

northern sentry

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Videos

Reflecting on the question, "Where are you from?"

MIYA LENNON | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- One of the hardest questions you can ever ask me is, "Where are you from?" To be completely honest, I don't know the answer. I was born into a military family, where both of my parents served. Being a military kid means I am from all over. I go places, and I come from places. I arrive and then I leave.

As morbid as it may sound, goodbyes come easy to me. The military life consists of friends moving and parents deploying. Every once in a while, one of my parents would deploy, leaving the family to adjust to the missing piece of the family puzzle.

At seven-years-old, I experienced my first deployment, when my father deployed to Afghanistan for six months. At such a young age, it was difficult to

handle the idea of my father working in a war stricken area. Some nights I would lie in bed, crying myself to sleep, wondering if my dad would ever make it home safely.

My mom, one of the strongest people I know, had to juggle working full time and taking care of four kids. My parents did everything in their power to make the transition as easy as possible for us.

Skype calls were made weekly and bedtime stories were recorded to watch every night. As time went on, like a chameleon, I adapted.

Before I was 13, I had already discovered how to cope with the separation of friends and family. Separation is a way of living for many military families. We are separated from each other and also sometimes from our home land.

In the mid 2000's, my

family and I were assigned to relocate to Germany, once again leaving our world behind. The first couple of years we spent in a German town named Jettenbach, where I experienced the culture. I attended festivals such as the Oktoberfest, celebrated German holidays, and interacted with the local people. I was so fascinated with the culture that I even enrolled in a German-immersion class where we'd speak German in the morning and English in the afternoon. Along with other German schools we took field trips to plays, I breathed German culture.

This life-changing move gave me the opportunity to discover more of Europe. So, while many have only seen Europe in pictures, I have been able to live there. I have walked the streets of Spain, toured the castles of Austria, smelled the tulips of Holland and ridden the



COURTESY PHOTO

gondolas of Italy.

So, where am I from? I am from my mother; she is strong. I am from my father; he is intelligent. I am from my family; we are love. I am from the arid air of Texas, the cities of Virginia, the

beautiful land of Germany, and the Great Plains of North Dakota.

Every place I have lived and left, a little piece of my heart has stayed behind, and I've also taken a little bit of that place with me.

Speak up for sexual assault

AIRMAN 1ST CLASS ALYSSA M. AKERS
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Every 98 seconds, an American is sexually assaulted.

Approximately 481,000 Americans are sexually assaulted every year. Of those, 18,900 occur within the Armed Forces, according to the Rape Abuse & Incest National Network website.

Although the amount of sexual assaults in the United States has fallen more than half since 1993, April was designated as Sexual Assault Awareness Month in 2001 to help spread awareness and encourage people to speak up.

"The whole purpose of this month is to make sure victims know that they're not alone," said 1st Lt. Holly Schlotfeldt, 5th Bomb Wing deputy sexual assault response coordinator. "We want them to know that we believe them and it's okay to talk about it."

The SAPR office has been proactive in spreading the word about sexual assault and prevention. Aside from their usual items offered year round, they've placed SAPR items in commonly visited locations around base for the month of April.

They've supplied the Commissary with SAPR grocery bags and coffee sleeves to B-Fifty Brew and the Kaffee Kiosk, as well

as placed informational pamphlets at the Base Exchange and dining facility.

They have also adopted the Clothesline Project, a national movement dedicated to raising awareness about the reality of sexual violence in our society. The clothesline is hung with shirts, each uniquely decorated to represent the victim's experiences. At Minot Air Force Base, the SAPR office has also allowed supporters of sexual assault victims to decorate and display shirts on the clothesline.

They will have an open house for base personnel at their office, building 168, April 16 from 8-10 a.m. Their goal is to ensure victims know their office location so they may speak to a victim advocate in the case of a sexual assault.

"With this open house, we are essentially showing people that our location is a safe space to speak openly and freely about what has happened to or around them," said Donita Theiler, 5th Bomb Wing sexual assault prevention and response victim advocate.

There are many short and long term effects of sexual assault that affect the mind, body and spirit, Schlotfeldt said. Victims may suffer from depression or post-traumatic stress

disorder, creating problems with differentiating what's right or wrong and blaming themselves for everything.

"We have resources to help victims," added Theiler. "Sexual assault victims are assigned victim advocates to be there through every step of recovery as requested."

The SAPR office allows

victims to file restricted or unrestricted reports.

Restricted reports are confidential. This means they do not trigger an investigation or command involvement while allowing the victim access to the special victims' legal counsel as well as advocacy, medical and counseling services.

Unrestricted reports start an official law enforcement investigation, enlist the support of the victim's chain of command and provide a victim with access to services. In addition, the victim can obtain a military protective order and an

Continued on page 8

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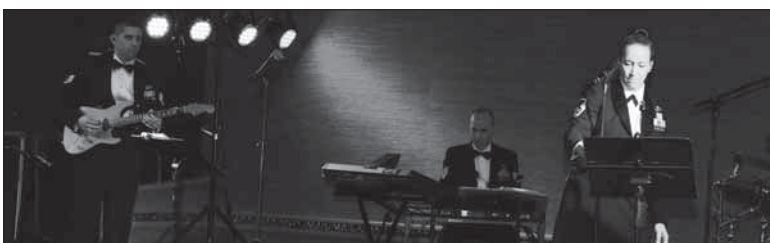
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SUN & MON: CLOSED

INTERNATIONAL MILITARY BALL

The 30th Annual International Military Ball took place at the Grand Hotel in Minot, North Dakota, April 14, 2018. The purpose of this event was to strengthen partnerships between American and Canadian military members.

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



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FACEBOOK

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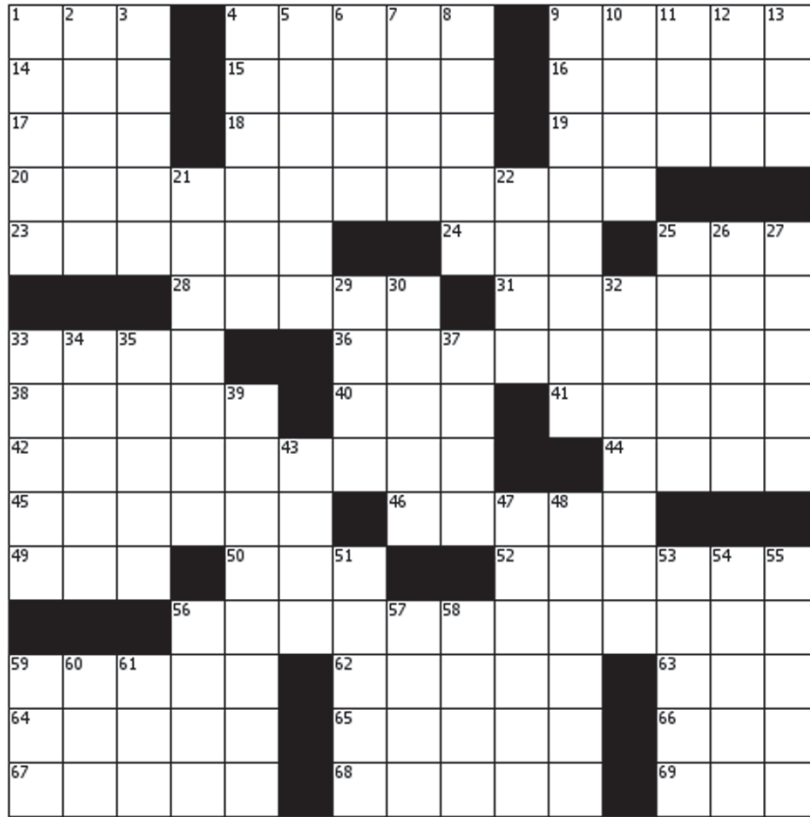
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CROSSWORD PUZZLE

Across

- 1. Insane
- 4. Pipsqueak
- 9. Macho guy
- 14. Steak partner
- 15. Uncannily spooky
- 16. Dodge, as a question
- 17. Brigitte, for one
- 18. Inflexibility
- 19. Prepared potatoes, in a way
- 20. Hanks comedy
- 23. From the top
- 24. Command to a guest
- 25. NRC predecessor
- 28. The worse for wear, e.g.
- 31. Fundraising event, sometimes
- 33. Kraits' kin
- 36. Object of a quest
- 38. Massenet heroine
- 40. One of a Freudian trio
- 41. "___ Joe's"
- 42. Without getting results
- 44. Untouchable name
- 45. Baltic or Fifth
- 46. It may be taken up
- 49. Color to paint the town
- 50. Bro's foe, at times
- 52. '60s coloring method
- 56. 19th-century trade route
- 59. Woody Allen film
- 62. He lost to Dwight
- 63. "My Name is Asher ___"
- 64. Without delay
- 65. Actress Della
- 66. Wallach or Lilly
- 67. Rubbernecks



- 68. They provide prayer support
 - 69. Gridiron divs.
- Down**
- 1. "___ tear has to fall"
 - 2. Hard to get close to
 - 3. Voice a formal objection
 - 4. Mother of Calcutta
 - 5. Dumbbell, e.g.
 - 6. Therefore

- 7. Prison-movie event, perhaps
- 8. Salon specialties
- 9. Birthright
- 10. "Beyond Good and ___" (Nietzsche)
- 11. PC alternative
- 12. Suffix with lemon or lime
- 13. Homer's neighbor

- 21. Part of KJV
- 22. Subject to a draft
- 25. "... ___ worse than death"
- 26. Sewing machine innovator Howe
- 27. Irish and Welsh, e.g.
- 29. "Take ___ Train" (Duke Ellington)
- 30. Bear and Berra
- 32. More candid
- 33. Fragrant oil
- 34. What push comes to a window
- 35. Having divisions, as a window
- 37. Laze about
- 39. Some links
- 43. Streak, as in marble
- 47. Order to relax
- 48. Washington and Lincoln, e.g.
- 51. Devoid of any disguise
- 53. Windy City politician
- 54. Relinquish, as control
- 55. Hip swinger of note
- 56. Kind of bay
- 57. Oil port
- 58. Head for the hills
- 59. Half of a stitch
- 60. Air quality overseer (Abbr.)
- 61. Order companion

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

SHERLOCK GNOMES • (PG) FRIDAY, APRIL 20 • 1800

“ Garden gnomes, Gnomeo & Juliet, recruit renowned detective Sherlock Gnomes to investigate the mysterious disappearance of other garden ornaments. ”



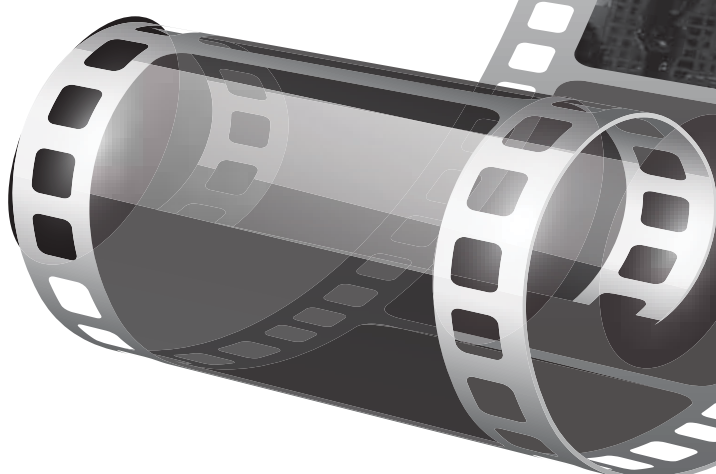
I CAN ONLY IMAGINE • (PG-13) SATURDAY, APRIL 21 • 1700

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PACIFIC RIM UPRISING • (PG-13) SUNDAY, APRIL 22 • 1500

“ Jake Pentecost, son of Stacker Pentecost, reunites with Mako Mori to lead a new generation of Jaeger pilots, including rival Lambert and 15-year-old hacker Amara, against a new Kaiju threat. ”





Mini Oreo Cheesecake Cupcakes



INGREDIENTS:

- 6 tablespoons balsamic vinegar
- 1/2 cup zesty Italian dressing (fat free is great)
- 1.25 pounds chicken tenders (or breasts)
- 2 heads broccoli
- 1 cup baby carrots
- 1/2 pint cherry tomatoes
- 1 teaspoon Italian seasoning
- 3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- Optional: fresh parsley, salt and pepper

INSTRUCTIONS:

Preheat the oven to 400 degrees F. Spray a large tray with nonstick spray (line with parchment paper if you tray isn't already nonstick or the balsamic + Italian mixture will stick to it) and set aside. Whisk together the balsamic vinegar and zesty Italian dressing. Trim the tenderloins of fat and undesired parts. Alternatively cut the breasts into small 1/4th-1/2th inch thick pieces (resemble the size of the tenders in the picture/video) Place 1/3 cup of the balsamic + Italian mixture in a large bag and add the chicken tenders. Coat and place in the fridge to marinate for at least 30 minutes and up to 6 hours. Chop the broccoli into small pieces. Slice the baby carrots in half. Place broccoli + carrots on the prepared tray with the cherry tomatoes (like your tomatoes LESS roasted? Toss in after 5-10 minutes of the broccoli and carrots being cooked. Otherwise they are ultra tender!), Italian seasoning, olive oil, garlic powder, and add some seasoned salt and pepper to taste. Roast the veggies for 10-15 minutes. Remove from the oven and flip around. Section the veggies to each side of the tray (see video) and place the chicken tenders (discard marinade) in the center. Brush 1/3 cup of the balsamic + Italian mixture over the chicken. Return to the oven and cook for another 7-15 minutes depending on the size of your chicken. Be careful to monitor the chicken so you don't overcook it.**The cooking time will largely vary based on the size of your chicken. See the last paragraph of text for more direction on how to cook this meal so everything is done at the same time.** Serve the chicken and veggies with the remaining Balsamic + Italian mixture. Top with freshly chopped parsley if desired. Great served over rice or quinoa!



Photo exhibit at Northwest Arts Center

AVIS VEIKLEY, DIRECTOR NORTHWEST ARTS CENTER

Minot State University Bachelor of Fine Art student Hannah Streccius will present a solo photography exhibit, "Mise-En-Scene: Stories in Stills," in the Northwest Arts Center's Hartnett Hall Gallery May 4 through June 3, 2018. Opening reception will be May 4 from 6:30 to 8:00 p.m. at the gallery.

"Mise-En-Scene" is filmmaking term that describes visual storytelling that reduces the narrative into a few select scenes. Streccius drew upon this idea, filling her

photographs with mysterious characters and events in a way that both masks and exposes their underlying message.

By using both personal and universal experiences, the work holds relatable, yet indistinct story lines. Figures are depicted struggling, playing, and learning in foreign circumstances. Streccius explains, "I wanted to use basic life experiences and reshape them into something beautiful and strange."

Much of Streccius' artistic

practice revolves around alternative photographic and printmaking processes. This exhibit will contain photographs housed in hand-made light boxes.

Native to Minot, Hannah Streccius is a senior at MSU and will graduate in May.

The exhibit and reception are free and open to the public. The Hartnett Hall Gallery is open Monday through Friday from 9 a.m. to 4 p.m. and by appointment.

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

Photo by Hannah Streccius from "Mise-En-Scene: Stories in Stills," on display at the Hartnett Hall Gallery, Northwest Arts Center, beginning May 4.

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

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ALL 727-ROCKE (FOR MORE INFO)

Ron is an Air Force Veteran, a Minneapolis native and has been featured in several comedy festivals!

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. The menu includes tasty wings, sweet & sour meatballs, cheeseburger sliders, ham & cheese finger sandwiches, bacon wrapped lil' weenies, cheese & cracker selection, assorted fruit & veggies, and mini cheesecake bites. 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.

For more details, call Rockers at 727-ROCK.

Arts & Crafts Center Offering Picture Framing Class

The Arts & Crafts Center is holding a Picture Framing Class on Saturday, May 12 at 10 a.m. Register at the Arts & Crafts Center from April 24 through May 4. Cost is \$25 plus materials. Adults only.

Learn the basics of matting and framing. You'll cut your own double mat, assemble your frame, and leave with a completed picture ready for hanging!

Bring in your picture to frame between April 24 and May 4 so the Arts & Crafts Center can assist in mat and frame choices and order materials before the class date. For additional details, call the Arts & Crafts Center at 723-3640.

MAY 12 10:00AM

Please bring in your picture to frame between April 24th and May 4th so we can assist in mat and frame choices and order necessary materials!

Picture Framing Class

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Cost: \$25 + materials

Register April 24th to May 4th

Adults Only 723-3640

Make Your Reservations Now For Mother's Day Sunday Brunch

Mother's Day Brunch
 Sunday, May 13th
 10:30am - 1:30pm

Treat Mom to the Jimmy Doolittle Center's delicious brunch and enjoy our wide array of selections to fit any craving! Begin with our hand-carved Herb Crusted Prime Rib with Au Jus, and don't miss out on our delectable Chicken Cordon Bleu, Roast Pork Loin, Roasted Potatoes, Pasta Fresca, and Chef Veggies.

Adults:	Teens (13-17):
Club Members: \$20.95	Club Members: \$18.95
Non-Members: \$22.95	Non-Members: \$20.95
Children (6-12):	Kids 5 & Under:
Club Members: \$9.95	Club Members: FREE
Non-Members: \$11.95	Non-Members: \$3.00

Make your Reservations starting April 2nd!
 Seating is limited, pre-paid reservations required.

723-3731

The Jimmy Doolittle Center is hosting a special Mother's Day Sunday Brunch on May 13 from 10:30 a.m. to 1:30 p.m. Come enjoy the delicious menu featuring hand-carved Herb Crusted Prime Rib with Au Jus, delectable Chicken Cordon Bleu, Roast Pork Loin, Roasted Potatoes, Pasta Fresca, Chef Veggies, and more. Cost for the Mother's Day Brunch is \$20.95 for adult Club Members and \$22.95 for adult non-members. Teens of Club Members ages 13-17 are \$18.95 and teens of non-members are \$20.95. Children of Club Members ages 6-12 are \$9.95 and children of non-members ages 6-12 are \$11.95. Kids age 5 and under are FREE for Club Members and \$3 for non-members. Seating is limited. Pre-paid reservations are required. For more details, call 723-3731.

19TH ANNUAL KIDS BLOCK PARTY & EGGSPLOSION!
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27 April 6pm-8:30pm

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723-2838

Sweet Chili Pizza April Special

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Small: \$11
 Medium: \$15
 Large: \$17

727-4377 to order!
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Club Members Save \$2

CLUB MEMBER DRAWING ON FRIDAY, APRIL 20 WILL BE FOR \$1,500.

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

MONTH OF THE MILITARY CHILD
 at ROUGH RIDER LANES

During the month of April, children 17 and under can bowl for \$2.50/game and receive FREE shoe rental.

OFFER VALID: Monday-Wednesday, 9am-2pm; Thursday-Friday, 9am-7pm.

727-4715

Month Of The Military Child Bowling Special

During the month of April, children age 17 and under can bowl for \$2.50/game and receive FREE shoe rental at Rough Rider Lanes. Offer valid Monday-Wednesday from 9 a.m. to 2 p.m. and Thursday & Friday from 9 a.m. to 7 p.m. For more information, call Rough Rider Lanes at 727-4715.

FAMILY and YOUTH EVENTS & PROGRAMS

Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can sign-up starting May 1 for **2 FREE games of bowling per day from May 1 - August 31, 2018**. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit the www.KidsBowlFree.com/AirForce website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$29.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. The "Family Pass" is limited to 4 guests and may only be used while bowling with the Kids Bowl Free member. Hours for the Kids Bowl Free program are Monday - Wednesday from 9 a.m. to 2 p.m. and Thursday & Friday from 9 a.m. to 9 p.m. For more details, call 727-4715.

Friday Night Roller Skating

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

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.

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. Consignments are 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 Recreation at 723-3648.

Applications Being Accepted For Teen Aviation Camp, Space Camp, & Leadership Summits



The Air Force Services Activity Child and Youth Programs (AFSVA CYP) is offering great summer camps providing students a 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 16-22, 2018. The intent of the program and scheduled tours are designed to give all attendees an opportunity to explore careers in the Air Force and as aviators.

This program is for youth who completed their freshman or sophomore year in high school at the end of School Year 2017/2018. Eligible applicants include teen dependents of AF Active Duty or Active Duty Military assigned to/living on/working on an AF led installation, AF Retired, AF APF and NAF Civilian Employees, and Air National Guard or AF Reserve. Previous Teen Aviation Camp attendees may not apply. Lodging, meals, and activity fees are centrally funded beginning upon arrival to Teen Aviation Camp. Air fare or POV travel costs and spending money are the responsibility of the attendee.

The Air Force Space Camp has two sessions scheduled for July 29 - August 3, 2017 and August 5-10, 2018 at the US Space and Rocket Center in Huntsville, Alabama. While at camp, youth ages 12-18 years old will have an opportunity to explore careers as astronauts. Youth have the opportunity to select from five different Academies

Eligible applicants include dependents of AF Active Duty or Active Duty Military assigned to/living on/working on an AF led installation, AF Retired, AF APF and NAF Civilian Employees, and Air National Guard or AF Reserve. Lodging, meals, and activity fees after arrival at Space Camp are centrally funded. Air fare or POV travel costs and spending money are the responsibility of the attendee.

Four different sessions of Air Force Teen Leadership Summits are available for teens 14-18 years of age. Throughout the week, teens will participate in military traditions, community service projects, musical performances, and more.

To apply for any of these camps, visit <https://secure.georgia4h.org/event/?clientID=4>. Applications are due by Friday, May 11, 2018. For more information, call the Youth Center at 723-2838.

YOUNG AIRMEN EVENTS & PROGRAMS

Apr 20 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on April 20 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.

May 14-17 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 May 14, 15, 16 & 17 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 to help fit your busy schedule. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

May 4 First Friday 5K Fun Run

The Fitness Center is starting a Summer Series 5K Fun Run. Every First Friday from May through September, you're invited to participate in a 5K Fun Run. The first event is scheduled for Friday, May 4 with the run beginning at 7:30 a.m. at the Fitness Center. The events feature awards for the fastest male and female at each run. The May event will feature a medieval theme. For more details on this FREE event, call the Fitness Center at 723-2145.

America the Beautiful
National Parks and Federal Recreation Lands Passes

Free Annual Pass
for Active Duty Military Members and Dependents



*Passes limited to those on hand.

Park Rangers will issue passes at Outdoor Recreation **Friday, April 27th 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.



SPEAK UP from page 2

expedited transfer to another location, if necessary.

Knowledge of the sexual assault is limited to those with a need-to-know basis.

A victim can choose to convert a restricted report to unrestricted at any time, but once an unrestricted report is made, the restricted report is no longer an option.

If you or someone you know is a victim of sexual assault, please contact the

24/7 crisis hotline at 701-340-8882.

Clothes hang on a clothesline in honor of sexual assault victims in the Sexual Assault Prevention and Response office at Minot Air Force Base, North Dakota, April 10, 2018. The clothes were created as a part of the Clothesline Project, a national movement dedicated to raising awareness about the reality of sexual violence in American society.

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



Ensuring the fallen are sent home with honor

STAFF SGT. WILLIAM BANTON
386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA (AFNS) -- Senior Airman Edward Reta, 387th Air Expeditionary Group Force Protection Flight, remembers watching the C-17 Globemaster III as it taxied to its parking location at an undisclosed location in Southwest Asia.

Watching a tail ramp lower, he felt moved by the setting and circumstances as he was one of six Airmen from the 387th AEG Force Protection and 387th Civil Engineer Fire Department to come to attention.

Still, Reta was grateful to be part of a group that came together as they made their way on to an aircraft, in unison. They carefully moved the aircraft's most significant cargo, a transfer case with the remains of a fallen warrior, to a theater mortuary evacuation point truck waiting on the tarmac.

There is a heaviness that never becomes routine when dealing with loss of a life in today's warfighting environments, he says but also there is a reverence involved demonstrating how vital and distinctive it is to be helping get the fallen home safely.

"When a service member is involved it is a huge deal," Reta said. "It was emotional for me to actually be able to see it in person."

In a deployed environment, the process can bring in an additional set of emotions for the team and they have to learn to manage in their own ways while completing the mission with care.

"It's hard to disconnect yourself from the situation that is going on at the time," said Tech. Sgt. Cody Owens, force protection day shift lead. "It's hard to not getting emotional and just maintain your military bearing, while trying to pay homage to the fallen member."

On March 15, 2018 an HH-60 Pave Hawk helicopter crashed in western Iraq, killing all

seven members on board. All of those service members passed through the 387th. See fallen on page 12

MADHU UNNIKRISHNAN, MD, MS, HEMATOLOGIST AND MEDICAL ONCOLOGIST, AND PAMELA HOLWEGNER, FNP-C, AOCNP

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MINOT, NORTH DAKOTA

CHURCH DIRECTORY

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

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

Answers to puzzle from page 4

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MLS #180801



\$205,000

MOVE IN READY - Many updates include new kitchen, refreshed living room, remodeled bathrooms, new dining room and new laundry area. 2 bedrooms and 1 3/4 baths. New drain tile with lifetime warranty. Vinyl siding. Attached garage and 2 storage sheds.

MLS #180814



\$339,900

ONE LEVEL LIVING - 3 bedroom, 2 bath, 1769 sq ft home. Bright kitchen has lots of storage, counter space and opens to dining and living room. Large master suite with walk-in closet and 3/4 bath. House and garage have in-floor heat. Triple garage with shop space.

MLS #180794



\$458,000

COUNTRY LIVING - One level home on nearly 2 acres with mature trees. Remodeled and added 1672 sq ft in 2007 making this a 4103 sq ft home. New roof, siding, windows. Great open living space, 5 bedrooms and 4 1/2 baths. Triple garage/shop and 16x24 shed.

MLS #180785



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\$249,900

SPACIOUS LIVING - 5 bedroom, 1 1/2 story totally refinished home. Large kitchen. 12x26 deck off dining room. Main level has 1 bedroom, 2 bedrooms in upper level and the finished lower level has master bedroom and another bedroom. Triple garage.

MLS #180020

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BASE ANNOUNCEMENTS

TODAY

- Month of the Military Child Bowling Special, 0900-1900, Bowling Center
- Dakota Inn Earth Day Event, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1230, Fitness Center
- Torch Club, 1600, Youth Center
- Keystone Club Meeting, 1600, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Wine & Paint Class, 1800-2000, Arts & Crafts 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

SATURDAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Give Parents a Break, 1700-2100, CDC & School Age Program
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

- Sunday Escapes Book Club, 1330, Base Library
- 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
- Reintegration Briefing, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY

- Registration Opens for the Picture Framing Class at the Arts & Crafts Center
- 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
- Zumba, 1130, Fitness Center
- Home Buying Seminar, 1430-1630, A&FRC
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, 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

- Fit to Fight, 1100, 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
- 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
- Olympic Lift Training, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- April Kids Swim, 1330-1530, Indoor Pool
- Spaghetti Dinner & Art Auction, 1600-1730, CDC
- Fitness Hour, 1600-1700, Youth Center
- EFMP Kid's Arts Camp, 1700-1900, A&FRC, held at the BBC Community Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Lift Training, 1730, Fitness Center
- Mixed Couples League, 1830, Bowling Center

27 APRIL

- TAP GPS Workshop, 0730-1630,

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A&FRC, held at the Education Center

- Month of the Military Child Bowling Special, 0900-1900, Bowling Center
- Outdoor Recreation Open House & National Park Passes, 1100-1600, Outdoor Recreation
- Fit to Fight, 1100, Fitness Center
- Olympic Lift Training, 1230, Fitness Center
- Torch Club, 1600, Youth Center
- Keystone Club Meeting, 1600, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- 19th Annual Kid's Block Party & EGGsplosion!, 1800-2030, Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Bowling Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Operation Megaphone Lock-In (Teens Only), 2100-0600, Youth Center
- Lights & Strikes Bowling, 2100-2400, Bowling Center

28 APRIL

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center
- Comedy Night with Ron Lamprecht, Doors open at 1800, Dinner served at 1900, Show begins at 2000, Rockers Bar & Grill

ONGOING EVENTS

- Rough Riders Pizza Special April Special - Sweet Chili Pizza This month's pizza features a sweet Thai chili sauce base, loaded with chicken, green peppers, sweet pineapple, & red onion, then topped off with a mouth-watering layer of mozzarella cheese. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal - includes side & drink
- B-Fifty Brew Drink Special April Special -- Piña Colada Frappuccino

Coconut milk meets the delightful combination of pineapple, classic, & vanilla syrup mixed with a hint of vanilla bean powder & fresh pineapple. Topped with our homemade whipped cream! Grande \$5.00 Venti \$5.50

• April Kids Swim Beat the winter blues with FREE Kids Swim at the Indoor Pool! Homeschooling families are welcome to attend. Every Thursday in 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 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

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Spring 2018 term (25 Apr-26 June). To sign up for Undergraduate and Graduate courses, please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your request to minot@erau.edu . If you have any questions, please call 701-727-9007.

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FALLEN from page 8



U.S. AIR FORCE PHOTO ILLUSTRATION | STAFF SGT. WILLIAM BANTON

Members of the 387th Air Expeditionary Group Force Protection Flight practice the transfer of service members remains with an empty transfer case, at an undisclosed location in Southwest Asia, Oct. 13, 2017.

AEG, prior to returning home.

“At first it was difficult but I have learned to be able to separate myself from the event,” Owens said. “I knew a bunch of people personally that knew them, so it kind of hit close to home.”

“I’ve never experienced

that; a lot of thoughts go through your head that this is real and that it can happen to anybody,” Reta said.

“Obviously the family and friends of the deceased goes through your head and then your thoughts are of your family and friends.”

Upon returning from the

theater of operations to the U. S., a solemn dignified transfer is conducted upon arrival at Dover Air Force Base, Delaware, when a Air Force carry team transfers the remains from the aircraft to a transfer vehicle to honor those who have given their lives in service to America.

Fallen service members, however, have stops to locations like here along the way before they head home to their family.

Reta described this particular transfer as an honor, saying it was an experience he will be able to take with him to

future transfers. The rest of the team echoed those sentiments.

“There’s a lot of pride sending (Airmen) back home and (I have) torn feelings about it,” Owens said. “I hate doing transfers but I’m also proud of what I get to do.”

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