

northern sentry

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May 1, 2, 3

MONDAY, MAY 1
 4 & 7:30 PM

TUESDAY, MAY 2
 10 AM, 4 & 7:30 PM

WEDNESDAY, MAY 3
 10 AM & 7 PM

ADVANCE TICKETS ON SALE AT THESE LOCATIONS

- All Marketplace Foods
- KJ's Fresh Market - Dakota Square
- White Drug, Town & Country
- Lien's Jewelry - Downtown
- Minot AFB ITT at BX
- CVS Pharmacy
- Stop & Shop

ALL SEASONS ARENA

Proceeds are for the benefit of the Minot Shrine Club. Payments are not deductible as a charitable contribution. minotshriners.com



Paws by the pound

MINOT AIR FORCE BASE, N.D. -- Airmen with the 5th Logistics Readiness Squadron volunteered a Souris Valley Animal Shelter. Airmen helped clean, organize and take care of animals at the shelter.

Feb-March Articles 15

5TH BOMB WING LEGAL OFFICE | 5TH BOMB WING LEGAL OFFICE

MINOT AIR FORCE BASE, N.D. -- A vast majority of members of Team Minot will never have to experience the non-judicial punishment process pursuant to Article 15 of the Uniform Code of Military Justice (UCMJ). However, it is important for members to understand the different types of misconduct that can warrant non-judicial punishment and how commanders can punish.

Under Article 15 of the UCMJ, all commanders may initiate non-judicial punishment. The member is given the right to accept non-judicial punishment or demand trial by court-martial. If the member accepts the Article 15 process they are provided an opportunity to respond before guilt and punishment is determined by the commander.

After the commander reviews the member's submitted matters, the circumstances of the offense, any factors in mitigation or extenuation, and the member's history of misconduct (if any), the commander will then determine guilt or innocence, and if found guilty, an appropriate punishment.

The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeitures of pay, extra duties, restriction to base and a reprimand. The enlisted punishments can change depending on whether the accused is an officer or enlisted member because officers cannot be demoted in rank. The commander can also choose to suspend a portion of the punishment. The suspended punishment acts as a probation period for no more than six months. If the member commits further

misconduct, the suspended punishment can be vacated, meaning the suspended punishment will take effect.

For the months of February and March 2017, the Minot AFB Legal Office processed 15 Articles 15. Listed below are short summaries of the cases to inform the base community of the types of conducts which can be appropriate for non-judicial punishment and the potential severity of punishment.

1. A First Lieutenant from the 791st Maintenance Squadron received a forfeiture of \$1000.00 pay per month for two months and a reprimand for one specification in violation of Article 107, Signing a false official statement.

2. A Technical Sergeant from the 705th Munitions Squadron received a reduction to the grade of Staff Sergeant suspended, forfeiture of \$1616.00 pay per month for two months, and a reprimand for one specification in violation of Article 92, Failure to obey a lawful order and one specification in violation of Article 107, False official statement.

3. A Senior Airman from the 5th Logistics Readiness Squadron received a reduction to the grade of Airman First Class, forfeiture of \$1,002.00 pay per month for two months suspended, restriction to the limits of Minot AFB for 30 days with 15 days suspended and a reprimand for one specification in violation of Article 92, Willful Dereliction of duty.

4. A Senior Airman from the 5th Maintenance Squadron received a reduction to the grade of Airman First Class with a reduction to Airman suspended, forfeiture of \$896.00 pay per month for two months suspended, 45 days of extra duty suspended and a reprimand for one specification in violation of

Article 92, Failure to obey a lawful order.

5. A Senior Airman from the 5th Maintenance Squadron received a reduction to the grade of Airman Basic, forfeiture of \$799.00 pay for one month suspended, 45 days of extra duty suspended and a reprimand for one specification in violation of Article 112a, Wrongful use of marijuana.

6. A Senior Airman from the 91st Missile Security Forces Squadron received a reduction to the grade of Airman First Class with a reduction to the grade of Airman suspended and a reprimand for one specification in violation of Article 92, Dereliction of duty, one specification in violation of Article 107, False official statement and one specification in violation of Article 115, Malingering.

7. A Senior Airman from the 91st Missile Security Forces Squadron received a reduction to the grade of Airman First Class suspended, forfeiture of \$1,062.00 pay for one month and a reprimand for one specification in violation of Article 134, Drunk and disorderly.

8. A Senior Airman from the 91st Missile Security Forces Squadron received a reduction to the grade of Airman First Class and a reprimand for one specification in violation of Article 107, False official statement.

9. A Senior Airman from the 91st Operations Support Squadron received a reduction to the grade of Airman First Class suspended, forfeiture of \$1002.00 pay for one month suspended and 15 days of extra duty suspended, all conditional upon the completion of anger management and financial management for one specification in violation of Article 128, Assault consummated by a battery.

10. An Airman First Class from the 5th Civil Engineering Squadron received reduction to the grade of Airman suspended, forfeiture of \$896.00 pay per month for two months with one month suspended, restriction to the limits of Minot AFB 10 days and a reprimand for one specification in violation of Article 92, Willful Dereliction of duty.

11. An Airman First Class from the 5th Logistics Readiness Squadron received reduction to the grade of Airman, forfeiture of \$896.00 pay for one month suspended and a reprimand for one specification in violation of Article 92, Willful Dereliction of duty.

12. An Airman First Class from the 5th Maintenance Squadron received a reduction to the grade of Airman Basic, forfeiture of \$799.00 pay for one month suspended, 45 days of extra duty suspended and a reprimand for one specification in violation of Article 112a, Wrongful use of marijuana.

13. An Airman First Class from the 5th Maintenance Squadron received a reduction to the grade of Airman Basic, forfeiture of \$799.00 pay for one month suspended, 45 days of extra duty suspended and a reprimand for one specification in violation of Article 112a, Wrongful use of marijuana.

14. An Airman First Class from the 5th Security Forces Squadron received a reduction to the grade of Airman suspended, forfeiture of \$896.00 pay per month for 2 months and a reprimand for one specification in violation of Article 92, Negligent Dereliction of duty.

15. An Airman First Class from the 91st Missile Maintenance Squadron received a reduction to the grade of Airman suspended, forfeiture of \$896.00 pay per month for two months and a reprimand for one specification in violation of Article 107, False official statement and one specification in violation of Article 80, attempted wrongful photography of a victim's private area.

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FACEBOOK

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THE DUFRESNE RIDING CLUB

The Dufresne Riding Club at Minot Air Force Base is a self-serve stable that gives Airmen a convenient and inexpensive place to keep their horses. The stable is currently home to 15 horses. For more information contact the stables Facebook page. Located at <https://www.facebook.com/DRCMinot/>

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Minot Public School's Kindergarten Enrollment For the 2017-2018 School Term

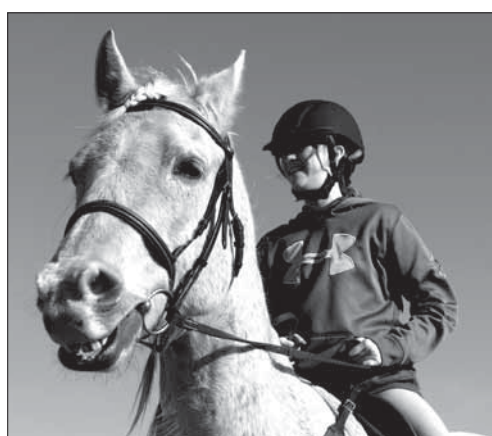
Kindergarten enrollment will be held at the District Enrollment Office at the Minot Public School's Administration Building located at 215 2nd St SE, **by appointment only.**

To schedule an appointment, call 857-4444 or 857-4400, as soon as possible. www.minot.k12.nd.us for more information and to print required enrollment forms.

Items you must have at your enrollment appointment even if you already have children in the district:

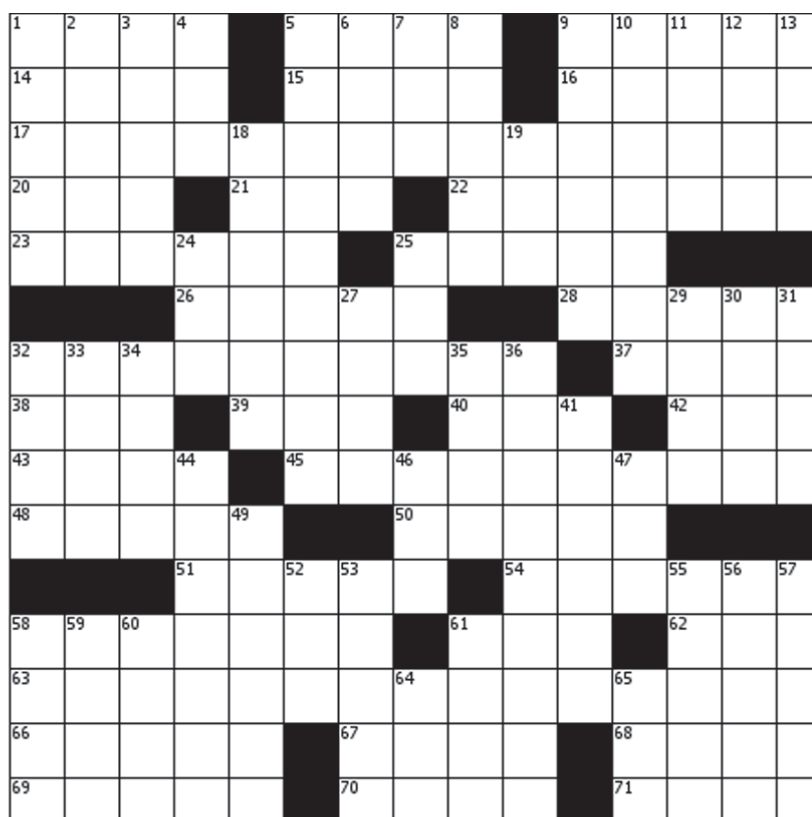
- Parent/Guardian photo ID
- Copy of State Certified Birth Certificate
- Copy of Immunization Record
- Custody/Guardianship paperwork if applicable
- Proof of Residence (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase Agreement, Homeowner's Insurance Policy, Ward County Property Tax Statement)

Children must be 5 years old by July 31, 2017 to enroll.



CROSSWORD PUZZLE

- Across**
- Lift up a mountain
 - Bucks
 - Jackanapes
 - Forearm bone
 - Longest river entirely in Spain
 - Reads eagerly (with "over")
 - Caps
 - UFO pilots
 - Home room
 - Not less than
 - Renovate
 - Immemorial
 - Fluorescent tube gas
 - Scattered seed
 - Caps
 - Get one's feet wet
 - "Now I get it!"
 - "The Lord of the Rings" creature
 - ___ Baba
 - Barrel into
 - Breaks commandments
 - Caps
 - Trig ratio
 - Goneril's sister
 - Hundred-eyed giant of myth
 - Norwegian bays
 - Predictably
 - Pot pie veggie
 - Part of a portfolio
 - Caps
 - Cream of the crop
 - Sidesplitter
 - Mountain parrots
 - Waterlogs
 - Takes into a count?
 - Countercurrent



- Down**
- Like some old tires
 - Olive fancier
 - Therefore
 - Joplin work
 - Laundry room staple
 - Abba of Israel
 - Screw up
 - Born to the purple
 - Maple tree sap taps
 - "You expect me to believe that?"
 - Air in an opera
 - They debuted in '62
 - Furtive whisper
 - Channel swimmer Gertrude
 - Ford of old
 - Industrial-sized tank
 - Lennon's widow
 - Germany's von Bismarck
 - Snug as a bug in a rug
 - Gouda cousin
 - It's just for show
 - Anjou cousin
 - Youngstown's state

- Quintals upon quintals
- One for the book?
- Knock-down-drag-o- fights
- Up the creek
- Queasy from wave upon wave
- Mos. upon mos.
- "It's ___-win situation!"
- Oil and vinegar holders
- Beetle juice?
- To the max
- All worked up
- Trepidation
- Bold as brass
- "Rag Mop" brothers
- Lead guitarist's moment
- Vascular eye layer
- Stir into action
- Lend support
- Harry's successor

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

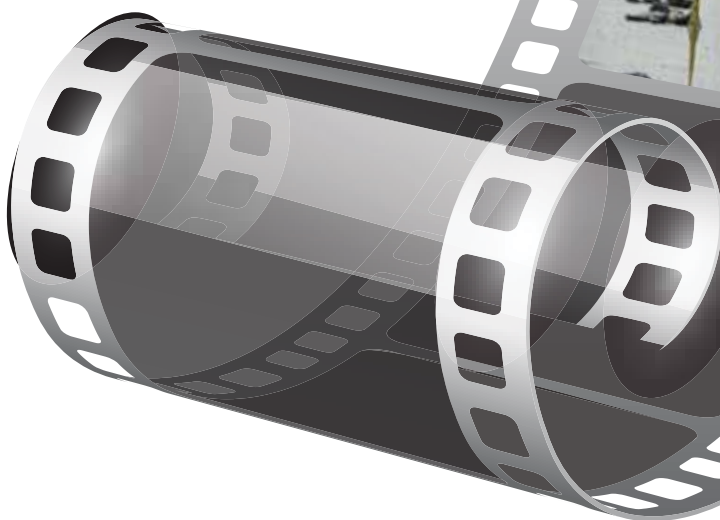
REEL TIME THEATER MOVIE SCHEDULE

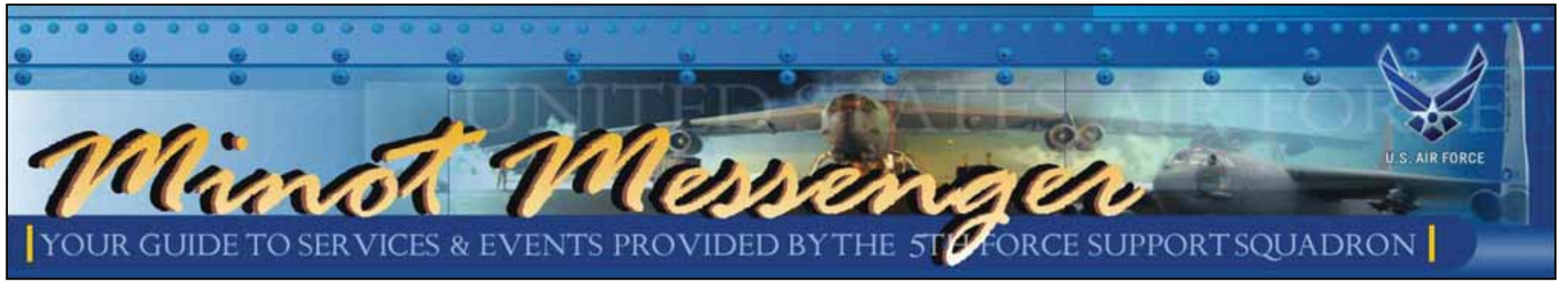
FRIDAY, APRIL 21 • 1800
 SATURDAY, APRIL 22 • 1800
 CHIPS • (R)

“ A rookie officer is teamed with a hardened pro at the California Highway Patrol, though the newbie soon learns his partner is really an undercover Fed investigating a heist that may involved some crooked cops. ”

SATURDAY, APRIL 22 • 1500
 SUNDAY, APRIL 23 • 1500
 POWER RANGERS • (PG-13)

“ A group of high-school students, who are infused with unique super-powers, harness their abilities in order to save the world. ”





Enjoy Special MOMC Sunday Brunch At Jimmy Doolittle Center

Month of the Military Child Brunch
Sunday, April 30, 10:30am - 1:30pm
 Jimmy Doolittle Center

Members: \$15.95
 Non-Members: \$18.95
 Children 12 & Under Eat FREE

Come enjoy brunch and visit with Dizzy the Clown! Each child receives a free gift. Enter to win age appropriate door prizes. There will be 4 age groups with a boy and girl prize given in each group. Special children's cuisine served.

Sponsored by:
 Verendrye Electric Cooperative
 Knowles Jewelry
 5TH FORCE SUPPORT SQUADRON
 723-3731

The Doolittle Center is hosting a special Month of the Military Child Sunday Brunch on April 30 from 10:30 a.m. to 1:30 p.m. Enjoy a delicious Sunday brunch while the kids visit with Dizzy the Clown for free balloon animals. During this brunch, special kids cuisine will be served and all children receive a free gift.

Something Minot AFB children always look forward to as part of the Month of the Military Child Brunch is the chance to win age appropriate boy and girl bicycles or other prizes. There are four age categories including: ages 2 and under, ages 3-5, ages 6-8, and ages 9-12.

Another giveaway as part of the Month of the Military Child Brunch is the opportunity for children to register their parents for a chance to win a prize. One lucky mom will receive a set of Sterling Silver Imperial Delta Pearl earrings valued at \$265.00. The winning dad takes home a men's Bulova stainless steel quartz watch valued at \$295.00.

The Month of the Military Child Brunch is sponsored by Verendrye Electric Cooperative and Knowles Jewelry. *No Federal Endorsement of Sponsors Intended.*

Cost for the brunch is \$15.95 for club members and \$18.95 for non-members. Children ages 12 and under are free. For more details, call 723-3731.

Mother & Son S.T.O.M.P. Tickets Available Now At JDC

OUT OF THIS WORLD S.T.O.M.P.
 SON TAKES OUT MOM PARTY
 CALLING ALL EXTRATERRESTRIALS!
 Come join us for an Intergalactic dinner with Martian Burgers, Moon Fries, Corn, Crater Cookies, Moon Dancing, Bouncy Castles and lots more fun!

THURSDAY, MAY 4
5:30-7:30PM

Tickets on sale starting April 17 at the JDC. Limited Tickets Available.

Club Members Couple \$30
 Non-Members Couple \$35
 Additional Child \$10

723-3731

The Jimmy Doolittle Center is giving moms and sons an opportunity to make a lasting memory during their Mother & Son S.T.O.M.P. (Son Takes Out Mom Party) on Thursday, May 4. The event will be held at the Doolittle Center from 5:30-7:30 p.m. The Mother & Son S.T.O.M.P. provides mothers a chance to share an evening with their son that they will never forget. This year's event features a "Calling All Extraterrestrials" theme and includes dinner, dancing, bouncy castles, and other fun activities.

The Intergalactic menu for the Mother & Son S.T.O.M.P. has been designed to fit the tastes of the young attendees. The dinner includes Martian burgers, moon fries, corn, crater cookies, and more.

Tickets for the Mother & Son S.T.O.M.P. are \$30 per couple (mother and son) for club members and \$35 per couple for non-members. Each additional child is \$10, for moms with more than one son. Tickets can be purchased at the Jimmy Doolittle Center. A limited number of tickets are available for this event so purchase your tickets early. Tickets must be purchased by May 3, 2017. The Mother & Son S.T.O.M.P. is sponsored in part by Watne Realtors - Ric & Carrie Montoya. *No Federal Endorsement of Sponsor Intended.* For additional details, call the Doolittle Center at 723-3731.

Register Now For Horseback Riding & Rock Climbing Trip

HORSEBACK RIDING & Rock Climbing
May 26-29
 Register: April 10 to May 11
 Custer State Park, SD

Join Outdoor Recreation for a day of horseback riding and a buffalo safari tour at Custer State Park, SD. The next day we will do a half-day of rock climbing and finish the day off with fun in Keystone, SD. We will enjoy three nights of the Rock Crest Lodge deep in the heart of Custer, SD. This won't want to miss out on this wonderful adventure. Ages 12 and up may participate, but 18 and under must be accompanied by a parent or legal guardian.

Cost per person:
 Quad \$115.00, Triple \$160.00,
 Double \$230.00, Single \$460.00

723-3648

Riding and Rock Climbing trip on May 26-29. You'll enjoy a day of horseback riding and a buffalo safari tour at Custer State Park in South Dakota. The next day will include a half-day of rock climbing and then finish the day off with fun in Keystone, SD. The trip includes transportation and three nights lodging at the Rock Crest Lodge deep in the heart of Custer, SD. You won't want to miss out on this wonderful adventure.

Cost is \$115/quadruple occupancy, \$160/triple occupancy, \$230/double occupancy, and \$460/single occupancy.

Registration deadline is by May 11. Participants must be 10 years of age or older. Anyone 18 years of age or under must be accompanied by a parents or legal guardian. For more details, call Outdoor Recreation at 723-3648.

Looking for something fun and exciting to do for the Memorial Day weekend? Outdoor Recreation invites you to enjoy their Horseback

National Parks Visit PLUS OUTDOOR REC OPEN HOUSE
APRIL 21 11-4 PM

Come see what Outdoor Recreation and the North Dakota area has to offer for all your summer adventures.

Free burgers, chips and drinks! (while supplies last)

723-3648

America the Beautiful National Parks and Federal Recreation Lands Passes
Free Annual Pass for Active Duty Military Members and Dependents

Park Rangers will issue passes at Outdoor Recreation **Friday, April 21st 1100-1600**

Present your valid Common Access Card or Military Dependent ID (DoD Form 1173) to receive pass.

Military retirees and veterans may qualify for a lifetime Interagency Senior or Access Pass. Go to www.nps.gov/passes for more information.

ADMINISTRATIVE ASSISTANT DAY
 Bosses bring your administrative assistant to lunch at the JDC and receive \$1 off their lunch!

WEDNESDAY APRIL 26 11AM-1PM

Members \$9.50
 Non-Members \$11.50

723-3731

CLUB MEMBER DRAWING ON FRIDAY, APRIL 21st WILL BE FOR \$2,000.

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, Apr. 21 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

Applications Now Being Accepted For Teen Aviation Camp and Space Camp

The Air Force Services Activity Child and Youth Programs (AFSVA CYP) is offering two great summer camps providing students a wonderful opportunity to experience a multitude of activities and fun-filled interactions. The Teen Aviation Camp will be held at the United States Air Force Academy in Colorado Springs, CO from June 24-30, 2017. This program is for youth currently in their freshman or sophomore or year. The Air Force Services Space Camp is scheduled for July 30 - August 4, 2017 at the US Space and Rocket Center in Huntsville, Alabama. While at camp, youth ages 12-14 years old will have an opportunity to experience one of the following: Space Academy, Robotics Academy, or Aviation Challenge Mach II. Youth ages 15-18 years old may choose from one of the following Advanced Space Academy options: Aviation Challenge (Pilot Track) or SCUBA Diving (Mission Specialist Track). Applicants must have a minimum GPA of 2.8. For additional information on these exceptional summer camps, please visit the Youth Center or call 723-2838. **Aviation Camp applications are due to the Youth Center by April 28 and Space Camp applications by May 14.**

Apr 28 Family Pizza Night & Karaoke

Family Pizza Night returns to the Jimmy Doolittle Center on Friday, April 28 from 5-7 p.m. Build your own personal pizza from a wide array of delicious toppings, sauces, and crust. Cost is \$5 per pizza for club members of all ages and \$7 per pizza for non-members of all ages. For additional information, contact the Doolittle Center at 723-3731.

May 1 Family Child Care Open House

Let the Family Child Care office answer your child care questions during the Family Child Care Open House on Monday, May 1 from 5-7 p.m. Whether you're looking to become a provider or want to find care for your child we're here to help. For additional information, please contact the Family Child Care office at 723-6662.

Every Tues Family Fun Night

Take the whole family out for a delicious 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. Call 727-4377 for more information.

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

LADIES NIGHT
DEPENDENTS MAY ALSO ATTEND
MONDAY APRIL 24 5-7PM
4TH MONDAY OF EACH MONTH
Learn the basics on how to maintain your vehicle and tires. This class will be taught by a certified mechanic. There will be a question and answer session during the class.
Per Person Includes complimentary snacks
Wear clothes you don't mind getting dirty and close-toed shoes.
BOOK PRICES GIVEN AWAY AT 6:00PM
\$10
Register by April 21.
Call Auto Hobby at 723-2127
Auto Hobby
FORCE SUPPORT SQUADRON

GRILL YOUR OWN STEAK & GAME NIGHT
APRIL 21, 4:30-7PM
Come add your personal touch to our Friday Members Buffet by grilling your own steak your way!
Plus we have all the fixins to go with your steak!
RIBEYE STEAK \$1.50/OZ.
CHICKEN BREAST \$4.50
Enjoy playing cards, dominoes, or giant Jenga with your friends!
In Bar Area Only
727-ROCK
FORCE SUPPORT SQUADRON

TWELVE O'CLOCK HIGH
HERITAGE MOVIE AT THE JDC
FREE MOVIE AND POPCORN
APRIL 21 - 3:30PM
GROUND ZERO LOUNGE WILL BE OPEN
FORCE SUPPORT SQUADRON

GRILL YOUR OWN STEAK NIGHT
APRIL 21, 5-7PM
Pick your own ribeye steak (fresh cut to size), chicken breast, or portobello mushroom and grill it on our charcoal grill on the patio.
STEAK \$1.50/OZ.
CHICKEN BREAST \$4.50
PORTOBELLO MUSHROOM \$4.50
POTATO BAR: MEMBERS FREE
NON-MEMBERS \$7
Featuring a potato bar with all the fixins, marinated salad and garlic medallions.
723-3731
FORCE SUPPORT SQUADRON

CUT-THROAT FOOD COMPETITION
JOIN US FOR A SHOWDOWN!
JIMMY DOOLITTLE CENTER 4:00PM
Come out to watch or compete! It will be fun for all!
Winners at each of the three qualifying events will receive a prize & a chance to compete against a Special Guest team!
November 16th
Qualifying teams will compete against a Special Guest in the final event of the competition. Each team will prepare a Family Thanksgiving meal.
*At least one family member must be youth (minimum age 5)
Think you got what it takes? Give 'em a call and register!
701-727-8869
MAY 25 Memorial Celebration
Teams of 3: 2 Airmen + an NCO compete to prepare the best Memorial Day meal
Register Apr 10th-May 13th • Cost: \$50/team
JULY 4 A Healthy Independence
Teams of 4: 2 NCO + 2 Family members* compete to prepare the best tasting healthy meal
*This event will be held on the July 4th Celebration
Register June 1st-24th • Cost: \$50/team
SEPT 14 Celebrate Air Force Heritage
Teams of 4: 2 SNCO/CGO + 2 Family members* compete to prepare the best meal celebrating Air Force Heritage
Register Aug 1st-Sep 9th • Cost: \$50/team

YOUNG AIRMEN EVENTS & PROGRAMS

Apr 21 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on April 21 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 22 Spring Cycle-a-thon

Burn off some calories and get ready for summer! The Fitness Center invites you to their Spring Cycle-a-thon event on Saturday, April 22 from 1-3 p.m. Enjoy a FREE 2 hour cycling class. All participants must reserve a bike at the front desk of the McAdoo Fitness Center prior to the event. The Spring Cycle-a-thon is open to DoD I.D. card holders 16 years of age and older. Please contact the McAdoo Fitness Center at 723-2145 for more information.

Apr 27 Off-Base Budget Class

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on April 27 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call 723-3950 to register or for additional information.

Lifeguard Certification Course

Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from May 5-14. There will be a skills test on May 5 from 6-7 p.m. The online course will take place from May 6-12 with the practice skills and final test scheduled for May 13 & 14 from 9 a.m. to 6 p.m. Cost for the class is \$200. Registration deadline is April 28. For more details, call Outdoor Rec at 723-3648.

Happy Birthday!
Sabrina Valiente
turned 6 on April 21!
Join the Birthday Club!
E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.
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Tomato Spinach Chicken Spaghetti



INGREDIENTS:

1/4 cup sun-dried tomatoes, chopped, drained of oil
 2 tablespoons olive oil, drained from sun-dried tomatoes
 1/2 pound chicken boneless, skinless (preferably, boneless skinless thighs), chopped
 salt
 1/4 teaspoon red pepper flakes
 1/4 teaspoon salt
 4 roma tomatoes, chopped
 1/4 cup fresh basil leaves, chopped
 8 oz fresh spinach
 3 garlic cloves, chopped
 6 oz spaghetti or angel hair pasta
 (OPTIONAL) 3 tablespoons high quality olive oil or oil from the sun-dried tomatoes jar

INSTRUCTIONS:

Add chopped sun-dried tomatoes and 2 tablespoons of olive oil, drained from sun-dried tomatoes, to a large skillet, on medium-low heat. Add chopped chicken (I used boneless skinless chicken thighs and prefer to use them, but you can use chopped chicken breast, as well), red pepper flakes, and salt over all of the ingredients in the skillet, and cook on medium heat until chicken is cooked through and no longer pink, about 5 minutes. Add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic to the skillet with chicken, cook on medium heat about 3-5 minutes until spinach wilts just a little, and tomatoes release some of their juices. Remove from heat. Taste, and add more salt to taste, if needed. Cover with lid and keep off heat. Cook pasta according to package instructions, until al dente. Drain, and add cooked and drained pasta to the skillet with the chicken and vegetables. Reheat on low heat, mix everything well, add more seasonings (salt and pepper), if desired. Remove from heat. At this point, when the pasta and vegetables are off heat, you can add more high quality olive oil, which is really tasty. Or you can add more olive oil from the jar from the sun-dried tomatoes.

Women Connect presents Personal Confidence Training

BETH DUCHSHERER | NORTHERN SENTRY

Minot, ND--- Local women from Minot and surrounding communities gathered together at the Success Depot this past Thursday, April, 13 to learn some tips and tricks to develop their own strong personal presence and become a more assertive leader within their business life as well as their home life.

The program was stated in the description that "personal presence can be taught and it can be learned but it must be authentic. Having an assertive personal presence can open doors for you in business, make you stand out from the crowd, get you in front of people you would otherwise never meet, create incredible opportunities and ensure you leave a lasting impact wherever you go."

Michelle J. Wall, Business Coach and Area Manager, along with Tamara Anderson, Vice President and Team Performance Strategist at the Dale Carnegie



From left: Minot Chamber of Commerce Program Director Carla Dolan, Dale Carnegie Training Christel Laskowski, Business Coach and Area Manager for Dale Carnegie Training Michelle J. Wall and Vice President and Team Performance Strategist of Dale Carnegie Tamara Anderson.

of ND & MN, spoke about a few tips such as "Making a Confident First Impression" and "Five Principles for Women Entrepreneurs". Standing up straight, making eye contact and focusing on making the right connections were a few key pointers that Tamara mentioned. "Imagine instilling confidence in the young women who surround us. Whether they are our children,

nieces, sisters, friends or whoever they are," Tamara stated, "Imagine if we could be more confident and show them what they can do, that's what those women will become..." Tamara spoke of many examples of how women sometimes exhibit body language that makes them less confident and portrays them in the wrong image of what they are trying to be. She encouraged women to walk in with a smile and make yourself big by taking large steps and keep your chin up when you enter a room.

The Women Connect is a conjoined effort brought by the Dale Carnegie Training Center and the Minot Chamber of Commerce. There are many events each year offered by the Dale Carnegie Group and Women Connect look forward to presenting many more training opportunities such as "Developing the Confident Assertive Leader in You" to the area's female population.

Artspace Suite 1 Gallery celebrate Earth Day with their upcoming art exhibition

WENDY KIMBLE | ARTSPACE SUITE 1 GALLERY

Artspace Suite 1 Gallery a collective of local artists dedicated to

creating professional art and presenting art to the community. Located in the Artspace building on the corner of Central and Main, the cooperative gallery has adopted the mission "to create great art for the community and a great community for artists." In conjunction with the Earth Day Artspace Suite 1 Gallery bring their newest inspired exhibition April 22 - June 3.

Participating Gallery Members have been busy creating artwork inspired by what Earth Day means to them. Susana Amundarain, Colleen Folven, Linda Olson, Walter Piehl, and Elizabeth Woods are just a few of the artists that will have artwork displayed

throughout the gallery. There will be an Earth Day special on select items.

An opening reception will be held April 22nd from 6:00-8:00pm, with wine and hand made chocolates.

Suite 1 Gallery is also celebrating their Grand Opening April 29th from 2:00 - 4:00 with special guest Jean Kramer-Johnson. The gallery management welcomes you stop at anytime during our open hours Thursday and Friday 3:00-6:00 and Saturdays 12:00-6:00 or by special appointment.

Visit the gallery located at 3 Main Street South, Suite 1, call the gallery at 701-833-8998 or email at artspacesuite1gallery@gmail.com

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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>GLENBURN FIRST BAPTIST CHURCH</p>  <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor David W. Wisthoff • 701-240-1491</p>	<p>Bible Fellowship Church</p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Preview Session March 12 at 6:30pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m.</p> <p>Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com</p> <p>Call or check out our website for more information.</p>
<p>First Presbyterian Church</p>  <p>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org</p> <p><i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship 11:00 am Wednesday Supper 5:30 pm Wednesday Education 6:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p>  <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School 9:30 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God <i>Family Worship Center</i></p>  <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Bethel Free Lutheran AFLC</p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>Pastor Taryn Montgomery</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education..... 6:00 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p>  <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>Gospel Tabernacle Community Church</p>  <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 10px auto;"> <p>CONTACT TONYA</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>	
<p>Trinity Church</p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>			

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 5

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MLS #170827



\$89,900

IN MAX- 3 bedroom home just 20 minutes from Minot or Lake Sakakawea. Main level has living room, master bedroom, full bath, laundry and kitchen/dining area with updated oak cabinets and pantry. Mudroom off kitchen, 2 upper level bedrooms and bonus area. Large lot with room to build a garage.

MLS #170813



\$252,500

PRICE REDUCED - 4 bedroom, 2 1/2 bath ranch style home. Gas fireplace in living room, kitchen has breakfast bar, walk-in pantry and quartz counters. Lower level family room. Double garage.

MLS #162026



\$159,000

CHARMING - 2 bedroom, 2 bath home in South Hill location. Eat-in kitchen with newer cabinets. Formal dining. Finished lower level has kitchenette, full bath and non-egress room. Double garage. Reduced!

MLS #170330



CONGRATULATIONS JUDY HOSKIN SALES PROFESSIONAL MARCH 2017



\$156,900

COZY STARTER - 3 bedroom home in NW area. Kitchen has new flooring, cabinets, countertops, window and dishwasher. Bathroom has new flooring, window and all new plumbing. Restored original hardwood in bedrooms. Egress bedroom in basement. Nice size yard. Detached garage.

MLS #170529

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FOR SALE BY OWNER



Nice Quiet Neighborhood. 3 Bedroom, 2 Bath House on 5 acres. Wood Flooring, Fireplace, Lots of Cupboards. Fenced backyard, 3 decks, 32x32 Garage & New Roof.

6 Miles east of Minot, 900 9th St SE
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Contact 701-240-8190

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\$70,000



Quaint little farmstead just north of Minot on 20 acres with barn. The home had about 18 inches of water in 2011 and hasn't been gutted. If interested, please go in the daylight hours with an agent and use caution. Call an agent for details. Call Cindy Strandberg at 833-1956. #170841

\$44,999

\$439,900



Amazing home in cul-de-sac in SE Minot. Main floor features are open floor plan with large living room with gas fireplace in custom built cabinet with lighted surround, nice sized dining room. Call Jerry Thomas at 833-7578. #170840

\$34,900

\$275,000



Very well laid out 4 bedroom / 3 bathroom condo located in southwest Minot, close to Dakota Square Mall. This unique home has 2 complete kitchens, kitchen islands and laundry rooms on each floor. Call Clyde Thorne at 240-8495. #170838

\$309,995 - Surrey



Lots of potential in this 3 bedroom 1 bath home. This property is being sold in its present condition. This home did not incur overland flooding in 2011, but did get seepage in the basement. Call Cindy Strandberg at 833-1956. #170835

\$293,000



Very affordable 2012, 2 bedroom mobile home on North Hill. Low maintenance partially fenced yard. New refrigerator. New deck. Located close to restaurants, gas stations, schools and more. Call Lori Henderson at 721-0158. #170834

\$299,900



Silver Springs new construction 1800sf home, with 3 bedrooms / 2 1/2 bathrooms / 3 car garage / main floor laundry located on a corner lot with a walk out basement. Master bedroom suite includes a walk-in closet and a dual sink bathroom. Call Brad Livesay at 720-7769. #170782

\$400,000



Beautiful 4 bedroom home located on north hill of Minot. Upon entering the home, you will notice a nice size foyer that you can add a bench and wall hangers. Upstairs, an open concept with the dining room looking out the patio doors. Call Clyde Thorne at 240-8594. #170241



Beautiful custom built newer construction in historic Eastwood Park. Don't miss out on this amazing 2 story home with tons of space with the nice open floor plan. Vaulted ceilings with recessed lighting. Call Lori Henderson at 721-0158. #162438



Better than new 4 bedroom 3.5 bath home on North Hill! Vaulted ceilings, beautiful staircase & large formal living room. Kitchen includes a breakfast bar & stainless steel appliances. Call Aisha Vadell at 240-3780. #162110



Airman aims high, achieves life dreams

AIRMAN 1ST CLASS SADIE COLBERT
35TH FIGHTER WING PUBLIC AFFAIRS

MISAWA AIR BASE, Japan --

There are hundreds of thousands of active duty Airmen in the enlisted force; only 85 are accepted into the Leaders Encouraging Airmen Development program each year.

This program is a continuous effort to give the nation's best and brightest enlisted Airmen the opportunity to further excel with appointments to the United States Air Force Academy.

One of Team Misawa's very own, Senior Airman Patryk Myko Dela Cruz, a 35th Logistics Readiness Squadron mission generation vehicle equipment maintenance technician, realized his dreams to enter the program, and overcame many life challenges to make it happen.

Unbeknownst to him, the Air Force pillars of resiliency steered him towards success.

"I didn't get accepted the first time [into LEAD]," Dela Cruz said. "The application process definitely was not easy and very competitive. It challenged me mentally, physically and spiritually. I even remember before I started training for the Candidate Fitness Assessment, the fitness test portion of the application, I couldn't even do a single pull-up."

Although the application itself was difficult, the challenges he faced actually started the moment he became an Airman.

"I was born and raised in the Philippines; I lived there for almost 17 years until my visas," Dela Cruz explained.

"I could barely speak English while I was in basic training. I honestly thought I wasn't going to make it, but I did. Afterward, I decided I would challenge myself so I could do even better things [in my career]."

After finishing his technical training in Port Hueneme at Naval Base Ventura County, California, he found himself stationed at Minot Air Force Base, North Dakota, where he met people who encouraged him to begin his LEAD program application.

"I didn't know about the program until about a month after I arrived to Minot," Dela Cruz explained. "I was a volunteer at the base church protestant service worship band, not knowing that my bandmate, Cole, was my commander's son. This led to a conversation with my commander."

After sharing his plans to one day become an Air Force pilot, he dug more into the LEAD Program. Because of his outstanding moral character, his unstoppable work ethic proven in performance reports and his desire to complete something even more challenging in life, he learned he was eligible to submit an application.

"I didn't know how challenging it was going to be; however, I had a mindset of 'I'm going to do it,'" Dela Cruz said. "When my

supervision in Minot heard, they were more than happy to help me out. They are definitely one of the main reasons I got an appointment to the U.S. Air Force Academy Preparatory School this year."

As he continued with the application process, he soon found himself facing another tough time in his career.

"Staff Sgt. Jerad Davis, my supervisor in Minot, gave me an impromptu feedback one night and told me 'Dela Cruz, you're going to be a hot-shot officer,'" Dela Cruz said. "It was devastating when I found out that he took his own life the week after."

It was a hard moment for Dela Cruz, but he did his best to push forward, leaning on the mental and spiritual fitness he had gained throughout the years.

"I had a lot of people who backed me up," Dela Cruz said. "Staff Sgt. Davis died believing I could do it. My family, friends and church

family never stopped praying, and they never gave up believing I could achieve it. It was because of them, and of course God, on why I finished my application and eventually got an appointment with a program counselor."

For the second time around, he put in all the hard work, tested, waited patiently and finally, acceptance day came.

"On the day I was notified, my co-workers told me to sit-up front," Dela Cruz recounted. "From that moment, I had a feeling on what was going to happen. Nevertheless, it still felt unbelievable and surreal; It was awesome!"

Dela Cruz said he always remembers his dad telling him, "If other people can do it, you can too," leaving an everlasting impact on his outlook on life.

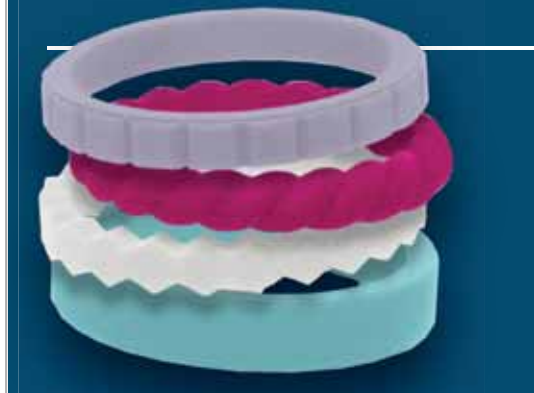
"I'm just an average person who had a goal in mind," Dela Cruz said. "Consider my background and think, if I can do it, you can too."

COURTESY PHOTO




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