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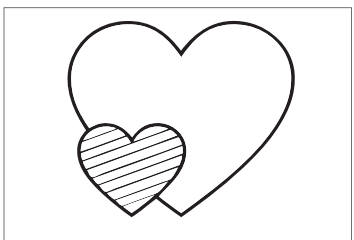
FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 15 | MINOT AIR FORCE BASE | FRIDAY, APRIL 10, 2020

WHATS INSIDE THIS WEEK:



A SINGLE FLOWER MEANS SO MUCH

A3



WE ARE IN THIS TOGETHER COLORING CONTEST

B4



AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS

A6



A U.S. Air Force B-52H Stratofortress, assigned to the 69th Expeditionary Bomb Squadron, deployed from Minot Air Force Base, North Dakota, receives fuel from a U.S. Air Force KC-135 Stratotanker assigned to the 191st Air Refuelling Squadron, Wright Air National Guard, Utah, after taking off from Andersen Air Force Base, Guam, Feb. 3, 2020. Continuous Bomber Presence deployments provide opportunities to advance and strengthen alliances, as well as strengthen long-standing military-to-military partnerships.

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Videos

Census 2020 Every Person Counts!

NORTHERN SENTRY

April 1, 2020 was a very important day for the 2020 Census. On that day you are counted as a resident of the city and county where you are living. Term of residence on that date, and expected transfers are not taken into account, if you were living on the Minot Air Force Base on that day, you are to be counted as a resident of North Dakota.

“It doesn’t make any difference where you may have other residences, or homes in other states that you may be trying to sell” said Brian Billingsley, Community and Economic Development Director for the City of Minot, “just remember that you, and every member of your family that were living in Minot and at Minot Air Force Base and the surrounding communities on April 1, 2020 are to be counted as residents.”

Filling out the Census 2020 form is easy. Most people should have received a mailing the first week of March. That mailing had a number that was assigned to a specific address. A quick trip to www.2020census.gov, and in a few minutes you can be registered. So far the national rate of people completing their Census 2020 forms is 41.3%. North Dakota is a bit above the national average with 41.5% of residents completing the form, and Minot is still above that with 42.6% of Minot residents that have registered to date.

However, according to Staff Sargent Steve Adkins, who is the

lone member of the task force set up by the City of Minot, the Minot AFB is lagging behind at only 23.2% of the residents registering. “We have been working hard to push out the information about the census to the families associated with the base through social media” according to Adkins. And that



We just have to get the message out that one person does make a difference.



task has been made a little harder with the COVID-19 Pandemic. “With some targeting we can push out information through social media directly to those who are in the Minot area only, instead of the thousands that follow us on Facebook and other social media channels.”

From a military standpoint, Adkins says that those military families that may be deployed and are leaving Minot Air Force Base after April 1, 2020 should register before they leave. “It’s kind of a mindset that they Minot, and the MAFB are not going to be their permanent home, so they don’t take time to take ownership of where they live. They think they will leave Minot before they can reap the

benefits of being counted in the Census as citizens of Minot.”

“They need to think deeper than that” according to Billingsley. Every citizen counted in Minot will account for \$1,900 in Federal Aid, and of course that money is used to maintain streets and highways, for a start,” continues Billingsley, “services like Medicare, Medicaid, WICK programs and Head Start are all programs that depend on Federal Aid. If we miss just one person, that is \$1,900 for 10 years, or 19,000 dollars. Take a family of 5 and that number quickly escalates.”

Other businesses that look at trending Census numbers are stores and restaurants that are looking to open in the Minot market. “We hear all the time that we don’t have a lot of the restaurants people want, but the first thing they look at is Census numbers and the trends. That is also true of other businesses and entertainment venues looking to expand or build in our city.”

“We just have to get the message out that one person does make a difference,” according to both Adkins and Billingsley. “Missing a thousand people can mean \$19 Million dollars in Federal Aid that went elsewhere,” says Billingsley. For more information about the 2020 Census, people can go to the 2020census.gov website where there is a link where airman can identify their address, or they can call Billingsley at the City of Minot at (701) 857-4147.

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.

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

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.

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

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2012 TOYOTA FJ CRUISER BASE 4WD

\$24,298



STOCK#
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FINANCING AVAILABLE

A Single Flower Means So Much

NORTHERN SENTRY

For Ted Bolton, picking up a prepared meal for his father-in-law Ed at the Commission on Aging is pretty routine, until last Wednesday when included with the meal were tulips, and a note that said "A little bit of Spring to brighten your day! Provided to you by Flower Central. "It doesn't take a lot of flowers to brighten someone's day," explains Flower Central owner Niki Brose, "just a single tulip kind of gives everyone a bit more hope that spring, and an end to this crazy stuff, are just around the corner." After receiving a call from the Commission on Aging asking what it would take to get enough flowers to give everyone receiving a meal one, Niki called her flower wholesaler in Minneapolis who helped her get 300 tulips delivered to Minot. "Once the flowers were delivered

the phone calls and photos started coming. "We received so many thank you calls. They (the flowers) brought smiles and just a little bit of spring to everyone." Flower Central also has a project for kids who are home and want to send some cheer. "They're called a Kid Kit," according to Brose "everything they need to produce a flower bouquet of their own. We've sold over 25 of them in the last 2 days. I even have a little guy in a high chair building a bouquet." The Kid Kit may outlive the COVID-19 Pandemic according to Brose, "we are offering them to daycares. Once the finish they send them to Grandparents they might not be able to visit, and we've had Grandparents call and have them sent to their Grandkids because they can't see them right now."

As for Flower Central, "we are doing OK" says Brose, "we tell people that flowers still warm up a cold room. Even if the funerals are just family members, flowers are still important. And it is proven that if you have flowers or plants in a home, it is more positive...a better mood." The doors at Flower Central are still open, and the staff is using hand sanitizer and is practicing social distancing, "But they can also call us or place an order online and we can either deliver their order or bring them out to a car." So whether it be a bouquet, or maybe just a single flower, "we all need a little boost now and then" advises Flower Central owner Niki Brose, "give them (flowers) to someone special."



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The real problem Covid-19 EXPOSED!

The thing I love the most about where I live is the abundance of common sense and the wisdom and the wit that comes with it. A few years back when we were experiencing a drought most the ranchers in the western part of the state were having some real worries about not having enough hay to get them through the winter. As I was adjusting one rancher I asked him "so do you think you will have enough hay this year?" I will never forget his reply for the wisdom and humor that cut right to the heart of the issue. He said: "oh... I think I got plenty of hay, I just have too many cows."

That rancher's one liner sums up my thinking on the coronavirus. The reality is we likely have enough medical resources we just don't have enough healthy people.

Please don't get me wrong here. I know coronavirus is a serious matter. As I am writing this the death toll is approaching 50,000 people worldwide. We should all do our part with social distancing, hand washing, and generally trying to stop the spread. Every one of those 50,000 people who lost their lives to this virus, and all those who are on ventilator or greatly suffering is a tragedy! However, the news is quite clear that if you are a healthy individual your chance of having any serious complications related to this virus are overwhelmingly low. Of course, I know

there are exceptions to that, but the data is telling us that those are clearly exceptions and not the rule. This means that if you have spent the last 6 months, a year, 5 years, or 40 years working on your health you have MUCH less to worry about than those who have not!

The real problem that covid-19 has exposed is the vulnerability of our population. We have a very real epidemic of people who don't eat right, think right, sleep right, and move right. If we don't put some thoughts and focus onto those 4 things we are not only statistically more vulnerable to covid-19, but to ANY disease! Covid-19 is scary, but it is in your power to take action, steps today to make it less scary. Start eating right, thinking right, sleeping right, and moving right, and you can turn this test into your testimony.

I coined the phrase "there is no disease, illness, or ailment known to man that does not respond favorably to adding health." That was true before covid-19 and it is still true today. I know some of you may have questions about how to get healthy and are wondering if you are doing the right things or taking the right steps. All the doctors at Cornerstone are more than happy to help you and answer any questions you may have. Give us a call at CornerStone Chiropractic 701-852-2800 or you can email me at drmattd@bewelladjusted.org.



Dr. Matt Hanson

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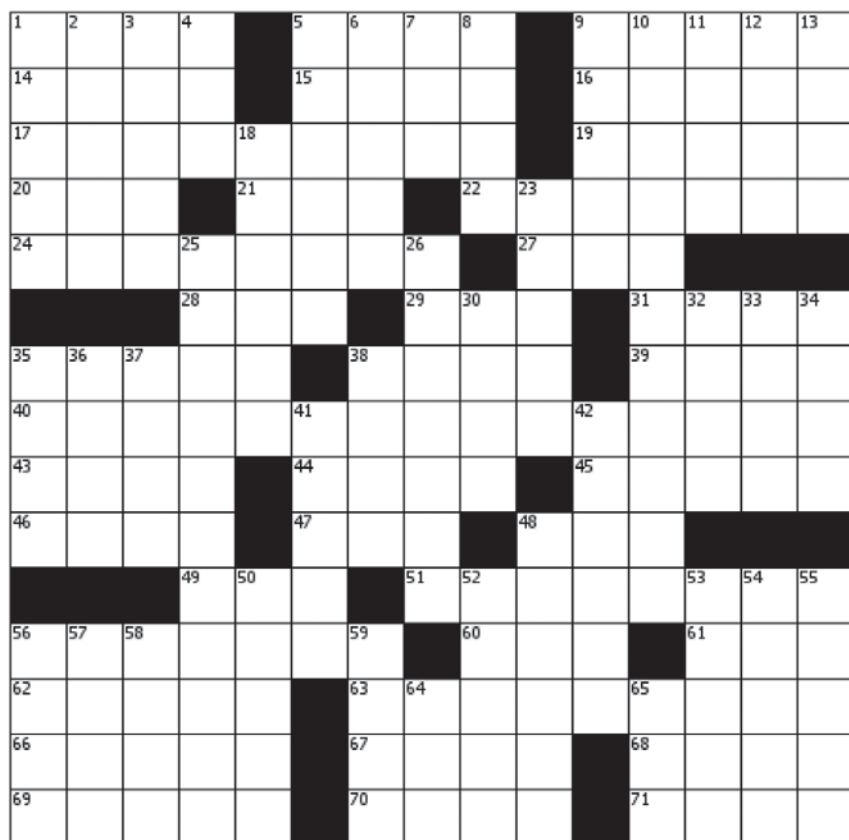
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CROSSWORD PUZZLE

Across

- 1. What a hog wants
- 5. Dull-colored
- 9. In pursuit
- 14. Inspires reverence
- 15. 17th of 50
- 16. More than mislead
- 17. Some knee-slappers
- 19. Hardly hidden
- 20. Clerical abbreviation
- 21. Aquarium implement
- 22. Sneaky plots
- 24. Superhero's secret
- 27. Stumblebum
- 28. McShane or Holm
- 29. Authority on diamonds?
- 31. Holy image
- 35. Reeked
- 38. "Ah, me!"
- 39. Bookbinder's buy
- 40. Some executive purchases
- 43. Hairy humanoid of legend
- 44. Keep the engine running
- 45. Get to the other side
- 46. Some Marvel heroes
- 47. Prefix meaning "recent"
- 48. Before, before a word
- 49. Bolt partner
- 51. Ghastly
- 56. Lunar phenomenon
- 60. Poetic conjunction
- 61. Confession starter
- 62. Birds that sound batty
- 63. Somewhere to sail?
- 66. "Beetle Bailey" character
- 67. Fishtail
- 68. Leer lasciviously
- 69. You do it if you breathe



- 70. "Sorry about that!"
- 71. Partner for means

Down

- 1. Native New Zealander
- 2. Had stuff
- 3. "The Canterbury Tales" character
- 4. Subj. for some immigrants
- 5. Slain
- 6. Clark's Butler

- 7. It can be hot, thin or cold
- 8. Give orders to
- 9. "Welcome to the islands!"
- 10. Contents of some salaries
- 11. Swarm
- 12. Raison d'___
- 13. Putrefies
- 18. Type of valve
- 23. Thicket

- 25. Typical baseball game
- 26. Christmas tradition
- 30. Medieval club
- 32. Advertising award
- 33. Contract loopholes
- 34. Top Untouchable
- 35. Mythological river
- 36. Unnamed ones
- 37. Comic actor Johnson
- 38. Detail handler, maybe
- 41. Some ice cream units
- 42. Drive-in feature
- 48. Uses a blender, perhaps
- 50. Improbable victory
- 52. Accelerate sharply
- 53. Last of a series
- 54. ___-mouthed (insincere)
- 55. Relieves, as pain
- 56. Otherwise
- 57. Gently urge
- 58. Singer or Petty
- 59. Company that put a tiger in your tank
- 64. "Telephone Line" rock grp.



JOKE OF THE DAY:

How do you tell if a vampire is sick?

By how much he is coffin

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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

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Five Minutes to Thrive: Addressing Kids' Emotions

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Step 1: Make a List of Feelings
Work together to come up with a list of feelings. Make it fun – pair facial expressions or emoji's with the list of emotions.

Write each feeling on a separate index card (e.g. happy, excited, content, grateful, loving, sad, disappointed, discouraged, lonely, grieving, scared, worried, overwhelmed, anxious, terrified, mad, furious, annoyed, irritated, frustrated, proud, guilty, ashamed, jealous).

Try including made-up feelings based on your family's vocabulary like "prickly," which could describe "that feeling when everything bothers you".

Step 2: Sort Through the Feelings

Have the child sort the feelings cards into three piles.

On the left, the "Yes" pile - cards that describe how they're feeling right now.

On the right, the "No" pile, cards that don't fit their current feelings.

In the middle, the "Maybe a Little" pile.

Step 3: Discuss the Feelings
Go through the "Yes" pile, ask the child to explain what is making her/him feel that way. If there are few or no cards in the "Yes" pile, have the child explain the "Maybe a Little" pile.

Just listen. Don't correct, debate, or dismiss your child's

feelings. Say, "Thank you for telling me."

If your child seems open to it, you could then shift to talking about how to process these emotions to cope.

Save the cards you created and use them as a future tool for helping children to practice verbalizing their feelings. Using the cards can help make feelings seem more manageable, as well as teach children (and adults) that we rarely have just one feeling at a time, and that feelings, even strong ones, can change over time.

Whatever feelings children are experiencing right now won't last. Helping kids to slow down and providing a space for them to connect their thoughts, feelings, and behaviors will reduce on reactive behaviors, and the need for interventions.

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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*SOME RESTRICTIONS MAY APPLY

Air Force releases guidance on use of cloth face covers

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- To help combat COVID-19, the Air Force has released information that supplements Department of Defense guidance on the use of cloth face coverings, effective immediately.

To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

This guidance applies to Total Force military personnel, DOD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities, and does not apply within a personal residence on a military installation.

Any cloth items worn as face coverings (e.g., neck gaiters, neck warmers, balaclavas, etc.) should be functional, cleaned and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

As safety is the primary concern, commanders will decide where mission safety necessitates deviation from this guidance, for example when the cloth face covering could interfere with other facial gear. Until issued items are fully available, commanders and units may deviate in regard to

uniformity while ensuring face coverings worn by uniformed military members are conservative, professional and in keeping with dignity and respect.

For civilian employees, use of a cloth face covering is strongly encouraged. Commanders who wish to mandate cloth face covering for civilian employees under this memo must either furnish them or provide a uniform allowance per AFI 36-128, Pay Setting and Allowances, published May 17, 2019.

If a commander determines the purchase and issuance of cloth face coverings is necessary for mission requirements, they should consult with legal and comptroller about purchasing and issuing the coverings.

N95 and surgical masks should be reserved for health care workers.

During this time, security checkpoints may require the lowering of masks to verify identification.

***It is to be noted that the use of a cloth face covering does not prevent the wearer from getting sick or eliminate the need to continue the primary mitigation efforts to stop the spread of COVID-19, but may prevent the spread of the virus from the wearer to others. ***

For more information on COVID-19 visit <https://www.af.mil/News/Coronavirus-disease-2019>

AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS COVID-19

EFFECTIVE IMMEDIATELY
To the extent practical without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

Any cloth items worn as face coverings should be functional, clean and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.



*N95 and surgical masks should be reserved for health care workers.

Guidance applies to total force military personnel, DoD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities.

Note: Guidance above does not apply within a personal residence on a military installation.

✓ CLOTH FACE COVERINGS DOES NOT PREVENT THE WEARER FROM GETTING SICK, BUT MAY PREVENT THE SPREAD OF THE VIRUS FROM THE WEARER TO OTHERS.



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Lifestyle

The dance

Patricia Stockdill

It begins with a subtle face-off, two competitors squaring off. Then a pitter-patter of feet begins slowly at first, building to a crescendo as each competitor tries to wear down its match with the flurry of feet pounding the ground.

These two boxers don't wear gloves. They don't swing upper cuts or jabs. There are no knockouts.

Instead, these two competitors have survived and thrived on the prairie for thousands of years, in part, because they dance.

They're sharp-tailed grouse and each spring males square off in a flurry of dancing feet, wings outstretched, tails pointed towards the sky, and "eyebrows" flared in an effort to out-display a competing male for the attention of the ladies, who are watching from aside.

They dance, their feet furiously in motion as they move – sometimes in place; sometimes in circles. They taunt their competitor and other times leap into the air one or both at a time.

At times, as if exhausted from their efforts, they merely stare at their competitor, poised to burst into action yet toying with each other as if to determine who will blink first.

And the ladies simply watch. Some saunter in as if they're crackerjack experts in a poker game, while others fly to the their windswept dancing grounds, honing in on their mission to be the grand king of the windswept prairie knoll.

It begins before dawn, slowly at first. Activity from any number of competitors squaring off increases as the morning sun creases the sky. Sometimes it's a solo dance, other times two or three may participate in a tag team match. Sometimes there are just a handful of participants, other times dozens grace the prairie.

As morning hours progress, it seems the grouse decide the day might be better suited for a siesta as one or two decide "enough" and simply walk away. Others agree, and while a few may stay or come and go throughout the day or even evening hours, most revel in their morning dance.

Maybe they're saying "Spring is here, come dance with me. Let's celebrate. Winter is waning. Let's dance. We must dance."

And dance they do, often returning to the same area year after year. It's all part of the courtship display taking place on what is officially known as a lek. Every member of the grouse family has its own version of "dancing" to attract the interest of the ladies. Ruffed grouse drum on logs; sage grouse "boom" on booming grounds.

A longtime, beloved lek is often scattered with feathers, dislodged from the result of an occasional tussle or simply because of the flurry of pounding feet and bobbing heads. The stomping of busy feet pounds the grass flat.

Two area U.S. Fish and Wildlife Service National Wildlife Refuges (NWR) provide grouse viewing blinds for people to photograph, video, or simply soak up the native prairie experience of the spring ritual: Upper Souris NWR northwest of Minot and Lostwood NWR near Stanley have permanent viewing blinds.

The blinds are open for free public viewing of the leks. People can call each refuge for reservations, directions, and more information, including if blinds are closed in the future due to covid-19 issues. Contact Upper Souris via email, (UpperSouris@fws.gov), or call Kory Richardson, (701) 339-1451, for Lostwood NWR.

The lek on J. Clark Salyer is near a two-track trail. It's easily viewable from the comfort of one's vehicle, described Project Leader Frank Durbian. Contact Gary Williams, (701) 768-2548, for directions and other details.

While dancing is often at its peak during April, activity will continue into May. Upper Souris NWR Project Leader Tom Pabian suggest people contact the refuges early for reservations. The best viewing is in the morning so dress warm. Bring a camera, be quiet, "and be prepared to enjoy a wonderful wildlife spectacle up close," he offered.

Photo i Patricia Stockdill

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CHAPLAIN, CAPTAIN NATHAN SMITH,
5TH MAINTENANCE GROUP

MINOT AIR FORCE BASE, N.D.

In our world we seldom slow down to notice life's transitions. We rush from the past to the future rarely taking time to truly notice the present. When we experience change, such as the birth of a child, a new duty station, the cancelation of leave or of orders, or the death of a loved one we stand, often uncomfortably, in the thresholds of life. These times of transition can be compared to walking through a doorway. It is only for a split second that you are neither fully in the room you just left nor in the hall you are about to enter. Such thresholds of life are called liminal space or time. However, like passing through a doorway we may at times pause in liminal space longer than we would like. We may be unsure of where we are going and perhaps we are unready to leave where we have been.

Liminal spaces serve as thresholds or transitions between "what was" and "what is next." These "in-between" times, for many people, cause worry and sometimes fear. Uncertainty often arises because these are moments where we recognize the truth that reality is being altered. We see ourselves in a liminal space in the current COVID-19 pandemic. We are going from "what was," (e.g. PCSing, traveling to Bismarck or Canada, getting swole at the gym, etc.) to "what is next." And because we are uncertain of what next even is, or when it may come, it is understandable if we feel annoyed, tense, or even terrified. In both our personal and shared liminal spaces, let us not panic, yet take situations seriously and seize opportunities to do good.

In recent months we have witnessed fear and panic rip through communities and nations. We have watched in awe, and frustration at times, as people have purchased multi-year supplies of toilet paper, leaving store shelves empty. Many of us are concerned either for ourselves or for family members who have or may yet contract COVID-19. In this environment of anxiety and distress the poet's question rings aloud, "where can [we] turn for peace?" Some of us find temporary calmness in ice cream, in video game marathons, in drinking, or in drugs. But, we are much more likely to find lasting peace in relationships beyond ourselves. I find this type of durable peace and confidence in my relationships with my family, my friends, and with my God. As we focus on the people and things and activities that bring us lasting peace, we will have a life not of fear, but of hope.

Since the outbreak of COVID-19 we have heard a lot about the need to "flatten the curve." Both national and local leaders have implemented physical distancing and other preventive measures. Some may think these actions unnecessary in the far reaches

of Minot's tundra. Nevertheless, as United States Airmen and families, it is incumbent upon us to seriously heed the cautions and directions of our medical professionals and leaders. By following their guidance with integrity, we put service before self and help ensure that we remain fully capable of excellence in our strategic mission, both now and in the future.

While engaging in physical distancing some of us might feel like we are the people in Dr. Seuss's book, "Oh the Places You'll Go," who are "just waiting."

...waiting for the train come or the bus to go, or a plane to go, or the mail to come, or the rain to go, or the phone to ring or the snow to snow, or waiting around for a Yes or NO or waiting for their hair to grow. Everyone is just waiting.

But though we are currently in a liminal space we do not have to remain in a state of waiting. We can as Dr. Seuss says, "escape all that waiting and staying," precisely because we remain 100% in control of how we respond and act. On 8 September 2013, Lloyd Newell, the host of Music and the Spoken Word, stated, It has been said that while pain and heartache are inevitable, misery is optional. In other words, even amid the difficulties and adversities of life, we can choose happiness and reject misery. Misery so often leads to a sense of defeat and despair, the feeling that life is either so painful or so hard that it's not worth trying. Although it's not easy at times, we have the power to choose. ... You'll find that happiness is not bound by our circumstances—rather, it is activated by our choices.

What will we choose? Yes, we could attempt to avoid our challenges by binging on Breaking Bad and we could try to elude our responsibilities while we tele-"work." Or, we can choose to focus on what we can control. We can choose to develop and use our strengths to center our attitude and actions. We can be kind and thoughtful. We can take that online class or make that phone call to family we have been putting off. And we can finally play that game with our kids that we just never quite seem to have the time to play. As we focus on what we can control and make choices that will bring growth, we will active happiness within ourselves, our family, and our community. In other words, we will be #MinotStrong.

In all this and more, your Chaplain Corps stands beside you and your family. And we are not alone, we share this space with our Wingmen and other helping agencies ready to support one another. Remember, "Only The Best Come North." And as the best we don't panic, we take situations seriously, and we seize opportunities to do good.

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TRAEGER TALK

SIMPLE SALMON

SCOTT PEARSON, CEO
Home of Economy Stores | Amish Gallery Stores
www.HomeOfLefse.com

Salmon is a delicious and versatile fish that can be main course or appetizer. It's great served hot or cold. Fresh wild caught salmon is always great, but today we can choose from wonderful farmed options. Today's farmed salmon is a long way from the farmed salmon of 20 years ago. Today, it is sustainable, healthy, delicious and easy to cook.

We will start by buying a whole skin-on fillet. Most stores cut the fillets into fifths or smaller for the display case. That practice mystifies me. I always want to present a whole side of the fish if I can. A slab fillet looks festive and everyone gets to choose the size of their serving without having to leave an undersized remainder. Just ask at the meat counter if they have any full fillets in the back.

Sprinkle the Kosher salt over the fillet. It's best if you can do this the night before, but you can do it right before smoking and it will be fine. Follow the salt with coarse ground black pepper and garlic granules. Avoid fine salt, fine pepper and garlic powder. They are all difficult to control and easy to overdo. If you accidentally dump too much spice in one spot, you can use extra virgin olive oil to help spread it evenly. The olive oil adds a nice flavor, but blocks some of the smoke. It's your choice which way to go.

Your next choice is whether you want a heavy smoke or light. In normal operation, the Traeger produces the most desirable smoke: thin, blue, and sweet. However, if you like a heavy smoke, during startup the Traeger produces white creosote smoke that some people like. It's up to you whether you put the fish in the grill before starting or after the grill gets up to temperature.

Place the salmon, skin down, directly on the grates. The grill should be set to Smoke, or the lowest temperature setting available. For some grills, that's 165°F, for some it's 180°F. USDA standard for food safety is 145°F for fish. Individual taste always varies, and some may prefer theirs a little more done, and some may want to take a small chance and eat theirs at a medium-rare 125°F, but 145°F is probably the best starting point.

Insert your temperature probes in the thickest part of the fillet and wait until the Internal Temperature (IT) is 145°F. That's it! Salmon cooks fast, less than 45 minutes for a 2.7 pound fillet, so you won't have to wait as long as you would for a steak. At 145°F, the meat will be very tender. If you like it more done, try a few degrees hotter.

If you want something more elegant and extravagant, a wonderful addition to salmon is a special dill-infused hollandaise sauce. Fresh dill fronds can be added directly to the sauce, but it alters the texture in a way you may not like. By extracting dill flavor in a tea made from either dried or fresh dill, the texture change can be avoided. This can be done with some other herbs, but dill is more heat resistant than some and works very well with salmon.

Soften, but do not melt, the butter in a double boiler and add the egg yolks. Whisk constantly over medium heat until the mixture begins to thicken slightly, then add a teaspoon or so of the very hot dill tea. Continue to whisk and add the water a teaspoon at a time each time the mixture thickens. After all the tea is added, you will see the hot mixture begin to look as if it is separating slightly. That means it's time to slowly add the lemon juice. Remove the sauce from heat and stir in the white pepper and cayenne. Taste the sauce and adjust the pepper to suit your taste. This sauce is stable enough to be refrigerated and reheated. If you reheat too much, it may separate, but if this happens, you only need to add a bit of lemon juice or vinegar to reintegrate it.

Salmon Ingredients:
2.7 pounds Whole fillet of Salmon
1 tablespoon Kosher salt
1 tablespoon Black pepper, coarse ground
1 tablespoon Garlic granules, coarse
1 teaspoon Paprika
2 tablespoons Olive Oil (optional)
1 teaspoon Dill, fronds only, for garnish

Hollandaise Sauce Ingredients:
6 tablespoons Butter
1/3 cup Boiling Water, will reduce to 1/4 cup when tea is made
3 Egg Yolks
2 tablespoons Dill, chopped
2 teaspoons Lemon Juice
1/8 teaspoon White Pepper
1/16 teaspoon Cayenne Pepper

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Hearts For Those Who Serve Coloring Contest

NORTHERN SENTRY

Hearts have started popping up in public places as a symbol of the battle our nation, and the world, is waging on the COVID-19 virus.

The Northern Sentry, in partnership with the Minot Air Force Base school liaison office, is sponsoring a coloring contest for kids 12 and under. In the center section of today's Northern Sentry you will find the coloring template for each age group, there are two, along with the instructions for entering the contest. The deadline for entering the contest is April 30th, and there is a total of \$300.00 in prizes to be awarded.

The goal of the contest is to fill hundreds of windows on Minot Air Force Base with the hearts and the theme "We Are All In This Together".

If you need more than one coloring template, there are several places on the Minot AFB to pick up papers (of course we encourage social distancing if you have to go out).

With a little extra time at home, we know that young people will enjoy the challenge of coloring a special message for the men and women who continue to serve, even through this COVID-19 Pandemic.

Golden Ticket Winners!



Krista Huntley
found a \$20 Golden Ticket in the Northern Sentry on her doorstep!



Twyla Scott
finds her 4th Golden Ticket in her Northern Sentry!



Find hidden treasure in your Northern Sentry!



WHAT'S GOING ON MAFB

TODAY

- Virtual Egg Hunt, All Day Event, Youth Center Facebook Page

SATURDAY

- Castle Capers, 1300, Minot AFB Storytime Club Facebook Page

SUNDAY

- Easter Sunday Special Brunch, 1030-1330, Dakota Inn Dining Facility – Carry Out Only

MONDAY

- Home Buying Seminar, 1400-1600, A&FRC – Zoom Meeting
- Craft Club, 1800, Minot AFB Library Facebook Page

TUESDAY

- Boots to Business, 0930-1600, A&FRC – Online Learning Modules
- Game Day, 1000-1930, Minot AFB Library Facebook Page

WEDNESDAY

- Boots to Business, 0930-1600, A&FRC – Online Learning Modules
- Story Time, 1030, Minot AFB Storytime Club Facebook Page

THURSDAY

- Craft Club, 1800, Minot AFB Library Facebook Page

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

ONGOING EVENTS:

BOMBER BISTRO
April Special
Tuesday Lunch Special
Southwest Fusion Platter
Dig in to two shrimp or beef tacos topped with our delicious homemade sauce and two southwest eggs served with a side of saffron rice! Available Tuesdays from 3:30 PM – 9:00 PM. Only \$9.95! - Includes a drink

THE B-FIFTY BREW
April Special
Cinnamon Roll
Start the day by satisfying your sweet tooth! Swing by to snag one of our delicious cinnamon rolls to go! Grab it today for only \$4!

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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MSRP	\$26,265
Dealer Discount	-\$879
Hyundai Offer	-\$2,000
Final Price	\$23,386
Loyalty Offer	-\$500
Military Offer	-\$500
College Grad Offer	-\$400
First Responder Offer	-\$500



2020 SANTA FE SE
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 84 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
Military Offer	-\$500
College Grad Offer	-\$400
First Responder Offer	-\$500

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Retiree Base Access Changes

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On April 7, 2020, in accordance with Secretary of the Air Force directed HPCON Charlie measures, Minot Air Force Base has implemented additional limitations to protect the health and safety of installation personnel and to ensure mission accomplishment.

Base access for Retirees, their dependents, and Veteran Benefits card holders who do not live on the installation and who are not DoD civilians' employees, are limited to Wednesdays, Fridays and Sundays. On those days, they may access the Shoppette, Military Treatment Facility, the pharmacy, and helping agencies (i.e. MPPF, Finance, Legal, etc. – by appointment only). Most other facilities are closed due to COVID-19. The Commissary and Base Exchange access is further limited to Wednesdays and Sundays.

Retirees, their dependents, and Veteran Benefits card holders who are DoD civilian employees are not restricted from access to base; however, they also may only access the Commissary and Base exchange on Wednesdays and Sundays.

The MTF is currently a single-point-of-entry facility and all patrons seeking to visit the MTF must call ahead, answer screening questions, and have an appointment on the designated days, Wednesdays and Fridays.

If medical care is required on a restricted base access day, MTF staff will assist beneficiaries through phone consultation or coordinate care off-base.

All DoD employees, dependents and Retirees who reside off base are encouraged to use local vendors for their supplies and groceries. Additionally, when shopping on base, all personnel to include base residents, are encouraged to only purchase what they need and to be courteous towards the needs of others during this time.

Furthermore, in accordance with the Department of Defense guidance, effective immediately, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers. This includes all: military personnel, DoD civilian employees, family members, DoD Contractors, and all other individuals on DoD property, installations, and facilities.

Thank you for your support to these new restrictions. These restrictions will be lifted as soon as conditions allow.

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 UNITED STATES AIR FORCE <https://www.af.mil/>

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DOUBLE CHOCOLATE CHIP BROWNIE PIE

Home of ECONOMY

INGREDIENTS

- 1 CUP BUTTER
- 1 CUP BROWN SUGAR
- 1 CUP SUGAR
- 2 TSP. VANILLA
- 4 EGGS
- 2 CUPS ALL-PURPOSE FLOUR
- 2/3 CUP COCOA POWDER
- 1 TSP. BAKING SODA
- 1 TSP. SALT
- 1 1/2 CUP SEMI-SWEET CHOCOLATE CHIPS, DIVIDED
- 3/4 CUP WHITE CHOCOLATE CHIPS
- 3/4 CUP NUTS (OPTIONAL)
- 1, 8-OZ. HOT FUDGE SAUCE
- 1-2 TBSP. GUINNESS

Coat the inside of a 10-inch pie plate with non-stick cooking spray.

When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes.

Melt 1/2 cup of the semi sweet chocolate chips in the microwave. Cream together butter, brown sugar and granulated sugar. Beat in the eggs, adding one at a time and mixing after each egg, and the vanilla. Add in the melted chocolate chips.

On a large piece of wax paper, sift together the cocoa powder, flour, baking soda and salt. Lift up the corners of the paper and pour slowly into the butter mixture.

Beat until the dry ingredients are just incorporated. Stir in the remaining semi sweet chocolate chips, white chocolate chips, and the nuts. Press the dough into the prepared pie pan.


Place the brownie pie on the grill and bake for 45-50 minutes or until the pie is set in the middle. Rotate the pan halfway through cooking. If the top or edges begin to brown, cover the top with a piece of aluminum foil.

In a microwave-safe measuring cup, heat the fudge sauce in the microwave. Stir in the Guinness.

Once the brownie pie is done, allow to sit for 20 minutes. Slice into wedges and top with the fudge sauce. Enjoy

 Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



- North Dakota state park facilities, including vault toilets, restrooms, and visitor centers, remain closed to public use, although hiking trails are open for day use only. Please remember to implement social distancing.
- N.D. Game & Fish Dept. Wildlife Mgmt. Areas also open to public use, although specific use regulations apply. Go to the Game & Fish Dept. website, (gf.nd.gov) for information.
- Check with other public land and recreation agencies, as well, regarding camping and public use regarding Covid-19 related restrictions.
- April 11: Turkey season opens.

Fishing:

Lake Sakakawea elevation, April 6: 1,840.29 feet above mean sea level (MSL); 24,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.24 feet above mean sea level (MSL). Stump Lake elevation: 1,449.08 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports from throughout the region as anglers await ice-out.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Little to no activity with honeycombing and deteriorating ice conditions. Look for some activity along open water bridges and areas with flowing water; just be cognizant of social distancing.

•Lake Darling, Karma C-Store, Ruthville: Limited activity with anglers generally waiting for ice-out.

•Lake Metigoshe, Four Seasons,

Bottineau: Poor ice conditions with no activity until open water is available.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Little activity on Lake Audubon and Lake Sakakawea with open water shorelines. Spotty Missouri River tailrace success.

•Lake Sakakawea, Scenic 23, New Town: Little to no activity with ice moving and shifting along shorelines in Lake Sakakawea's midsection.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing activity from both boat and shore, depending on weather. Overall, though, success is spotty. Look for OK pike success as Lake Sakakawea shorelines open.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Decent walleye success on the Yellowstone River, which has clearer water compared to

the Missouri River. Try jigs and minnows. Highway 85 access open but small boats access only at the confluence and Sundheim's Park. Little Muddy River open water areas producing some pike success. No activity on Lake Sakakawea until ice-out.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity with anglers waiting for ice-out on the river and area lakes.

Migration:

•Last week's snow brought some snow geese back into the northern tier of the state but they largely pushed out again. Look for migrating sparrows moving through. Bird feeders are busy during the cold and snow and as birds feed on their migration.

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.

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

St. Peter The Aleut Eastern Orthodox Church

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Faith United Methodist Church
5900 Highway 83 N, Minot
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.
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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
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Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
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Immanuel Baptist Church
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 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

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
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 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
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First Lutheran Church - ELCA
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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
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School..... 9:45 a.m.
 Contemporary Worship Service .. 9:50 a.m.
 Children's Church..... 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service.. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

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
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
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
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Behind Town & Country Shopping Center
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 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


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 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

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 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
 Website: www.orcsknights.org

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.

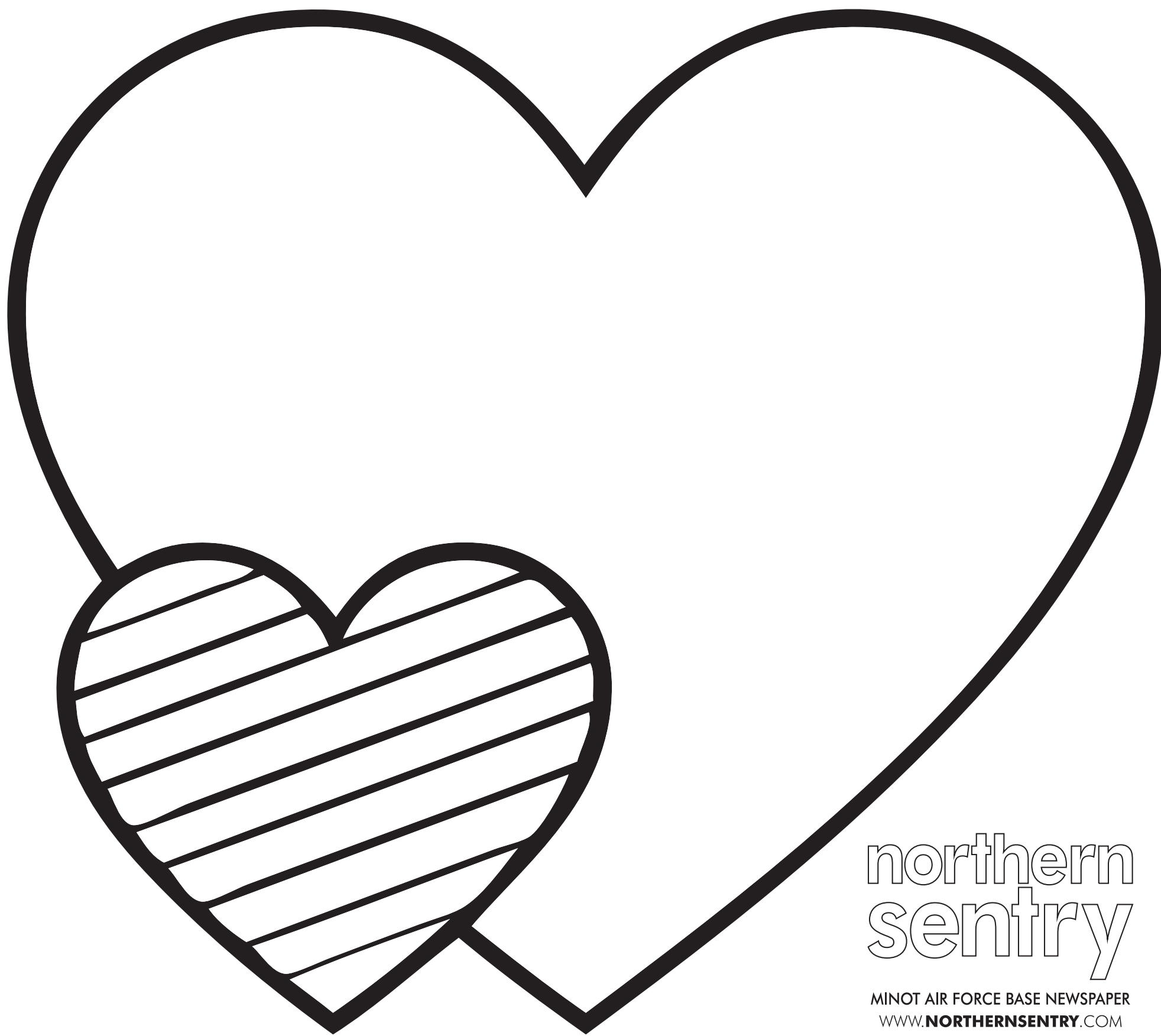

OUR REDEEMER'S CHRISTIAN SCHOOL
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 Minot, ND 58701
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www.orcsknights.org

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WWW.NORTHERNSENTRY.COM

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Child's Name: _____ Child's Age: _____

Parent's Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Parent's Contact Phone: _____

Parent's Email: _____

Contest is open to children ages 0-6 years.

All entries must be received by April 30, 2020. Contest entries may be displayed or published in print and online by this newspaper. Children of newspaper and sponsor employees are not eligible to win. Decision of judges is final. Winners' parents will be notified by phone and/or email by May 8, 2020.

Please simply hang your completed coloring page in your window.

Take a photo of it and email it to the MAFB.school.liaison@us.af.mil along with a photo of the Contest Entry Form.

PRIZES

0-6 YEAR CATEGORY

First Place-\$75.00

Second Place-\$50.00

Third Place-\$25.00

WE ARE IN THIS TOGETHER



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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

"WE ARE IN THIS TOGETHER" COLORING CONTEST ENTRY FORM

Child's Name: _____ Child's Age: _____

Parent's Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Parent's Contact Phone: _____

Parent's Email: _____

Contest is open to children ages 7-12 years.

All entries must be received by April 30, 2020. Contest entries may be displayed or published in print and online by this newspaper. Children of newspaper and sponsor employees are not eligible to win. Decision of judges is final. Winners' parents will be notified by phone and/or email by May 8, 2020.

Please simply hang your completed coloring page in your window.

Take a photo of it and email it to the MAFB.school.liaison@us.af.mil along with a photo of the Contest Entry Form.

PRIZES
7-12 YEAR CATEGORY

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Second Place-\$50.00
Third Place-\$25.00

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BASE ANNOUNCEMENTS

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 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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SUDOKU ANSWERS

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

Answers to puzzle from page A4

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SEPTEMBER 2 **SARA**
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For every child entered, they have a chance to win a Party Package from High Air Ground Trampoline Park.

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BAGGERS WORK FOR TIPS ONLY

*ADULT HOURS
Tuesday-Friday 7am-4pm
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Warbirds & Roughriders

First, thank you for the amazing commitment and dedication during this trying time for our country. Your relentless efforts have made an extraordinary difference to minimize the spread of COVID-19 while protecting our community and guaranteeing we stand ready to answer our nation's call.

Over the last few weeks, we have implemented additional measures to further prevent the spread of COVID-19. These measures included restricting movement outside a 45-mile radius of the installation, closing additional facilities, further adjusting work schedules, and restricting base access for certain individuals.

Our next closure will be the AAFES Barber Shop and Beauty Salon. With the closure, I ask that you continue to do your best to maintain military grooming standards, but understand meeting the exact intent of AFI-36-2903, Dress and Personal Appearance of Air

Force Personnel, may come with some challenges. Your squadron commanders and leadership teams know that haircuts may be more difficult to maintain while practicing safe social distancing, but we ask you to uphold pride in your professional appearance and your representation of the Air Force.

As the world's greatest Air Force, pride and professionalism is at the core of who we are and what we do. Each and every one of you make the toughest challenges look easy executing our Air Force's most critical mission. Thank you for taking pride in yourself and continuing to showcase why "Only the Best Come North."

We still stand ready to protect this great nation. We are still the same amazing community that supports one another, and we are still in this together. That's what makes us Minot Strong! We are proud to serve with you and please know that we appreciate everything you are doing.



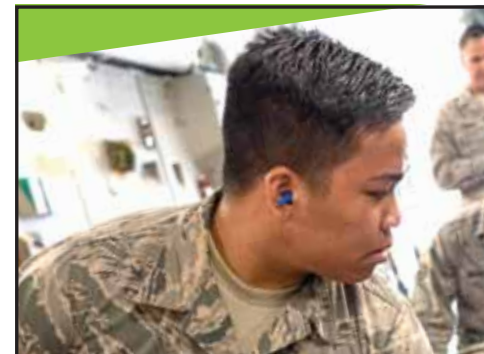
#MinotStrong

Signed by
Glenn T. Harris, Colonel, USAF
Commander, 91st Missile Wing

Bradley L. Cochran, Colonel, USAF
Commander, 5th Bomb Wing

Garrett W. Langston, CMSgt, USAF
Command Chief, 91st Missile Wing

Eryn C. McElroy, CMSgt, USAF
Command Chief, 5th Bomb Wing



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