in March and April from 1330-1530
- Month of the Military Child Bowling Special Throughout the month of April, celebrate the Month of the Military Child at Rough Rider Lanes! Kids 17 and under can bowl for \$2.50 a game and receive FREE rental! Offer Valid: Monday-Wednesday: 9am-2pm, Thursday-Friday: 9am-7pm For more information, call 727-4715
- Registration for the IRS 1040 Tax Break Steak Dinner at the JDC
- Celebrate the end of the tax season with a delicious steak dinner on April 16th from 5-7PM! Enjoy a tasty flat iron steak cooked to perfection by a JDC team member. Then proceed to a scrumptious buffet featuring baked potatoes with all the fixins and a delectable salad bar. This is a MEMBERS ONLY event and registration is REQUIRED. Sign up between April 2nd and 13th. Cost is \$10.40 per person. Make your reservations today or find out more by calling 701-723-3731
- Registration for Mother's Day Brunch at the JDC. Celebrate the Mothers in your life with a fabulous brunch on Sunday, May 13th from 10:30am - 1:30pm! Starting April 2nd, the JDC will begin taking reservations. Enjoy a delicious herb crusted prime rib with au jus, and lunch items including chicken cordon bleu, roast pork loin, roasted potatoes, pasta fresca, and chef veggies. Make your reservations by calling 701-723-3731



## Air Force offers several paths from stripes to bars

AIRMAN 1ST CLASS DELANEY GONZALES  
325TH FIGHTER WING PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. (AFNS) -- The Air Force offers expansive opportunities for Airmen to progress in their career.

For those who are in pursuit of higher education, commissioning programs are one of the ways future Airmen can begin their career as a company-grade officer within the military ranks.

There are three main paths

for enlisted members to earn a commission, to include, the Reserve Officers' Training Corps programs, Officer Training School, and the Leaders Encouraging Airman Development program.

"Airmen who are within 365 days of completing a bachelor's degree will have to apply to Officer Training School in order to receive a commission," said

Susan Sorrell, 325th Force Support Squadron education services specialist. "ROTC programs are for Airmen who are in pursuit of a bachelor's degree, but are not within 365 days of earning their undergraduate degree."

### ROTC

According to [airforce.com](http://airforce.com), the following are ROTC programs that Airmen can apply to: Scholarships for Outstanding Airmen to ROTC, Airman Scholarship and Commissioning Program, Professional Officer Course-Early Release Program, and the Nurse Enlisted Commissioning program.

"With ROTC commissioning programs, Airmen are released

from active-duty, becoming full-time students and Air Force reservists," Sorrell said. "Upon graduation, program participants earn the rank of second lieutenant and will then return to active-duty status."

Each ROTC program has varying requirements, but general guidelines for entry. To include age restrictions, completion of a specified amount of college credits, and a satisfactory cumulative GPA. For more information on each programs eligibility requirements visit [www.afrotc.com](http://www.afrotc.com).

### OTS

"To have a competitive [OTS] submission, applicants should demonstrate the whole Airmen

concept in their package," Sorrell said. "Airmen must meet a grade point average of at least 2.5, undergo an interview process, receive their commander's recommendation and take the Air Force Officer Qualifying Test."

To apply for OTS search for Air Force Recruiting Service (AFRS) and select "apply for commission (Active Duty Enlisted Airmen)." The direct link is at [www.my.af.mil](http://www.my.af.mil). Full eligibility requirements are listed in AFI 36-2013.

### LEAD

The LEAD program gives enlisted members the opportunity to earn a college degree at the Air Force Academy.

In reference to [airforce.com](http://airforce.com), 170 slots are available annually for Airmen to be nominated by commanders to attend the Air Force Academy and the Academy Prep School.

"This program [LEAD] has strict requirements for entry," Sorrell said.

The following are the eligibility requirements for acceptance into the program:

- For direct entry into the Air Force Academy, the applicant cannot reach their 23rd birthday by July 1 of the year of entry
- For entry into the Prep School, the applicant cannot reach their 22nd birthday by July 1 of the year of entry
- Must be unmarried and not pregnant
- Must complete AF Form 1786 and submit an online application (the form is due to Office of Admissions by Dec. 31)

For additional guidance about the LEAD program or the Air Force Academy visit the following website: <http://www.academyadmissions.com/admissions/advice-to-applicants/enlisted-airmen/>

For more information on any commissioning programs contact your local Force Support Squadron education services or Military personnel Flight.



**He's Back!**

# The Paper Airplane Guy

at the Dakota Territory Air Museum

**Sunday, April 22, 2018**

**Author, Educator & World Record Holder**

If you've never seen a paper airplane flap its wings, flip over and fly back upside down, spin, circle, loop or stay aloft for minutes indoors, you won't want to miss John M. Collins!

**Come Join the FUN!**

**WHEN:** Sunday • April 22, 2018  
**WHERE:** Dakota Territory Air Museum  
**TIME:** 2:00 pm  
**COST:** \$5.00 for Adults • Students FREE

[airmuseum@minot.com](mailto:airmuseum@minot.com) • 701.852.8500 • [www.dakotaterritoryairmuseum.com](http://www.dakotaterritoryairmuseum.com)

## A step by step guide to make your MOVE EASIER.

### FREE USAA PCS GUIDE AND CHECKLIST

We have the tools to prepare you for your next PCS. Compare cost of living changes and create a personalized moving checklist. Nobody does more for those who serve.



Visit [USAA.COM/PCS](http://USAA.COM/PCS) or call 800-531-8521

Membership eligibility and product restrictions apply and are subject to change.  
 USAA means United Services Automobile Association and its affiliates. © 2018 USAA. 249256-0218