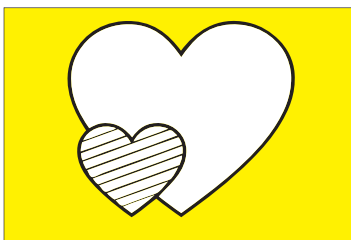


WHATS INSIDE THIS WEEK:



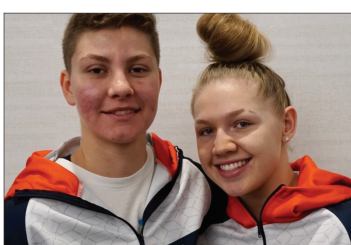
5TH BW AIRMEN RETURN HOME FROM NINE-MONTH DEPLOYMENT

A3



WE ARE IN THIS TOGETHER COLORING CONTEST

A6



MINOT DEFENDERS JOIN U.S. AIR FORCE RUGBY TEAM

A5

FIRST RESPONDERS PARADE



Team Minot first responders host a parade at Minot Air Force Base, North Dakota, April 17, 2020. The parade consisted of many vehicles from different squadrons of Minot AFB to include 5 Civil Engineering Squadron and 5 Logistic Readiness Squadron. See more photos on page B8 and Minot AFB PA Flickr page.

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



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Minot AFB



Videos



GUAM DEPLOYMENT RETURN

Team Minot airmen return from a Guam deployment at Minot Air Force Base, North Dakota, on April 20, 2020. The Airmen returning from Anderson AFB were deployed for nine months on the longest Air Force Global Strike B-52 deployment since Vietnam.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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5th BW Airmen return home from nine-month deployment

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Airmen from the 5th Bomb Wing's 69th Bomb Squadron, 5th Maintenance Group, and 5th Mission Support Group returned to Minot Air Force Base, North Dakota, from their deployment to Andersen AFB, Guam, April 20, 2020, where they supported U.S. Indo-Pacific Command's Continuous Bomber Presence mission in the Indo-Pacific region.

The 69th BS completed a nine-month CBP mission in support of U.S. interests and those of America's allies, the longest deployment of its kind in Air Force Global Strike Command's history. Strategic bombers have routinely trained, operated and conducted exercises with partner nations throughout the USINDOPACOM theater of operations.

"I could not be more proud of the Warbird men and women, and especially the families that supported them during these

back to back, incredibly successful, record breaking deployments. It's great to have the whole team back home after 15 months in the Pacific," said Col. Brad Cochran, 5th BW commander.

For the past 15 months, Airmen from the 5th BW have maintained B-52H Stratofortress bombers and flown a total of 6,100 hours in four different geographic areas of responsibility. While doing so, they also worked with 10 allied nations in the Indo-Pacific region, strengthening regional partnerships and military interoperability.

"The 69th Bomb Squadron and its aircraft maintenance unit executed 352 Continuous Bomber Presence sorties in support of United States INDOPACOM objectives. They flew over 2,000 flight hours and delivered \$2 million in high explosives, precision-guided munitions, and sea mines," said Lt. Col. Dennis Zabka, 69th BS commander.

The 69th BS practiced maritime strike tactics, performed search and rescue missions, integrated with fifth generation fighter aircraft launched off of aircraft carriers, and achieved dynamic force employment objectives from three different operating locations.

"I'm grateful for the patience and support of our families back home," said Zabka. "They could probably write a book on resiliency right now. Not only did they support the longest B-52 deployment since Vietnam, but they did it over the winter in Minot, North Dakota, and finished it off during a health pandemic."

The return of Air Force units from deployments are customarily large gatherings with loved ones eagerly waiting near the flightline with large signs to match their joyful smiles, however, this type of gathering isn't possible during on-going precautions in an COVID-19 environment. Thankfully, there was no stopping the joy of

reunited families for this return, as they waited in their cars as their returning Airmen received their "Welcome Home"

This reunion was unique with leadership and families wearing masks and maintaining social distancing as they celebrated a physical distance that is no longer thousands of miles.

Airmen returning from Guam were placed in "Restriction of Movement" upon their return as a precautionary measure. Members will be restricted to their homes and dorms for 14 days to reduce the potential spread of COVID-19, in the event the returning service member is carrying the illness asymptotically.

The 5th BW leadership team is proud of the accomplishments and sacrifices of these Airmen and their families, and are happy to have their Global Strikers back home.



Airmen deployed to Guam return to Minot at Minot Air Force Base, North Dakota, April 20, 2020. Airmen from the 5th Bomb Wing support the U.S. Indo-Pacific Command's Continuous Bomber Presence mission in the Indo-Pacific region from Anderson AFB.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JOSH W. STRICKLAND



A B-52H Stratofortress drives down the flightline on Minot Air Force Base, North Dakota, April 16, 2019. Airmen from the 5th Bomb Wing support the U.S. Indo-Pacific Command's Continuous Bomber Presence mission in the Indo-Pacific region from Anderson Air Force Base.

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

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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

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GET THE CINCO DE MAYO PARTY STARTED



Cinco de Mayo marks the Mexican army's victory over the French army at the Battle of Puebla, on May 5, 1862. While that victory was a relatively minor one, modern celebrations of Cinco de Mayo have become incredibly popular across North America.

Cinco de Mayo provides an opportunity to celebrate Mexican culture and enjoy some tasty food along the way.

No Cinco de Mayo celebration would be complete without a spicy, tangy salsa dip. In fact, May is also National Salsa Month, making it an ideal time to whip up some homemade salsa. When planning Cinco de Mayo parties, consider this recipe for "Salsa" from "Vegan Cooking for Beginners" (Publications International) from the PI Kitchens. Why not pair it with the equally delicious "Guacamole" for plenty of menu options?

Salsa

Makes 4 1/2 cups

INGREDIENTS:

- 1 can (28 ounces) whole Italian plum tomatoes, undrained
- 2 fresh plum tomatoes, seeded and coarsely chopped
- 2 tablespoons canned diced green chiles
- 1 tablespoon canned diced jalapeño peppers (optional)
- 1 tablespoon white vinegar
- 1 clove garlic, minced
- 1 teaspoon onion powder
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Combine tomatoes with juice, fresh tomatoes, green chiles, jalapeños, if desired, vinegar, garlic, onion powder, sugar, cumin, garlic powder and salt in food processor; process until finely chopped.

Guacamole

Makes 2 cups

INGREDIENTS:

- 2 large ripe avocados
- 2 teaspoons fresh lime juice
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 jalapeño, finely chopped
- 1/2 teaspoon salt

Cut avocados in half lengthwise around pits. Remove pits. Scoop avocados into large bowl; sprinkle with lime juice and toss to coat. Mash to desired consistency with fork or potato masher.

Add onion, cilantro, jalapeño and salt; stir gently until well blended. Taste and add additional salt, if desired.



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Age Groups
Child Entries: Ages 6-12
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Minot defenders join U.S. Air Force Rugby Team

1ST LT. KATIE MUELLER AND CAPT. MICHELLE SIERRA-KWANDHAM, JOINT BASE MCGUIRE-DIX-LAKEHURST PUBLIC AFFAIRS

GLENDALE, Colo. --

The United States Air Force men's and women's rugby teams gathered in Glendale, Colorado in March for what was supposed to be a historic two week tournament named The Australia, New Zealand, United States Shield, where the United States Air Force would battle the Royal Australian Air Force and Royal New Zealand Air Force rugby teams.

Due to the rapid spread of COVID-19, in favor of all of the teams' health and safety, the tournament was canceled. The tournament took two years of work and collaboration to plan what was projected to be the largest event ever hosted by the U.S. Air Force Rugby Team. This is the first time this tournament was to be held in America as well as to include a women's competition portion.

The players and staff were set to play at Infinity Park. The team leadership had to act quickly to dismantle the event and get more than 140 players and staff home to more than five different countries.

"The team was really excited to be here," said U.S. Air Force Maj. Nicole Jansen, U.S. Air Force Women's Rugby Team officer in charge. We had camp in January and everyone had worked so hard to get here. We were all disappointed that it was canceled."

Some of the players have played for more than 10 years and competed together before, and some were meeting for the very first time. The staff selected players stationed at Air Force bases around the world, and two of the U.S. women's players are from the same base.

U.S. Air Force Airman 1st Class Jena White, 5th Security Forces Squadron response force member assigned to Minot Air Force Base, North Dakota, began playing in South Grenville, North Carolina two years ago. After getting assigned to Minot AFB she met U.S. Air Force Airman 1st Class Jordan Agnello, 5th SFS response force member. After working together and bonding over their mutual love of sports, White convinced Agnello

to try rugby and apply for the Air Force team.

"Jena is extremely skilled at [rugby], she has played for a while," said Agnello. "She was already on the Air Force team so I guess you could say she recruited me to come try it out. I'm definitely going to grow more into it and stick with it."

Despite the tournament being canceled, Agnello remained committed to staying fit and learning how to play rugby so she wouldn't miss future events. As of April, all further Air Force sporting events have been canceled for the remainder of the fiscal year.

"Rugby is just a unique sport, from how players bond together on and off the field even [to bonding] with the opposing team," said White. "It's truly its own sport... There's something about the camaraderie in this sport that's not like any other. I've always wanted to play and finally found a team close to where I lived."

Even though White and Agnello are the youngest two players on

the team, they have dreams beyond playing on the team during their Air Force careers.

"My Air Force goal is to excel in anything I participate in, such as sniper school," said Agnello.

"I want to earn my degree in criminal law, victimology or behavior analysis in hopes of commissioning."

White mentioned her aspirations to be in Special Operations someday as well as continuing on her rugby journey.

"I want to better the ones that I play with and someday play at the Olympics for the USA [national team]," White said.

The team goes beyond the 15 players on the field in rugby. Coaches, fans, friends, and families all come together to support the players.

"I'd say my biggest fan is my whole family, no matter where they are, they all are always cheering me on and supporting me," White said. "My favorite rugby memory is the first game my dad was ever able to come to and I scored that day.

I loved how proud he was even though he knew little about the sport."

Agnello didn't know much about rugby prior to this tournament. However, she has an athletic background.

"I'm an all-around athlete so I've played just about everything, mainly basketball and softball," said Agnello. "I really enjoy more contact sports such as football, wrestling and, of course, rugby."

Agnello and White both got a taste of international rugby camaraderie and traditions at this tournament. Even though the tournament was canceled White reflected on the memories with teammates and new friends.

"I'm excited to get to know the ladies I play with and the game more," said White. "It's always a good time with them and being a younger player, I always learn something from just being around them. It's always awesome to see where different teams come from as well, especially when they're from different countries."



LEFT PHOTO: Members of the U.S. Air Force Women's Rugby Team pose for a team picture in Glendale, Colorado, March 14, 2020. The team gathered with the U.S. Air Force Men's Rugby Team, Royal Australian Air Force Teams and Royal New Zealand Air Force Teams to play an international rugby tournament in March.

MIDDLE PHOTO: U.S. Air Force Airman 1st Class Jena White, 5th Security Forces Squadron response force member assigned to Minot Air Force Base, N.D., runs with the ball during practice at Infinity Park in Glendale, Colo., March 13, 2020. White and the U.S. Air Force Women's Rugby Team were preparing for a two week international tournament with the Royal Australian Air Force Team and the Royal New Zealand Air Force Team.

RIGHT PHOTO: U.S. Air Force Airmen 1st Class Jena White and Jordan Agnello, 5th Security Forces Squadron response force members assigned to Minot Air Force Base, N.D., pose for a photograph in Glendale, Colo., March 14, 2020. They are the two youngest members of the U.S. Air Force Women's Rugby Team.

U.S. AIR FORCE PHOTOS | CAPT. MICHELLE SIERRA-KWANDHAM

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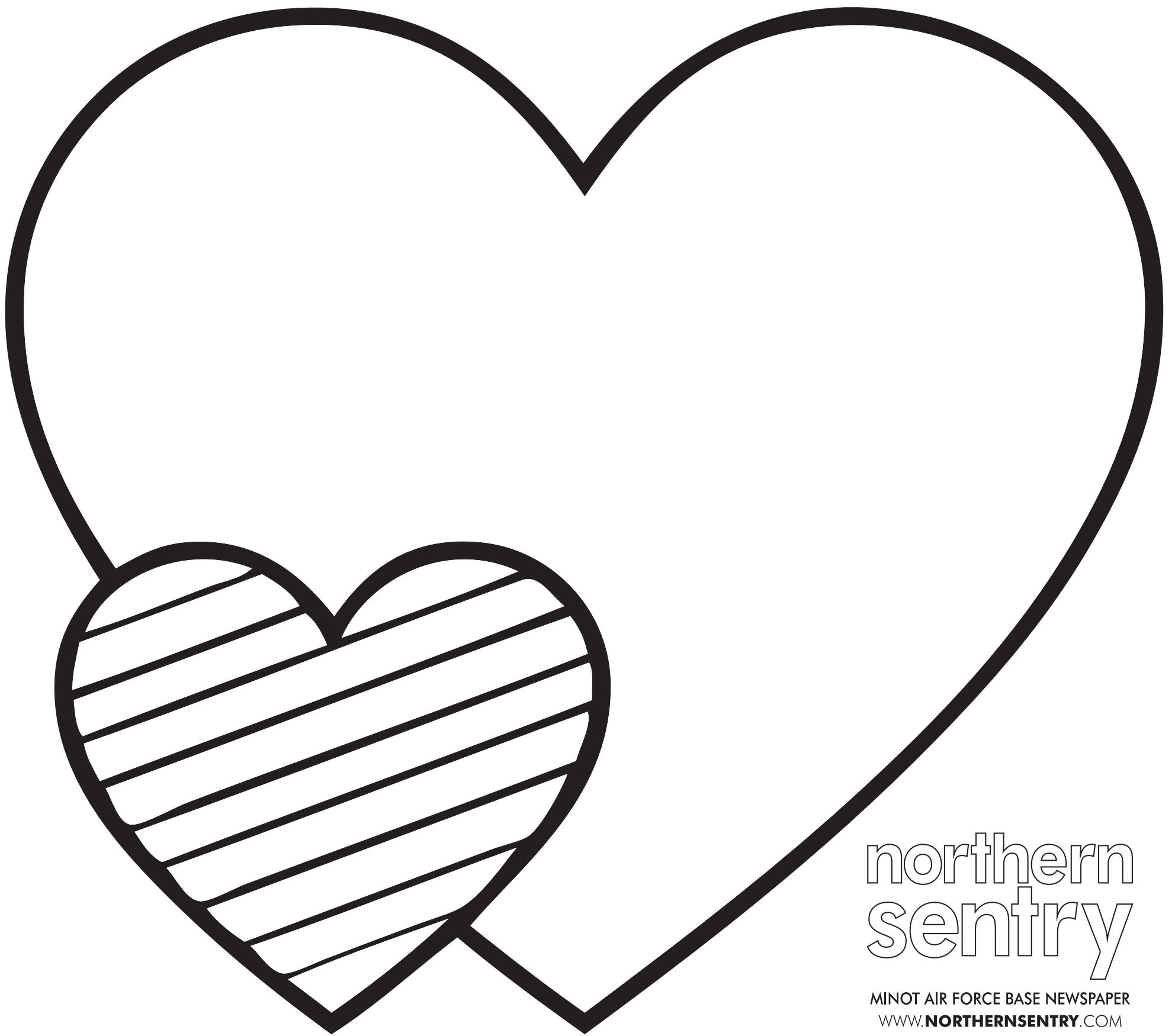
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Child's Name: _____ Child's Age: _____
Parent's Name: _____
Home Address: _____
City: _____ State: _____ Zip Code: _____
Parent's Contact Phone: _____
Parent's Email: _____

Contest is open to children ages 0-6 years.

All entries must be received by May 29, 2020. Contest entries may be displayed or published in print and online by this newspaper. Children of newspaper and sponsor employees are not eligible to win. Decision of judges is final. Winners' parents will be notified by phone and/or email by June 5, 2020.

Please simply hang your completed coloring page in your window.

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

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First Place-\$75.00
Second Place-\$50.00
Third Place-\$25.00

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⁶⁵ WE ARE IN THIS TOGETHER ⁹⁹ COLORING CONTEST ENTRY FORM

Child's Name: _____ Child's Age: _____
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Parent's Contact Phone: _____
Parent's Email: _____

Contest is open to children ages 7-12 years.

All entries must be received by May 29, 2020. Contest entries may be displayed or published in print and online by this newspaper. Children of newspaper and sponsor employees are not eligible to win. Decision of judges is final. Winners' parents will be notified by phone and/or email by June 5, 2020.

Please simply hang your completed coloring page in your window.

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

PRIZES
7-12 YEAR CATEGORY

First Place-\$75.00
Second Place-\$50.00
Third Place-\$25.00

SRT Annual Meeting Postponed

SRT Business Meeting to take place in October; Board of Director Elections Delayed

SRT COMMUNICATIONS

MINOT, N.D. – SRT Communications has postponed its Annual Meeting to October 1, 2020 at the North Dakota State Fair Center in Minot. The purpose of the meeting is to elect SRT's Board of Directors, hold a business meeting, and review the financial statements of the cooperative. The original date was scheduled for June.

The process for nomination of

directors has also been delayed. Those interested in running for the SRT Board of Directors will be able to acquire a petition on Monday, August 3, 2020. Petitions must be returned no later than Monday, August 31, 2020 by 5:00 p.m. More details will be posted to srt.com.

We appreciate our SRT members and look forward to seeing you in October!



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WHAT'S GOING ON MAFB

TODAY

- TAP/DOL Track Day 2, 0730-1600, A&FRC – Online Learning Modules
- Spouses Reintegration Briefing, 1000, A&FRC – Zoom Meeting

WEDNESDAY

- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Learning Modules
- Story Time, 1030, Minot AFB Storytime Club Facebook Page

SATURDAY

SUNDAY

- Sunday Escapes Book Club, 1330, Minot AFB Library Facebook Page

MONDAY

- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules
- Newbery Book Club, 1600, Minot AFB Library Facebook Page

TUESDAY

- Game Day, 1000-1930, Minot AFB Library Facebook Page

THURSDAY

- Tier 1, 2, & 3 Initial Counseling (TAP), 0800-1100, A&FRC – Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules

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



UPCOMING EVENTS:

Military Appreciation Month Begins at the Dakota Inn Dining Facility

1 MAY

ROCKERS BAR & GRILL
FACILITY CURRENTLY CLOSED
DUE TO BASE PRECAUTIONS

AUTO HOBBY
FACILITY CURRENTLY CLOSED
DUE TO BASE PRECAUTIONS

ONGOING EVENTS:

CARRY OUT OPTIONS (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: Lunch To Go: Monday-Friday 1100-1300. Call in your orders between 0900-1230. Menu available on JDC Facebook page. ESM accepted.
Evening Meal To Go: Monday-Friday 1530-1730. Order in advance via Member Planet. Online ordering closes at 1300 or order by phone between 0900-1630.

DELIVERY OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1630-2030

BOMBER BISTRO

April Special

Tuesday Lunch Special

Southwest Fusion Platter

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

May Special

Thursday Dinner Special

Smoked Wing Basket

Enjoy 12 delicious smoked chicken wings, seasoned and tossed in your choice of barbecue, buffalo, or teriyaki sauce with a side of our house ranch! Available Thursdays during dinner while supplies last. Only \$9.95! - Includes a drink

THE B-FIFTY BREW

April Special

Cinnamon Roll

Start the day by satisfying your sweet tooth! Swing by to snag one of our delicious cinnamon rolls to go! Grab it today for only \$4!

May Special

Ultimate Breakfast Sandwich

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Hyundai Offer -\$2,000
Final Price \$25,310
Loyalty Offer -\$500
Military Offer -\$500
College Grad Offer -\$400
First Responder Offer -\$500



2020
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LEASE
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\$384 due at lease signing.

Excludes tax, title, license and fees. WAC - with approved credit.

Stock# M1152
MSRP \$29,085
Dealer Discount -\$1,160
Hyundai Offer -\$2,000
Final Price \$25,925
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
MSRP \$20,120
Dealer Discount -\$527
Retail Bonus Cash -\$1,000
Final Price \$18,593
Loyalty Offer -\$500
Military Offer -\$500
College Grad Offer -\$400
First Responder Offer -\$500



2020
ACCENT SE

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

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



2020
SONATA SEL
PLUS

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

Stock# M1142
MSRP \$28,690
Dealer Discount -\$1,279
Hyundai Offer -\$1,000
Final Price \$26,411
Loyalty Offer -\$500
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Air Force expedites N95 mask production contract awards

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force rapidly executed three contract awards worth \$133 million with 3M, Honeywell and O&M Halyard to increase domestic N95 production dedicating long-term mask capacity for national demand. These are the first Department of Defense funded awards utilizing Defense Production Act Title 3 authorities in response to COVID-19.

The Department's Air Force Research Lab DPA Title 3 Executive Program Office, in coordination with the Office of the Secretary of Defense Office for Industrial Policy and Department of the Air Force's Acquisition COVID-19 Task Force, or DAF-ACT, finalized contracts within five days of White House Task Force approval. 3M received \$76 million, O&M Halyard received \$29 million and Honeywell received \$27.4 million for facility and machinery conversion to boost industrial capability and collectively produce 39 million masks in the next 90 days.

"As the Department of Defense's Executive Agent for the Defense Production Act, increasing N95 production is priority one," said Dr.

Will Roper, the Assistant Secretary of the Air Force for Acquisition, Technology and Logistics. "This week's award of \$133 million to 3M, Honeywell and O&M Halyard will add around 13 million N95 masks per month to our nation's supply in the near term. I sincerely thank our program team and each company for closing on this critical deal quickly."

Collectively, this quick-turn effort is postured to accelerate N95 mask delivery to 141 million in the next six months and increase the total production to 450 million per year. This kind of rapid acquisition and scaling is possible because of previous acquisition delegation of authority and contracting revamp to match the speed of relevance.

"I couldn't be more proud of our team — especially the Air Force Research Laboratory contracting officers — who used their expertise to rapidly coordinate and secure these contracts. This is just one example of many critical acquisition efforts that the DAF-ACT is proud to support as part of a whole-of-government response," said Maj. Gen. Cameron Holt, DAF-ACT director.



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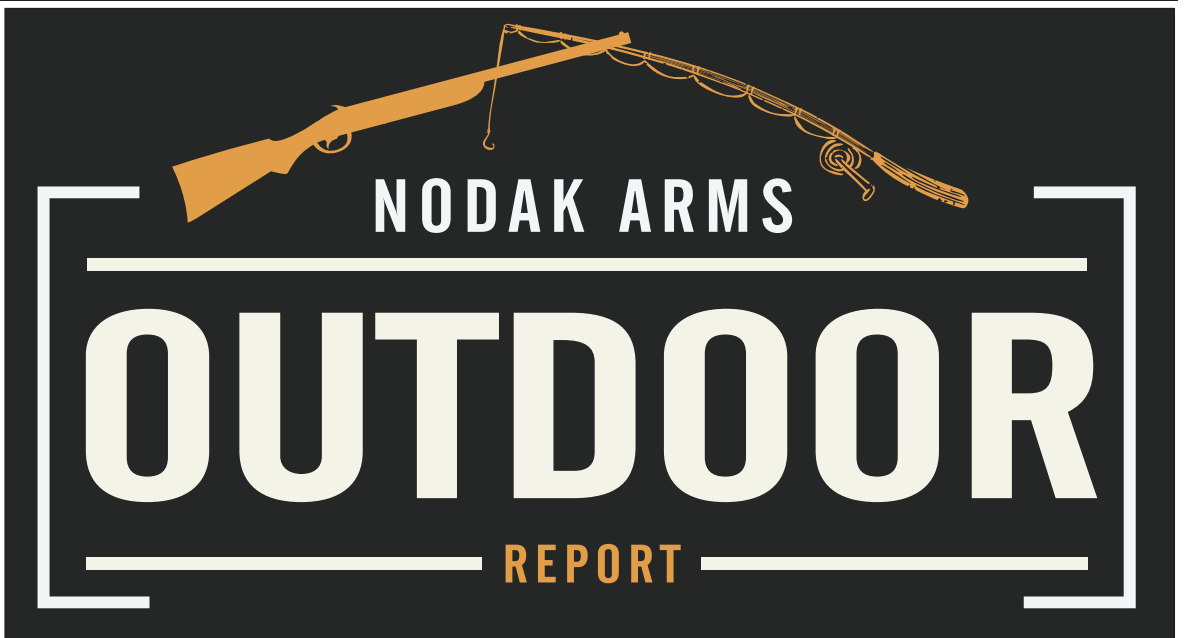
INGREDIENTS
1 WHOLE CHICKEN, CUT INTO PIECES
1 1/2 CUP BUTTERMILK
2 TABLESPOON HOT SAUCE
4 CUP ALL-PURPOSE FLOUR
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER
1/2 TABLESPOON RED PEPPER FLAKES
12 OUNCE BACON, UNCOOKED, CHOPPED AS NEEDED VEGETABLE OIL

When ready to cook, set temperature to 180° (75 C) and preheat, lid closed for 15 minutes.
Smoke the 4 pieces of chicken for about 10 min.
Mix buttermilk and hot sauce together in a large bowl, keep mixture ultra chilled.
In a separate bowl, mix the dry ingredients and bacon together, set aside.
Remove chicken and place in ice-cold buttermilk mixture for about an hour in the refrigerator.
Heat Vegetable Oil in a frying pan to 370° (195 C).
Remove chicken from the liquid and batter it in dry ingredient mixture, drop into frying oil for about 10-15 minutes.
Serve with pickled hot peppers. Enjoy!

TRACER

Ryan Davy - GM
Minot

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 20: 1,840.43 feet above mean sea level (MSL); 24,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.48 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.27 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good from both boat and shore in Devils Lake feeder channels with open water.

•Lake Darling, Karma C-Store, Ruthville: Look for some pike or walleye around Baker's Bridge on the Souris River.

•Lake Metigoshe, Four Season, Bottineau: No activity with anglers waiting for ice-out.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Deepwater Bay producing nice numbers of walleye from boats with the bay open. Look for some pike success from east end back bays. Douglas Bay hit-and-miss for access with floating ice around the ramps at times with some walleye success.

•Lake Sakakawea, Scenic 23, New Town: Van Hook Arm and Deepwater Bay are ice-free but wind is limiting activity. Other areas of the midsection still have ice.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing spotty walleye success from both boat and shore. Try jigs and minnows down river. Some anglers doing well while others finding slow success. Also try the chutes for walleye with occasional trout mixed in. Try morning hours off the wing walls with jigs and minnows for better walleye success. Spotty during the day. OK pike success on Lake Sakakawea east end back bays.

• 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. Day and annual passes available through park self-registration or online (www.parkrec.nd.gov).

• 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.

• April 27 & 28: N.D. Game & Fish Dept. virtual public advisory meetings. Go to the Game & Fish Dept. website, (gf.nd.gov) for information about how to log in and submit questions in advance. The April 27 meeting is geared towards western N.D. while the April 28 meeting is geared towards the eastern half of the state.



Try smelt or herring or casting.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea generally has open water but watch for floating ice from Lund's Landing to Hofflund Bay. Minnows still remain in short supply. Good numbers of pike from shore on both Lake Sakakawea and tributaries. Try herring or smelt. Missouri River remains muddy but Yellowstone River is clearer and producing walleye and sauger. Look for a few crappie from Trenton Lake.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited on the Souris River and area lakes.

Migration:

• Scattered snow geese with some late stragglers moving through along the central and northern tier of N.D. as well as around the Devils Lake area.

Numbers to know:

• N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
• Report All Poachers: (800) 472-2121 or (701) 328-9921.

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5 ways to be social when social distancing

MEREDITH FLORY

In normal times, social media often has a reputation of being problematic because of how people interact online. From political arguments and trolls, to screen addictions and the unconscious desire to compare lives, some technology evolved ahead of our ability to use it productively — until virtual became the only option. Now users are finding creative ways to fill a void for human interaction as social distancing policies remain in place for an undetermined amount of time.

As the majority of the U.S. hunkers down in self-isolation, new uses for the internet have emerged. Children are connecting with their teachers (albeit with unique circumstances), companies have adopted new teleworking capabilities, and tutorials exist to even help military spouses cut their service member's hair. If you are missing co-workers, gym sessions or your go-to local places, here are five ways to get social when you can't leave your house:

Quarantine Karaoke

My Saturday morning after this difficult month was made a little brighter when a friend invited me to join a brand-new Facebook group called Quarantine Karaoke. One enterprising man started the quickly growing space with members uploading videos of karaoke at home. Some are sweet, some are hilarious, and some showcase hidden talent across the states. Join in to upload, watch, or start your own smaller group with friends showcasing something you normally do together, but can't right now.

Try new apps

Have you convinced your teen to make a Tik Tok video with you yet? Maybe dancing on video isn't your thing, but there is an app for everything. A friend who is a decade younger than me and has been at home with her small children for over four weeks in South Korea convinced me to join Voxer. It's been so much easier to keep up with her by recording short audio clips to listen to when we can. I first heard about this app during the 2017 hurricane season because it basically turns your cell phone into a walkie talkie. Start a chat with one friend or a group to hear each other's voices.

Get outdoors by staying indoors Museums, national parks, and zoos are just some of the attractions offering free virtual



tours. Bonus: you can plan 'day trips' to add some creative learning opportunities into your student's week. For example, the National Museum of the Marine Corps gives visitors access to online exhibits showcasing a recruit's experience in boot camp and World War I. Click here: <http://virtualusmcmuseum.com>.

Or, what about a virtual science lesson by way of your local zoo? Zoos are one of the many industries hit hard by social distancing. Their employees need to continue caring for the animals, and you can support their work by viewing daily videos on Facebook or Instagram of the behind-the-scenes look at animal care. Consider making a donation for the cost of your family's visit to one of the parks. Our local El Paso Zoo near Fort Bliss, Texas, is one of the many zoos participating.

Zoom Happy Hour

Zoom isn't just for work meetings. Who doesn't need happy hour in their life right now? Setup an after dinner date during the week to catchup with your favorite people or jump on a group workout at your local gym. Many places are offering them for free or at a discounted price.

Zoom is also a great option for gathering people for special occasions that we can't celebrate traditionally (and luckily military spouses are masters of doing holidays in unorthodox ways). We have seen everything from

virtual birthday parties to mixers to religious classes.

Support small businesses

The financial burden caused by COVID-19 is hitting individuals and businesses across all industries, with an especially painful cost to small business owners. Entrepreneurs have needed to pivot their business models with a very short turnaround time, including brick-and-mortar companies.

Local restaurants are transforming into food trucks, fitness instructors are teaching across Facebook Live, and coffee

shops are delivering homemade goods. Your duty station just won't be the same without those mom and pop locations, so supporting small businesses now is critical if those owners are going to survive. By visiting the company's Facebook page or website, you can purchase gift cards or the current offering of goods and services adapted for this time.

What's the most creative thing you've done to connect with others during the pandemic?

This story originally appeared in Military Family Magazine.



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Try These Home-Schooling Tips, Resources

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Current as of March 24, 2020

Many schools across the continental United States and the globe have temporarily closed their doors to help keep students, their families, administrators and teachers safe and slow the spread of coronavirus disease 2019. Here are some tips and resources you can use to help your child learn at home.

Talk with your child about the pandemic

Children may know more about the virus than you realize, even if they are young and are not talking about it. Here are ways to address the topic:

Speak with your child, in an age-appropriate manner, about COVID-19 and its impact on their normal routine and the routines of those around them. Start the conversation by determining what, if anything, they already know.

Reassure your child that you are doing everything you can to protect their well-being and that of the family.

Encourage your child to come to you with any questions or concerns. You might start a journal together to document your experiences and emotions during this time.

Establish a routine for learning at home

Consider your child's age. Transitioning to home-based learning will be very different for a preschool student than a middle or high school student. Discuss your expectations for learning at home and go over any concerns so you are on the same page.

Set and follow a weekday schedule for starting and ending the school day and going to bed. All children benefit from structure, even if they try to resist it.

Build in flexibility to accommodate your own work and other responsibilities. You may be teleworking, for example. See if you and your spouse, partner or another adult in your household can share some of the teaching. It might also help to set aside time in the evenings to check over

assignments or work together on reading and other skills.

Take breaks. Schedule time during the school day for lunch, snacks and age-appropriate breaks. Think physical education, recess, etc.

Build in time for creativity. Make time for music, art and other creative subjects. This may include time for your child to practice an instrument, draw, paint, try their hand at drama or develop other skills. Have younger children practice counting by stacking blocks, or build a fort from sheets.

Help your child safely connect with friends and relatives. Connecting with friends and family members outside your household is important. Work with your child's school, their friends' parents and others to help them stay in touch. Consider taking turns leading virtual lessons or hosting virtual play dates. Have your child write letters to people they care about while practicing handwriting and grammar.

Tap resources through your child's school

Embrace online assignments and virtual lessons. Many schools are offering online assignments and/or virtual lessons in place of traditional in-person learning. Monitor your child's assignments and make sure they complete all work and log in on time for online sessions. Provide any help they need, such as reading instructions and using laptops and other devices.

Ask for teaching advice. Don't hesitate to reach out to your child's teachers, guidance counselors and administrators for advice as you support your child at home.

Seek assistance. Contact your child's teachers or school to resolve issues that may come up with technology, connectivity, assignments and more.

Tap installation and community resources

Explore home-schooling resources on your installation. These can include school liaison officers, Department of Defense

Education Activity school activities, and programs for children, youth and teens.

Check out Head Start and Sure Start programs. Head Start teaches reading, math and other developmental skills to children 5 and younger before they start school. Sure Start is a Department of Defense Education Activity program open to command-sponsored military children at overseas installations who meet age requirements and other criteria.

Reach out to Military OneSource education consultants. They can assist you with questions about your child's education. These one-on-one sessions are free and confidential and can provide you with referrals to resources in your area. Call 800-342-9647 at any time to schedule an appointment. OCONUS/International? Click here for calling options.

Turn to the Morale, Welfare and Recreation Digital Library. This is your source for free online resources for children, teens and adults — including eBooks and audiobooks on virtually every topic. Use the library to help your children learn and stay engaged and entertained.

Connect with other parents. Stay in touch with parents in your existing network and work together to widen your circle. Share resources, try teaching virtual group lessons and more.

Celebrate reading. The Department of Defense Education Activity joins the National Education Association and schools across the nation in celebrating Read Across America year-round. Check out the campaign's tools and resources to help your child read, experience its joy and feel valued and welcome.

Take advantage of remote learning opportunities. Nonprofit and other educational organizations are offering free resources, such as instructional videos, live streams and webinars, that parents and students can use during school closures.

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VET Training Summit goes virtual for panel discussion

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University, in conjunction with the Veterans Entrepreneurship Training (VET) Summit will hold a virtual panel discussion on April 30 from 5:30-6:30 p.m.

The event was originally scheduled as a live event but has moved to a Zoom platform due to the COVID-19 pandemic and social distancing efforts.

The panel discussion, “Legal Structure and Accounting Details of a Business,” is designed for veterans, active duty military personnel, veteran and active duty spouses and any other entrepreneurs.

The Zoom event will feature a Diane Lautt, attorney at the Law Office of Diane K. Lautt, PLLC;

Nicole Wald, MST, CPA, assistant professor at Minot State; and Tracey Mays, assistant professor at MSU and a Certified Defense Financial Manager.

“This is a free panel discussion that will have panelists from the community talking about the legal structure and accounting details that individuals need to know when starting up a business,” said Carson Harcourt, a Minot State student and intern in the VET Program. “It is targeted towards veterans and their families, but students and other entrepreneurs are welcome. It is a great opportunity to get some free advice on starting a business and ask any questions you may have.”

The VET Program was

founded by Mays, who is a professor of entrepreneurship and management, with funding from a Larson Foundation Grant. The program was born out of Mays’ experience consulting with veterans and their spouses on creating their own businesses and will be a means for veterans to learn more about specific entrepreneurship topics. The VET Program is also an opportunity for Minot State students majoring in entrepreneurship to take the theories they are learning in their entrepreneurship classes and put it into practice by helping veteran entrepreneurs.

For more information, contact Harcourt: carson.harcourt@minotstateu.edu

Days of Remembrance: cultural awareness observance

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Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust—as well as the millions of non-Jewish victims of Nazi persecution. The week of remembrance is set aside to honor and remember the victims of the Holocaust and their liberators.

This year the Holocaust Days of Remembrance week will be observed from April 19-26, 2020. Holocaust Remembrance Day is Tuesday, April 21, 2020. We must

never forget the great atrocity of which mankind is capable. If you have free time during next Tuesday, there are some virtual events you might want to check out.

The United States Holocaust Memorial Museum will be streaming free live virtual events on April 21, 2020 (ushmm.org):

At 11:00 AM DAYS OF REMEMBRANCE COMMEMORATION CEREMONY – “featuring Holocaust survivors’ tributes to family members they lost, a stirring message from Benjamin Ferencz (the last living Nuremberg prosecutor), and

timeless words from the late Elie Wiesel” for more information visit their Facebook page.

From 6:00 PM to 6:30 PM WHAT YOU DO MATTERS – free event will be streamed live on Museum’s Facebook page. You do not need a Facebook account to watch and the recording will be available after the live gathering has concluded.

For more information on the Days of Remembrance, visit the Defense Equal Opportunity website at deomi.org.

United States[®] Census 2020

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

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

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

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

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

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

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

City of Minot

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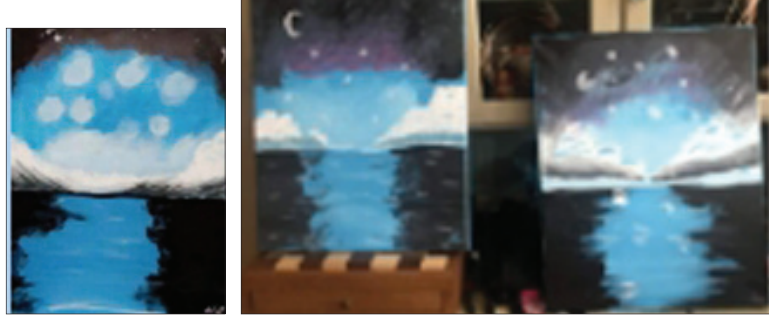
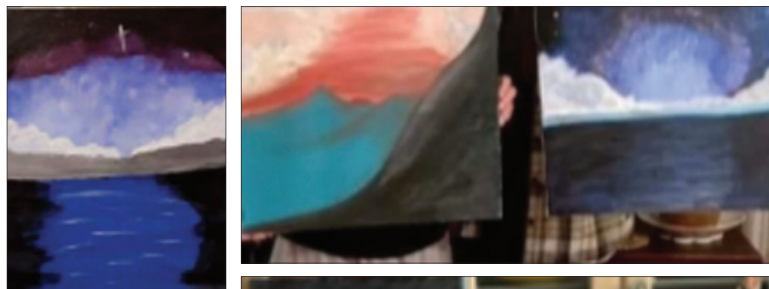
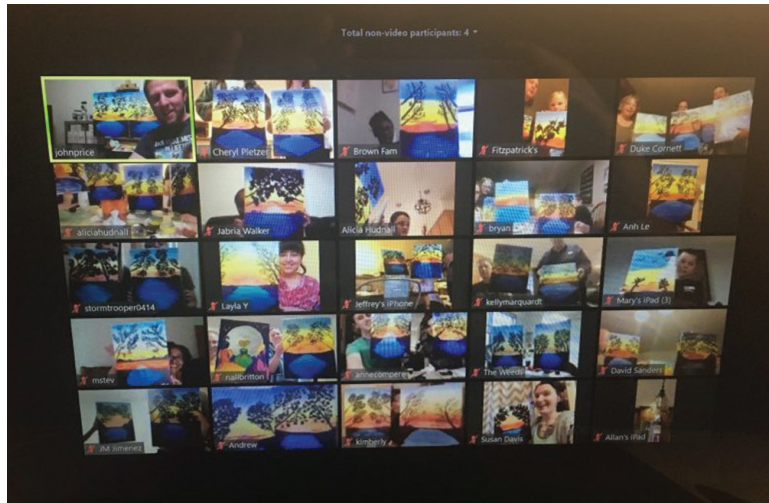
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5 MSG CHAPLAIN CORPS VIRTUAL PAINT NIGHT

The 5th Mission Support Group Chaplain Corps hosted their second Virtual Paint Night on 20 Apr 20 with max participation of 100 attendees. In support of everyone's social distancing effort, what better way than a virtual paint night party? It was a very fun and interactive paint class from the comfort of their home. It was presented online via zoom with the gathering of family, friends and fellow coworkers.

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A LIVING FOSSIL

PATRICIA STOCKDILL

They're a treasure, a living fossil surviving millions of years found in only one part of North America.

And some call North Dakota home.

They're paddlefish, a massive, prehistoric fish scientists trace back to the Cretaceous Period 65 million years ago.

Only one other paddlefish species (in Asia) exists outside of the large, slow-flowing freshwater Mississippi River Basin, which includes portions of the Missouri River.

Unique in appearance, paddlefish are unlike other fish species in the Missouri River System, which in North Dakota includes the river, an 18-mile stretch of the Yellowstone River in the northwestern part of the state, Lake Sakakawea, and the river below Garrison Dam widening into Lake Oahe below Bismarck.

Appearance wise, they appropriately earn their common name because of a large paddle on their face in front of their eyes and mouth. The paddle serves a critical function: Its darkish dots detect electricity generated by its prey, which is microscopic zooplankton.

As a paddlefish swims, the paddle helps it focus on zooplankton, which it filters into its wide-open mouth. Close-set gills then filter the zooplankton – food – out of the water entering the mouth, allowing a fish that can weigh more than 100 pounds to devour microscopic morsels.

Paddlefish lack bones. Instead, their skeleton and paddle are made of cartilage, just like a shark.

A paddlefish ranges in color from blue-gray to almost black with a lighter underbelly and can stretch more than seven feet in length.

Scientists believe a third "eye" on top of its face help paddlefish identify the amount of sunlight filtering through the water. The "eye" doesn't form images like a normal eye.

Paddlefish aren't shaped like other fish species. Instead, they're generally flat across the top of their body. They also have a deeply forked tail and – again, similar to sharks – have smooth skin, lacking scales. They swim about two body lengths per second and can occasionally become

vertically airborne.

Paddles grow quickly on young paddlefish and almost seem disproportional to its small body until its body grows in relation to the paddle.

Perhaps befitting an ancient fish, paddlefish are long-lived, typically reaching 20 years of age and into their 50s.

The N.D. Game and Fish Department closely monitors paddlefish populations. While they were likely never abundant in the Missouri River, the river's once free-flowing state was altered with construction of a series of flood-control dams in Montana, North Dakota, and South Dakota, diminishing their habitat and historic range.

Paddlefish spawn in the spring, laying eggs on silt-free gravel beds. Spawning in North Dakota takes place in the upper reaches around the Yellowstone and Missouri rivers west of Williston. After spawning, they spend summer months in slack water of the two rivers, moving into Lake Sakakawea's deep water in the winter.

The state's paddlefish population is stable enough, though, to provide a limited season. North Dakota's first paddlefish season began in 1976. However, the Game and Fish Department closed the 2020 paddlefish harvest season for the first time given Covid-19 concerns and social distancing recommendations. It simply draws too many people to a small area. Because paddlefish feed differently than other fish and anglers don't catch them with traditional open water fishing techniques, the harvest method involves snagging their massive bodies. Research found they could survive being snagged when promptly and properly released back into the water, so snag-and-release has been allowed in recent years.

Depending on the Covid-19 situation, the Game and Fish Department will determine later into May if any part of a snag-and-release season option will be available.

In the meantime, paddlefish can be appreciated as another example of the uniqueness that is North Dakota.

Photo i N.D. Game and Fish Department

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MINOT AIR FORCE BASE NEWSPAPER
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FIRST RESPONDERS PARADE



Team Minot first responders host a parade at Minot Air Force Base, North Dakota, April 17, 2020. The parade consisted of many vehicles from different squadrons of Minot AFB to include 5 Civil Engineering Squadron and 5 Logistic Readiness Squadron.

U.S. AIR FORCE PHOTOS
AIRMAN JAN K. VALLE



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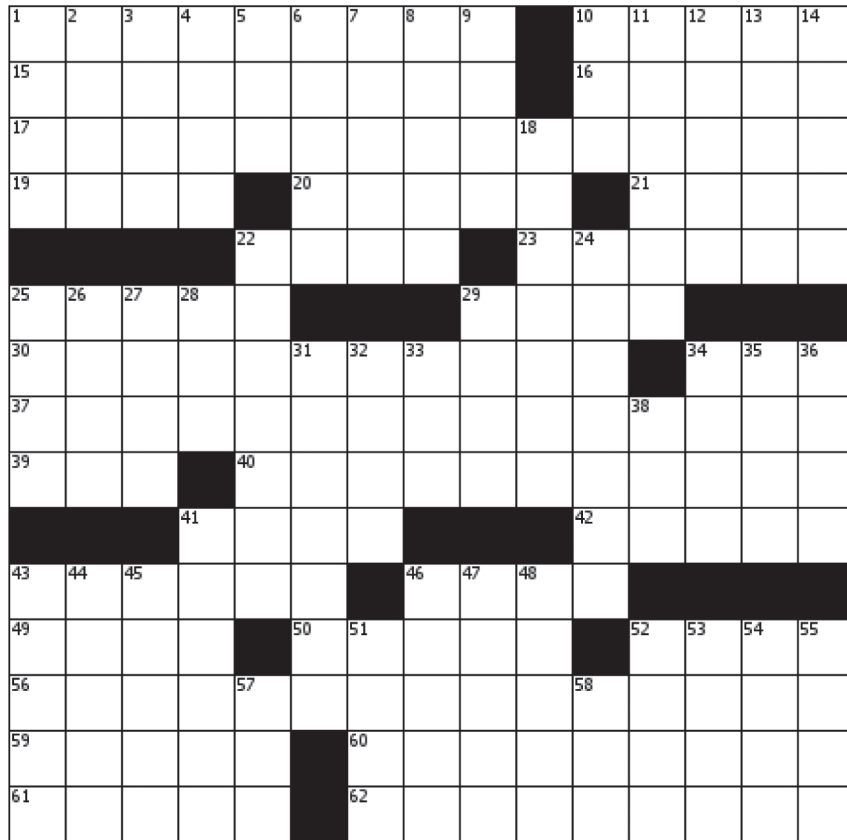
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UPDATED AT 1300 ON 21 APRIL, 2020

CROSSWORD PUZZLE

Across

- 1. Fires
- 10. Disgrace
- 15. Adrift, perhaps
- 16. Strays
- 17. They maintain good altitudes
- 19. Where to find many an ancestor
- 20. Like the 1966 Cubs
- 21. Desperate
- 22. Like some mail: Abbr.
- 23. Ignores
- 25. Pizazz
- 29. Vet sch. course
- 30. Start
- 34. Game preceder
- 37. What a photo might preserve
- 39. Aggregate
- 40. It deals with waves
- 41. Physics units
- 42. Longship crewmen
- 43. He has his orders
- 46. "The Mothman Prophecies" actor
- 49. "The West Wing" actor
- 50. Steadily reduce
- 52. Things caught by Sussex sleepers?
- 56. Pursue a dream
- 59. "Men have become the tools of ___ tools": Thoreau
- 60. Not going anywhere
- 61. Actress Gilbert et al.
- 62. Start of a Brando film title



Down

- 1. Skinny strip
- 2. Happy ___
- 3. Bone head?
- 4. Early Midwesterner
- 5. Clydebank cap
- 6. Utter
- 7. Name in blenders
- 8. Tactical maneuver
- 9. One of Twain's "stubborn things"
- 10. Asian address
- 11. "Stop!"
- 12. Beg, as a question
- 13. London length
- 14. A lot of sass?
- 18. Prodigies

- 22. Reprimand
- 24. Racer's edge
- 25. They no longer fly
- 26. Plaza de Armas site
- 27. Pair in the news
- 28. 9/11 Commission subj.
- 29. Cairo debut of 1871
- 31. "Star Trek: Voyager" star
- 32. They're left over
- 33. Dutch artist Gerard ___ Borch
- 34. Coconut fiber
- 35. Tolkien fantasy race
- 36. IPO site
- 38. Phone button trio
- 41. It might follow a string
- 43. Carries easily
- 44. Western state nickname word
- 45. Less important, as talk
- 46. "I'm ___ Make You Mine": 1969 hit
- 47. They can't be improved upon
- 48. Start over
- 51. Churn
- 52. Sixth in a series
- 53. Make
- 54. Bore
- 55. Capital of Manche department
- 57. Hosp. areas
- 58. Quarterback's call



How much dirt is there in a hole... that measures two feet by three feet by four feet?

There is no dirt in a hole.

SUDOKU

Solution to puzzle on page B6

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

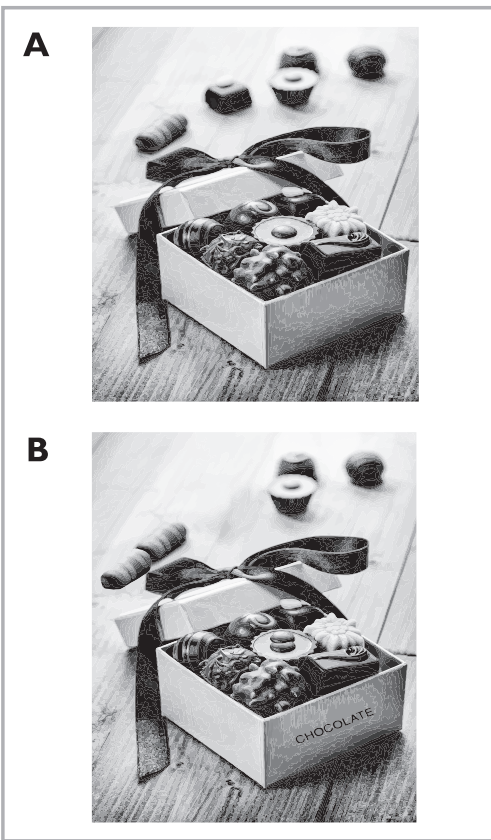


ONE OF THE FIRST "CANDIES" WERE MADE FROM HONEY MIXED WITH FRUIT OR NUTS IN THIS COUNTRY.

ANSWER: EGYPT

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. "Chocolate" on box 2. Extra drop on middle chocolate 3. Missing candy in back 4. Extra candy on left

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- 1901: NEW YORK BECOMES THE FIRST STATE TO REQUIRE LICENSE PLATES ON CARS.
- 1945: FOUNDING NEGOTIATIONS FOR THE UNITED NATIONS BEGIN IN SAN FRANCISCO.
- 1959: THE ST. LAWRENCE SEAWAY OPENS TO SHIPPING.

New word

SACCHARINE

excessively sweet or sentimental

Solution to last week's Crossword puzzle.

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

How they SAY that in...

- ENGLISH:** Sweet
- SPANISH:** Dulce
- ITALIAN:** Dolce
- FRENCH:** Sucre
- GERMAN:** Süß

Did you know?

MANY CANDY HISTORIANS THINK THAT JELLY BEANS ORIGINATED IN THE MIDDLE EAST FROM A CANDY KNOWN AS "TURKISH DELIGHT."



GET THE PICTURE?




Can you guess what the bigger picture is?

ANSWER: MOLDED CHOCOLATE

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.

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 838-1520
Mass Schedule
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 Sunday 8:30 & 10:00 am
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www.faithumcminot.com
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 Worship Services: Sunday 11 a.m.

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 Pastor David Miller

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www.ibcminot.org


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 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

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 Wed. Worship & Education..... 5:45 pm

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Anna B. Henderson
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Home: 701-838-5759
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Family Hour 6:30 p.m.
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Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

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 Contemporary Worship Service.. 9:50 a.m.
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 Contemporary Worship Service.. 11:05 a.m.
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 Sunday Worship 10:30 a.m.
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 ABC Child Care Center..... 852-6352
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Church: 701-838-4492
Home: 701-838-5759
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Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
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Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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 Morning Worship..... 11 a.m.
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SUDOKU ANSWERS

Answers to puzzle from page A4

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

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Virtual daycare gives teleworking parents creative options

TIFFANY LAWRENCE

A new YouTube series gives families access to digital daycare opportunities for their military kids.

School closings and mandated stay-at-home orders have put online education resources for kids in high demand. The Fab Lab with Crazy Aunt Lindsey developed an innovative solution that educates, engages and entertains students virtually through its new Digital Daycare™.

Between the hours of 11 a.m. to 2 p.m. PST, families can participate in livestream learning with Lindsey Murphy, creator of The Fab Lab. This supplementary educational programming is ideal for children k-5.

Air Force spouse Bianca Reed, a mother of three, has been streaming the Digital Daycare™ for her school-aged children.

"I think when you hear 'digital daycare' you're like, 'how is this happening? How are you making this work?' I was real impressed with the educational content. It's resonating with a wide range — not just one age group," she said.

Reed isn't new to Crazy Aunt Lindsey. As the head of client development and marketing with Rain the Growth Agency, she's worked closely with Murphy. She's also been a subscriber to Murphy's popular YouTube channel for about three years. As a mother, Reed is conscious about the role models she puts in front of her kids.

"There's not a lot of diversity in STEM, so we're always looking for ways to engage our children there," she explained.

Michelle Cardinal, co-founder and CEO of Rain the Growth Agency, is proud to be a sponsor for this project. Murphy is the Artist in Residence at the advertising agency. Being located in the Pacific Northwest, Cardinal's company is always in disaster planning mode. While they were able to quickly deploy technology to allow their 240 employees to work remotely, she never considered what it would mean for parents being stuck at home working with their children. They needed a solution that would support parents on a day-to-day basis.

"A few weeks ago, she (Murphy) and I got on the phone and talked about the need that we were having in our company. She came up with the idea of Digital Daycare™," Cardinal said.

The idea was green lighted and Murphy had it all ready to go within three days.

Here are some of the activities that will be covered during The Fab Lab with Crazy Aunt Lindsey: Easy DIY STEM projects, American Sign Language, Kids fitness, Yoga, Snack ideas, and Storytime.

And there are a few ingredients that set The Fab Lab apart from other online educational programs too.

Reed says, "The kids aren't getting bored because she's constantly changing content. I also feel as though she's an educator. Sometimes you have an entertainment factor that outweighs



the education. She does a good job of balancing both."

Murphy also has guest appearances from professionals who talk about their careers from companies like Microsoft and Nike. Reed's husband, newly-promoted Master Sgt. Reed, will soon be on to teach kids how to perform military emergency CPR.

For families who can't catch the program during its livestream hours, there is another alternative. Each Digital Daycare™ episode is uploaded to the Fab Lab's YouTube page. Viewers can also enjoy previous content like Murphy's DIY science projects that were featured in a summer series on Portland Today news.

Parents can look forward to having added help in the home when their kids are with Crazy

Aunt Lindsey. Although the activities are designed to be done with the whole family to encourage bonding, adult interaction is not always necessary. Most projects are safe and easy.

"She does science that's safe for kids to engage on their own and parents can supervise," Reed said. "My four-year-old can participate

in about 60% of it without adult help."

For parents, like Reed, who are working remotely from home this is a significant help.

Access Crazy Aunt Lindsey's Digital Daycare at <https://www.facebook.com/TheFabLabHQ>.

This story originally appeared in Military Family Magazine.

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