

## WHATS INSIDE THIS WEEK:



WOMEN ON  
WATCH

A7



COVID-19  
INFORMATION

A2 & B1

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## 2020 CHIEF RECOGNITION CEREMONY

Team Minot Airmen hosted a Chief recognition ceremony at the Jimmy Doolittle Center on Minot Air Force Base, North Dakota, March 6, 2020. These new Chief Master Sgts received multiple awards for their dedication to the Air Force. More photos can be found on page 3.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT



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## Minot AFB



## Videos



# Minot Strong

PUBLIC AFFAIRS, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

To Airmen and Families of Team Minot,

This is a dynamic situation, so we appreciate everyone's patience as our teams work through COVID-19 implications and its impacts to Minot Air Force Base. With two legs of the nuclear triad at this base, we have a special responsibility to the Nation to stay ahead of this virus.

There is lots of information floating around, and we want to provide an update and dispel any misinformation.

Right now, there are no Minot AFB members or families who have COVID-19.

There is one member in the state of North Dakota who lives in Ward County that has tested presumptively positive for COVID-19.

You might be asking why the base is canceling or postponing events. The base, like the rest of the nation, is taking cautious steps to deter the possible spread. We want to ensure we don't experience a spoke of people who become ill at the same time. Although we generally have a healthy population that would recover from this virus, we want to avoid overtaxing our medical system and ensure we have the right workforce to continue our mission.

It was also directed today that all Department of Defense service members, civilians and their family members will stop all official travel -- such as Permanent Change of Station or Temporary Duty -- through May 11th. There may be some exceptions to this rule that your leadership teams will work through.

For domestic travel, those who have already begun their travel may continue on to their final destination. Individuals whose TDY ends within stop movement period may return home.

Service members may only take leave in the local area, which is

defined as a 45 mile radius of Minot AFB for members of both the 5th Bomb Wing and 91st Missile Wing. Again, there may be some rare exceptions that fall into this category that leadership will work through.

At this time, we are not recalling members who have already departed on leave, but this could change in the future.

The Stop Movement Policy letter can be viewed here <link>, or accessed through the Team Minot App.

We have received some questions regarding the possible closing of child care and local schools. At this time our on-base child care and Minot public schools remain open. We will continue to closely monitor this situation should the local environment shift. We ask that all parents evaluate your family care plans to stay ahead of possible changes.

Our BX and Commissary are also open during normal business hours, and we have no plans to close them at this time. We are requesting that you buy what you need, but avoid overstocking.

As a base we are taking steps to minimize contact, and our housing project owners, Balfour Beatty are also making some adjustments to their work order processes for the next few weeks. You will see routine work orders delayed, but they will respond to emergency work orders. Please talk to your leadership if you have a concern about a work order that you feel needs to be addressed, but

cannot be accomplished in a timely manner.

You also probably noticed our Defenders at the gate are asking you to hold up your ID card for them to scan. This is another measure to avoid contact.

Our Medical Group is standing by to assist you and your family, but we ask that you please call them first if you are not feeling well. They will provide you instructions before you arrive. You can also expect to be screened before you enter the clinic. Again, this is another preventative measure, and we appreciate your patience with this new process. If you require after-hours care, we recommend calling the nurse advice line. Our normal appointment line number will connect you directly to the nurse advice line after hours.

You might be wondering what you can do during this time. Here are a few recommendations:

Avoid crowds when possible, and stay 6 feet away from others. This is referred to as social distancing. It also includes things like not shaking people's hands or touching handrails.

Wash your hands regularly, and practice good hygiene

Stay home if you are feeling ill, and contact the Medical Group for further guidance. Military members should also keep their supervisors informed.

Check out the website regularly. This will have the most up to date local guidance.

Please call your leadership if

## Confirmed COVID-19 Case on Minot Air Force Base

MINOT AIR FORCE BASE PUBLIC AFFAIRS

There is one positive case of COVID-19 of an adult, non-military member at Minot Air Force Base, North Dakota.

To mitigate and manage the risks associated with COVID-19, Team Minot is implementing proactive measures to reduce the spread of COVID-19 among our base population and to ensure continuation of our no-fail mission. As such, Team Minot is now in HPCON B+ and is declaring a public health emergency. No additional base access restrictions are in place; however, they may be implemented in the future.

Team Minot leadership is continually monitoring the situation and working closely with the North Dakota Department of Health to provide families with up-to-date information on appropriate measures to prevent spread of the virus. For local information regarding Minot Air Force Base, visit <https://www.minot.af.mil/>

News/Coronavirus-COVID-19-News/.

Social distancing at all times will continue to be a focus. Additionally, clean workstations and good hygiene are crucial for slowing the spread of disease and germs. Airmen, their families and civilians should regularly wash their hands with soap and water for at least 20 seconds, limit contact with those who have been sick, and avoid gatherings with more than 10 individuals in a setting. When feeling ill, self-isolate and call the North Dakota Department of Health Hotline at 1-866-207-2880.

For the latest national information on COVID-19, visit the Centers for Disease Control and Prevention and Department of Defense Coronavirus websites at <https://www.cdc.gov/coronavirus> and <https://www.defense.gov/Explore/Spotlight/Coronavirus/>.

you need help or have a problem. Again, this situation is rapidly changing, but we will figure out the best way to support you and your families as we work through it.

Lastly, please be patient and kind to one another in the coming days and weeks. We are all in this together and will work through it together. Our sense of community and support for one another is one of the many things that make Minot AFB so special. We are not

in crisis, and the actions we are taking now will help ensure our mission success and quality of life in the coming days.

Signed by Col. Glenn Harris and Col. Bradley Cochran, 91st Missile Wing and 5th Bomb Wing commanders, respectively, as well as Chief Master Sgt. Garrett Langston and Chief Eryn McElroy, 91st MW and 5th BW command chiefs.

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All-Female Alert Airmen from Minot Air Force Base pose in front of a High Mobility Multipurpose Wheeled Vehicle at a Missile Alert facility near Minot, North Dakota, March 12, 2020. The Airmen took part in an all-female alert crew in observance of Women's History Month.

U.S. AIR FORCE PHOTO | AIRMAN FIST CLASS JESSE JENNY

## Women on Watch

AIRMAN JAN K. VALLE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

March 12, 2020 was an important day for women and little girls dreaming of a career in the U.S. Air Force. On this day, 91st Missile Wing women from Minot Air Force Base participated in the All-Female Missile Alert Day in support of National Women's History Month.

According to Col. Cathy Barrington, 91st Operations Group commander, the event started in 2016 and has grown through the years.

"We had this event during Women's History Month where we put 90 [female] missileers out on alert in charge of all the [Intercontinental Ballistic Missiles] for the nation," said Barrington. "What makes it unique is that we're reaching out to different career fields and we're getting more and more

people involved, because it's a celebration of what everybody brings to the force."

Capt. Katelyn Woodley, 742nd Missile Squadron deputy flight commander, was one of the event participants.

"I think it's amazing that we can promote and support each other and come together to cover a whole day on alert," said Woodley. "Little girls out there can see female empowerment and maybe see themselves serving in the future, and to know that they can be a part of that message means a lot. I think the event is awesome. This year, we're going to be integrating more than just crews; we're going to be integrating maintenance personnel, helicopter crews and security forces."

This yearly event brings focus to the talent of the female Airmen at Minot AFB.

"To look out at our crew force

and see everybody come together, and do something extraordinary to celebrate the contribution of every single missileer is

something incredibly positive," said Barrington. "I'm so proud of our Airmen and what they're doing."



All-Female Alert Airmen from Minot Air Force Base pose for a photo at Minot Air Force Base, North Dakota, March 12, 2020. 91st Missile Wing women from Minot Air Force Base participated in the All-Female Missile Alert Day in support of National Women's History Month.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE

## CONTACTUS

**Ted Bolton**

Publisher | Advertising  
bagroup@srt.com

**Rod Wilson**

Business Development | Marketing  
sentralsales@srt.com

**Nikki Greening**

Creative Services  
nsads@srt.com or  
nsgraphics@srt.com

## MINOT AIR FORCE BASE

PUBLIC AFFAIRS

**Chief of Public Affairs**

Maj. Natassia Cherne

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## Staff Photojournalists

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Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman Jan Valle

## COMMANDERS

**5th Bomb Wing Commander:**

Col. Bradley Cochran

**5th Bomb Wing Vice Commander:**

Col. Brian D. Vlaun

**91st Missile Wing Commander:**

Col. Glenn Harris

**91st Missile Wing Vice Commander:**

Col. Barry E. Little

## NEWS SUBMISSIONS

**Northern Sentry Office**

nsads@srt.com | 701.839.0946

## MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

## MAIL & FAX

315 South Main Street, Suite 202  
Minot, ND 58701 | 701.839.1867

## VIEW ONLINE

www.northernsentry.com  
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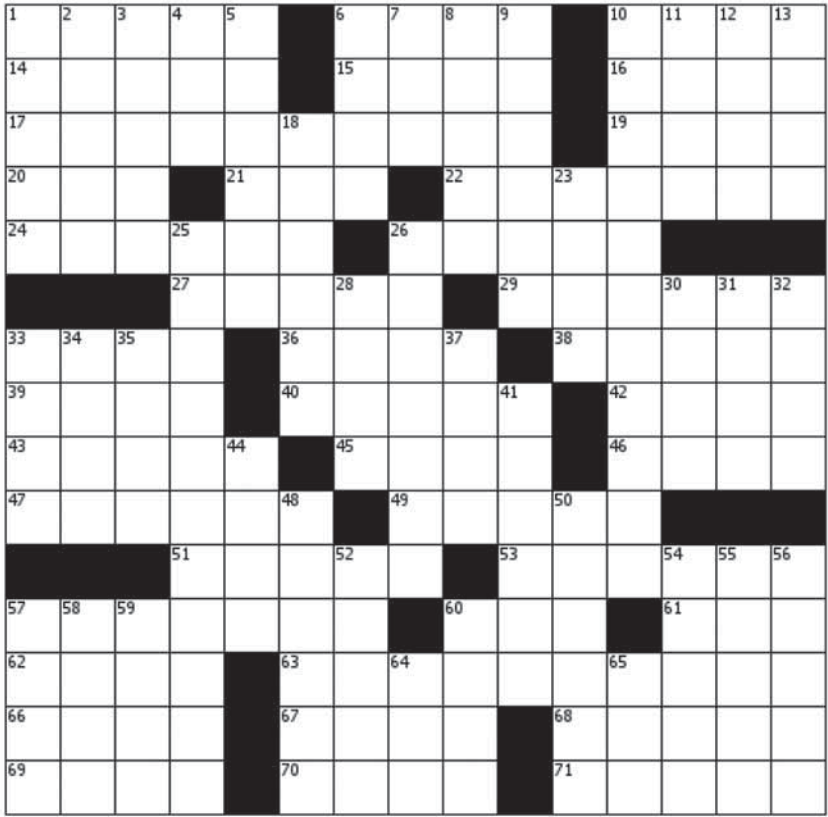
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CROSSWORD PUZZLE

- Across**
- 1. Spread complements
  - 6. Timbuktu's land
  - 10. Touchstone
  - 14. Gangbuster Ness
  - 15. Lendl of the court
  - 16. Nose twitcher
  - 17. Itch reliever, sometimes
  - 19. Virile
  - 20. Genesis mother
  - 21. Word with name or project
  - 22. Go on a rampage
  - 24. Extricate
  - 26. Broad neck scarf
  - 27. Popular center
  - 29. Negative criticisms
  - 33. Unable to choose
  - 36. Wait on the line
  - 38. First name in talk
  - 39. What little things mean
  - 40. Lincoln Center presentation
  - 42. In a class by itself
  - 43. Like all good crosswords
  - 45. Crossjack
  - 46. Went like jehu
  - 47. Bad blood
  - 49. Relative of "thud"
  - 51. Factory
  - 53. Nonetheless
  - 57. The real McCoy
  - 60. Time of your life
  - 61. Bumbler
  - 62. Algerian seaport
  - 63. It's supportive
  - 66. It may be compact
  - 67. Coup d'\_\_\_
  - 68. On tenterhooks
  - 69. Adam's third
  - 70. Three-toed bird



- Down**
- 1. Namedrop, e.g.
  - 2. Antipasto item
  - 3. Grand opening sights
  - 4. Record of a voyage
  - 5. Escalate
  - 6. Money maker?
  - 7. Actress Gardner
  - 8. Wildlife refuges
  - 9. Fortunate
  - 10. Sauce thickener
  - 11. Mild yellow cheese
  - 12. Aria
  - 13. Take a hike
  - 18. Deep canyon feature
  - 23. It's verboten
  - 25. Metal-working tool
  - 26. In any event
  - 28. Cry over spilled milk?
  - 30. Equestrian stick
  - 31. "Batman" creator
  - 32. Out back building
  - 33. RPM indicator
  - 34. Spicy stew
  - 35. Mop the floor with
  - 37. Insipid one
  - 41. Maintain
  - 44. Where heroes are made
  - 48. Reason for concern
  - 50. Thwarts
  - 52. Under, in verse
  - 54. "\_\_\_ in sight"
  - 55. Puente's music

- 57. "\_\_\_ and Generals"
- 58. Sandusky's lake
- 59. Political cartoonist Thomas
- 60. "\_\_\_ boy!"
- 64. "Norma \_\_\_"
- 65. Quilters' gathering

SUDOKU

Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

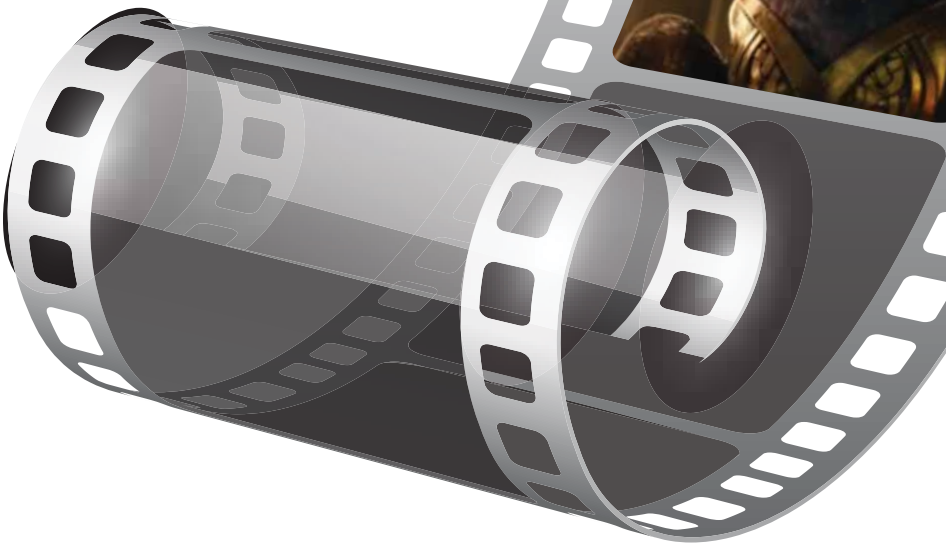
A	F	F	I	R	M		U	P	S		F	I	B		
G	L	U	T	E	I		T	O	O		E	C	R	U	
O	U	T	O	F	S	M	E	L	L		R	E	I	N	
D	E	U	S		C	O	R	P			M	A	G	I	
		R	S	T		P	O	O	R	S	I	G	H	T	
U	M	A		I	S	I		T	O	I	L	E	T	S	
G	A	M		D	A	N	A		C	S	A				
H	E	A	R	I	N	G	F	O	O	T	B	A	L	L	
			E	E	R		L	U	C	I		R	O	O	
A	M	N	E	S	I	A		C	O	N		M	U	G	
F	A	I	R	T	O	U	C	H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

REEL TIME THEATER MOVIE SCHEDULE



FRIDAY, MAR 20 • 1800  
SATURDAY, MAR 21 • 1700  
SUNDAY, MAR 22 • 1500  
SONIC THE HEDGEHOG (2020) (G)

After discovering a small, blue, fast hedgehog, a small-town police officer must help it defeat an evil genius who wants to do experiments on it.







## Cheesy Taco Sticks



Recipe courtesy of: www.dessertrecipehomey.blogspot.com

### INGREDIENTS:

- 1 lb. ground beef
- 1 packet taco seasoning mix (or homemade taco seasoning)
- 1 tube Pillsbury Pizza Dough
- 5 colby jack and cheddar cheese sticks, halved
- 4 tbsp butter, melted
- 1 tsp garlic powder
- 1 tsp dried parsley

### INSTRUCTIONS:

- Preheat oven to 425 degrees F.
- Lightly coat a large baking sheet with non-stick spray and set aside.
- Cook the ground beef in a skillet, breaking up with a wooden spoon until fully browned and crumbled. Drain any fat and return skillet to stove top. Mix in the taco seasoning packet (but no water), and stir until fully coated. Remove from heat and let cool to room temperature.\*
- Spread the pizza dough out until it's flat and cut in half lengthwise and then 4 cuts up and down, creating a total of 10 small rectangles. Place about a tablespoon or more of the taco meat in the center of each pizza dough, top with a halved cheese stick and then carefully roll up the pizza stick, making sure to pinch all seams closed.
- Combine the melted butter, garlic powder and parsley in a small bowl and brush it on the tops of the cheesy taco sticks. Bake for 10 to 12 minutes or until golden brown on top. Serve hot with your favorite taco toppings!

### NOTES

- You can use leftover taco meat in this recipe. But if you do make the full 1 lb. of ground beef, you will have lots of leftover taco meat, so you can freeze it and save for later use!

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## Upcoming Events

**24 MAR**

**ALCOHOL INK LANTERN**  
6:00 - 8:00 PM  
Location: Margie's Art Studio  
109 Main Street South, Minot

In this class we will be focusing on how to make hydrangea flowers and go over several different techniques. You will get to create 4 different alcohol ink on glass inserts and choose between a black or white lantern to showcase them in. All supplies are included!



For more information:  
Facebook event/ Margie's Art Studio

**25 MAR**

**WOMEN'S DAY AT THE MECHANICS SHOP**  
6:00 PM - 7:30 PM  
Location: Tires Plus 1301 20th Ave SW, Minot

Women's Day at the shop is a community event where we will show women how to perform basic maintenance on their vehicles. We'll show how to check major fluids, inspect tires, air filters, belts and more. Participants will also receive a goodie bag and 25% off coupon for their next oil change. Limited space is available. Please call or email to reserve your spot. Call: 701.837.1302 Email: [ashley.oliver@tiresplusnd.com](mailto:ashley.oliver@tiresplusnd.com)



For more information:  
Facebook event/ Minot Women's Day at the Shop

**25 MAR**

**THE MARKET ON 4TH HOSTS FELT FLORAL SPRING SIGN WORKSHOP**  
6:30 PM - 8:30 PM  
Location: The Market on 4th 1900 4th Ave NW, Minot

Join us for a fun Workshop creating a unique spring sign! Each attendee will create their own sign handmade by them. We will have a variety of colors and designs to choose from along with unique felt florals. All supplies are included along with drinks and snacks. Cost for this workshop is \$48 plus tax. Must have a minimum of 5 people signed up to avoid cancellation. No Refunds.



**felt floral SPRING SIGN WORKSHOP**  
WEDNESDAY, MARCH 25TH  
6:30PM TO 8:30PM

For more information:  
Facebook event/ The Market on 4th

**28 MAR**

**CELEBRATE THE SEASON AT THE ZOO! WILD SPIRITS (21+ EVENT)**  
6:00 PM - 9:00 PM  
Location: Roosevelt Park Zoo, 1219 Burdick Expy E, Minot

TICKETS: \$50 per person  
INCLUDES: Broadway Liquor crafted beverages (4 drink tickets) Homesteaders hors d'oeuvres. Music & animal encounters  
Tours of the new habitat tiger trail (weather permitting)  
Event brought to you by the Greater Minot Zoological Society.



For more information:  
Facebook event/ Roosevelt Park Zoo

**BASEBALL & T-BALL**

**YOUTH AGES 5-12**  
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**REGISTRATION**  
2-31 MARCH 2020

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CURRENT IMMUNIZATION RECORD & PHYSICAL MUST BE ON FILE TO REGISTER

FOR MORE INFORMATION, CONTACT THE YOUTH CENTER AT 723-2838

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your event.

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# Five Minutes to Thrive: GRIT

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

I'm not an abrasives expert, but I know that coarse sandpaper ("grit range" 60-80) is good for rapidly removing large amounts of material, while finer grits (320+) are used for polishing and finishing work. Whether attempting to turn a block of wood into a race car, or tackle a major life project, I know I'm going to need grit. When I face adversity or undertake something that is emotionally, psychologically, or spiritually taxing, I have come to find I also need grit to smooth out my adjustment to whatever scenario comes my way.

But what do sandpaper grit and psychological GRIT have in common? What can we learn from research on GRIT?

Psychologist Angela Duckworth coined the term GRIT referring to an individual's:

- (1) perseverance combined with
- (2) passion for a particular long-term goal

GRIT can be thought of as "stamina to stay the course". It is strongly correlated with conscientiousness, a well-established, heritable personality trait that is related to work accomplishment independent of one's talents or abilities. Perhaps unsurprisingly, studies show that GRIT and conscientiousness have almost no relationship to

intelligence (I.Q.), one of the best predictors of success.

Critics say GRIT is not a novel concept, and does not predict future success better than conscientiousness. GRIT proponents have been criticized for downplaying environmental obstacles that some students face (e.g. poverty, racism, ineffective teaching). Furthermore, research seems to rule out claims that GRIT can be significantly enhanced over short periods of time. However, developers of brain-training apps and GRIT training programs are undeterred – they emphasize the malleability of GRIT and traits that enhance it.

So, how can we maximize the GRIT we've got and build it gradually?

- (1) Embrace challenges – do something hard or frustrating every day, purposely
- (2) Practice persistence in the face of setbacks. Improve a little each day

- (3) Don't see effort as drudgery, but as the path to mastery
- (4) Decide to learn from the critical feedback you receive

- (5) Find inspiration in the success of others – surround yourself with "gritty" people
- (6) Pursue your interests – find projects that fascinate and sustain you

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Go get GRIT this week!

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# Northern Celebrations

Embracing our  
North Dakota  
Lifestyle

## Think pike

Patricia Stockdill

Walleye are the pride and joy among a vast majority of North Dakota anglers, although bluegill, perch, crappie, and smallmouth bass fans are out there, as well. There is even a niche of salmon, trout, and paddlefish anglers.

It's just that walleye get the most attention.

With many lakes are starting to offer open water edges along shorelines, another group of anglers are eagerly awaiting their opportunity for action – northern pike action, that is.

For as beloved as walleye are among North Dakota anglers, it may seem ironic that the northern pike is the state's official fish, not walleye. The reason is walleye weren't around much until the N.D. Game and Fish Department was able to fully implement a major walleye (and other species like panfish) stocking program, working in conjunction with the U.S. Fish and Wildlife National Fish Hatcheries in the state. Walleye aren't native to many lakes and rivers in the state and stocking was critical in their popularity gain.

Prior to the rise of walleye fame and popularity, pike were North Dakota's kingpin of fish and that's why they're the official state fish. For some anglers – young and old, alike – pike are still a treasured fish worthy of their high honor.

Early spring is a great time to fish for pike. They spawn before walleye so the ribbons of open water along shorelines provide early spring fishing opportunities, even if ice is still on the main part of a lake. Simply cast spoons or crankbaits from shore or even just hook up a bobber. Bait of choice could be frozen smelt or herring.

While pike are native to North Dakota, they are also stocked in some lakes. Populations fluctuate with the state's wet and dry cycles and fluctuating water levels, whether natural lake or reservoir. When water levels drop because of dry spells and drought, shorelines develop vegetative growth. Vegetation floods when water levels return with wet conditions

and spring runoff, providing excellent spawning habitat and increasing pike populations.

The Missouri River System (Lake Sakakawea, Lake Audubon, and the river itself), Devils Lake and lakes feeding into it, and other lakes across the state offer pike opportunities.

Use a heavier 10- to 12-pound test line and leader rather than casting or bobber fishing with lighter line more commonly used with walleye or panfish, though, when pike fishing. Otherwise, a pike will simply snap that line without hesitation and anglers get to buy more fishing tackle.

The drawback to pike, whether it's a nice 4- to 7-pound eater or a big 20-pound monster is dealing with the notorious Y bones when it comes to fileting and eating them.

There is a technique to removing those Y bones, though, and it isn't too difficult. It all begins with a quality – sharp and flexible – filet knife. A sharp knife makes it easier to keep the proper angle when cutting through the meat and follow along the bones.

After removing the skin and rib bones, the technique is to make proper angled cuts to take out a filet of meat containing the Y bones. The result is two boneless strips of meat, one top filet, a bottom filet, and a waste filet containing the Y bones. While there is some meat on the Y bone filet, proper knife angle and practice helps reduce the amount of meat left with the Y bones.

A detailed article with photographs on removing Y bones from northern pike is available for download from the Game and Fish Department website, ([gf.nd.gov](http://gf.nd.gov)). Open the home page menu, click "Fishing", scroll down to "More Fishing", scroll down again to "Miscellaneous", and then click "Northern Pike Deboning and Recipes" where there is a link to print the downloadable guide.

Go pike fishing, practice the fileting technique, and enjoy.

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## Back Talk

### Corona; Why the Beer is More Likely to Kill You Than the Virus

Don't get me wrong. Back in my college days I loved me some cold Corona. I would have called myself a BIG fan, but drinking alcohol comes with risks. Too much of it and you can get alcohol poisoning. If you get behind the wheel after drinking you can harm yourself or others. Drinking in excess can cause some people to become violent. There are many dangers from drinking too many Corona's, but that is not what people are talking about in 2020. There is practically wall to wall coverage these days about coronavirus. It has the world in a panic and we have changed our behaviors as a society due to the fear of it. The stock market is plummeting, events are being canceled, and even movie release dates are being pushed back because of it. Stores are running out of hand sanitizer, face masks, and toilet paper (for some reason).

What do we know about coronavirus? We know it is contagious, we know if you catch it you will have flu like symptoms and we know that if you have a relatively healthy immune system you have an OVERWHELMINGLY HIGH chance of surviving it!!!

Listen friends. The message in the media is WRONG. What you read and what you see is meant to scare you!! Period!

The message you should be hearing is this: What we don't know is if we can contain it adequately, but let's work together to see if we can. We also don't know if you will catch it. What we do know is if you are healthy, besides the inconvenience of being sick for a while, you will survive. So, don't panic, don't stress out, don't change your life, don't try to insure yourself against something you don't know, assure yourself by making yourself as healthy as possible!!

Your Coronavirus health assurance plan:

- Get 8 hours sleep per night
- Take at least 1000mg vit C daily
- Take at least 5000iu of Vit D daily
- Take a good quality multi-vitamin
- Take a good quality probiotic
- Exercise 3 days per week for a minimum of 30 min
- Focus on lowering your stress
- Drink half your body weight in ounces of water per day
- Limit your intake of sugar
- Eat a healthy well-balanced diet
- If you consume alcohol do it in moderation
- Get adjusted by a chiropractor (studies have proven that chiropractic adjustments increase the efficiency of your immune system by up to 200% in healthy individuals and 400% in immunocompromised individuals)

The things listed above are scientifically proven to improve your immune function and there is no question to that science. There is lots of questions about how dangerous coronavirus is, so let's stop being scared of what we don't know and put your thoughts focus and energies on what we do know. The alcohol content of Corona beer is about 4.5 proof, but follow the advice above and you can be 100% coronavirus proof!!! Call us today to find out more about reaching your ultimate health potential. Cornerstone Chiropractic 701-852-2800



CornerStone Chiropractic

Dr. Matt Hanson



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# WHAT'S GOING ON MAFB

**TODAY**

- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

**WEDNESDAY**

- Senior TAP/DOL, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Story Time, 1030, Base Library
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes

**THURSDAY**

- Senior TAP/DOL, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Have a Ball League, 1800, Rough Rider Lanes

**SATURDAY**

- Last Day to Complete Winter Challenges at Base Library
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

**SUNDAY**

**MONDAY**

- Senior TAP, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Newbery Book Club, 1545, Base Library

**TUESDAY**

- Senior TAP/VA Day, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library

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# Top 10 things Minot leadership wants you to know

PUBLIC AFFAIRS, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- While COVID-19 does not currently affect any members or families of Minot Air Base Force, North Dakota, the nuclear deterrence mission is a continuous one. 5th Bomb Wing and 91st Missile Wing personnel are prepared to continue to meet and exceed our objective of global strike capabilities, regardless of circumstance.

1. Overall risk to Team Minot personnel is LOW, but Minot AFB is taking appropriate measures to keep our service members, civilians and families safe. People experiencing flu-like symptoms like fever and coughing should CALL their primary care manager before they seek treatment. You can call the appointment line at 701-723-5633 or the Tricare 24-hour Nurse Advice Line 1-800-874-2273. Our medical teams will walk through what to do next. Proper hygiene procedures, such as hand washing, are the biggest deterrent to spreading viruses. Preventative measures are important to maintaining 100 percent mission readiness.

2. Team Minot is taking prudent measures to protect personnel and ensure mission accomplishment. Proper hygiene can reduce the spread of COVID-19 and other viruses. The military community is resilient, in good health and has a physically strong population which will assist in reducing the spread.

3. Force health protection is a top priority, and we will continue to ensure that Air Force personnel have the most up-to-date information on appropriate measures to prevent potential spread of the virus.

4. We are taking proactive steps to encourage all Department of Air Force personnel to follow Force Health Protection and CDC guidance to avoid contracting or spreading respiratory illnesses like the flu or COVID-19. We have contingency plans in place and are taking steps to educate and safeguard our military and civilian personnel, family members and base communities in preventing wide spread outbreak.

5. Inbound service members and families coming from a country that has

a Level 2 and 3 Travel Health Notice, as determined by the Centers for Disease Control and Prevention, must reach out to their unit's commander, superintendent or first sergeant prior to arrival to Minot AFB for additional reporting instructions.

6. When traveling onto base, you should hold up your ID card to show the back barcode to the Security Forces member working. The guard will scan you in and proceed to let you on base. This new process will help us reduce the amount of contact between one another.

7. Social distancing is highly recommended by the CDC, which means maintaining a "six foot rule" from others. Team Minot commanders will have the latitude to implement existing telework agreements and alternate work schedules, or create new telework agreements. Commanders and supervisors have a great amount of flexibility to take care of their Airmen.

8. Children who become sick in the Family Child Care Facilities or Child Development Center will be removed from other children and returned home. If COVID-19 infections take place in or around Minot, the availability of childcare could diminish to prevent spread of the illness to healthy children. This is the time to ensure your Family Care Plan is up to date and plan accordingly if any changes need to be made.

9. The ND Governor has shut down K-12 public schools from 16-20 March. The Minot CDC will operate as usual and the Youth Center will be open for before and after school care at this time. For those parents who utilize our FCC providers, please contact them for their hours. Team Minot Airmen should review their family care plans and be ready to execute them should child care facilities shut-down.

10. With official travel restrictions changing daily, the Secretary of Defense placed a stop movement to and from level 3 CDC countries effective March 13, 2020. This policy is in effect for 60 days or until new guidance is released. We recommend people look up current

DoD travel advisories and limit all non-essential travel to include exercises and TDYs. You can find the latest DoD guidance for official and un-official travel at <https://www.fcg.pentagon.mil/fcg.cfm>. This is an ongoing situation and Minot

leadership will continue to push updated information via our base website at [www.minot.af.mil](http://www.minot.af.mil), Team Minot app and our social media sites.

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

## Coronavirus disease 2019 (COVID-19) and you

## What to do if you are sick with coronavirus disease 2019 (COVID-19)

### What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

### What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

### People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

#### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

#### Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

#### Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

#### Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

#### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

#### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

#### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

#### Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before seeking care**, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

#### Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



# Spiritual Connection & COVID-19

CHAPLAIN, MAJOR GLEN "JR" HARRIS,  
5TH BOMB WING CHAPLAIN MINISTRIES

MINOT AIR FORCE BASE,  
N.D. --

This time last month, I had never heard of "COVID-19." The term "Coronavirus" was just beginning to ping on my radar as I read the news. But here we are, knee-deep in a necessary-but-painful precautionary process to protect ourselves and our community from this virus. We're practicing "social distancing" and ensuring that we steer clear of crowds. We are washing our hands. We are staying home. Everything is getting cancelled. In order to stay physically healthy, we are disconnecting.

But how are we focused on the other pillars of health, which are so dependent on connection? There's the mental pillar and the social pillar, both of which are focused on connection. And there's the spiritual pillar, which is the area I'm most familiar with as a chaplain.

The spiritual pillar focuses on the deep senses of purpose, meaning, and value in our lives. The spiritual pillar helps us define our "why." So often, the answer to our "why" has to do with a relationship: to another person, to a cause, to our faith, and to our true selves. Spirituality is about connection.

While spirituality and religion are not the same thing, religion also focuses on connection through tradition, rituals, and community. The word religion is made primarily from the Latin word "ligere," meaning "to connect." Add to it the prefix "re-" and the word religion means "to re-connect" or "to connect again." The Latin word ligere is the same word that gave us the word "ligament," the bands of tissue in your body that connect muscle and bone. So the word religion has at its core the idea of connection.

Whether your spirituality involves a religious faith or not, I think we would all agree that connections and relationships enrich our lives. But what happens when a virus like COVID-19 drives us all into our homes and forces us to practice social distancing? Does the need for physical safety trump the need for spiritual connection?

Not at all. In this season of physical isolation, there is still so very much you and I can do to promote spiritual wellness. Connection is still all around us. Here are a few humble suggestions from someone who is still very much a pilgrim on a journey toward deeper spiritual life.

First, try writing a gratitude journal. Grab a notebook and put it on your nightstand. At the end of your day, simply jot down three to five things you're grateful for from the day. It doesn't have to be earth-shattering stuff, although if something amazing happened, write that down too! You could simply mention, "I had hot water for a shower." "I enjoyed the BLT sandwich I had for lunch." "I got a loving text message from my spouse." These are all simple things for which we can (and should) be grateful. By making a regular practice of gratitude, you will find yourself to be more patient, more kind, more centered, and more optimistic about life.

Second, try reading an inspirational book or novel. We do a lot of reading on social media, but that's not what I'm talking about. I'm talking about getting immersed in a story where a person or people go through

hardship and emerge on the other side. This could be the Holy Book from your faith or it could be a biography of a person you admire. It could be poetry that causes you to see the world through a new lens. It could be a motivational speaker or author who invites you to tap into the deeper principles of your life's purpose. If a particular line, verse, or quote jumps out at you, write it down on a sticky note and put it somewhere prominent in your life (a car dashboard, a bathroom mirror, etc.). Perhaps even commit it to memory. By filling your mind, heart, and soul with "the good stuff," you'll be able to weather the storms like we are going through now.

Third, commit to conversation. Communication is key to connection and a conversation can become like the keychain holding that key. Instead of texting or direct messaging people on social media, actually call them so you can hear their voice and/or see their face. Look up silly icebreaker questions online to have fun learning more about your friend or family member. Commit to the deeper human connection that a conversation provides. If prayer is a part of your faith, commit to that conversation too, both speaking and listening (because what real conversation is only one-sided?) in order to connect with the power and purpose that our faiths provide us. And check-in with yourself through silent meditation and thought. The gratitude journal that I mentioned earlier is another part of a healthy conversation with yourself.

Fourth, listen to uplifting and inspirational music. In her book *Daring Greatly*, author Brene Brown describes the various "arena anthems" she has in her life, songs that pump her up and make her refocus on her purpose. You can actually go to Spotify and listen to her "arena anthem" playlist featuring songs by everyone from Journey and Jimmy Eat World to Bon Jovi and Beyoncé. But what's more important is you being able to identify your anthems. What is the soundtrack that makes you strong? Music has a way of bypassing the logic and skepticism of our minds and making its way right into our heart and soul. That's one reason why so many faith traditions use music as a deeply spiritual and religious practice. It can change us in profound ways. If you play an instrument, don't neglect that practice either during this season. As an amateur guitar player, strumming a few chords or playing a few blues licks can really smooth the edges of a tough day for me. Bottom line, tap into the soundtrack of your soul and then share it with another person. We don't make "mixed tapes" much anymore, but what would yours sound like if you did? What songs give you spiritual strength?

It's time for me to let you get back to the all-important work of connection. Don't let COVID-19 precautions distract you from the many ways you can (and must) stay connected spiritually. Write. Read. Converse. Listen. These are the practices that COVID-19 cannot touch. It doesn't matter what your rank or AFSC is. Anybody can do this. If you don't think you can, reach out to your unit chaplain. We'd love to help you get started.

Do these things and I can promise you'll become #MinotStrong.

## Welcome Kayla Bubach, FNP-C Pediatric Medicine



Kayla Bubach, FNP-C

A board-certified Family Nurse Practitioner, Kayla Bubach, FNP-C, provides care to children of all ages as part of our pediatric team. She's committed to providing high-quality care that responds to the concerns of patients and families. A North Dakota native, Kayla earned her Bachelor of Science in Nursing from Presentation College, Aberdeen, SD, and received her Master of Science in Nursing/Family Nurse Practitioner from Maryville University, St. Louis, MO. She's a member of the North Dakota Nurse Practitioner Association and American Association of Nurse Practitioners.

### Pediatric Services

- General Pediatrics
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**2020 CHIEF RECOGNITION CEREMONY**

Team Minot Airmen hosted a Chief recognition ceremony at the Jimmy Doolittle Center on Minot Air Force Base, North Dakota, March 6, 2020. These new Chief Master Sgts received multiple awards for their dedication to the Air Force. More photos can be found on MAFB PA Flickr page.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT



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# TRAEEGER TALK



## CHILLY ON A CHILI DAY

**SCOTT PEARSON, CEO**  
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Any day can be a chili day, even the fourth of July, but something about coming in from a day in the cold makes this hearty and spicy stew a natural. Smoky deliciousness is the big feature of this traditional-style chili recipe, which is achieved by smoking the meat on a Traeger Wood Fired Grill before finishing in the stew pot.

**Ingredients:**

- 5 pounds Top Round Steak
- 4 tablespoons Kosher Salt
- 1 quart Chicken Broth
- 4 tablespoons Chili Powder
- 2 tablespoons Cumin
- 2 tablespoons Oregano
- 6 cloves fresh Garlic, chopped fine
- 1 white and 1 yellow Onion chopped coarsely
- 4 tablespoons Tomato Paste
- 2 cans Diced Tomatoes
- 1 Red Bell Pepper, seeded, cut bite sized
- 1 Green Bell Pepper, seeded, cut bite sized
- 2 cans Red Chili Beans
- 2 cans Black Beans
- 1 tablespoon Vegetable Oil

**Optional:**

- 2 bottles Dark Beer, 1 for the chili, 1 for you

**On the side:**

- Sour Cream
- Jalapeno Peppers, seeded and diced
- Sharp Cheddar Cheese, grated

Cube the steak into bite-sized pieces, but make sure to leave them large enough that they don't fall through the grates of the Traeger. Toss in a bowl with kosher salt and let sit overnight.

Spread the beef chunks over the grate of the Traeger. If you have an upper grate, it's ok to use it, as the temperature of the upper and lower grates are very similar. Leave enough space between chunks for smoke to circulate. Start the Traeger grill on the lowest temperature setting, 165°F to 180°F. On a chilly day, the Smoke setting may not generate enough heat for the grill to stay on, but if you want more flavor, you can try it. Smoke for three to four hours, then remove from heat and transfer to a large stew pot or dutch oven.

While the meat is smoking, saute the onion over low heat, using 1 tablespoon of vegetable oil. Add more oil if needed. Start with 1/4 of the chopped onion. Saute until the first batch is translucent, then add the second quarter, leaving the original batch in the skillet. Saute until the second batch is translucent, then add the third quarter. Repeat one more. When done, there will be onions that are almost black, some brown, some light brown, and some just barely cooked.

Add the rest of the ingredients to the stew pot except the beans. Cook over low heat for 2 hours, maintaining a slow boil.

Before serving, add the beans and return to a boil.

Serve with chopped jalapenos, grated cheese, and sour cream.



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# Health, Safety and well-being top priority for the Exchange

In this time of uncertainty and worry surrounding the spread of COVID-19, the Exchange remains committed to the health, safety and well-being of its shoppers and associates.

All public customer service and sales points are undergoing thorough disinfecting multiple times a day. Exchange restrooms are being routinely cleaned and sanitized, and similar procedures are being implemented at all our theaters and mall stores.

In PowerZones, associates are wiping all product demo displays and devices with anti-bacterial wipes. Additionally, high-traffic fixtures, such as computer tables, are being cleaned regularly with soap and water.

Finally, Exchange restaurants

have a long history of strong food safety and sanitation practices. All food service workers receive training on food safety, cleanliness and personal hygiene when hired. In addition, all associates continue to review and follow food safety and hygiene measures in our name brand partners' operations manuals. The Exchange is also temporarily discontinuing refilling/reusing soda or coffee cups at all food and retail locations. A new cup must be used for all refills.

Your Exchange team is closely monitoring this situation and remains vigilant in our commitment to provide the best customers in the world a safe, clean and friendly shopping and working experience.



## CMSGT MELVINA A. SMITH VISIT 2020

CMSgt Melvina A. Smith, 8th Air Force Command Chief, visits Team Minot Airmen at Minot Air Force Base, North Dakota, March 10, 2020.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSE JENNY

## WILD TURKEY SOUTHWEST EGG ROLLS

BY JEREMIAH DOUGHTY



### INGREDIENTS

2 CUPS LEFTOVER WILD TURKEY MEAT  
1/2 CUP CORN  
1/2 CUP BLACK BEANS  
3 TBSP TACO SEASONING  
1/2 CUP WHITE ONION, CHOPPED  
4 CLOVES GARLIC, MINCED  
1 POBLANO PEPPER (OR 2 JAPALEÑO PEPPERS), CHOPPED  
1 CAN ROTEL TOMATOES & CHILES  
1/2 CUP WATER  
12 EGG ROLL WRAPPERS

Add olive oil to a large skillet and heat on the stove over medium heat. Add onions and peppers and sauté 2-3 minutes until soft. Add garlic, cook 30 seconds, then Rotel and black beans. Reduce heat and simmer.

Pour taco seasoning over meat and add 1/3 cup of water and mix to coat well. Add to veggie mixture and stir to mix well. If it seems dry, add 2 tbsp water. Cook until heated all the way through.

Remove from the heat and transfer the mixture to the fridge. The mixture should be completely cooled prior to stuffing the egg rolls or the wrappers will break.

Place spoonful of the mixture in each wrapper and wrap tightly. Repeat with remaining wrappers. When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Brush each egg roll with oil or butter and place directly on the Traeger grill grate. Cook until the exterior is crispy, about 20 min per side.

Remove from Traeger and cool. Serve. Enjoy!

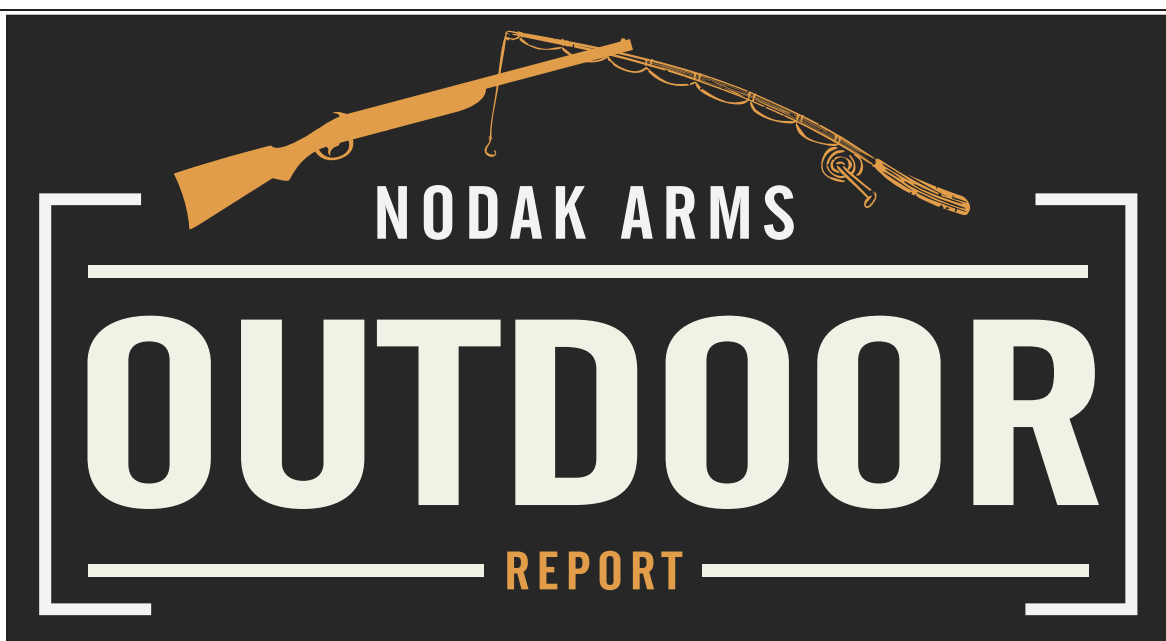
\*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy - GM  
Minot

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## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, March 16: 1,839.34 feet above mean sea level (MSL); 23,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.99 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.83 MSL.

- N.D. Game & Fish Dept. game wardens: Some perch activity on the north end of 6-Mile Bay with walleye activity around Mauvais Coulee on Devils Lake. North-central area lakes generally quiet. Be careful walking onto any lake, though, with thin ice now on top of potential open water areas after recent warm weather. No Missouri River System reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Slower activity with snow over the weekend. Work deep and move around to locate perch.

- Devils Lake, Woodland Resort, Devils Lake: Perch bite remains tough with anglers continuing to mark fish but not much success. Keep working deep water. Decent small walleye success in the morning. Work moving water in the channels in 17 to 25 feet.

- Lake Darling, Karma C-Store, Ruthville: Continued walleye activity around the Grano area but limited reports from Lake Darling. Lake Audubon producing an occasional walleye.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Limited fishing activity. Geese are helping to expand open water along Landing 3 and the river is starting to open almost down to the Outlet Fishing Area.

- Lake Metigoshe, Four Seasons, Bottineau: Not much activity.



- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.

- March 25: Elk, moose, and bighorn sheep applications due.

- April 1: New fishing, trapping, and hunting licenses due.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited activity on Lake Sakakawea and Lake Audubon. Spotty success on the Missouri River, weather permitting.

- Lake Sakakawea, Scenic 23, New Town: Parshall Bay fair to good for pike through the ice. Look for more pike activity from shore as shorelines continue opening up. Little activity in the Van Hook Arm with deteriorating shoreline ice.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace OK for walleye using jigs and minnows or plastics with a few ling and occasional trout. Try jigs down river around the coal veins or stumps using jigs and minnows. Spotty from shore, however. Try crankbaits.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Open water edges from earlier warm spell iced over after last weekend's

snow and colder temperatures. Limited reports and little activity. Use extreme caution if walking onto small area lakes or Lake Sakakawea.

- Lonetree WMA area lakes, Harvey: No activity on area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on area lakes or the Souris River.

**Light goose conservation order:**

\*A few snow geese starting to trickle into North Dakota with a few small flocks southeast of Bismarck late in the week. Check the N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations and licensing details.

**Numbers to know:**

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov).

- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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## CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p><b>Little Flower Catholic Church</b></p> <p>800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Father Thaddeus Nielsen</p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p><i>New!</i> 7:00pm Service Thursday Evenings at the <b>GRAND HOTEL</b> <a href="http://www.breakforthbiblechurch.com">www.breakforthbiblechurch.com</a></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></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> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b></p> <p>Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b></p> <p>Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast .. 9:30am</b></p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b> </p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p> <b>Reverend Philip Beyersdorf</b></p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></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 ..... 5:30 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled). 7:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b> </p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p></p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND <b>Phone: 838-5196</b> A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></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><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p><b>open hearts...open minds...open doors!</b></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><b>Pastor Jennifer McDonald</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b> Worship ..... 6:30 p.m.</p> <p><b>Sundays:</b> Worship ..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p><b>Chapel Services at MAFB</b></p> <p><i>Protestant</i> <i>(North Plains Chapel in Base Housing)</i></p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information.</p> <p><b>701.839.0772</b></p> <p>Email: <a href="mailto:jschultz@orcsknights.org">jschultz@orcsknights.org</a> Website: <a href="http://www.orcsknights.org">www.orcsknights.org</a></p> <p> </p>	
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> <b>OUR REDEEMER'S CHRISTIAN SCHOOL</b> 700 16th Avenue SE Minot, ND 58701 <a href="mailto:info@orcsknights.org">info@orcsknights.org</a> • 701-839-0772 <a href="http://www.orcsknights.org">www.orcsknights.org</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>		

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**ANSWERS**  
**SUDOKU**  
Answers to puzzle from page A4

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


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To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

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**5 LRS AIRMEN HIGHLIGHT**  
Airmen from the 5 Logistics Readiness Squadron perform their duties at Minot Air Force Base, North Dakota, March 2-11. The 5th Logistics Readiness Squadron consists of different shops including ground transportation, vehicle maintenance, and fuels. More photos can be found on MAFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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**5TH COM & FRIENDS**  
made a very special appearance at Dakota Elementary to present a short Dr. Seuss play to a general assembly. The play was part of a Dr. Seuss week that included crafts, scavenger hunts and special meals of "Green Eggs & Ham."

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