

## WHATS INSIDE THIS WEEK:



### COVID-19

ND DOH RELEASES  
AMENDED  
CONFINEMENT  
ORDER

A3



COVID-19 IMPACT  
ON MILITARY KID  
EDUCATION

B5



ND STATE FAIR  
ANNOUNCES  
CONCERT LINEUP  
FOR 2020

B4

## Mobility Airmen conduct historic first aeromedical evacuation mission using Transport Isolation System



Three U.S. Air Force medical Airmen exit a C-17 Globemaster III following the first-ever operational use of the Transport Isolation System at Ramstein Air Base, Germany, April 10, 2020. The TIS is an infectious disease containment unit designed to minimize contamination risk to aircrew and medical attendants, while allowing in-flight medical care for patients afflicted by a disease—in this case, COVID-19. *See story on page 2.*

U.S. AIR FORCE PHOTO | STAFF SGT. DEVIN NOTHSTINE



**BADLANDS**  
RESTAURANT BAR

**WE  
ARE  
OPEN**

**ORDER ONLINE  
CURBSIDE PICK UP**

**BLGRILL.COM**

ALWAYS A  
10% MILITARY  
DISCOUNT!

## ONLY THE BEST COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212

V35BW.PA@US.AF.MIL



## Minot AFB



## Videos



# AMC Airmen conduct historic first aeromedical evacuation mission using Transport Isolation System

AIR MOBILITY COMMAND PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFNS) --

Air Mobility Command aircrew and medical personnel conducted the first operational use of the Transport Isolation System, or TIS, to perform an aeromedical evacuation of three U.S. government contractors who tested positive for coronavirus, from Afghanistan to Ramstein Air Base, April 10. Upon arrival at Ramstein AB, the patients were transferred to Landstuhl Regional Medical Center for medical treatment.

The AE mission, REACH 725, marked the first operational use of the TIS since its development during the 2014 Ebola outbreak in West Africa, and the first movement of COVID-19 positive patients aboard U.S. Air Force aircraft. The TIS is an infectious disease containment unit designed to minimize risk to aircrew, medical attendants, and the airframe, while allowing medical care to be provided to patients in-flight.

REACH 725 was comprised of a full TIS force package, which includes one C-17 Globemaster III and aircrew carrying two TIS modules and medical support personnel, consisting of AE specialists, Critical Care Air Transport Team, or CCATT, members, infectious diseases doctors and technicians, and TIS operators.

Upon receipt of a warning order from U.S. Transportation

Command, April 8, the 618th Air Operations Center tasked a TIS-trained AMC aircrew and medical team at Ramstein AB to prepare to execute the mission within 24 hours. Drawn from multiple specialties and units from across the Air Force, these Airmen were pre-staged with a Joint Base Charleston, South Carolina C-17 and TIS at Ramstein AB's 86th Airlift Wing in late March in anticipation of joint force, allied and partner requirements in Europe, Africa and the Middle East. Since arriving, these Airmen have trained to increase proficiency on the movement of infectious patients via the TIS.

"Our unique capabilities paired with our strategic locations across the globe enable us to rapidly help those in need," said Gen. Jeff Harrigan, commander of U.S. Air Forces in Europe-Air Forces Africa and NATO Allied Air Command. "Along with our allies and partners we stand united against a shared threat and stand ready to help when called."

Hours before the crew stepped aboard the C-17, Brig. Gen. Jimmy Canlas, 618th AOC commander, led a teleconference call in which he provided them with clear guidance in line with the recently released AMC COVID-19 Patient Movement Plan.

"Through the meticulous effort of AMC's planners over the past few weeks, in coordination with U.S. Transportation Command, we've produced a detailed plan

that guides our crews on how to safely and effectively move ill patients to a location where they can receive greater care, all while providing protection for our aircrew, medical personnel and aircraft," Canlas said. "Within hours of completing and releasing this plan to the force, the crew of REACH 725 validated the hard work of these planners by safely transporting three COVID-19 patients nearly 4,000 miles from Afghanistan to Landstuhl (Regional Medical Center)."

Developed by AMC planners over the past few weeks, the PMP provides aircrew and support personnel a comprehensive and detailed process by which to transport patients aboard pressurized, military aircraft, including patients afflicted with highly contagious diseases like COVID-19.

"I'm exceptionally proud of our Airmen who executed this historic AE mission," said Gen. Maryanne Miller, AMC commander. "REACH 725 is a great demonstration of AMC's transition to a warfighting component command, with increased flexibility and speed enabling our mobility Airmen to quickly answer any call for help during this global campaign to defeat COVID-19. Delivering hope runs deep in the blood of mobility Airmen, and I'm in awe of what they are doing for those in need."

## United States<sup>®</sup> 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.

515 2nd Avenue SW, Minot, ND 58702  
[WWW.MINOTND.ORG](http://WWW.MINOTND.ORG)  
[WWW.2020CENSUS.GOV](http://WWW.2020CENSUS.GOV)

701-857-9210

3520 S. Broadway • Minot, ND 58701  
[www.CartivaOfMinot.com](http://www.CartivaOfMinot.com)

## INVENTORY OF THE WEEK

### 2012 FORD EXPLORER XLT AWD

\$13,395

STOCK# 57309L

### 2019 TOYOTA TACOMA TRD OFFROAD 4WD

\$32,995

STOCK# 57289X

### 2012 TOYOTA FJ CRUISER BASE 4WD

\$24,298

STOCK# 56504B

FINANCING AVAILABLE



# North Dakota DOH releases Amended Confinement Order

NORTH DAKOTA DEPARTMENT OF HEALTH

MINOT AIR FORCE BASE, N.D. --

The North Dakota Department of Health recently released an Amended Confinement Order for all individuals traveling back to North Dakota from international locations and states in the U.S. Those individuals must quarantine immediately upon reentry to the state of North Dakota and for a period of 14 days, or for the duration of the person's presence in North Dakota; whichever period is shorter.

**Exemptions:**

Essential critical infrastructure workers, as defined by the United States Department of Homeland Security.

People commuting to and from north dakota for work or for essential supplies and services.

People engaging in outdoor activities (e.g., walking, hiking, running, biking, driving for pleasure, hunting, or fishing), and going to available public parks or other public recreation lands, so long as they remain at least six feet apart from individuals from other households.

Affected individuals are encouraged to fill out the travel form to receive information on how to monitor for symptoms. If you have symptoms and wish to seek medical care, please call before you go in.

**Requirements:**

You are required to remain under quarantine for the length of time specified in SECTION A and at the location specified in SECTION C.

While under quarantine, you must take precautions, as directed by healthcare staff and Department of Health personnel, to prevent the possible spread of 2019 nCoV/COVID-19.

You must cooperate with the efforts of state or local health authorities to contact other exposed people to prevent the possible spread of 2019-nCoV/COVID-19. This includes



Coronavirus Disease 2019 Graphic.

U.S. AIR FORCE GRAPHIC | ROSARIO "CHARO" GUTIERREZ

providing information regarding people you have had contact with, places you visited or traveled to, and your medical history.

Only immediate household members are allowed to be at the place of quarantine. No other individuals are allowed at the place of quarantine unless approved by the North Dakota Department of Health.

You are only authorized to leave quarantine for reasons approved by the Department of Health. Prior to leaving quarantine for an approved reason, such as a:

physician appointment, you must coordinate your plan with the state or local health authority.

If you, or any immediate household members at the place of quarantine, have any symptoms suggestive of 2019-nCoV/

COVID-19 you must contact the state or local health department immediately. Symptoms may include fever, cough, shortness of breath, body aches, headache, chills, or sore throat.

If you, or any immediate household members at the place of quarantine, become ill or are diagnosed with 2019-nCoV/COVID-19, it is necessary for the North Dakota Department of Health to investigate and trace any persons who may have been in contact with you while you were infectious with 2019-nCoV/COVID-19. You are required to

cooperate with this investigation and provide complete and true information to the investigator. This includes providing information regarding people you had contact with, places you visited or traveled to, and your medical history.

**Failure to Adhere**

A person is guilty of a class B misdemeanor if that person fails to cooperate with this order to quarantine, which could result in 30 days imprisonment and/or up to \$1500 fine. North Dakota Century Code 23-07.6-02(3).

## CONTACTUS

Ted Bolton

Publisher | Advertising  
bagroup@srt.com

Rod Wilson

Business Development | Marketing  
sentrysales@srt.com

Nikki Greening

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

## MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne

Public Affairs Officer

1st Lt. Victoria Palandech

Superintendent

Master Sgt. Jeremy Larlee

Civic Outreach

Mrs. Tracy McIntosh

## Staff Photojournalists

Technical Sgt. Crystal Cheriere

Technical Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

Staff Sgt. Steven Adkins

Staff Sgt. Ashley Boster

Senior Airman Alyssa Day

Senior Airman Dillon Audit

Airman 1st Class Josh Strickland

Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman Jan Valle

## COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Glenn Harris

91st Missile Wing Vice Commander:

Col. Barry E. Little

## NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

## MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

## MAIL & FAX

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

## VIEW ONLINE

www.northernsentry.com  
www.minot.af.mil

## FIND US ON FACEBOOK

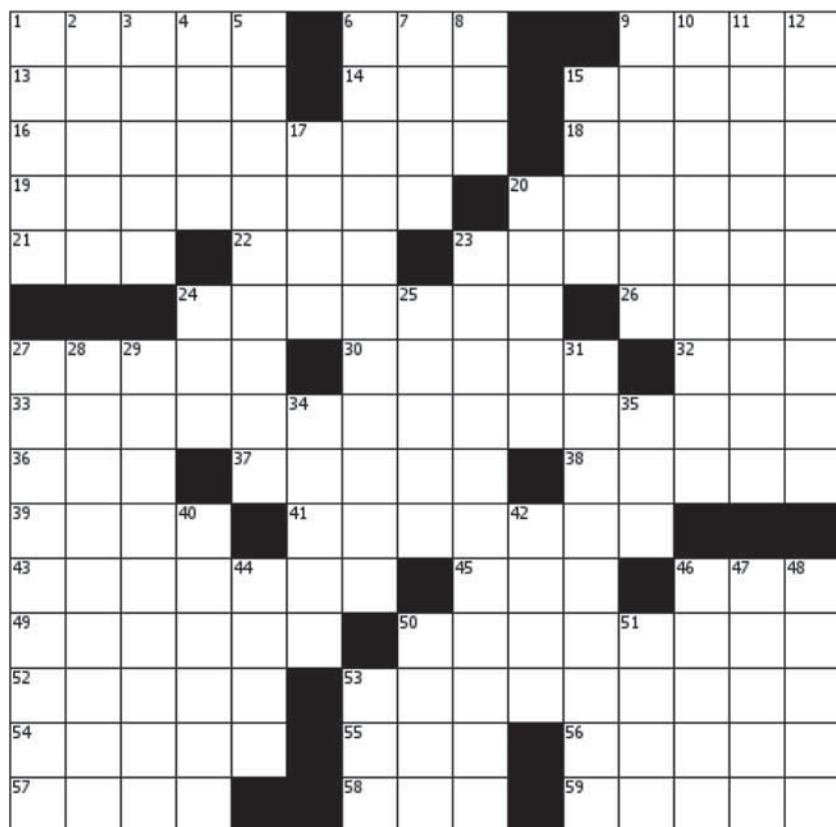
Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



# CROSSWORD PUZZLE

**Across**

- 1. Concerned opener
- 6. Getaway with smaller portions?
- 9. Spiced drink
- 13. Way to get around in Paris
- 14. Hertfordshire hangout
- 15. Cryer's TV costar
- 16. Dance, sculpture, etc.
- 18. Gets close
- 19. Not much
- 20. Heart-related, in a way
- 21. Kind of connection
- 22. Dadaist Ray
- 23. Great, to an '80s surfer
- 24. Middle class resident, in the Middle Ages
- 26. Island that's mostly Hindu
- 27. Salesman's offerings
- 30. Type of acid used to fight anemia
- 32. Smith and Jones movie, for short
- 33. Surrealist game involving folded paper and drawing partial pictures
- 36. John and Paul's early bandmate
- 37. Buttock
- 38. Makes it through
- 39. Mine car
- 41. "Invisible Man" novelist
- 43. Wrought havoc on
- 45. Cloister member
- 46. Line of work
- 49. Wildcat with a name from the Nahuatl
- 50. Osmosis site
- 52. Meeting place of note



- 53. Transcontinental transports
  - 54. Former North Carolina senator Sam
- Down**
- 1. Opening track on LL Cool J's "Bigger and Deffer"
  - 2. "\_\_\_, don't fail me now!"
  - 3. The world of point-and-click shopping
  - 4. Make \_\_\_ for it
  - 5. Group with the 1980 album "Flesh + Blood"
  - 6. Shelbyville's rival
  - 7. Final shot, often
  - 8. Pec neighbors
  - 9. Rosy-cheeked babe
  - 10. Fixtures in convenience stores
  - 11. Trapeze expert
  - 12. Etches a class ring
  - 15. Lah-di-dah type
  - 17. "Two guys walk into \_\_\_..."

- 20. Goldfinger's first name
- 23. Mentally moving
- 24. R&B singer Cantrell
- 25. It may show up on Park Place
- 27. Shot to hell
- 28. It's taken with delicate subjects
- 29. Item in a man's bathroom
- 31. "SNL" commercial with Phil Hartman on a giant pyramid of cereal
- 34. Item in a bedroom prank
- 35. Kurosawa classic
- 40. Leonard with a yearly movie book
- 42. Cesspit
- 44. "Can you \_\_\_ entire day without complaining?"
- 46. Sources of harm
- 47. Like xenon
- 48. Lemon peel scrapings
- 50. It may get pulled down
- 51. Party with smart drinks and Cat-in-the-Hat hats
- 53. Quick blow



Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

Johnny, of course.

## SUDOKU Solution to puzzle on page B6

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



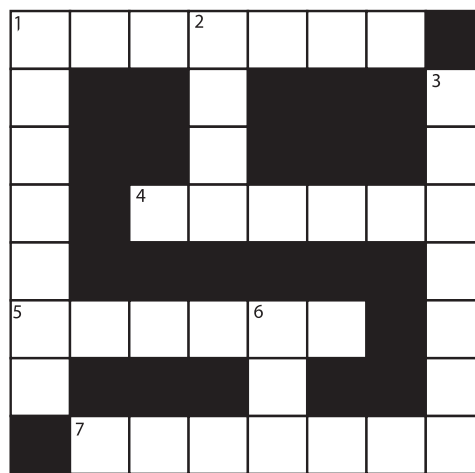
THIS TYPE OF CUISINE IS OFTEN SLOW-COOKED.

ANSWER: BARBECUE

Solution to last week's Crossword puzzle.

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

### Crossword Puzzle



- ACROSS**
- 1. Slope of land
  - 4. Petaled plant part
  - 5. Sweet liquid
  - 7. Soil fertilizer
- DOWN**
- 1. Places to grow plants
  - 2. Knob for tuning
  - 3. Pick crops
  - 6. Short for ampere

### THIS DAY IN...



### HISTORY

- 1568: ENGLAND'S QUEEN ELIZABETH I ORDERS THE ARREST OF MARY, QUEEN OF SCOTS.
- 1950: EGYPT ANNOUNCES THAT THE SUEZ CANAL IS CLOSED TO ISRAELI SHIPS AND COMMERCE.
- 1963: MARTIN LUTHER KING, JR.'S "LETTER FROM BIRMINGHAM JAIL" IS PUBLISHED IN THE NEW YORK POST SUNDAY MAGAZINE.

### New word

### BASTE

1. Gardens 2. Dial 3. Harvest 6. Ampere
- Down
1. Grading 4. Flower 5. Nectar 7. Compost
- Answers:

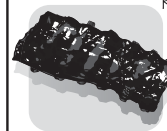
pour juices or melted fat over meat during cooking to keep it moist

### How they SAY that in...

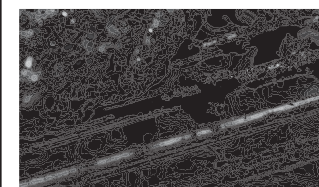
- ENGLISH:** Charcoal
- SPANISH:** Carbón vegetal
- ITALIAN:** Carbone
- FRENCH:** Charbon de bois
- GERMAN:** Kohle

### Did you know?

FALL-OFF-THE-BONE RIBS ARE ONE OF THE MOST POPULAR FOODS SERVED AT BBQ RESTAURANTS.



### GET THE PICTURE?



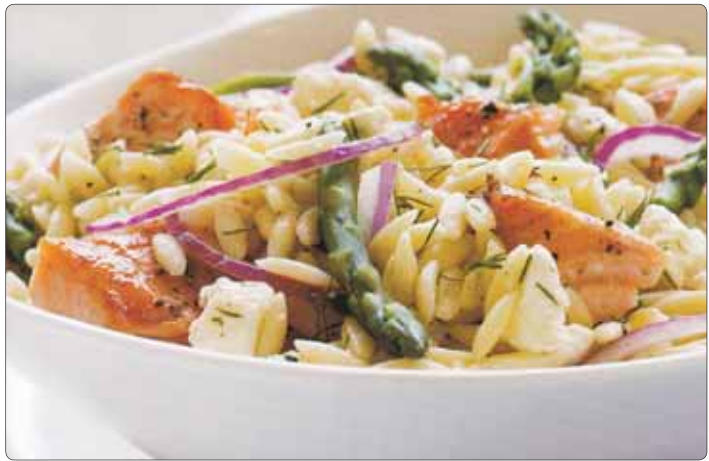
Can you guess what the bigger picture is?

ANSWER: BARBECUED FOOD





## LIGHTEN UP MEALS WITH SAVORY SALADS



Some occasions call for a light dish, and such occasions tend to be more common in warm weather. Gone are the days of heavy, stick-to-your-ribs meals, and in their places are fresh, light and easy meals.

Salad is more than just lettuce and other greens, and that's notable in this recipe for "Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette," courtesy of "Cooking Light Dinner's Ready" (Oxmoor House) by the Cooking Light Kitchens.

### Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette

6 servings

#### INGREDIENTS:

- 6 cups water
- 1 pound asparagus, trimmed and cut into 3-inch pieces
- 1 cup uncooked orzo
- 1 (1 1/4-pound) skinless salmon fillet
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- 1/4 cup thinly sliced red onion
- 1/3 cup Lemon-Dill Vinaigrette

#### INSTRUCTIONS:

1. Preheat broiler.
2. Bring water to a boil in a large saucepan. Add asparagus; cook 3 minutes, or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in a pan. Plunge asparagus into ice water; drain the ice water and set asparagus aside.
3. Return reserved water to a boil. Add orzo, and cook according to package directions, omitting salt and fat.
4. While orzo cooks, sprinkle fillet evenly with salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes, or until desired degree of doneness. Using 2 forks, break fish into large chunks. Combine fish, orzo, asparagus, onion, and Lemon-Dill Vinaigrette in a large bowl; toss gently to coat.

#### Lemon-Dill Vinaigrette

Yields 1/3 cup

- 1/3 cup crumbled feta cheese
- 1 tablespoon chopped fresh dill
- 3 tablespoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Combine all ingredients in a small bowl, stirring well with a whisk.



**MOVE-IN READY UNITS!**

**STUDIO AND 1 BEDROOM APARTMENTS**

STARTING AS LOW AS \$325 A MONTH!

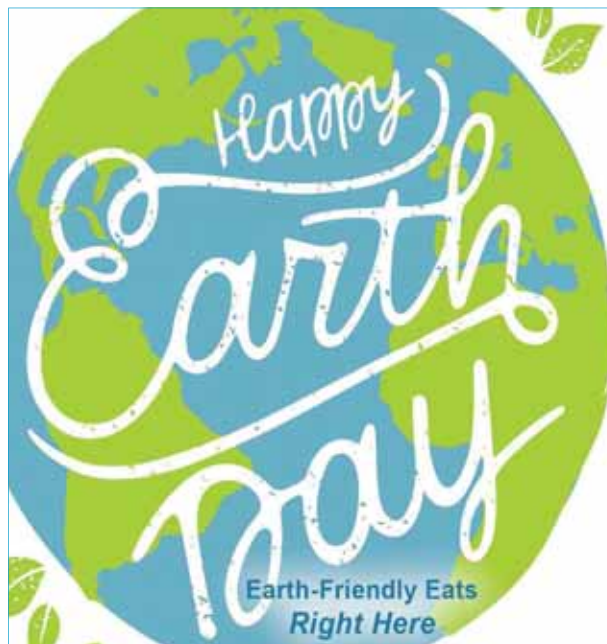
**SCHEDULE YOUR SHOWING TODAY!**



701-852-5028  
WWW.CREATIVEMINOT.COM



Entertainment Guide



Join us in the  
Dakota Inn  
Dining Facility

Wednesday, April 22<sup>nd</sup>  
10:30 AM - 1:30 PM

Earth Day Event Featuring:  
Earth Friendly Giveaways  
Plant Based Meals  
Earth Day Commitments



## NATIONAL LIBRARY WEEK OPEN HOUSE

**Minot AFB Library Facebook Page**  
**@minotairforcebaselibrary**  
**22 April, 11:00AM - 7:00PM**

**Celebrate National Library Week**  
**at the Base Library's Online Open House**  
**anytime between 11:00 AM and 7:00 PM!**  
**Celebrations include digital escape room**  
**style games and activities for all ages!**

**FORCE SUPPORT SQUADRON** For more information, call 723-3344  
or visit our website at [https://acc.ent.sirsi.net/client/en\\_US/minot](https://acc.ent.sirsi.net/client/en_US/minot)

## STEAM PURPLE POWER HOUR

**Minot AFB Library**  
**Facebook Group: STEAM Time**  
[www.facebook.com/groups/582267592380102](https://www.facebook.com/groups/582267592380102)  
**22 April • 2:00 PM**  
**Homeschooling Children of All Ages**

Come join the Base Library and the School Liaison Office in celebrating National Library Week and Month of the Military Child online with a special STEAM program for HOMESCHOOLERS!

**FORCE SUPPORT SQUADRON** For more information, call 723-3344  
or visit our website at [https://acc.ent.sirsi.net/client/en\\_US/minot](https://acc.ent.sirsi.net/client/en_US/minot)

**WE ARE OPEN**

**ORDER ONLINE**  
**CURBSIDE PICK UP**

**BLGRILL.COM**

ALWAYS A 10% MILITARY DISCOUNT!

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335





# Five Minutes to Thrive: Losers of the World: UNITE!

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Hello, my name is Ashley and I'm a loser. Big or small, it's safe to say we've all lost something in the wake of the COVID-19 pandemic.

Losing important things (and people) can shake foundational beliefs about the way we thought life would be, and should be. When our current realities differ greatly from the expectations and fantasies we've held, it's normal for us to experience disappointment, grief, and a loss of control.

A common reaction to this is comparing our experiences with others'. Unfortunately, this often leads to feelings of self-pity, vain attempts to establish "loss hierarchies", corner the markets on sadness and disappointment, and ugly "one-upping" behavior.

These ineffective coping behaviors often represent our best attempts under difficult circumstances to secure the validation and sympathy we think we need in order to move forward. Regrettably, they often have the opposite of the intended effect, resulting in alienation and isolation from supporters.

If there's anything we need less of during social distancing, it's feelings of interpersonal isolation. People who feel lonely or isolated are more likely to perceive their losses and experiences as traumatic, and are at greater risk for depression, anxiety, and other negative outcomes.

Columbia University psychologist George Bonanno said, "When we experience grief,

it's not just a random byproduct of loss, it's useful."

If there's a silver lining to our current situation, it's the fact that we are all in it together. Research confirms that there are significant advantages to going through tough experiences as a community. Our collective capacity for empathy and our culture of unwavering commitments to wingmen and our missions hold enormous potential for effectively managing feelings of loss, and reaching out in pro-social ways to powerfully impact the lives of individuals in our communities.

We haven't turned the corner on COVID-19 yet, and it will make "losers" of us all at some point. The sooner we accept this and learn to find value in our grief, the sooner we'll be able to effectively tend to responsibilities linked to our Core Values - and become the winners and champions for those in our homes and communities who need us most.

Questions? Contact Dr. Ashley Kilgore at ashley.c.kilgore.mil@mail.mil or the Minot MHC at 701-723-5527.



Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

**B&D**

## Berni's

Hair Designers, Inc.

• Melisa Ellison •

**701-240-1385**

Located on North Hill  
2001 3rd St NW • Minot

HOURS: Mon, Tues, Thurs. 8:30-8:30 • Wed, Fri. 8:30-6:00 • Sat. 8:30-3:00





**CPM**  
creative property management Inc.

**BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT**

**2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE**

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

**STARTING AS LOW AS \$895 A MONTH!**

**SCHEDULE YOUR SHOWING TODAY!**



**701-852-5028**

[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)



# Northern Celebrations

Embracing our  
North Dakota  
Lifestyle

## Staying healthy in the Great Outdoors

Patricia Stockdill

A litany of studies back up what many lovers of the Great Outdoors already know – getting outdoors is healthy.

It's healthy not just from the aspect of being physically active. After all, physical activity – under normal circumstances – is readily attainable at a fitness center.

But getting outside provides fresh, clean, and healthy air. Sunshine provides vital Vitamin D, which researchers are finding increasingly important to the human body.

And, yes, there are the physical benefits of lower blood pressure, weight loss, muscle conditioning, etc. when hiking and partaking in other outdoor activities. There are the emotional benefits of being outdoors, as well – less anxiety, stress, depression, and even better sleep.

OK, so there are oodles of reason to get outdoors.

Another huge benefit is that it can help reduce what is weighing on a vast majority of American's minds right now – the added stress and even restrictions on our lives resulting from coronavirus.

While some businesses are shut down and schooling and working from home and remote locations is becoming the norm for a great number of people throughout the United States, in North Dakota the opportunity to get outdoors, away from people while staying – or getting – healthier is still a real possibility.

It's just that a person needs to do it smartly. Just pick up a typical fishing rod used by an adult. It's going to be at least six feet long.

Seriously, when going shore-fishing, a person could ask himself or herself why they would want to stand within a fishing rod's distance from another angler? No one wants to be casting a rod and nail a nearby angler with an errant cast, landing a total stranger's jacket, cap, or arm rather than a beautiful pike or walleye.

Just think of that when shore-fishing...stand a good fishing rod's distance from another

angler to avoid nailing them with a hook – or worse, catch the drift of an errant cough.

When hiking, give another hiker extra room. It's standard practice on urban walking paths to move over for an oncoming person. Take that mindset when heading to the Great Outdoors in any one of North Dakota's state parks. Their hiking and biking trails remain open for public use. Just don't plan on using any other facilities, including vault toilets.

And give that other person an even wider berth than normal.

Hiking trails are also available in Little Missouri National Grassland. Again, give people an even wider berth than normal. Heck, a person doesn't even need a hiking trail in the Grasslands, just have a map to know you're on public land and GPS to get from Point A to Point B – and most importantly – back to Point A.

Theodore Roosevelt National Park has updated information on its website, (<https://www.nps.gov/thro/planyourvisit/conditions.htm>) regarding Covid-19 restrictions but it's typically a great outdoor opportunity, even if viewing from the sanctuary of one's vehicle.

N.D. Game and Fish Department Wildlife Management Areas (WMA) and U.S. Fish and Wildlife Service National Wildlife Refuges also provide public use opportunities. However, the key there is to remember those agencies manage for wildlife first.

Public use isn't their primary function, unlike state parks. Go to the Game and Fish Department website, ([gf.nd.gov](http://gf.nd.gov)) for WMA public use regulations. Large refuges in the Minot area, such as Des Lacs, J. Clark Salyer, Lostwood, and Upper Souris have websites detailing their public use opportunities and regulations – simply google them for the latest details and contact information.

So get outside to help stay – or get – healthier.

But please be smart about it.

This special feature is sponsored by:



**NewKota**  
Services & Rentals

**WE HIRE VETERANS**

Only the Best Come,  
Live & Stay North

APPLY ONLINE AT  
[www.newkota.com](http://www.newkota.com)



# 5 tips for saving money when you're broke

Take the savers pledge at <https://militarysaves.org/for-savers/savings-tools-and-resources/take-the-pledge>

LILA QUINTILIANI, AFC®, MILITARY SAVES PROGRAM MANAGER

The concept of saving money can seem daunting when you feel like you just don't have any to spare. At Military Saves, we say "Start Small, Think Big" and that's not just a meaningless tagline — by saving a few dollars each pay period, you can gradually build up your emergency fund and, more importantly, can get into the habit and mindset of saving.

Here are some ways you can save money even when you don't think you have any:

Try shelf cooking.

More month than paycheck? Or maybe you just want to cut back on your grocery bill this month. Now is the perfect time to try using up what you already have in your pantry, or "shelf cooking." There are multiple websites and lots of videos devoted to shelf cooking, and I think that every military family has tried it to one degree or another when cleaning out their pantry prior to PCS'ing to a new duty station.

Join a buy nothing/freecycle group.

Almost every area in the U.S., and many communities overseas, have a group dedicated to giving away (and getting) stuff for free. Over the years, I've acquired outside play equipment, electronics, and fabric for projects. I've also given away furniture, car parts we no longer

needed, clothes, and toys.

The point is, before you buy something, chances are there is someone who was just about to donate or even toss something similar. Each group has its own rules, so make sure you check them out before posting your "wants" and "needs."

Get rid of memberships and subscriptions.

We've all done it — signed up for a service or a membership we were sure we'd use and then, well, we haven't really used it. Take a hard look at all your memberships, from warehouse clubs and gyms to Apple music, Google storage, and streaming services. Cut back those you don't use. And if it's a really tough month, you can consider doing away temporarily with other services you do use until you're back on your feet.

Have a staycation or a stay date.

Going out to eat is expensive these days. According to the Bureau of Labor Statistics, the average American spends nearly \$3,500 on eating out each year. So, go ahead, cook some pasta or bake a frozen pizza and watch one of the DVDs or Blu-rays; or play a board game with a group of friends, camp out in the backyard or act like a tourist and take free walking tours of the city



you live in.

Take advantage of FREE resources.

Sure, there are lots of military discounts out there, but discounts involve \*spending\* money. So, what's even better than a discount? Free! Both the installation library and your local library have tons of free resources aside from the usual books and magazines. Many libraries have movies, TV shows, gaming systems, games, and even WiFi hot spots you can check

out. And most libraries host free events, like yoga classes, storytelling, writers' workshops, and citizenship classes.

Local communities also host no-cost opportunities. Get on the mailing list or subscribe to the social media feeds for nearby areas.

Once you've saved money, even if it's a few dollars, put it away in an FDIC-insured bank account, preferably one that is interest bearing and is separate from your regular checking account.

Get into the savings habit and automatically transfer a portion of your paycheck to your savings each month.

Want more savings tips? Check out 54 Ways to Save Money at [militarysaves.org](https://militarysaves.org). Then take the Military Saves Pledge and receive inspiration and motivation to build wealth and reduce debt. Join us for Military Saves Month — April 1-30, 2020!

This article originally appeared in Military Family Magazine

## Pregnancy Help is a Call Away

DAKOTA HOPE CLINIC

In a time when there is so much uncertainty, an unplanned or otherwise stressful pregnancy may cause extra worry and stress for the women and men involved. The nurses at Dakota Hope Clinic want anyone in this situation to know that the clinic is open and offering free services including pregnancy testing, ultrasound, and consultation about options. Just call Dakota Hope Clinic at 701-852-4675. This number is answered 24/7 and the hotline that answers after hours is able to make an appointment for you. If you are stressed about a pregnancy, Dakota Hope is here for you and all the services are free and confidential.

Dakota Hope also provides referral for Abortion Pill Reversal. If someone takes the first drug that causes a medical abortion and then regrets that decision, there is a possibility of reversal. Call 701-852-4673 for more information.

If anyone is concerned about whether the Coronavirus poses extra risk to pregnant women or breast feeding babies, see information on the CDC website (link is posted on the [dakotahope.org](https://dakotahope.org) website), or call your provider.

For more information, call Nadia Smetana at 701-833-1947

Thursday 7:00pm Service at the GRAND HOTEL  
Experience God!  
Healing Spirit Filled Freedom  
[breakforthbiblechurch.com](https://breakforthbiblechurch.com)

explore, experience, discover  
Bring out your inner artist!  
**MARGIE'S**

At Great Clips we're great at  
**MILITARY STYLE HAIRCUTS**  
...well we are just plain great at all haircuts!  
Military Discount ~ On Line Check In  
Open at 8 AM Monday - Saturday, Noon on Sunday.  
**Great Clips**  
3226 16th Street SW, Suite 200 (701) 858-1811  
**GREATCLIPS.COM**

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio  
**Team Minot**  
Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!  
It's our thank you for serving!  
Must have an active AF ID card at time of purchase.  
**RECEIVE 10% off**  
includes Ceramics, Glass, Giftware & Coffee  
**margiesartglass.com**  
109 South Main St. Minot 701.837.8555  
No Appointments Necessary!

**FLOWER Central**  
Voted Minot's #1 Flower Shop for the last 5 years!  
405 Central Ave. E. • 701.852.6224



# Happy Hooligans Awarded 21st Air Force Outstanding Unit Award

THE NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. - The 119th Wing, North Dakota Air National Guard, was formally presented their 21st Air Force Outstanding Unit Award (AFOUA) on March 7 in Fargo.

Brig. Gen. Todd Branden, North Dakota National Guard assistant adjutant general for air, presented the award to unit members and commended them for their exceptional service and mission accomplishment. "A unit doesn't have the legacy of 21 outstanding unit awards without building a culture of excellence that has been handed down for decades," said Branden. "This award is only possible because of the outstanding Airmen who are a part of the wing."

The award was accepted by Col. Darrin Anderson, 119th Wing commander, on behalf of the unit. "There are so many great accomplishments happening at the wing; content for the AFOUA nomination pours in every day,"

said Anderson. "Receiving our 21st AFOUA is a phenomenal achievement by the Happy Hooligans."

The AFOUA is awarded by the secretary of the U.S. Air Force to numbered units of the active-duty Air Force, U.S. Air Force Reserve and Air National Guard that have distinguished themselves by exceptionally meritorious service or outstanding achievement.

The recent award period was for achievements rendered from Oct. 1, 2017 to Sept. 30, 2018 in which the 119th Wing successfully executed combat and support operations for U.S. Central Command, U.S. Pacific Command, Air Combat Command and Air Force Global Strike Command. Notable accomplishments by the wing included mobilizing the 119th Aircraft Maintenance Squadron for a high-visibility, service-retained temporary duty, the 119th Intelligence, Surveillance

and Reconnaissance Group continuing to lead the entire Air National Guard by increasing its target production output by 456 percent, and the 219th Security Forces Squadron facilitating a 98.7 percent sortie alert rate while safeguarding \$3.3 billion in U.S. Strategic Command nuclear assets.

The Hooligans previously earned the award in 1971, 1973, 1979, 1992, 1993, 1994, 1995, 1997, 1998, 2001, 2006, 2007, 2008, 2010, 2012, 2013, 2014, 2015, 2016 and 2017.



Brig. Gen. Todd Branden, the North Dakota National Guard assistant adjutant general for Air, left, attaches a streamer, representing the Air Force Outstanding Unit Award, onto the 119th Wing guidon, as Col. Darrin Anderson, the 119th Wing commander, lowers the unit flag during a recognition ceremony as Chief Master Sgt. Duane Kangas, the 119th Wing command chief, center, looks on at the Hilton Garden Inn, Fargo, N.D., March 7, 2020. It is the 21st time the North Dakota Air National Guard has been recognized with the award, which has been achieved by only one other unit in the U.S. Air Force.

U.S. AIR NATIONAL GUARD PHOTO BY CHIEF MASTER SGT. DAVID H. LIPP

## WHAT'S GOING ON MAFB

TODAY	WEDNESDAY	THURSDAY
<p><b>SATURDAY</b></p> <p><b>SUNDAY</b></p> <p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>TAP, 0730-1600, A&amp;FRC – Online Learning Modules</li> <li>Reintegration Briefing, 1000-1100, A&amp;FRC – Online Learning Modules</li> <li>Moving Out of the Dorms Budget Class, 1430-1600, A&amp;FRC – Online Learning Modules</li> </ul>	<ul style="list-style-type: none"> <li>TAP/DOL, 0730-1600, A&amp;FRC – Online Learning Modules</li> <li>Pre-Deployment/Remote Readiness Training, 1000-1100, A&amp;FRC – Online Learning Modules</li> <li>Story Time, 1030, Minot AFB Storytime Club Facebook Page</li> <li>Earth Day Special Lunch, 1030-1330, Dakota Inn Dining Facility – Take Out Only</li> <li>National Library Week Open House, 1100-1900, Minot AFB Library Facebook Page</li> <li>STEAM Purple Power Hour, 1400, Minot AFB Library STEAM Time Facebook Page</li> <li>Moving Out of the Dorms Budget Class, 1430-1600, A&amp;FRC – Online Learning Modules</li> </ul>	<ul style="list-style-type: none"> <li>TAP/DOL Track Day 1, 0730-1600, A&amp;FRC – Online Learning Modules</li> <li>Reintegration Briefing, 1000-1100, A&amp;FRC – Online Learning Modules</li> <li>Moving Out of the Dorms Budget Class, 1430-1600, A&amp;FRC – Online Learning Modules</li> </ul>
<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>TAP/VA Day, 0730-1600, A&amp;FRC – Online Learning Modules</li> <li>Game Day, 1000-1930, Minot AFB Library Facebook Page</li> <li>Moving Out of the Dorms Budget Class, 1430-1600, A&amp;FRC – Online Learning Modules</li> </ul> <p><b>Due to base precautions, several base events have been postponed or cancelled. Visit <a href="http://www.5thforcesupport.com">www.5thforcesupport.com</a> or 5th Force Support on Facebook for all up to date 5 FSS information.</b></p>	<p><b>ONGOING EVENTS:</b></p> <p><b>BOMBER BISTRO</b>  <b>April Special</b>  <b>Tuesday Lunch Special</b>  <b>Southwest Fusion Platter</b>                      Dig in to two shrimp or beef tacos topped with our delicious homemade sauce and two southwest eggs rolls served with a side of saffron rice! Available Tuesdays from 3:30 PM – 9:00 PM. Only \$9.95! - Includes a drink</p> <p><b>THE B-FIFTY BREW</b>  <b>April Special</b>  <b>Cinnamon Roll</b>                      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!</p>	<p><b>UPCOMING EVENTS:</b></p> <p>• TAP/DOL Track Day 2, 0730-1600, A&amp;FRC – Online Learning Modules <b>24 APR</b></p> <p><b>CARRY OUT OPTIONS</b> (Hours subject to change)                      Bomber Bistro: Monday-Friday 1100-2030, 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)</p> <p><b>DELIVERY OPTIONS</b> (Hours subject to change)                      Bomber Bistro: Monday-Friday 1630-2030</p> <p><b>ROCKERS BAR &amp; GRILL</b>  <b>FACILITY CURRENTLY CLOSED DUE TO BASE PRECAUTIONS</b></p> <p><b>AUTO HOBBY</b>  <b>FACILITY CURRENTLY CLOSED DUE TO BASE PRECAUTIONS</b></p>

**QUALITY HEALTHCARE FOR ALL**

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | [cfmminot.UND.edu](http://cfmminot.UND.edu)

**People you know. Experience you trust.**

FIRST WESTERN BANK & TRUST [firstwestern.bank](http://firstwestern.bank)

Brad Stai

Jim Paszek

Trent Westmeyer






# We've got your back. Deferred payments for 4 months.



HYUNDAI Assurance

Because we believe in making things better for our customers in these challenging times, we're offering 0% APR financing and 4 months of deferred payments on select new Hyundai vehicles through April 30.



**2020 TUCSON SE**  
AWD

**FINANCE**  
**\$302/mo 0% APR**  
Financing for up to 84 months  
PLUS 120 days until 1st payment.  
Excludes tax, title, license and fees. WAC - with approved credit.

Stock# M1153

<b>MSRP</b>	<b>\$26,170</b>
Dealer Discount	-\$860
Hyundai Offer	-\$2,000
<b>Final Price</b>	<b>\$25,310</b>
Loyalty Offer	-\$500
Military Offer	-\$500
College Grad Offer	-\$400
First Responder Offer	-\$500



**2020 SANTA FE SEL**  
2.4 AWD

**LEASE**  
**\$384/mo**  
for 36 months, 10,000 miles per year.  
\$384 due at lease signing.  
Excludes tax, title, license and fees. WAC - with approved credit.

Stock# M1152

<b>MSRP</b>	<b>\$29,085</b>
Dealer Discount	-\$1,160
Hyundai Offer	-\$2,000
<b>Final Price</b>	<b>\$25,925</b>
Loyalty Offer	-\$1,000
Military Offer	-\$500
College Grad Offer	-\$400
First Responder Offer	-\$500



**2020 ELANTRA SE**

**FINANCE**  
**\$234/mo 0% APR**  
Financing for up to 84 months  
PLUS 120 days until 1st payment  
Excludes tax, title, license and fees. WAC - with approved credit.

Stock# M10991

<b>MSRP</b>	<b>\$20,120</b>
Dealer Discount	-\$527
Retail Bonus Cash	-\$1,000
<b>Final Price</b>	<b>\$18,593</b>
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

<b>MSRP</b>	<b>\$17,555</b>
Dealer Discount	-\$324
Hyundai Offer	-\$1,000
<b>Final Price</b>	<b>\$16,231</b>
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

<b>MSRP</b>	<b>\$28,690</b>
Dealer Discount	-\$1,279
Hyundai Offer	-\$1,000
<b>Final Price</b>	<b>\$26,411</b>
Loyalty Offer	-\$500
Military Offer	-\$500
College Grad Offer	-\$400
First Responder Offer	-\$500

**STOP MAKING PAYMENTS ON YOUR PRE-OWNED VEHICLE AND TRADE IT IN ON A NEW HYUNDAI!**



**HYUNDAI MILITARY DISCOUNT \*\*\***  
**\$500 OFF**

the purchase or lease price of select Hyundai vehicles for Active Duty, Reservist/National Guard, Veteran, and Retired U.S. Military Personnel

**SHOP FROM THE COMFORT OF YOUR HOME AT DONBESSETTEHYUNDAI.COM AND WE CAN DELIVER TO YOUR DRIVEWAY**

**DON BESSETTE HYUNDAI**



**1715 N BROADWAY MINOT, ND • 701-852-3300**  
**WWW.DONBESSETTEHYUNDAI.COM**

\*\*Terms vary by model. \*\*Special Pricing after all qualifying rebates offered by dealership. \*\*\*On select models with approved financing with Hyundai. Rebates include Retail Motor Cash, Military Rebate, and Hyundai Motor Finance Cash. 10 yr./100K Pwr Train Warranty & 5 yr./60 mile New Vehicle Warranty included. Addtl. tax, title, license & fees due at signing. See dealer for details.



**America's Best Warranty\***  
10-Year/100,000-Mile  
Powertrain Limited Warranty

\*See dealer for LIMITED WARRANTY details.





# Happy Hooligans Recognize Outstanding Airmen of the Year

THE NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. - The North Dakota Air National Guard, known as the "Happy Hooligans", recognized the organization's top Airmen, during its 2019 Outstanding Airman of Year banquet, on March 7 at the Hilton Garden Inn in Fargo.

Airmen were nominated for the awards based on their military and civic service throughout 2019. Awards were presented for Unit Career Advisor of the Year, First Sergeant of the Year, Outstanding Airman of the Year, Outstanding Noncommissioned Officer of the Year and Outstanding Senior Noncommissioned Officer of the Year.

Several distinguished guests attended the event and were treated to entertainment by the North Dakota National Guard's 188th Army Band. The Assistant Adjutant General for Air and the 119th Wing Commander rendered remarks.

"This evening was a great way to celebrate the success of our organization as a whole, and to give special recognition to our Airmen of the Year nominees and winners," said Col. Darrin Anderson, 119th Wing commander. "Thanks to all the unit members, and also thanks to the families, who support our efforts and make our success possible."

Staff Sgt. Evan Shook was named Unit Career Advisor of the Year for his individual efforts and achievement with unit retention and career motivation program management. Master Sgt. Kari Appletoft was named First Sergeant of the Year, which recognizes the important contributions and leadership qualities exhibited by first sergeants in the Air Force.

The award presentation honoring the three Outstanding Airmen of the Year winners followed: Airman 1st Class Ethan Kieffer was named Outstanding Airman of the Year, Staff Sgt. Ethan Johnson was named Outstanding Noncommissioned Officer of the Year and Senior Master Sgt. Candice Blaze was named Outstanding Senior Noncommissioned Officer of the Year.

**Airman 1st Class Ethan Kieffer**

Airman 1st Class Ethan Kieffer enlisted in the North Dakota Air National Guard in 2017 and serves as a crew chief in the 119th Aircraft Maintenance Squadron.

Kieffer was raised in Casselton and currently resides in Mapleton. He is a senior at North Dakota State University, pursuing a Bachelor of Science degree in agricultural economics.

**Staff Sgt. Ethan Johnson**

Staff Sgt. Ethan Johnson joined the North Dakota Air National Guard in 2010 and serves as an explosive ordnance disposal technician in the 119th Civil Engineer Squadron.

Johnson was born in Valencia, California, and raised in Stevensville, Montana. He currently resides in Fargo, where he works full-time for the North Dakota Air National Guard.

**Senior Master Sgt. Candice Blaze**

Senior Master Sgt. Candice Blaze joined the North Dakota Air National Guard in 1996 and serves as the base education and training manager in the 119th Force Support Squadron.

Blaze was raised in Felton, Minnesota, and currently resides in Dilworth, Minnesota. She is employed full-time at the North Dakota Air National Guard.



From left to right, Col. Darrin Anderson, the 119th Wing commander, Staff Sgt. Evan Shook, of the 119th Intelligence Surveillance Reconnaissance Group, Airman 1st Class Ethan Kieffer, the 119th Wing Airman of the Year, Staff Sgt. Ethan Johnson, the 119th Wing Noncommissioned Officer of the Year, Senior Master Sgt. Candice Blaze, the 119th Wing Senior Noncommissioned Officer of the Year, Master Sgt. Kari Appletoft, of the 119th Operations Group, and Chief Master Sgt. Duane Kangas, the 119th Wing command chief, pose for a photo during the annual unit enlisted recognition banquet at the Hilton Garden Inn, Fargo, N.D. March 7, 2020.

U.S. AIR NATIONAL GUARD PHOTO | CHIEF MASTER SGT. DAVID H. LIPP

## ROASTED COD WITH MEYER LEMON HERB BUTTER



**INGREDIENTS**

- 4 TABLESPOON SALTED BUTTER, SOFTENED
- 1/2 MEYER LEMON, ZESTED, JUICED
- 1 CLOVE GARLIC, MINCED
- 1 TABLESPOON FRESH HERBS SUCH AS TARRAGON, PARSLEY, BASIL, OR CHIVES
- 2 TRAEGER SALMON SHAKE



Ryan Davy - GM Minot

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Compound butter: Combine butter, lemon zest and juice, the garlic, herbs, and the Traeger Salmon Shake. Refrigerate if not using right away.

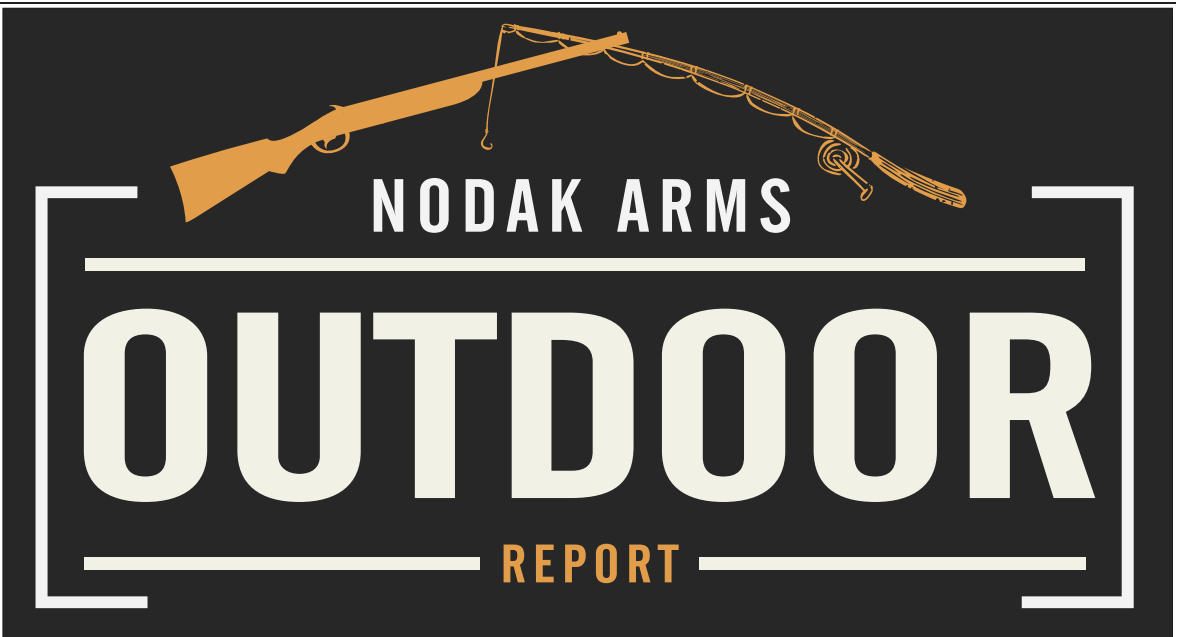
Use a tablespoon of the butter to grease a heat-proof baking dish.

Arrange the cod fillets in a single layer in the baking dish. Dot evenly with bits of the compound butter.

Bake for 12 to 15 minutes, or until the fish is cooked through.

Spoon sauce over each serving. Enjoy!

www.HofE.com/BBQHQ



## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, April 13: 1,840.40 feet above mean sea level (MSL); 24,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.37 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.20 MSL.

•N.D. Game & Fish Dept. game wardens: Remember to stay at least 6 feet from people when at ramps and shore-fishing.

•Devils Lake, Ed's Bait Shop, Devils Lake: Bridges and Devils Lake feeder coulees starting to produce walleye and pike. Please remember to implement social distancing recommendations. Not much current flowing in from far north end of the coulees yet but better flows around Lake Alice and Lake Alice as well as Mauvais Coulee.

•Devils Lake, Woodland Resort, Devils Lake: Bridges and channels open with fair to good walleye success. Some anglers still walking onto Devils Lake but use extreme caution. Fair success.

•Lake Darling, Karma C-Store, Ruthville: Not much activity but try access points along the Souris River in Minot for some pike activity from shore.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Prairie Marsh Auto Tour Route open, although weather dependent. Lake is nearly ice-free but limited reports on fishing success. Grouse blind reservations still available.

•Lake Metigoshe, Four Season, Bottineau: Not much activity with deteriorating shorelines along Lake Metigoshe. Anglers are best off to wait for open water.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some pike shore-fishing activity on the east end of Lake Sakakawea. Open water around Douglas and Deepwater

•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.

•Please consider limiting the number of people in a boat to two when open water fishing gets underway to help reduce the Covid-19 potential.

•Upper Souris Nat'l. Wildlife Refuge grouse observation blinds open for reservations (free). Email refuge, UpperSouris@fws.gov, for reservations. Call (701) 768-2548 for directions and other details regarding J. Clark Salyer's grouse lek location, which is viewable from a trail.

bays with access at the ramps. Watch for floating ice, however, that could change access. Look for some walleye.

•Lake Sakakawea, Scenic 23, New Town: Please remember to keep away from people at local boat ramps and consider having only 2 people in a boat given health considerations. Deepwater Bay opening up on Lake Sakakawea with fair walleye activity. Van Hook Arm spotty.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Continued fair walleye success down river of the Missouri River tailrace. Try jigs and minnows around the stumps, first and second coal veins, and Spillway Inlet. Try 3-2ay swivels with plastics or crankbaits in the chutes for walleye. Some evening and night shore success using crankbaits from the rocks or ramp. OK success from the wing walls but please remember to keep social distancing. Lake Sakakawea producing pike from open water shorelines. Try floating smelt or herring off the bottom.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lund's Landing ramp on Lake Sakakawea is open with decent walleye activity in fairly shallow water. Try minnows or plastics. Trenton Lake mostly ice-free. Yellowstone River clear and producing walleye, however, Missouri River is muddy and slow.

•Lonetree WMA area lakes, Harvey: No new reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains light on the Souris River and area lakes with anglers waiting for ice-out.

**Migration:**

•Good numbers of light geese continue moving through the Devils Lake area and throughout the northern half of the state earlier in the week.

**Hunting:**

•Turkey: Nice early season success in the northwest.

**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.

THIS SPECIAL FEATURE IS SPONSORED BY:






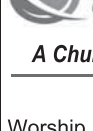
**THE DAKOTA'S AR AUTHORITY**  
 Parts, Accessories, Modifications, Repair & Custom Builds  
 Shop Online [www.NodakArms.com](http://www.NodakArms.com)  
 Sales@nodakarms.com • 701.839.0005  
 2 Miles East of Minot on Highway 2

Follow us on Facebook



# CHURCH DIRECTORY

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

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p>109 6th St. SE Minot • 838-3094</p> <p><b>NO SERVICES</b></p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>New! 7:00pm Service Thursday Evenings at the GRAND HOTEL</p> <p>www.breakforthbiblechurch.com</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916</p> <p>MinotBibleFellowship.org</p>
 <p><b>Faith United Methodist Church</b></p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p>1000 NE 3rd Street 852-0315</p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p>  <p><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> Missouri Synod</p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</p>
 <p><b>Immanuel Baptist Church</b></p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:30 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled). 7:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
<p><b>Bethany Lutheran</b> 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p><b>First Baptist Church</b> 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	 <p><b>West Minot Church of God</b> Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
 <p><b>Vincent United Methodist Church</b></p> <p>1024 2nd St. SE • 838-4425 Behind Town &amp; Country Shopping Center</p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service ..... 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Jennifer McDonald www.vincentumc.com</p>	 <p><b>OUR REDEEMER'S CHURCH</b> A Church of the Lutheran Brethren</p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p><b>Chapel Services at MAFB</b></p> <p>Protestant (North Plains Chapel in Base Housing)</p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<div data-bbox="1140 1736 1869 2469"> <p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p><b>First Assembly of God</b> 1805 2nd St. SE 838-1111</p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	  <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>		

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





# North Dakota State Fair Announces Concert Lineup for 2020

NORTH DAKOTA STATE FAIR

Minot, ND – Collective Soul, Better Than Ezra & special guest Tonic, Eric Church, Ashley McBryde, Sawyer Brown, Bobby Bones & the Raging Idiots, and Collective Soul, Better than Ezra & special guest Tonic with the already announced concert with Dan + Shay. Tickets go on sale March 31st at 8am.

July 17th – Collective Soul, Better Than Ezra & special guest Tonic

Collective Soul just celebrated their 25th anniversary in 2019, and don't see an end in sight. Considering how smoothly Collective Soul leapt into the national consciousness with the unbridled achievements of their multi-platinum 1993 debut Hints Allegations and Things Left Unsaid, a career-making debut album that contains such megasmash hits like the aforementioned "Shine" and "Breathe." In one fell swoop, Hints Allegations cemented Collective Soul's status as the jukebox heroes of a new generation.

Better Than Ezra formed in 1988 at Louisiana State University by Kevin Griffin and Tom Drummond. They occupy rarified air with spots on Billboard's "100 Greatest Alternative Songs of All Time" and "100 Greatest Alternative Artists of All Time" as of 2018. Additionally, 2018 also marked 25 years since the arrival of the breakthrough album Deluxe. Maintaining a steady pace forward, the new single "GRATEFUL" garnered acclaim from Billboard who praised its "highly commercial, anthemic sheen that certainly pairs nicely with the approach of Deluxe."

Since 1996, the GRAMMY Award-nominated multi-platinum trio of Tonic has consistently delivered anthemic and undeniable rock fashioned from eloquent songcraft, lyrical honesty, and unshakable melodies. To date, the band has landed six Top 10 singles, sold 4 million-plus records, and garnered a pair of GRAMMY Award nominations. Their full-length debut, Lemon Parade, not only went platinum, but it also yielded the "#1 Most-Played Rock Song of 1997" in the

form of the lead single "If You Could Only See."

July 18th – Eric Church  
The three-time Country Music Association and six-time Academy of Country Music Award winner released his highly-anticipated album Desperate Man atop the Billboard Country Albums chart in late 2018, earning praise as one of the year's top albums by American Songwriter, Billboard, Entertainment Weekly, Variety, Stereogum, The Los Angeles Times, NPR, Rolling Stone, USA Today and Vulture, among others. The album is described by Rolling Stone as "classic Church: expertly crafted and country-radio-friendly, while also pushing boundaries in a way that sounds natural and unforced." Church also returned to the road this year for his critically-acclaimed Double Down Tour, which recently featured a massive stop at Nissan Stadium in Nashville, where he broke the venue's concert attendance record with more than 56,000 fans. For more information visit [www.ericchurch.com](http://www.ericchurch.com)

July 19th – Ashley McBryde  
Commended by The New York Times as "an alluringly flexible singer, fluent in classic country, blues and Southern rock, with a voice that moves easily from tender to tough," Ashley McBryde's GRAMMY-nominated Girl Going Nowhere earned the Arkansas native critical acclaim from Rolling Stone, Variety and more with The Washington Post raving, "McBryde's blue-collar storytelling and straightforward singing set her apart." The seminal title track on the Jay Joyce-produced LP continues to propel McBryde's career to great heights with recognition in 2019 by the Academy of Country Music as New Female Artist of the Year, CMT's Breakthrough Video of the Year and CMA New Artist of the Year. For tour dates and more information, visit [AshleyMcBryde.com](http://AshleyMcBryde.com)

July 22nd – Sawyer Brown  
Sawyer Brown has done more than 4500 shows and continue to perform all across the nation. They have twenty-three albums, more than 50 chart singles, and

multiple CMA, ACM, and CMT awards on the shelf. They've displayed a constant excitement since the very first time Sawyer Brown stepped foot onstage in the early 1980s. The band has earned its place as one of the premier live acts in music. The band began by playing 275-300 nights a year for the first decade or more of its career—and has never come off the road.

July 23rd – Bobby Bones & the Raging Idiots

Bobby Bones is the host of the nationally syndicated radio show The Bobby Bones Show, which is heard by millions of listeners weekly on over 150 stations. The guys just wrapped their latest tour "It's Just The Two Of Us (...Sorry)" along with special guests and former American Idol contestants Emma Klein and Walker Burroughs. Their latest EP "Bobby Bones & The Raging Idiots LIVE In Boston" is available now & includes singles such as "Jesus Knows" & "Hobby Lobby Bobby," which both shot to #1 on the iTunes comedy chart. Bones is also a two-time New York Times #1 bestselling author, 2x CMA & 3x ACM award winning radio personality, touring stand-up comedian and philanthropist.

July 24th – Billy Idol

Billy Idol was an early architect of the sound, style, and fury of punk rock. He has sold 40 million albums while scoring numerous platinum albums worldwide, nine top forty singles in the U.S. and 10 in the U.K. including "Dancing With Myself" and "Rebel Yell". Billy was responsible for some of punk rock's most memorable, literate, and evocative moments and created a pioneering new sound by bringing the spirit of '77 to the dance floor, going on to fashion an immediately identifiable musical blueprint that integrates club-land throb, rockabilly desperation, and rock'n'roll decadence.

July 25th – Dan + Shay

For Dan + Shay, the last twelve months have seen GRAMMY, Billboard, ACM, CMT, and Teen Choice Award wins – most recently snagging several CMA Awards nominations, and the accumulation of over two billion

on-demand career streams. The pair have already sold out headlining US & UK tours in 2019, where they performed from their ever-expanding array of hits, including their most recent chart-topper, "All To Myself," their 2x-Platinum, multi-week No. 1 single "Speechless", and the most-streamed song released in 2018, multi-Platinum, multi-week No.1 global smash, "Tequila." All three are featured on Dan + Shay, which has sold more than one million album equivalents and debuted at No. 1 on Billboard's Top Country Albums chart the same week "Tequila" reached No.1 on the Country Airplay chart, marking the first time since 2009 that a duo or group has topped both charts simultaneously.

All five country concerts plus two auto events are on the Grandstand Showpass for one price, \$110.

Saturday, July 18th – Eric Church

Sunday, July 19th – Ashley

McBryde  
Monday, July 20th – Enduro Races

Tuesday, July 21st – Freestyle Motocross

Wednesday, July 22nd – Sawyer Brown

Thursday, July 23rd – Bobby Bones & the Raging Idiots

Saturday, July 25th – Dan + Shay

Rock Concerts –  
Friday, July 17th – Collective Soul, Better Than Ezra & special guest Tonic - \$35

Friday, July 24th – Billy Idol - \$55

The North Dakota State Fair is the largest annual event in North Dakota. The nine-day event is host to around 300,000 people and is held the third week of July. This year's dates are July 17-25, 2020.

If the entire North Dakota State Fair is canceled, only tickets purchased from us will be refunded.



## CornerStone Chiropractic



**BUSINESS HOURS**  
 Monday: 7:30am – 6:00pm  
 Tuesday: 9:00am – 6:00pm  
 Wednesday: 7:30am – 6:00pm  
 Thursday: 7:30am – 6:00pm  
 Friday: 7:30am – 4:30pm  
 Saturday: 2 a month by appt  
 Sunday: Closed



*Dr. Matt Hanson*

**1350 20th Ave SW, Minot, ND 58701**  
**(701) 852-2800**

# 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



## X-TREME BOWLING

**FRIDAY & SATURDAY**

**OPEN BOWLING DAY & NIGHT EVERYDAY!**

**X-TREME BOWLING HOURS: FRIDAY & SATURDAY**  
**9:15 PM      6:00 PM**

**CELEBRATE WITH US! WE DO BIRTHDAY PARTIES FOR ALL AGES!**

**1901 NORTH BROADWAY, MINOT, ND 585-4108**  
[WWW.NORTHHILLBOWL.COM](http://WWW.NORTHHILLBOWL.COM)

*\*Military Discounts Available!*

## DOWNTOWN MINOT RESTAURANTS

*offering curbside pickup, carryout, and/or delivery*

<p><b>10 North Main</b>                  ☎ 701-837-1010                  🌐 <a href="https://facebook.com/10northmain">facebook.com/10northmain</a></p> <p><b>Atypical Brewery</b>                  ☎ 701-833-0567                  🌐 <a href="https://facebook.com/atypicalbrew">facebook.com/atypicalbrew</a></p> <p><b>Black Iguana Coffee</b>                  ☎ 701-837-8555                  🌐 <a href="https://facebook.com/margiesartstudio">facebook.com/margiesartstudio</a></p> <p><b>Charlie's Main Street Cafe</b>                  ☎ 701-839-6500                  🌐 <a href="https://charliesmain.com">charliesmain.com</a></p> <p><b>Cookies For You</b>                  ☎ 701-839-4975                  🌐 <a href="https://cookiesforyou.com">cookiesforyou.com</a></p> <p><b>Dakota Burger Co.</b>                  🌐 <a href="https://dakotaburgercompany.com">dakotaburgercompany.com</a></p>	<p><b>Ebeneezer's</b>                  ☎ 701-852-8110                  🌐 <a href="https://facebook.com/ebeneezerspub">facebook.com/ebeneezerspub</a></p> <p><b>El Azteca</b>                  ☎ 701-837-0290                  🌐 <a href="https://facebook.com/elaztecaminot">facebook.com/elaztecaminot</a></p> <p><b>Little Blue Elephant</b>                  ☎ 701-852-1881</p> <p><b>Off The Vine</b>                  ☎ 701-838-7003                  🌐 <a href="https://otvminot.com">otvminot.com</a></p> <p><b>Parker Center Cafe</b>                  ☎ 701-852-0561</p> <p><b>Prairie Sky Breads</b>                  ☎ 701-858-0612                  🌐 <a href="https://prairieskybreads.com">prairieskybreads.com</a></p>	<p><b>Sammy's Pizza</b>                  ☎ 701-852-4486                  🌐 <a href="https://sammypizzaminot.com">sammypizzaminot.com</a></p> <p><b>Souris River Brewing</b>                  ☎ 701-837-1884                  🌐 <a href="https://sourisriverbrewing.com">sourisriverbrewing.com</a></p> <p><b>Thai Hot Sushi</b>                  ☎ 701-441-0901                  🌐 <a href="https://thaihotsushi.com">thaihotsushi.com</a></p> <p><b>The Starving Rooster</b>                  ☎ 701-838-3030                  🌐 <a href="https://tsrmerch.bigcartel.com">tsrmerch.bigcartel.com</a></p> <p><b>The Tap Room</b>                  ☎ 701-409-0056                  🌐 <a href="https://tiny.cc/thetaproom">tiny.cc/thetaproom</a></p> <p><b>With Room Coffee</b>                  ☎ 701-838-3368                  🌐 <a href="https://withroomcoffee.llc">withroomcoffee.llc</a></p>
---	---	--



# How will the coronavirus impact education for military kids?

JENNIFER BARNHILL

School closures have left parents scrambling to adjust daily routines for education requirements that vary from district to district. Some states announced the possibility that students will return at some point before the end of the year, utilizing a version of online coursework to replace in-class instruction. Others, like California and Alabama, made the call to end the academic year now. What's unknown is the short- and long-term impact to children's learning and development.

Will military children fall through the cracks?

Military kids already face education challenges from frequent relocations — in some cases every two to three years — and a lack of standardization from school to school. With so many unknowns built into the military lifestyle, how can parents advocate for their children's education?

Unbeknownst to many, all

50 states and the Department of Defense Education Activity (DoDEA) schools have signed what is known as the Military Interstate Children's Compact Commission (MIC3). This compact provides rights to military-connected children and their families to protect them from being a school district afterthought.

"There is no military-connected student who would move from one school district or local education to another and would not be covered by the provisions of MIC3," Judy Glennon, Parent Initiatives Program Manager from the Military Child Education Coalition (MCEC), said. "The interstate compact is there to make sure that military children are not disadvantaged to the extent possible when they move from one school district to another."

Glennon emphasized these rights will not be removed just because the coronavirus has changed

the way education is currently delivered in our country. MCEC's primary purpose is to "help the military child thrive in the face of transition and separation." It joins other nonprofit organizations in monitoring the rights of military children.

What is expected of parents?

In normal times the nature of military life already places high stressors on a household, which can include deployments, living far from family, careers, solo-parenting, Murphy's Law and more in just one calendar year. Add in a worldwide pandemic and military families, who were may have already been drowning, are now asked to stay afloat when it feels like they've been thrown another 10-pound weight.

"When you've got one or both parents at home with the kids and trying to deal with the schoolwork and their jobs and trying to put food on the table, it's stressful,"

Glennon said about how families should rank competing priorities. "It's difficult and there is no good answer, sadly."

These concerns were also addressed at a Blue Star Family-sponsored Virtual Town Hall in March. Dr. Jarrod Wheeler, superintendent of schools for the Knob Noster School District in Missouri, near Whiteman Air Force Base, addressed what is being asked of stressed families. Wheeler's plan is to "move forward with our education, but we are not adding stress, not adding anxiety. We are here to serve our families and bring them a sense of calmness and normalcy."

Educators must educate. Parents must work. No one wants to choose what gets dropped.

The gap

There are many factors contributing to an education gap in America — most notably is money. Financial resources can improve

school facilities, facilitate the hiring of more qualified teachers, and allows for the latest technology. Higher socioeconomic status is also associated with higher levels of education. Educated parents are more likely to read to their children, who are then more likely to perform well in school.

Military children have to contend with educational setbacks with each PCS and the coronavirus stands to set back the nation. While this gap in education is not unsurmountable, it will be hard for students, educators and parents to overcome.

According to Glennon, "In a normal school year (by this point) the teachers are reviewing material, they are finishing things they maybe haven't covered yet. They are going over that curriculum with students to make sure they are ready to pass that annual exam."

*Continued on page B8*



**NOW HIRING**  
**TECHNICIANS**

**PAID TRAINING**

**WESTLIE FORD LINCOLN**  
 500 SOUTH BROADWAY -MINOT ND  
 701-857-1633 FOR MORE INFORMATION  
[westliemotors.com](http://westliemotors.com)

**TRINITY HEALTH** | together. supporting each other.

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



# 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)

## SUDOKU ANSWERS

Answers to puzzle from page A4

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

## 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>

## 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

## 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

## 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.

## 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.

## 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

### 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|[mno@park.edu](mailto:mno@park.edu) PARK. YOU

**northern sentry**

DEADLINE FOR DISPLAY AND CLASSIFIED ADS: TUESDAY AT NOON OF THE WEEK OF PUBLICATION  
[www.northernsentry.com](http://www.northernsentry.com)

**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.

Be Part of Our **Birthday Club**

Simply send us your loved ones photo and birthday message by visiting [www.northernsentry.com](http://www.northernsentry.com)

SEPTEMBER 2 **SARA**  
 Happy 10th Birthday to the Best Daughter Ever! We love you! Mom & Dad

**northernsentry**

**High Air Ground**  
 TRANZOLINE PARK

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



# Let's Plan Your Party!

**Party Room**

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

**MAG STUDIO**

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

Additional \$10 for X-treme Bowling

**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  
**PARTS & SERVICE**  
We Specialize In:

1215 Valley St.  
838-9607  
Next to Action Wrecking

**REAL ESTATE**

BUY OR SELL ONLY WITH THE BEST!

#SOLD WITH US!

**BROKERS12.COM**

**Thank You FOR YOUR SERVICE!**

Serving Our Military (Active, Reserves and Veterans) and Saving Them Money on a Home.

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

**HOBBY SHOP**

**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](http://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](http://www.bradymartz.com)

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

Feature your business here for as little as \$9.00 per week!

For more information call 839-0946 or email: [sentrystales@srt.com](mailto:sentrystales@srt.com)



# Impact on military kid education

Continued from page B5

Although all standardized testing has been canceled, not all schools are in a review period.

On social media some parents express concerns that teachers are preparing substitute lesson plans and giving them to parents to implement. Minimally, distance education offerings are inconsistent, widening the gap.

The risk for EFMP children for students with special needs the problem is exacerbated. These children may not be able to easily transition to a distance format and lose the social education component.

“This is a large burden to add to EFMP families that were already stressed,” Michelle Norman, AFI 2019 Navy Spouse of the Year and co-founder of Partners in Promise — an organization dedicated to advocating for military children

with special needs, said. She adds, “permanent regression in our children’s education is now inevitable because parents cannot replace special education teachers and therapists.”

EFMP families rely upon the legally mandated, customized curriculum included in their children’s Individual Education Plans (IEP).

“Those things (IEPs) are put in place understanding the kids are going to be in the schoolhouse for the most part where they can provide those services,” Glennon said.

Meredith Marlier, a Kansas City, Kansas special education teacher, is trying to focus on what can be offered.

“If the alternative is no education or an unsafe school environment then as special educators, we will do what any educator would do, we will adapt,” she said.

“5 Steps to Success” is a fallacy While an easy solution is desirable in this chaotic time, it may not be reasonable.

“Every military parent believes, and rightfully so, that their child is unique,” Glennon said. “So, for us to put a cookie cutter solution out and say, ‘this is what we have to do, and this is the answer for military-connected children’ would be a disservice to all of them.”

MCEC and others at the federal, state and local levels are working hard to develop answers to questions that have not yet been asked regarding this unprecedented gap in education due to the COVID-19 pandemic.

In the meantime, companies and organizations are getting creative in offering virtual teaching resources for parents and students. For example, the Khan Academy has a daily schedule

with remote learning tools for students ages 2-18. Local libraries are promoting free online options to rent books and supplemental education materials. And Digital Daycare is a new YouTube series for school-aged kids that hosts guests from various careers and shares activities for STEM, yoga and more.

Check out these military-specific resources as you navigate this new normal

MCEC – Fully curated COVID-19 resource page with the ability to provide one-on-one support for military students

State Military Compacts – State legal statutes covered under the compact

MIC3 Interactive Map – Lists relevant contact information by state

MIC3 FAQs – Help answer questions before elevating concerns School Liaison Officers can help

parents connect to local resources Special Education Guidance – U.S. Dept of Education – Parents of special needs children can find answers that address many of their concerns

Military One Source – Official DOD source of COVID-19 resources and support

Tutor.com – Offers free online 24/7 tutoring for military students K-12 and college-level subjects

Tricare COVID-19 FAQs – Learn more about medical benefits related to the Coronavirus

Blue Star Families – Get connected by completing surveys and participating in Town Hall events to learn more about how the military community will be impacted by COVID-19

This article originally appeared in Military Family Magazine.



**\*\*\*Now Hiring\*\*\***

## DOMESTIC ABUSE VICTIM ADVOCATE for the Air Force Advocacy Program at Minot AFB

**Compensation:** \$24.65/hr  
**Health & Welfare:** \$4.41/hr  
*Full Benefits package available*

**General Summary**

DAVAs will work with the Family Advocacy Program (FAP) and provide 24/7 non-clinical crisis intervention services and support DoD personnel, their family members, or intimate partners who are victims of domestic abuse.

**Minimum Requirements**

**Education:** Bachelor’s degree in one the following fields: Social Work, Psychology, Criminal Justice, Counseling or Behavioral Science

**Experience:** 2 years’ experience providing advocacy services to victims of domestic abuse or sexual assault.

**If you are interested, please call (720) 844-8055 or visit [www.adcmgt.com](http://www.adcmgt.com) for more information.**



# WESTLIE PAYMENT RELIEF PROGRAM

**WE MAKE YOUR FIRST 3 PAYMENTS\* NEW OR USED**

\*PURCHASE A NEW OR USED VEHICLE & WESTLIES WILL MAKE YOUR 1ST 3 PAYMENTS, UP TO \$1500 TOTAL. PLEASE SEE DEALER FOR FULL DETAILS AND EXCLUSIONS.

## 3 WAYS TO SHOP



**THE DEALERSHIP**  
WE ARE OPEN NORMAL HOURS



**YOUR HOME**  
TEST DRIVE & COMPLETE PAPERWORK AT YOUR HOME



**ONLINE**  
FIND YOUR NEW VEHICLE AT [WWW.WESTLIEMOTORS.COM](http://WWW.WESTLIEMOTORS.COM)

