

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 14 | MINOT AIR FORCE BASE | FRIDAY, APRIL 3, 2020

## WHATS INSIDE THIS WEEK:



A "BREW-TI-FUL" EXPERIENCE

A3



DAKOTA  
ELEMENTARY  
TEACHER PARADE

B2



BUILDING  
RELATIONSHIPS

B8



## AROUND THE CLOCK SECURITY

Security Forces Airmen work around-the-clock to ensure the safety and security of United States Air Force assets. This Senior Airman from Minot Air Force Base is protecting a B-2 Spirit deployed to RAF Fairford in support of Bomber Task Force Europe operations, testing the readiness of Airmen and the equipment they support.

AIRMAN MAGAZINE



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Minot AFB



Videos

# Minot Air Force Base changes to HPCON Charlie

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On March 25, 2020, Secretary of the Air Force directed Health Protection Condition (HPCON) Charlie for all United States Air Force installations to further prevent the spread of COVID-19. In response, Minot AFB has implemented HPCON Charlie.

A vast majority of these measures were already implemented but additional measures include limiting access to the installation for official business and instructs military personnel and civilians to limit off-base travel to work, food and medical needs. There may also be additional restrictions to installation and facility access in the future.

For your safety, continue to adhere to strict hygiene regimes (no hand-shaking, frequent hand-washing, clean common-use items), and implement social distancing (limit in-

person meetings, socials and mass gatherings.)

If you develop flu-like symptoms with fever and cough or shortness of breath and may have had contact with a person who has COVID-19 or had recent travel to areas considered high-risk, call the North Dakota Public Health line or Tricare Nurse Advice Line prior to seeking medical care to prevent possible transmission in the health care setting.

For the latest 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/>. For Minot specific information, visit <https://www.minot.af.mil/News/Coronavirus-COVID-19-News/> or email [covid.tips@us.af.mil](mailto:covid.tips@us.af.mil) with any questions.



# Five Minutes to Thrive: Coping With COVID-19

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

First, it's important to actually acknowledge and validate that many are feeling worried, stressed, or any number of unpleasant emotions. This is normal, and denying it seems pointless and even unhelpful. It is normal to feel a variety of emotions in the face of uncertainty, and part of social resilience (and being a good human) involves acknowledging and validating our own feelings, as well as others'.

When individuals face crises, real or perceived, it is normal to react; after all, we are hard-wired for self-preservation. Communities facing crises are comprised of individuals with various life experiences, which may cause them to interpret similar events as more or less threatening than others.

Perceptions of scarcity often drive behaviors that add complexity to crisis situations, and evince a lack of consideration for the needs of others. Stockpiling resources doesn't serve the common good, but neither do judgmental-ism and shaming, which are also natural reactions to discomfort brought on by crisis. Everyone copes differently.

When facing crisis, it's



important to remember that we can only control what we can control. Let's remind ourselves that it's not helpful to spend too much time worrying about the things we cannot change.

So how can you cope with a crisis?

1) Decrease your stress response – experiencing a crisis may cause your body's stress response to become triggered and stay heightened for prolonged periods. Consider practicing stress relief techniques, such as deep breathing and meditation to re-center yourself and help you feel less stressed.

2) Process your feelings – COVID-19 may be contributing to a variety of feelings, all of which are okay. Take advantage of social distancing and write in a journal, or talk with a friend to release those emotions.

3) Take care of yourself – maybe that means getting a

couple of extra hours of sleep, or working out a little longer than usual. Be creative! If your gym is closed, find a workout that you can do at home with little to no equipment.

4) Focus on your spirituality – whatever that means for you, consider spending some extra time with that as a specific focus.

5) Unplug – there is a lot of information, misinformation, and disinformation out there on the various media channels. Consider intentionally unplugging throughout your day and reconnect with family (pets included!). Play a game. Learn a new hobby. Choose activities that decrease your stress level.

For questions, contact Dr. Ashley Kilgore at [ashley.c.kilgore@mail.mil](mailto:ashley.c.kilgore@mail.mil) or the Minot Mental Health Clinic 701-723-5527

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# A "brew-ti-ful" experience

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

MINOT AIR FORCE BASE, N.D. --

Whether you drink espresso, americano, cappuccino, or frappuccino, getting a cup of coffee is one of the most common morning routines. On March 26, the Minot Air Force Base community, as part of the Minot Strong campaign, came together to give back to Airmen and their families by providing fresh coffee beans to those in need.

"We came together to host the "Higher Grounds Coffee Rounds," said Maj. Jeffrey Lichlyter 5th Bomb Wing Chapel chaplain. "One of the things we wanted to do as a chapel is let people know we're still there even though we're maintaining social distancing, we still want to reach out and minister to [the Airmen] in the best way we can and coffee is something we can do."

Even with rapid changes to our daily lives, Team Minot personnel

were able to organize the event in less than a week.

"We came up with the idea on Monday, got some flyers together, we posted the event on our Facebook page as well as the base page, then people started to call in and sign up to get coffee," said Lichlyter. "We reached around 75 people, which a lot since we just put it out a couple days ago"

The event would not have been successful without the help of the Airmen who work hard to put this all together.

"I helped with the administrative work, more on the backside of this event," said Airman First Class, Danielle Love, 5th Bomb Wing Chapel religious affairs Airman. "I helped come out with the list and with social media."

As the Airmen are taking precautions due to the COVID-19 virus, many are teleworking or

working alternate schedules causing them to stay at home.

"I believe this event will help build the Airmen's morale," said Lichlyter. "Food and drink

is something that brings us all together, with today's technology we can be six feet apart or 600 miles apart and still be connected through fellowship."



Maj. Jeffrey Lichlyter 5th Bomb Wing Chapel chaplain, holds a coffee box March 26, 2020, at Minot Air Force Base, North Dakota. Team Minot personnel donated coffee beans to Airmen and their families in need.



Airman First Class, Danielle Love, 5th Bomb Wing Chapel religious affairs Airman, grabs a coffee mug March 26, 2020, at Minot Air Force Base, North Dakota. Team Minot personnel donated coffee beans to Airmen and their families in need.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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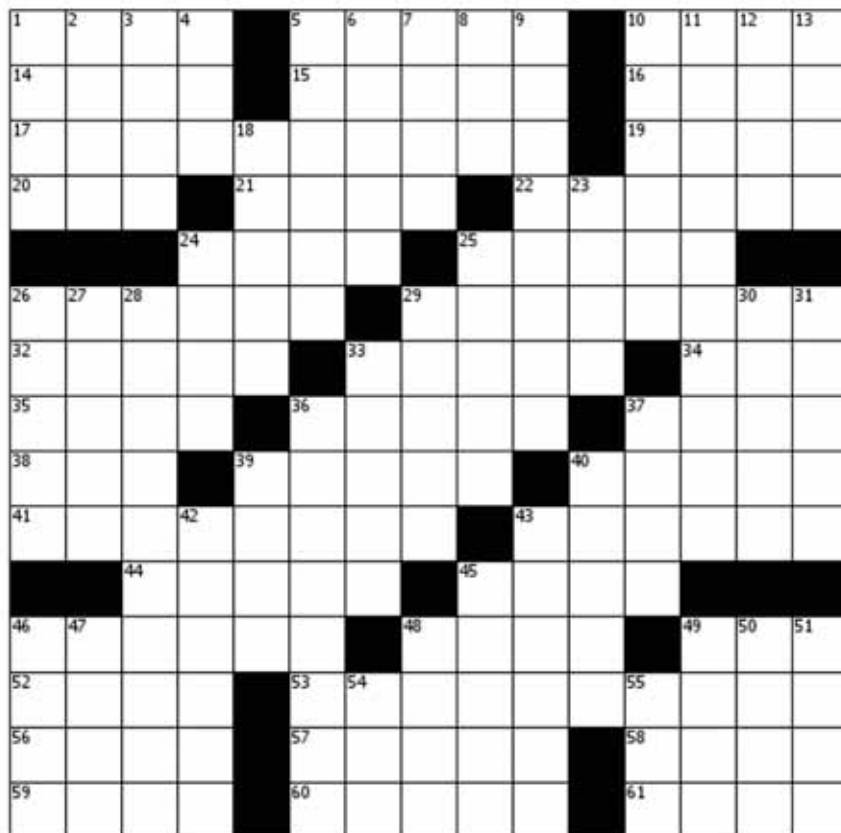
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# CROSSWORD PUZZLE

**Across**

- 1. "Not to mention ..."
- 5. Purse component
- 10. Wanes
- 14. String, for one
- 15. Vital vessel
- 16. Jet pioneer
- 17. Skinny one
- 19. Taj Mahal city
- 20. Big galoot
- 21. Fido's fare
- 22. Puts it in first
- 24. Ones of a kind?
- 25. Percussion instrument, really
- 26. Got wet for an apple
- 29. Ump's cry
- 32. Screen whoppers
- 33. Literary convention
- 34. Harvard deg.
- 35. Flight segments
- 36. Hulk of the ring
- 37. Santa soiler
- 38. Crystal ball, e.g.
- 39. Meltdown sites
- 40. Jewish scripture
- 41. It could last a lifetime
- 43. Doctrines
- 44. Watering holes
- 45. "West Side Story" faction
- 46. Double-cross
- 48. Continental dollar
- 49. Classic Pontiac
- 52. Require a rubdown
- 53. Exterminator, or what an insect says when it sees one
- 56. Prinze, Jr.'s "--- All That"
- 57. Muse of poetry
- 58. On the house



- 8. Jeanne d'Arc's short title
- 9. "Tell your friends!"
- 10. Julia Louis-Dreyfus role
- 11. Scream "Encore! Encore!"
- 12. Homer's son
- 13. Ladies of Spain, briefly
- 18. Confronts
- 23. Noodle toppings?
- 24. Basics
- 25. Two of a '60s vocal quartet
- 26. Word in some winter forecasts
- 27. Word with horse or soap
- 28. Nosy Orwellian sib
- 29. One over par
- 30. Wolf pack member
- 31. Bike and bridle, e.g.
- 33. Suit sources
- 36. Productive buzzer
- 37. Dance partner?
- 39. Building in Bologna
- 40. Enrico Caruso, for one
- 42. Most infrequent
- 43. Big game fish
- 45. Zestfulness
- 46. Co. that says they make things better
- 47. Comeback of a sort
- 48. "Zounds!"
- 49. Greek entree
- 50. High-schooler
- 51. Lode deposits
- 54. Joe holder
- 55. At the stern

**Down**

- 1. "Dancing Queen" banc
- 2. Sudden transition
- 3. Wise one
- 4. Lennon collaborator
- 5. Wired, as for TV
- 6. Parts of handwriting
- 7. River of Florence



## JOKE OF THE DAY:

What do you call a bee that can't make up its mind?

A Maybe

## SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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



HISTORIANS THINK THAT APRIL FOOL'S DAY MAY HAVE ORIGINATED IN THIS EUROPEAN COUNTRY.

ANSWER: FRANCE

### Joke Word Find

Find the hidden words in the puzzle.

- |        |        |       |
|--------|--------|-------|
| APRIL  | GIGGLE | PRANK |
| FAMILY | GOTCHA | SILLY |
| FOOL   | JOKE   | SMILE |
| FRIEND | LAUGH  |       |

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

### Get Scrambled

Unscramble the words to determine the phrase.

PRLIA OLFSO YDA

Answer: April Fool's Day

### THIS DAY IN...



### HISTORY

• 1860: THE FIRST SUCCESSFUL RUN OF THE PONY EXPRESS BEGINS IN MISSOURI.

• 1948: PRESIDENT TRUMAN SIGNS THE MARSHALL PLAN, WHICH WOULD HELP WAR-TORN EUROPE RECOVER.

• 1974: A SUPER TORNADO OUTBREAK STRIKES 13 U.S. STATES.



### FOOL

to trick or deceive

### How they SAY that in...

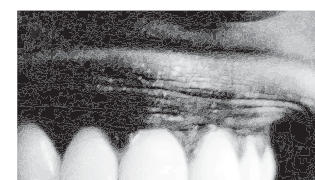
- ENGLISH:** Laugh
- SPANISH:** Reír
- ITALIAN:** Ridere
- FRENCH:** Rire
- GERMAN:** Lachen



APRIL FOOL'S DAY HAS BEEN CELEBRATED FOR CENTURIES WITH PRANKS AND HOAXES.



### GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SMILE



## Frozen Yogurt Fruit Bark



Recipe courtesy of: www.naturaldeedliving.com/frozen-yogurt-fruit-bark-recipe/

### INGREDIENTS:

- 16-20 oz. plain or vanilla yogurt
- 2 Kiwi
- 4 Strawberries
- 1/3 cup Blueberries
- 1/3 cup Mango
- 1/4 cup Granola

### INSTRUCTIONS:

- Chop all the fruit into small bite-sized pieces.
- On a small cookie sheet covered with parchment paper, spread the yogurt all over in an even layer.
- Place the chopped fruit all over the top and sprinkle granola on.
- Freeze for 2-3 hours or until frozen.
- Break or cut large pieces off and hand out to kids or adults for a delicious, healthy snack. Eat right away or place back in freezer until ready to eat.



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# Five Minutes to Thrive: 35 Things To Do During "Social Distancing"

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

During this time of uncertainty, many of us may be stuck indoors as schools, businesses, and restaurants close their doors. A review of the research on the psychological impacts of quarantine published in the February edition of the journal *Lancet* found that confinement, loss of usual routine, and reduced social and physical contact routinely cause boredom, frustration, and isolation, which many found to be distressing... duh! (Brooks et al, 2020).

Here are 35 things you can do if you find yourself stuck at home:

- Go for a walk
- Start spring cleaning
- Work on a puzzle or crossword
- Organize your closet
- Download a language app & learn a new language
- Treat yourself to an at-home spa day that you might not have had the time for during your typical week
- Catch up on your favorite television shows
- Read a new book
- Use a video chat platform to reconnect with old friends, or check in on family members that live far away
- Write a letter to someone you love
- Meditate & practice deep breathing techniques

- Begin writing in a journal
  - Reflect on what you have accomplished in the last year
  - Make a list of things you are grateful for
  - Catch up on household chores
  - Make a list of local places you want to visit once you are able to do so
  - Learn to cook a new dish
  - Make time to unwind
  - Build an emergency kit
  - Work on your personal financial plan
  - Listen to soothing music
  - Learn a new hobby
  - Take a nap
  - Stream a movie you have been meaning to watch
  - Play a favorite board game
  - Groom your pet
  - Have a picnic in your own yard
  - Watch funny videos
  - Create your own scrapbook
  - Learn a new skill
  - Make your electronic device less distracting
  - Make a bunch of meals in advance & freeze them
  - Drink plenty of water even if you don't feel like it
  - Try to develop a new routine
  - Take an online course – there are tons of free or inexpensive courses on a multitude of topics
- For questions, contact Dr. Ashley Kilgore at ashley.c.kilgore.mil@mail.mil or the Minot Mental Health Clinic 701-723-5527

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## The marvel of migration

Patricia Stockdill

Little tidbits of inspiration began trickling in slowly at first. But as daylight inches longer and longer, the sun stretches higher in the sky, and a gentle warming filters through one's body, each passing day brings more reminders that life goes on in a joyous way, even if it seems the world is grinding to a halt.

The birds don't know what is happening on the ground, nor do they care. Their mission is life itself, especially for those who must take flight on journeys of several hundred, or indeed, several thousand miles, simply to get back home to nest.

To continue life.

Migration is essential for many birds. It means life or death, not just for themselves but for an entire species, if they can complete their mission.

Yet given the intensely critical nature of that mission, for the humans on the ground privileged to observe their spring and fall flights, it's simply a marvel.

And a reminder that spring is coming.

Or, to borrow the words of one birder with a post on the avian social media birding site, North Dakota Birds ListServ, (ND-BIRDS@LISTSERV.NODAK.EDU), "This time of year is so joyful with returning birds."

It's joyful. Perhaps this year as much as any other, migration can be more than an observation of the marvel of flight. It's an observation that life goes on; things will be OK.

Plus, it's a darn good diversion and a way to get outside.

The migration observations on the ListServ start slowly, usually with the arrival of Canada geese. However, for those along the Missouri River System Canada geese can be treasured throughout the year providing there is open water in the tailrace below Garrison Dam, that is.

Soon reports of the wide array of hawks and other raptors begin. And meadowlarks.

The first report of much beloved bluebirds came across the ListServ last weekend. More hawks were observed in the southwest and western Badlands.

Bald eagles are making their way along the open waters of rivers, soaring, gliding, and weaving their way to a meal they detect on the ground or even in flight. Ducks and mergansers are now trickling in.

Reports of killdeers are increasing.

Soon sandhill cranes will be arriving, sometimes with their rare cousin, the endangered whooping crane. North Dakota is smack in the heart of the whooping crane migration between their southern Texas wintering grounds and northern Canadian breeding grounds. Every single whooping crane in North America with the exception of the resident Florida flock and the Wisconsin colony fly over North Dakota.

Every one of them.

They're a joy for anyone fortunate enough to see one. They provide yet another opportunity to appreciate the extreme toil that is migration.

Other birds will be arriving, although some of the gulls and terns are moving through now, as well.

Some birds will stay, calling North Dakota home for the summer, including many duck species. After all, North Dakota is also heart of the Lower 48 breeding duck population for species such as mallards and gadwalls.

Other birds will simply fly over the state, not even pausing. Some will stop to rest, perhaps feed a little, and then move north to Canada. For some, the journey doesn't end until they reach the farthest northern points of the Canadian Arctic tundra.

Go online and search some of North Dakota's major U.S. Fish and Wildlife Service National Wildlife Refuges, such as J. Clark Salyer near Upham and Upper Souris near Foxholm, to download their list of bird species to help with identification. Bird identification guides and apps can also be found online simply by googling.

Look to the sky this spring. Go outside and listen – just practice social distancing.

Observe the trees and the prairie. Spring is coming and so, too, are the birds. It is indeed a joyous time of year.

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# Women's History Month

MINOT AIR FORCE BASE LIBRARY

On June 17, 1993 then-Lt. Col. Patricia Fornes became the first woman to command an operational missile squadron when she took command of the 740th Missile Squadron. In doing so, she not only marked an important milestone for women in the missile career field, she also realized a personal dream. Her father, Lt. Col. Glenn Fornes, commanded the same squadron almost 25 years previously when Patricia was a teenager.

Strategic Air Command (SAC) allowed women to serve in support roles on the surface starting in the mid-1970's. The idea of allowing women to serve as missileers inside the launch control capsules was considered quite controversial. Women were not allowed to serve in combat positions at the time, so whether or not missile alert qualified and whether or not women could handle it were subjects of much debate. Eventually, it was concluded that women could perform missile alert, and in 1978, SAC first allowed women to serve on Titan II missile alert crews. Titan II crews consisted of 4 missileers instead of the smaller 2 person alert crews of

Minuteman and Peacekeeper missiles, and the facilities were larger and easier to modify to provide adequate bathroom and sleeping privacy. And the first female officer to serve on a Titan II alert crew was...then-1st Lieutenant Patricia Fornes, serving with the 381st Strategic Missile Wing at McConnell AFB in Kansas.

Despite pressure from Congress, SAC continued to oppose allowing women to serve on Minuteman and Peacekeeper crews through the early 1980's due to concerns about facilities, propriety, and the negative reactions of the wives of male missileers. In a 1980 survey, 67% of the missileers' wives surveyed were opposed to mixed gender crews, but with the Titan II missiles scheduled to be phased out, female Titan II missileers needed another option. The compromise announced in 1985 was to allow women to serve on gender-specific Minuteman and Peacekeeper crews. The crews would consist of either two women or two men with no mixing allowed.

The first all-female Minuteman crew, consisting of Capt Nancy

Dean and Capt Linda Aldrich of the 351st Strategic Missile Wing at Whiteman AFB, assumed alert on March 25, 1986. The gender-specific crew method wasn't ideal. There were concerns that "separate but equal" might not be legal, and the small number of women missileers at any one base tended to cause scheduling problems. If one female missileer became sick, and another female couldn't be found to replace her, two replacements had to be found instead. On January 1, 1988, SAC announced a change in policy to allow missileers to choose whether or not they wanted to serve on mixed-gender crews. By then, the capsules had been modified to provide more privacy by, for example, replacing the curtain closing off the bathroom area with a door, and the policy allowing individual missileers to opt out of serving on mixed-gender crews quieted most of the objectors. The numbers of female missileers have increased a great deal since.

The 91st Missile Wing has participated in the All-Female Missile Alert Day in honor of Women's History Month every year since 2016.

# Recognizing Census Scams

ND SENIOR MEDICARE PATROL

## ND SMP Scam of the Month - April 2020 (Edition 1)

To help the public guard against potential census scams, the Federal Trade Commission and the U.S. Census Bureau are sharing information on how the process works, what information will be asked, and red flags to help spot and report census scams.

### The Process

By April 1, 2020 every home will receive an invitation by mail to participate in the 2020 Census.

### How you can respond

The public has 3 options to respond to the invitation: online, by phone, by mail.

Starting in May 2020, census workers will start visiting homes that HAVEN'T responded to make certain everyone is counted. If you aren't home or can't come to the door, the census worker will leave a door hanger with a number to call to

schedule a time for a visit.

### The Questions

The Census form has 11 questions: how many people are in the home on April 1, 2020; whether the home is owned or rented; the sex of each person in the home; the age of each person in the home; the race of each person in the home; and the relationship of each person in the home.

### Signs of a Scam

Scammers may pose as census workers to get personal information and use it to commit identity theft and other frauds. There are ways to identify official census workers:

- Census workers must show a photo ID with the U.S. Department of Commerce seal and an expiration date.
- If asked, the census worker will give their supervisor's contact information phone number for verification.
- The Census Bureau

will NEVER ask for a Social Security number, bank account or credit card numbers, money or donations, or anything on behalf of a political party.

• The 2020 census WILL NOT ask citizenship status.

If you suspect Census Bureau fraud or question a worker's identity, call 800-923-8282. You can also file a report with the FTC at [FTC.gov/Complaint](http://FTC.gov/Complaint). Call ND SMP if you have questions about Medicare fraud. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.



# 5 ways to work from home and not lose your sanity

ASHTON REAGIN

Remote work opportunities for military spouses have been on the rise over the past few years due to efforts made by a number of advocates and organizations. But during times like these, what is typically “flexible” becomes complicated.

Virtual careers are desirable because of the ability to coincide with hectic military life. Cue the coronavirus (COVID-19) pandemic and companies scrambled to set up a remote work capabilities almost within 24-48 hours. However, the work-from-home model many military spouses envisioned is a stark difference from the reality we now face having to homeschool and entertain bored children while also completing tasks for our job.

The lack of face-to-face interaction, having your home also serve as your office, and children invading your space

can quickly increase anxiety and make you question your sanity.

I have worked remotely for a majority of the past eight years, sometimes with children in the home, but granted not under these circumstances. I have, however, learned a few best practices that helped me get the job done.

Here are five ways to work from home in a COVID-19 world and not lose your sanity:

**Create structure.**

The long-term impact COVID-19 will have on our everyday lives remains to be seen but we do know that this is a fluid situation and things change by the day, hour, and even by the minute. Creating structure and organization for you and your family will provide a sense of peace in a time of much uncertainty. Get plenty of sleep and develop a schedule for everyone in your house. Set

expectations with your family and friends regarding their role in helping you be successful. This could be things such as understanding when it’s okay to come in your working space or simply tell them your scheduled work hours. With everyone on the same page, it prevents you from becoming overwhelmed by constant interruptions and helps you to stay focused. However, be sure to show everyone grace, even yourself.

**Set up a designated working space.**

By setting up an area of your home to work from, this creates a clear distinction between work and home life. It enables you to mentally shift to being “at work”. Without a designated office space, it is easy to work more than usual. It can also be hard to stay focused and become distracted by the kids, laundry, TV, and other household chores.

Having the physical barrier makes a world of difference!

**Dress the part.**

The freedom to work in your pajamas or workout gear is highly attractive and often considered one of the many benefits of working from home. However, by making a concerted effort to “dress” for work, it helps to shift your mindset for the tasks of the day and is a confidence booster. Who doesn’t like looking nice and put together? You’ll also be prepared for a sudden skype meeting and sets the stage for a sense of normalcy.

**Time-block breaks.**

Time blocking is a time-management technique that increases productivity and puts you in control of your day. This method, in general, is good practice and time-blocking your breaks is no exception. The purpose is to allow for a flow of focused work to get more done;

not to become a never-ending to-do list. Try scheduling five-to-15-minute-breaks between blocks to get up from your desk. You will approach each block of work feeling rejuvenated if you reward yourself throughout the day with small breaks.

**Get your blood pumping.**

Being inside the house day-in and day-out without the daily social interaction that a traditional office setting offers can become lonely which affects mood and productivity. Make an effort to engage in some form of exercise which has been proven to have a positive impact on mood. Take advantage of the fitness professionals that have started to live stream classes and workouts or take your workout outside and enjoy the sunlight.

*This article originally appeared in Military Magazine.*

## WHAT'S GOING ON MAFB

**TODAY**

**WEDNESDAY**

**THURSDAY**

**SATURDAY**

**SUNDAY**

**MONDAY**

**TUESDAY**

• Story Time, 1030, Minot AFB Library Facebook Group - @minotairforcebaselibrary

• Game Day, 1000-1930, Base Library – Online Activities

Due to base precautions, several base events have been postponed or cancelled. Visit [www.5thforcesupport.com](http://www.5thforcesupport.com) or 5th Force Support on Facebook for all up to date 5 FSS information.

### ONGOING EVENTS:

**CARRY OUT OPTIONS** (Hours subject to change)  
**Bomber Bistro:** Monday-Friday 1030-2100, Saturday 1400-2000  
**Dakota Inn Dining Facility:** Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830  
**Jimmy Doolittle Center:** Monday-Friday 1100-1300, Family Meal Wednesday 1530-1730 (order in advance through Memberplanet)  
**DELIVERY OPTIONS** (Hours subject to change)  
**Bomber Bistro:** Monday-Friday 1630-2030

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**April Special**  
**Tuesday Lunch Special**  
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Hyundai Offer -\$2,000  
**Final Price** \$23,386  
Loyalty Offer -\$500  
Military Offer -\$500  
College Grad Offer -\$400  
First Responder Offer -\$500



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2.4 AWD

**FINANCE 0% APR**  
Financing for up to 60 months PLUS 120 days until 1st payment PLUS \$500 Off!

Stock# M11046  
**MSRP** \$29,305  
Dealer Discount -\$1,074  
Hyundai Offer -\$2,000  
**Final Price** \$26,231  
Loyalty Offer -\$1,000  
Military Offer -\$500  
College Grad Offer -\$400  
First Responder Offer -\$500



**2020 ELANTRA SE**

**FINANCE 0% APR**  
Financing for up to 72 months PLUS 120 days until 1st payment

Stock# M10991  
**MSRP** \$20,120  
Dealer Discount -\$527  
Retail Bonus Cash -\$1,000  
**Final Price** \$18,593  
Loyalty Offer -\$500  
Military Offer -\$500  
College Grad Offer -\$400  
First Responder Offer -\$500



**2020 ACCENT SE**

**FINANCE 0% APR**  
Financing for up to 48 months PLUS 120 days until 1st payment

Stock# M11099  
**MSRP** \$17,555  
Dealer Discount -\$324  
Hyundai Offer -\$1,000  
**Final Price** \$16,231  
Loyalty Offer -\$500  
Military Offer -\$500  
College Grad Offer -\$400  
First Responder Offer -\$500



**2020 SONATA SEL**  
PLUS

**FINANCE 0% APR**  
Financing for up to 60 months PLUS 120 days until 1st payment

Stock# M1142  
**MSRP** \$28,690  
Dealer Discount -\$1,279  
Hyundai Offer -\$1,000  
**Final Price** \$26,411  
Loyalty Offer -\$500  
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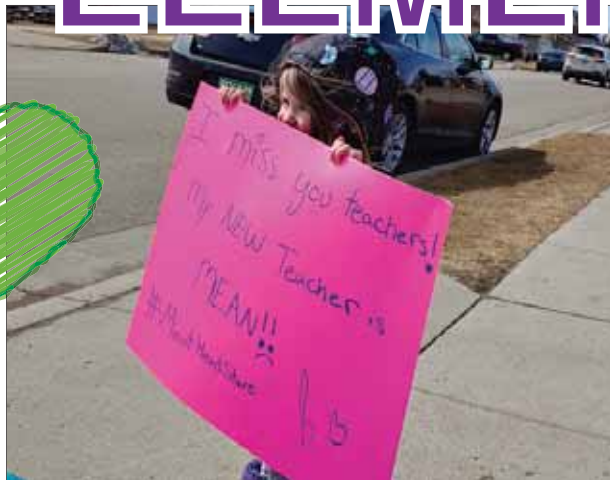
\*See dealer for LIMITED WARRANTY details.



# DAKOTA ELEMENTARY



Talan Patterson, 10 5th Grade  
Cowen Patterson, 8 2nd Grade  
Braylen Patterson, 6 Kindergarten  
Dakota Elementary



Bristol Powell  
Head Start  
Dakota Elementary



Maysileigh Pross, 6  
1st Grade  
Mrs. Bonzer/Dakota Elementary

Cowen, Braylen, and Talan Patterson wave to Dakota Elementary staff during the Teacher Parade March 25.



Hunter Faith Powell, 2nd Grade  
Jase Powell, 1st Grade  
Dakota Elementary



Jaxson Waid, 7, Lorix Starner 11,  
Sawyer Pross 1, Coen Pross 4, Maysileigh Pross 6  
Dakota Elementary



Jase, Hunter Faith and Bristol Powell holding posters for their teachers during a parade put on by the Dakota Elementary staff.

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# TEACHER PARADE

Students from Dakota Elementary School lined the streets in their neighborhoods, March 25, to wave and show their appreciation to teachers and staff during the recent implemented COVID-19 school closures.

The Northern Sentry thanks you for all of your great photo submissions.

Grayci Holmes, PreK  
Ryin Holmes, 1st Grade  
Dakota Elementary



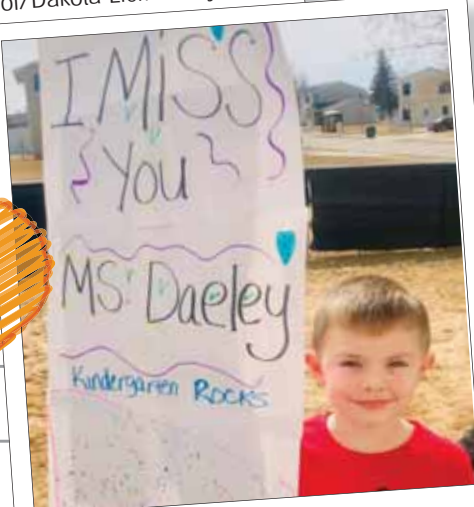
Coen Pross, 4  
Head Start  
Mrs. Carol/Dakota Elementary



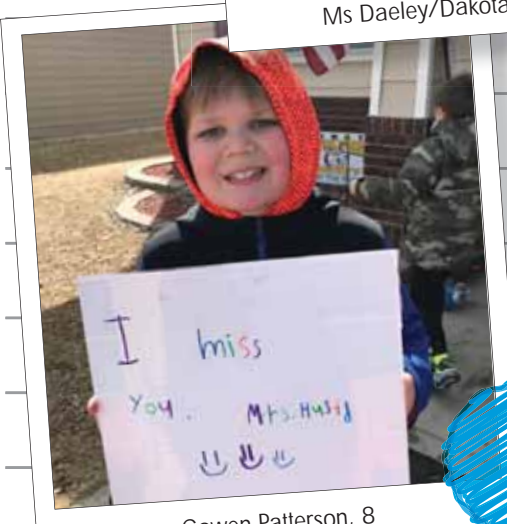
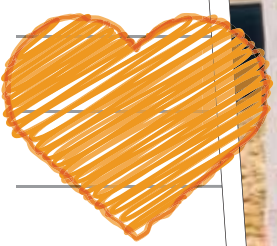
Lorix Starner, 11  
5th Grade  
Mrs. Haug/Dakota Elementary



Layvee Fortin, 7 and Kinsley Quintanilla, 8  
2nd Grade  
Miss Klabunde/Dakota Elementary



Jensen Moore, 6  
Kindergarten  
Ms Daeley/Dakota Elementary



Cowen Patterson, 8  
2nd Grade  
Dakota Elementary



Jaxson Waid, 7  
1st Grade  
Mrs. Bonzer/Dakota Elementary



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at the Bistro!**

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MAKING MORE POSSIBLE



# OneSource, family and spouse programs still available

DEPARTMENT OF DEFENSE

ARLINGTON, Va. (AFNS) -- The Department of Defense is closely monitoring the impact of the coronavirus on service members, their families and survivors. Resources offered through Military OneSource, the Military and Family Life Counseling program and the Spouse Education and Career Opportunities program continue to serve the military community. "We are working hard to provide timely and accurate updates and helpful resources for our service members and their families," said Kim Joiner, deputy assistant secretary of defense for military community and family policy. "Our families can feel confident about finding official information and guidance on our websites and social media platforms. While we have made necessary changes in response to this pandemic, one thing remains the same – our commitment to serving our military community."

### What's new

A dedicated section is available on Military OneSource to keep service members and their families informed about the impacts of COVID-19 on the military community.

Beginning March 24, Military OneSource will offer non-medical video counseling for children and youth who may feel overwhelmed by the COVID-19 outbreak.

Military OneSource will be live on Facebook Monday through Friday at noon EST to highlight available resources. All videos will be available for on-demand viewing.

### What's the Same

Military OneSource is available 24/7/365 to help service members and their families manage stress and challenges related to COVID-19, as well as provide non-medical counseling and support. Call 800-342-9647 or connect via live chat.

Military OneSource specialty consultations, such as relationship support, new MilParent support, health and wellness coaching and more.

Financial counseling and MilTax services.

Language services, including real-time interpretation and translation services.

Access to Resilience Tools, including CoachHub, Moodhacker and Love Every Day.

Access to the MWR Digital Library including many education and entertainment resources.

SECO career coaches remain available. Call 800-342-9647 or connect through live chat to schedule an appointment.

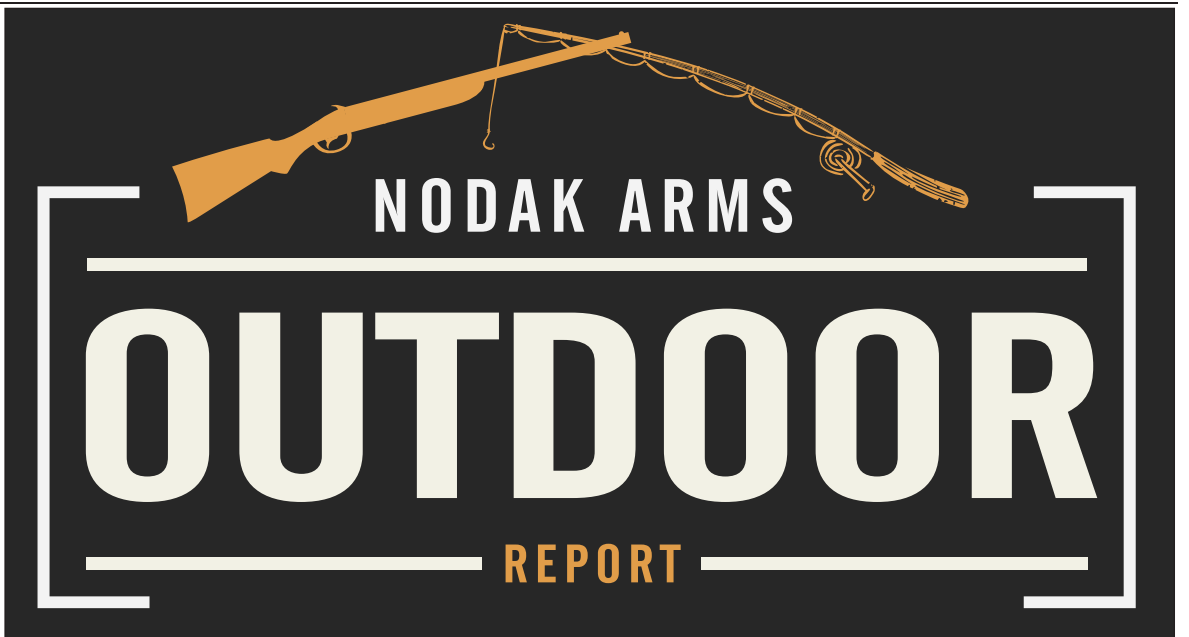
Online SECO tools and resources remain available, including My Individual Career Plan, or MyICP, the Research Occupations Tool, the Scholarship Finder, the College Scorecard Tool, MySECO Resume Builder, and more.

SECO online events and webinars are still active, including the Military Spouse Employment Partnership (MSEP) Partner Connect discussion and the Virtual Military Spouse Symposium.

### What's Changed

Non-medical Counseling: While Military OneSource continues to offer non-medical counseling by telephone (800-342-9647) and online via secure chat and video, in-person counseling may be affected or unavailable depending on state and local policies. We encourage families to check with their local providers to confirm.

Military OneSource is a DoD-funded program that is both a call center and website that provides comprehensive information, support, and resources on every aspect of military life. Service members and the immediate family of active duty, National Guard and Reserve (regardless of activation status), survivors and DoD expeditionary civilians are eligible for Military OneSource. Veterans and their immediate family members are eligible for Military OneSource up to 365 days post-separation or retirement. All services are available at no cost.



## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, March 30: 1,839.24 feet above mean sea level (MSL); 23,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.07 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.92 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports from Devils Lake, north-central lakes, or the Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: Rapidly deteriorating ice conditions on Devils Lake. Open water along all of the bridges but little runoff yet. Limited activity with anglers waiting for open water shore-fishing opportunities.

•Devils Lake, Woodland Resort, Devils Lake: Walk-on access at the best on Devils Lake with potentially quickly deteriorating conditions. Limited reports, however, with light activity.

•Lake Darling, Karma C-Store, Ruthville: Look for some improving walleye activity around Grano. No reports from Lake Darling itself. Lake Audubon continues producing OK walleye and pike activity but beware of ever-changing ice conditions.

•Lake Metigoshe, Four Season, Bottineau: Sort through small bluegill for keepers but OK pike and walleye success continues.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Ice conditions deteriorating on Lake Sakakawea. Use extreme caution if considering venturing out and watch for slushy conditions. Missouri River tailrace producing a mix of walleye, pike, catfish, and occasional ling from boats. Lake Audubon also has poor ice.

•Lake Sakakawea, Scenic 23, New Town: No activity in the Van Hook Arm and midsection of Lake Sakakawea with poor ice. Anglers waiting for open water shorelines and pike activity to start. Most



• Ice conditions greatly deteriorating across North Dakota lakes. Avoid areas with vegetation, moving water, pressure ridges, and springs.

• North Dakota state park facilities, including vault toilets, restrooms, and visitor centers, remain closed to public use, although hiking trails are open. Please remember to implement social distancing.

• N.D. Game & Fish Dept. Wildlife Mgmt. Areas also open to public activities, although specific use regulations apply. Go to the Game & Fish Dept. website, ([gfr.nd.gov](http://gfr.nd.gov)) for information.

• April 11: Turkey season opens.

anglers are going to the Missouri River open water below Garrison Dam with fair success for a mix of species.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains good for jigging down river for walleye. Some catfish and occasional trout mixed in. Try 32-way swivels, plastics, or crankbaits in the chutes. OK shore success at night from the rocks. Also try the wing walls but remember to keep distances from people

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone and Missouri rivers are ice-free, although confluence boat ramp iced in yet early in the week. Highway 85 and Sundheim Landing ramps are usable. Yellowstone River is fairly clear so try jigs and minnows for walleye. Missouri River still somewhat dirty but look for a few walleye with pike activity in the feeder tributaries.

•Lonetree WMA area lakes,

Harvey: Warm weather creating extremely poor ice conditions throughout area lakes. No activity as anglers wait for open water.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on the Souris River or area lakes.

### Migration:

• Large numbers of birds moving into Devils Lake and northeast N.D. as well as moving over central and north-central N.D. but a lot birds aren't staying for any length of time. Hunters could expect another several days of movement with large numbers still around southern N.D. and moving up towards Chase Lake and Arrowwood NWRs. Movement could be fast, though, and start tailing off quickly. Most birds pushed past the Missouri River System late last week. Fast migration in the northwest with birds moving in but not staying for any length of time.

### 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.

## TREAGER BAKED CORN DOG BITES



### INGREDIENTS

- 1 CUP MILK AT ROOM TEMP
- 4 TSP ACTIVE DRY YEAST
- 1/4 CUP GRANULATED SUGAR
- 2 CUPS ALL-PURPOSE FLOUR
- 1/2 CUP YELLOW CORN MEAL
- 1 TSP BAKING SODA
- 1/2 TSP MUSTARD POWDER
- 1/4 CUP VEGETABLE OIL
- 1/2 TSP CAYENNE PEPPER
- 1 EGG, LIGHTLY BEATEN
- 15 MINI HOT DOGS
- 1 TBSP DRIED MINCE GARLIC
- 1 TBSP COARSE SALT
- KETCHUP & MUSTARD FOR SERVING

When ready to cook, set the temperature to 375° and preheat, lid closed for 15 minutes.

Combine milk, yeast and sugar in a bowl. Set aside for 5 minutes or until it starts to foam.

Then add oil, salt, cayenne pepper, mustard powder, baking soda, corn meal, all-purpose flour. Mix with a spoon until combined then use your hands to knead into a dough.

Transfer dough to a bowl and cover with plastic wrap and set aside for about 45 minutes- until dough rises and doubles in size.

Remove dough from bowl and divide into 15 pieces. On a working surface dusted with flour, use a rolling pin to roll out each piece of dough into 3" x 3" pieces. Place each hot dog in the middle of the sheet of dough. Roll it in the dough and press edges to seal to make 15 mini corn dog bites.

Transfer corn dog bites into a baking pan lined with parchment paper and brush each bite lightly with beaten egg. Sprinkle each bite with dried minced garlic and salt.

Bake in Traeger until golden brown- about 30 min.

Serve with ketchup and mustard or dipping sauce of your choice. Enjoy!

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

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Ryan Davy - GM Minot

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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.

**Little Flower Catholic Church**  
 800 University Avenue West  
 838-1520  
**Mass Schedule**  
 Saturday ..... 4:30 pm  
 Sunday ..... 8:30 & 10:00 am  
**Fr. Ken Phillips, Pastor**  
[www.littleflowerminot.com](http://www.littleflowerminot.com)

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE Minot • 838-3094**  
**NO SERVICES**

  
**Break Forth BIBLE CHURCH**  
*New!* 7:00pm Service  
 Thursday Evenings  
 at the GRAND HOTEL  
[www.breakforthbiblechurch.com](http://www.breakforthbiblechurch.com)

  
**An Evangelical Free Church**  
 3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)  
 Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.  
[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
 Worship Service at 10:45am Sundays  
 Sunday School at 9:45am  
**1720 4th Ave NW, Minot**  
**838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**  
**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)  
**Pastor Ken Mund**  
**701-838-1540**  
 Sunday School (All Ages): 9:45 a.m.  
 Sunday Coffee Fellowship: 10:30 a.m.  
 Worship Services: Sunday 11 a.m.

**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.  
*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller

**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](http://www.ecominot.org)

**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**


  
**St. Mark's Lutheran Church**  
*Missouri Synod*  
 Sunday Worship ..... 8:30 am & 11:00 am  
 Holy Communion Served at All Services  
 Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am  
**2209 4th Avenue NW**  
**Minot, ND**  
**839-4663**  
 Reverend Philip Beyersdorf

  
**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 ..... 5:30 p.m.  
 Classes for all ages ..... 6:30 p.m.  
 Adult Choir (as scheduled). 7:30 p.m.  
**Brian T. Skar, Pastor**  
[www.ibcminot.org](http://www.ibcminot.org)

**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**

**St. John the Apostle Catholic Church**  
  
 2600 West Central Ave • Minot, ND 58701  
**839-7076**  
 Daily Mass Schedule:  
 Tuesday ..... 5:15 p.m.  
 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.  
*Fr. David A. Richter, Pastor*  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

  
**First Lutheran Church - ELCA**  
 120 5th Ave. NW  
 852-4853  
 Saturday Worship ..... 5:00 pm  
 Sunday Worship.. 8:30 am & 11:00 am  
 Sunday Education ..... 9:45 am  
 Wednesday Supper..... 5:00 pm  
 Wed. Worship & Education..... 5:45 pm  
  
[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 8:30 am  
[www.flcminot.com](http://www.flcminot.com)  
 Pastor Brandy Gerjets • Pastor Ellery Dykeman

  
**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.**

**Bethany Lutheran**  
 215 3rd Ave. SE, Minot, ND  
**Phone: 838-5196**  
 A Member of the ELCA  
 Sunday Worship ..... 8:30 & 10:30 am  
 Sunday Fellowship ..... 9:30 am  
 Wednesday Church School ..... 5:45 pm  
 Wednesday Worship ..... 6:45 pm  
 Website: [www.bethanylutheranminot.com](http://www.bethanylutheranminot.com)  
 Email: [bethanylutheran@srt.com](mailto:bethanylutheran@srt.com)  
 Live Streaming: [bethanylutheran.tv](http://bethanylutheran.tv)  
**Pastor Janet Hernes Mathistad**  
**Pastor Gerald Roise**

**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
[www.fbcminot.org](http://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**

**Cross Roads Baptist**  
  
**Southern Baptist Convention**  
 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: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)**  
**Dr. Bob Farmer- Pastor**  
**415 28th Ave SE (Behind Menards)**  
**838-1873**

  
**West Minot Church of God**  
*Family Worship Center*  
**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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**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.**

  
**Vincent United Methodist Church**  
**1024 2nd St. SE • 838-4425**  
*Behind Town & Country Shopping Center*  
**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 Jennifer McDonald**  
[www.vincentumc.com](http://www.vincentumc.com)

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*  
**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**

**Chapel Services at MAFB**  
*Protestant (North Plains Chapel in Base Housing)*  
**Contemporary Service**  
 Sunday Worship ..... 1000  
**Gospel Service**  
 Sunday Worship ..... 1130  
*Catholic Mass (Northern Lights Chapel across from Rockers)*  
 Sunday ..... 1000 & 1700  
 Daily ..... Monday-Thursday at 1200

**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.  
 Wednesday Family Night..... 6:30 p.m.

  
**ORCS KNIGHTS**  
  
 Our Redeemer's Christian School  
 700 16th Avenue SE  
 Minot, ND 58701  
**info@orcsknights.org • 701-839-0772**  
[www.orcsknights.org](http://www.orcsknights.org)

**To Advertise your Church on this page,**  
**Call 839-0946**  
**Only \$7.00 a space / per week**

**ORCS Preschool**  
 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!  
**NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR**  
**HIGHLIGHTS OF OUR PROGRAM**  

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

 Please contact our school office or visit our website for more information.  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)

**we've got the church you've been looking for**  
*Your life matters to God!*  


# CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## AUTOMOTIVE

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



**JOHN'S**  
**AUTOBODY**  
Pays Up To **\$500**  
Insurance Deductibles  
We Guarantee All Work & Color Match  
4121 S. Broadway  
**839-8896**

## TRANSPORTATION

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

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

## FOR SALE

**FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS.** Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.



**45 GALLON AQUARIUM WITH KOREAN MADE WOOD STAND.** Comes with colored gravel, air pumps, hooded light, storage drawer, fully enclosed. Includes extra hoses, nets, etc. Just add fish & water! \$300.00 obo. To see call Ken at 701-833-9943.

## FLEA MARKET

**MINOT'S APRIL FLEA MARKET IS CANCELLED.** Watch for updates regarding our May 2nd & 3rd market

## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

### FSBO MOHALL ND

2010 Mfd home 28x64 has 2 decks, 3 bdrm, 2 bath, office, 2 car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Price Reduced! Call/text for details, pictures, & to see. 701-228-4089 or 701-228-4190.

## RENTALS

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

**2-3 BEDROOM APARTMENT,** All Utilities Paid, No Lease, Fully Furnished, Washer/Dryer, Cable & WiFi, 2 Car Garage. Fully furnished if needed. \$900 Per Month. For more information call 701-833-9943.

### SURREY

3 bedroom ranch style home, 1 1/2 bath, basement, central air, attached garage, large yard, patio, storage shed in backyard. Newly remodeled - new flooring and window coverings. No pets /No smoking. \$1050/month plus utilities. Call (701) 721-0355

## GARAGE SALE

**3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
[www.marykay.com/1clouse](http://www.marykay.com/1clouse). 701-839-0475 or 701-721-0475.

## HELP WANTED

**IMMEDIATE FULL AND PART TIME OPENINGS** for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014.

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

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

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

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

Apply in person at: 605 27th St SE, Minot ND 58701  
Or contact: Matt Mackey  
By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014

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

## RUMMAGE SALE

A Little Bit Of Everything...  
With A Lot Of Savings!

# 4R HOME THRIFT

412 3rd Street NE,  
Minot

Furniture, Tools, Movies,  
Misc. & Interesting Items

Monday - Saturday - 10 AM to 6 PM  
Sunday - 12 PM to 5 PM

**15% Military Discount!**

<https://www.facebook.com/4rhomethrift>

## CAREERS

BE PART OF SOMETHING more.



At Trinity Health, every employee plays a vital role in providing life-changing care for the communities we serve. We have opportunities in many exciting areas and offer competitive wages and excellent benefits. Join us.

Human Resources  
120 Burdick Expy E  
Minot, ND  
701-857-5191  
[jobs@trinityhealth.org](mailto:jobs@trinityhealth.org)

Trinity Health is an EEO/AA/Female/Minority/Vet/Disabled Employer.

[trinityhealth.org/careers](http://trinityhealth.org/careers)



## BASE ANNOUNCEMENTS

### ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

#### \*ADULT HOURS

Tuesday-Friday 7am-4pm

\* Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

#### \* TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm

\* Morning start times rotate & vary

**PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.**

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2020 term (20 Apr-21 Jun). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to [minot@erau.edu](mailto:minot@erau.edu) 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.

### PARK UNIVERSITY MINOT -

Your degree, Your way. Now enrolling for Spring 1 classes starting January 13. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu). and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612|[mino@park.edu](mailto:mino@park.edu) PARK. YOU

## ANSWERS

SUDOKU  
Answers to puzzle from page A4

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

**northern sentry**

DEADLINE FOR DISPLAY AND CLASSIFIED ADS:

TUESDAY AT NOON ON THE WEEK OF PUBLICATION

[www.northernsentry.com](http://www.northernsentry.com)

# Let's Plan Your Party!



## Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!  
Call for details!

**109 South Main St. Minot 701.837.8555**

## Birthday PARTIES

X-TREME OR OPEN BOWLING

**SUPER PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• Pop and Ice Cream  
**\$155+tax**  
\$12 for each additional person

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$185+tax**  
\$15 for each additional person

**ALL PARTIES INCLUDE:**  
Plates, Cups, Napkins, Utensils, Invitations & Balloons.  
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.  
You bring the cake and the kids!  
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND  
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**



**Blake Krabseth**  
Comedian / Magician  
Great for Parties and Conventions  
**701-720-1786**  
magic@blakekrabseth.com  
**BLAKEKRABSETH.COM**

## Book an Event at OAK PARK THEATRE

Parties  
Company Events  
Birthdays

Monday-Thursday  
Time Slots Available:  
10 AM-12:30 PM  
1 PM-4 PM  
6 PM-10 PM

Email for details:  
alatoakpark@gmail.com

## High Air Ground

TRAMPOLINE PARK



**10% OFF ANY PARTY PACKAGE**  
Must be booked by 12-31-19. Not good with any other discounts or promotions. Must mention "Northern Sentry" when booking. Packages starting at \$130.

1210 4th Ave NW | Minot, ND 58703  
**701-837-JUMP**  
[WWW.HIGHAIRGROUND.COM](http://WWW.HIGHAIRGROUND.COM)

# BUSINESS & PROFESSIONAL Directory

**AUTOMOTIVE**

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



**1215 Valley St. 838-9607**  
Next to Action Wrecking

**ACTION AUTO WRECKING**  
Free Parts Locating service

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Selling new, used and rebuilt parts.

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It's our way to say Thank You.

**HomesForHeroes.com**

**Lucas Knight**  
Signal Realtors  
p: (701) 852-3505  
c: (701) 720-9163  
e: Lucas@SignalRealtors.com  
w: MinotHomeSearch.com

**AUTOMOTIVE**

**QUICK CASH!!**  
Running & Non-Running Cars & Trucks



**Edwardson Sales 839-9512**  
We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

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**AEROPORT HOBBY SHOP**  
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.  
**838-1658**  
2112 N. Broadway • Minot, ND  
Ask for Eva • www.airporthobby.com

**STORAGE UNITS**

**NORTHERN PRAIRIE CONDOS & STORAGE, INC.**  
Military Discounts - Best Rates  
24 Hour Access  
**701-720-1093**  
Convenient North Location for Both Base & Minot Customers

**ACCOUNTANT**

**BradyMartz**  
Make Every Day Count  
CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
www.bradymartz.com

**northern sentry**

Feature your business here for as little as \$9.00 per week!  
For more information call 839-0946 or email: sentrysales@srt.com

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM

# Building Relationships

AIRMAN 1ST CLASS CALEB S. KIMMELL,  
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

With school being out, this is the perfect time for Team Minot families to learn a new skill. Recently, Airmen from the 5th Civil Engineer Squadron at Minot Air Force Base, North Dakota, started showing Team Minot families fun STEM related projects to do at home. STEM stands for Science, Technology, Electronics and Mathematics. Senior Airman Zach Mikwyn and Shanice Montana-Graham, 5th CES electrical power production Airmen organized a series of videos containing fun science related projects to do at home.

"This project actually started as just a Facebook post," said Mikwyn. "It quickly turned into a whole video series, and I'm very excited to be a part of this project."

The target audience is mostly children, explained Montana-Graham. The projects are easy to do at home, but challenging

enough for kids to learn a new skill.

"The goal for the videos is for Team Minot families to remain strong and stay together," said Montana-Graham.

Tech. Sgt. Eric Tucker, 5th CES electrical systems supervisor, was the subject of a video. Tucker showed children how to how to build small structures using things you can find in a pantry, like marshmallows and toothpicks. The videos serve as example of what you and your family can do at home. Additionally, Tucker says the Society of American Military Engineers has seen these videos. He says they're proud of these Airmen and their work for Team Minot.

They plan to make videos until schools are back in session. Look out for the videos on the Minot AFB Families page on Facebook. Mikwyn and Montana-Graham will continue to put out videos daily to keep Team Minot families Minot Strong.



5th CES performed science experiments for Team Minot families to do while practicing social distancing. U.S. AIR FORCE PHOTOS | MINOT AFB PA

## NODAK ARMS

**INDOOR INTERACTIVE SHOOTING RANGE**

**Range Time HAPPY HOUR: 10 AM - 2 PM Mon.-Thurs.  
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.**

**Book Range Time: [www.nodakarms.com/bookings](http://www.nodakarms.com/bookings) \*Guns Supplied Free if Needed**

# United States® Census 2020

The City of Minot needs your help. Your participation in the 2020 Census will assist the City with business attraction and bring additional federal funding for programs like highway construction, education, and child care programs.

**WE NEED EVERY AIRMAN STATIONED AT MINOT AIR FORCE BASE TO REGISTER HIS/HER FAMILY AS A RESIDENT OF NORTH DAKOTA.**

The 2020 Census is easy, only has ten questions, and should take less than ten minutes to complete.

The 2020 Census can be conducted online, via telephone, or through the mail. The U.S. Census Bureau will start mailing census forms in Mid-March.

**PLEASE RESPOND AS QUICKLY AS POSSIBLE, BUT NO LATER THAN APRIL 30TH.**

**PLEASE COUNT ALL PEOPLE LIVING IN YOUR HOUSEHOLD**  
*including toddlers, grandparents, grandchildren, and unrelated friends.*

If an Airman has multiple residences, the Census Bureau will count the Airman in the place where he or she has resided the most often over the past year. The census count will not impact your official place of residency.

City of Minot

515 2nd Avenue SW, Minot, ND 58702  
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