

northern sentry

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WHATS INSIDE THIS WEEK:



A HEALTHY BODY
MEANS A HEALTHY
MIND

A3



MY JOURNEY WITH
DEPRESSION AND
ANXIETY

A7



TEAM MINOT
IMPLEMENTS
DOD'S NEW
TENANT BILL
OF RIGHTS

B8



B52 ARRIVAL AT MINOT AFB

Airmen assigned to the 5th Maintenance Squadron prepare to service incoming B-52 Stratofortress on the flightline at Minot Air Force Base, North Dakota, April 16, 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 Air Force Base. More photos on page B4 and Minot AFB PA Flickr page.

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



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Minot AFB



Videos

US, Japan bomber-fighter integration demonstrates dynamic force employment

PACIFIC AIR FORCES PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR HICKAM, Hawaii --

In demonstration of the U.S. Air Force's dynamic force employment model, a U.S. Air Force B-1B Lancer bomber flew from the continental United States and integrated with the Koku Jieitai (Japan Air Self Defense Force or JASDF) to conduct bilateral and theater familiarization training near Japan April 22.

The B-1, flew a 30-hour round-trip sortie from Ellsworth Air Force Base, S.D., to the Indo-Pacific and teamed up with six U.S. Air Force F-16 Fighting Falcons, seven JASDF F-2s and eight JASDF F-15s over Draughon Range near Misawa as part of a joint U.S. Indo-Pacific Command (INDOPACOM) U.S. Strategic Command (USSTRATCOM) Bomber Task Force (BTF) mission before returning home.

"This operation showcases our unwavering commitment to the security and stability of the Indo-Pacific region through the employment of strategic forces from around the globe," said Gen. CQ Brown, Jr., Pacific Air Forces and INDOPACOM Air

Component commander. "From confronting invisible threats of a global pandemic to addressing military aggression and coercive activities, we remain a lethal, innovative and interoperable force focused on a shared vision of upholding a free and open Indo-Pacific."

In line with the National Defense Strategy's objectives of strategic predictability and operational unpredictability, the U.S. Air Force transitioned its force employment model to enable strategic bombers to operate forward in the Indo-Pacific region from a broader array of overseas and CONUS locations with greater operational resilience.

"Like the advancements of our Agile Combat Employment concept of operations, we continue to innovate and adapt our approach, to include how we deploy and employ the various weapons systems we integrate with our allies and partners," Brown said. "Bringing the B-1 into theater ensures our bilateral interoperability accounts for any combination of flying operations to prepare for and outpace the

rapidly growing threats in the Indo-Pacific region."

This marks the second CONUS-based bomber bilateral training to occur this year with the JASDF. On Feb. 3, two B-52s integrated with six USAF F-16s and more than 45 JASDF fighter aircraft in the vicinity of Misawa Air Base, Japan. Those bombers flew from Andersen Air Force Base, Guam, and Minot Air Force Base, N.D.

"The rapid employment of airpower directly supports the National Defense Strategy and assures we can provide overwhelming force anywhere, anytime in support of American interests or our Allies and partners," said Gen. Tim Ray, Air Force Global Strike Command and Air Forces-Strategic commander. "This mission is a demonstration to our friends throughout the region: we will continue to remain fully predictable in our commitment to ensuring peace, while also demonstrating that we have the ability to operate from numerous locations across the globe, even during the global pandemic."

The B-1 is assigned to the 28th Bomb Wing and the F-16s

are assigned to the 35th Fighter Wing from Misawa Air Base, Japan.

The last time the B-1 was in the INDOPACOM area of responsibility was January 2018, when the airframe and crews completed a six-month Continuous Bomber Presence mission at Andersen. During that time, the 9th Expeditionary Bomb Squadron from Dyess Force Base, Texas, conducted a number of sequenced bilateral missions with the Republic of

Korea Air Force and the JASDF.

USSTRATCOM has conducted BTF missions (previously known as Bomber Assurance and Deterrence missions) since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations. The first mission included B-52H Stratofortresses and B-2 Spirits traveling from the continental United States to Joint Base Pearl Harbor Hickam in April 2014.



A U.S. Air Force B-1B Lancer from Ellsworth Air Force Base, S.D. and F-16 Fighting Falcons from Misawa Air Base, Japan, conducted bilateral joint training with Japan Air Self-Defense Force (JASDF) F-2s off the coast of Northern Japan, April 22, 2020. U.S. Strategic Command's bomber forces regularly conduct combined theater security cooperation engagements with allies and partners, demonstrating U.S. capability to command, control and conduct bomber missions around the world.

U.S. AIR FORCE PHOTOS | TECH. SGT. TIMOTHY MOORE

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BackTalk

Know your "Rights"

People get frustrated with their health. There is so much advice coming from TV, magazines, social media, and you're in-laws that it is super easy to get confused and frustrated. How is someone to know what to do. You read in one publication that you are suppose to eat eggs and then hear on the news that night that seemingly the sole reason chickens lay eggs is to murder us with cholesterol. Butter will kill you, no wait, margarine will kill you...stop the madness already!! Health is actually really simple. You can boil it down to just 4 things, your personal "Bill of Rights."

- Eat Right
- Move Right
- Think Right
- Sleep Right

If you work on those 4 simple things every day you will live a life that makes you one of the healthiest people you know! I will give a short synopsis of each of these 4 rights, but much more could be said.

Eat Right:
 Eat according to your genetics. Basically, this means fruits, vegetables, and meat; the end! Most experts will agree that our genes had stopped evolving before we started eating lots of the foods we eat today. A meal with lots of colorful veggies and a small amount of good quality meat is like music to the ears of your genes.

Think Right:
 Sure, you are what you eat, but I would say even more so you are what you think! Think positive, focus on the good in every situation, don't hold on to fear or anxiety or grudges. Replace doubt, and fear with faith and certainty. Keep your mind busy. You know you shouldn't feed your body

junk food, so stop feeding your brain junk information. Read an inspiring book, meditate for 15 min 3 times per week, keep a journal, spend some time each day unplugged and give yourself some time to think!

Sleep Right:
 Adults need 7-9 hours of uninterrupted sleep to reset our hormones and repair our bodies on a cellular level. Did you know that if you are not sleeping well it can make it literally impossible for your body to burn fat? Pretty crazy right? Some sleep tips are to keep your room as dark as possible, and stop screen time at least 30 min before bed.

Move Right:
 Every cell of your body needs exercise every day of your life. Genetically our bodies do best when we lift heavy things, have short intense bursts of energy, and go on long easy walks, bike rides or other low impact aerobic activities. When was the last time you worked up a sweat? If it was not in the last few days you should get moving! You don't have to go to a gym ether. Gardening, ranching, housework, going for walks, racing your dog, running up a hill as fast as you can, all these things are great for your genetics.

The most important part of moving right is making sure all the segments of your spine are moving right. Your spine protects and regulates tension in your nervous system, and your brain is literally fed and produces energy from the movement of your spine. If your spine is not moving how it is meant to you cannot be healthy! Not to worry though at Cornerstone we focus in finding out what is wrong with your spine and getting it working as good as new. At Cornerstone we are also able to help and advise you on how to move, think, sleep, and eat right. We know your "Rights". We are here to help you know your "Rights", too. just give us a call. 701-852-2800.

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MINOT AIR FORCE BASE, N.D. --

Despite the COVID-19 pandemic limitations, many people still want to maintain an exercise routine without gym access. What are some things you can do from home?

“There are many challenges with working out from home”, said Airman 1st Class Tornall Thomas, 5th Force Support Squadron assistant sport director at the McAdoo Fitness Center. “But there are many things you can still do.”

Thomas says before you do your normal workout routine, you should start with a warm up. Go on a jog, do calisthenics, or dynamic stretches to raise your heart rate and give your body a chance to properly warm up.

During your workout, correct posture and form is key to ensure you don't injure yourself. Try to do push ups, situps, crunches, and anything else that you're comfortable with. Thomas also says to make sure you are staying hydrated, and don't overwork yourself.

A few minutes of physical activity are better than none at all. Start with 5- or 10-minute sessions and slowly increase the time. The key is to commit to some moderate physical activity—however little—on most days. As exercise becomes a habit, the benefits will begin to pay off.

After you work out you should always stretch, to allow muscles to cool down and relax. Stretch them out and give them a chance to breathe, says Thomas.

“It makes me feel accomplished”, says Staff Sgt. Scarlet Jimenez, 5th FSS NCO in charge of the Fitness Assessment Center. “I tell myself ‘Hey, you did a great workout, now go attack your day’, and I think it's just a really good way to stay positive in your life.”

Thomas and Jimenez recommend looking online for workout routines to follow to keep in shape.

“By keeping active, you instill this self worth in yourself”, says Thomas. “It builds a routine that sets you up for success for the rest of your life. Back in 2015, I was injured while working out. Doctors said I would never do heavy training again, and that made me very depressed. However, by doing daily routines I improved my body and my mind, and I am in a great position in life now.”

Thomas says you can't have physical fitness without mental fitness, and vice versa. “If you don't have the mentality, you can't achieve your goal.”

Physical fitness is a cornerstone in becoming physically and mentally resilient. Maintaining your physical fitness will in turn lead you to a healthy body and a healthy mind.



It builds a routine that sets you up for success for the rest of your life.



Airman 1st Class Madeline Moore, 5th Communication Squadron cyber transport systems visual imagery intrusion detection system technician, shoulder presses a set of dumbbells at Minot, North Dakota, April 22, 2020. Moore conducts at-home workouts including curling dumbbells, training with exercise bands, and high intensity interval bodyweight training in order to stay fit from home.



Senior Airmen Jonathan Ramos and Christian Alston, 5th Aircraft Maintenance Squadron avionics technicians, lift weights at Minot, North Dakota, April 22, 2020. Ramos and Alston exercise daily at their homemade gym using dumbbells, a bench press, squat rack, and a pull up bar in order to stay physically fit and be mission ready.



Airman 1st Class Kierra Amelung, 91st Missile Security Forces Squadron defender, holds a basketball at Minot Air Force Base, North Dakota, April 22, 2020. Amelung stays physically active in her free time by playing sports, including basketball and volleyball.

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

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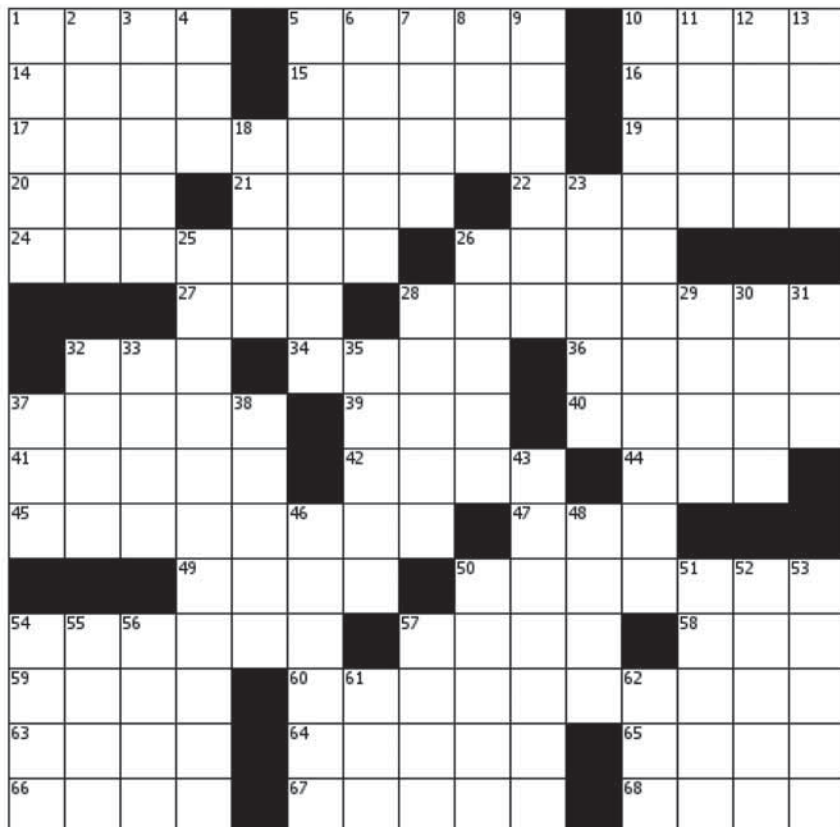
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CROSSWORD PUZZLE

Across

- 1. Woman of refinement
- 5. Bracket-braced window
- 10. Knight's group (with "The")
- 14. Czech runner Zatopek
- 15. Last name in fashion
- 16. Involving the ear
- 17. Links lover's magazine
- 19. Earthen pot
- 20. Were now?
- 21. "... Jumpin' Jack Flash, it's ..."
- 22. "Catch-22" author
- 24. Balkan native
- 26. "Live at Red Rocks" musician John
- 27. Real finish
- 28. Edith Head's area
- 32. Scurried
- 34. Steel support beam
- 36. Early serfs
- 37. Timer sounds
- 39. Basic education trio
- 40. Buyer be where?
- 41. Underway
- 42. The fourth person
- 44. Outdated records
- 45. Browbeats
- 47. Unclose, to Byron
- 49. Shampoo ingredient, often
- 50. Brand new business
- 54. Where rabbits breed
- 57. Cart away
- 58. Incumbents
- 59. Mephistophelian
- 60. Deep Blue vs. Kasparov, e.g.
- 63. Tiller starter
- 64. Gymnastic apparatus
- 65. ___ fide (bad faith)



- 66. Nightstand jug
 - 67. Suppresses one's wanderlust
 - 68. In a different form
- Down**
- 1. "Jockeys in the Rain" artist
 - 2. Dean Martin song topic
 - 3. One who's in it for the long run?
 - 4. Legolas of Middle Earth, e.g.
 - 5. Japanese paper art
 - 6. Lear's daughter
 - 7. "___ de Castro" (John Clifford play)
 - 8. Tabloid aviators
 - 9. Shaping tools
 - 10. Fast Eddie, for one
 - 11. "___ do" (resigned acceptance)
 - 12. Stack of chips
 - 13. Halloween embellishment, sometimes

- 18. Place to start the roast?
- 23. Mr. Kefauver
- 25. Where granny goes on Friday nights, stereotypically
- 26. Yanks' manager
- 28. Pasta, potatoes and the like
- 29. Alphabetic run
- 30. Suffixes with ballad and command
- 31. Pilot's dir.
- 32. Rampant
- 33. Shortly
- 35. React to the cop with the radar gun
- 37. Bit of Morse code
- 38. Ancient Roman burial stone
- 43. Water flowers
- 46. Spiral shells often used as horns
- 48. ___ Beach, Fla.
- 50. Full of back talk
- 51. Largest satellite of Saturn
- 52. Popeye, to Pipeye
- 53. "Don't give me that!"
- 54. "___ number one!"
- 55. Declare openly
- 56. Prescribed ceremony
- 57. Queen of Olympus
- 61. How some like it, on screen
- 62. Docs' grp.



There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?

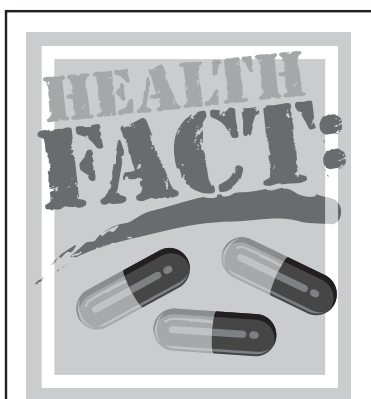
Meat.

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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



THIS PIECE OF SAFETY EQUIPMENT IS OFTEN REQUIRED WHEN VISITING A CONSTRUCTION SITE OR ANY PLACE WHERE RENOVATIONS ARE BEING MADE.

ANSWER: HARD HAT

Building Word Find

Find the hidden words in the puzzle.

BLUEPRINT	DEMOLISH	SAFETY
BUILDING	MATERIALS	SITE
CONSTRUCTION	NAILS	WOOD
DEADLINE	PLANS	WORK

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

Get Scrambled

Unscramble the words to determine the phrase.

BOJ TSEI

Answer: Job site

THIS DAY IN...



HISTORY

• 1809: MARY KIES BECOMES THE FIRST WOMAN TO BE GRANTED A U.S. PATENT. THE PATENT GRANTED KIES THE RIGHTS TO A WEAVING TECHNIQUE.

• 1891: CARNEGIE HALL, THEN CALLED THE MUSIC HALL, OPENS IN NEW YORK CITY.

• 1925: JOHN SCOPES IS ARRESTED IN TENNESSEE FOR TEACHING EVOLUTION.



CONSTRUCT

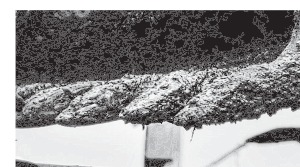
to build



- ENGLISH:** Building
- SPANISH:** Edificio
- ITALIAN:** Edificio
- FRENCH:** Édifice
- GERMAN:** Gebäude



ADHERING TO SAFETY GUIDELINES WHILE USING HEAVY MACHINERY OR DOING CONSTRUCTION WORK CAN HELP REDUCE INJURIES.



Can you guess what the bigger picture is?

ANSWER: CONSTRUCTION EQUIPMENT



WINGS TO MAKE ANY BARBECUE FAN BLUSH



Chicken wings are beloved by people of all ages and appetites. While many people only eat wings when out on the town, this lovable bar food can be enjoyed at home as well. The next time the big game is on or you simply have a hunger for homemade wings, try your hand at the following recipe for "Virgil's Smoked Chicken Wings With Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press).

Virgil's Smoked Chicken Wings With Blue Cheese Dip

SERVES 4

BLUE CHEESE DIP

- 2 cups blue cheese crumbles, divided
- 1 cup mayonnaise
- 1/2 cup buttermilk
- 2 teaspoons hot sauce
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon kosher salt
- 1/4 cup finely chopped scallions
- 1/4 cup finely chopped celery

MARINADE

- 1/2 cup vegetable oil
- 1/2 cup hot sauce
- 4 tablespoons Virgil's Dry Rub (see below)
- 4 tablespoons granulated garlic
- 4 tablespoons granulated onion
- Juice of 1/2 lemon

WINGS

- 8 large chicken wings
- 1/2 cup Virgil's Dry Rub (see below)

SAUCE

- 10 tablespoons unsalted butter
- 1 teaspoon cornstarch
- 4 tablespoons white vinegar
- 3/4 cup hot sauce
- 1/4 teaspoon cayenne pepper

1. To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce, and salt in the bowl of a food processor and blend on low until smooth.

2. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.

3. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.

4. Preheat the grill or smoker to 245 F.

5. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.

6. Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners.

7. Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165 F when cooked).

8. While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl.

9. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.

10. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.

11. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

VIRGIL'S DRY RUB

Makes 5 to 5 1/2 cups

- 2 1/2 cups sweet paprika
- 1 cup granulated sugar
- 1/2 cup Texas-style chili powder
- 1/2 cup minced onion
- 1/2 cup granulated garlic
- 1/4 cup dried parsley flakes
- 6 tablespoons kosher salt

Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.



Upcoming Events

WE ARE OPEN!

PAY THE MAFB ROUGH RIDER GOLF COURSE A VISIT! WE'RE OPEN EVERY DAY, WEATHER PERMITTING, FROM 10:00AM TO 8:00PM!



THERE ARE SOME RESTRICTIONS IN PLACE DUE TO THE CURRENT CONDITIONS SURROUNDING COVID-19. FOR NOW, WE ARE LIMITING THE COURSE TO THOSE WITH BASE ACCESS ONLY & PAYMENT MUST BE IN THE FORM OF CREDIT CARD.

YOUR HEALTH & SAFETY IS OUR PRIORITY. FOR MORE INFORMATION, GIVE US A CALL AT 723-3164.

Beach Party



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www.facebook.com/groups/649758152482141

9 May 2020 - 1:00 PM • Open to children of all ages!

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or visit our website at https://acc.ent.sirsi.net/client/en_US/minot

5 FSS CREATIVE WRITING CONTEST

Practice your writing while at home!
Writing Prompt: "Quarantine"

Submit your original short story, essay, song, or poem! Entries will be judged by the MAFB Library. Writing judged on originality and content, not length. Please try to keep stories under 10 pages. All entries must be typed and may be shared on the 5th Force Support Website and Facebook Pages. Winners will be announced on June 1st!

The winner from each age group will receive a literary gift basket and have the option to have their work read during the MAFB Library's story time!

Age Groups
Child Entries: Ages 6-12
Youth Entries: Ages 13-17
Adult Entries: Ages 18+

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Five Minutes to Thrive: Reducing Telework Burnout

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Team Minot, for many of us we're beginning a steady flow of telework, which is perhaps longer than many of us expected. Some of us may be experiencing symptoms of burnout - emotional, physical, and mental exhaustion caused by excessive and prolonged task saturation. Burnout leads to feeling overwhelmed, drained, unable to meet demands, and can result in the loss of interest and motivation to take on certain roles. Burnout reduces productivity, and leaves you feeling inert, increasingly helpless, hopeless, cynicism, and resentment. "Spillage" from burnout can impact all areas of your life and decrease your body's immune response, leaving you more vulnerable to illness.

It's important to acknowledge that, 1) burnout can happen even (perhaps especially) during telework and 2), there are things you can do to reduce your risk of burnout:

Turn to others - Reaching out to those closest to you and increasing sociability with coworkers (even if via text) can help buffer you from job burnout. Limit contact with negative people that drag down your mood, and connect with a cause or a community that is meaningful to you.

Reframe your outlook on work - Try to find some value in your work. To gain a sense of purpose and control, focus on how your work helps people and aspects of your job that you enjoy. Friendly interactions with co-workers (even virtually) are good countermeasures for reducing monotony and the risk of burnout. Tasteful jokes relieve stress, improve your job performance, and can get you through a rough day.

Set boundaries & stick to routines - Set a time each day to completely unplug. Turn off your computer or work phone. Replying "to just one more email" will rob you of time to give to other worthy priorities, and make you less pleasant to be around.

Don't let telework contaminate your entire sanctuary space (home), identify a workspace and keep it confined, don't bring work into relaxing spots. Remember to take time off or take a break. It may seem odd to request leave when we're at home all the time anyway, but if burnout is looming, take a break.

Get enough sleep- Feeling tired can exacerbate burnout and cause you to think irrationally. Keep your cool by getting enough sleep. You may not have to get the kids up early for school, but staying up late to watch "just one more episode" of your favorite tiger show can increase your risk of burnout.

Exercise & Relaxation - Even though it may be the last thing you want to do, exercise is a powerful antidote to burnout. Gym closures don't mean that physical health needs can't be met. Get creative with your workouts - go for a walk, run, or look up free workouts online. Relaxation techniques such as yoga, meditation, cooking and deep breathing activate the body's relaxation response, reducing the risk of burnout. When this is all over, you'll be glad you stuck to a workout routine and fought burnout at the same time.

Eat a healthy diet -What you eat can have huge impacts on your mood, energy, and waistline. Limit snacking for you and the kids, and only eat when you are hungry. You may crave sugary snacks or comfort foods, but these quickly lead to crashes in mood and energy. Avoid nicotine and use alcohol in moderation - both may provide temporary relief from stress and worry, but actually create more anxiety as they wear off. Plan your meals and get creative with new food choices. Try cupboard roulette for dinner.

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



Lake Darling boat fishing

Patricia Stockdill

May 1 marks another sign that spring truly has arrived - it's the day Lake Darling annually opens for boat fishing and paddle craft use.

The lake comprises a sizeable chunk of Upper Souris National Wildlife Refuge (NWR), a U.S. Fish and Wildlife Service refuge northwest of Minot.

Established in the 1930s, Upper Souris NWR's mission focuses on wildlife: "A refuge and breeding grounds for migratory birds and other wildlife," described Refuge Manager Tom Pabian.

While the April and May migration is also a traditional indicator of spring's arrival, it's the fact that Upper Souris NWR plays such an important role for migratory birds that delays the use of boats on the lake. "Our mission is wildlife first," Pabian continued.

April 2020 underscores just how important Upper Souris is to migratory birds such as light geese. In early and mid-April millions - yes, millions - of light geese rested and loafed on Lake Darling, feeding and replenishing their nutritional needs on nearby thousands of acres of unharvested crops before continuing their flight to their Canadian Arctic nesting grounds.

While light geese typically migrate through the area and rest on the refuge and Lake Darling, they came in droves because of more snow cover in eastern North Dakota. Lake ice also started opening up earlier than usual. Coupled with an abundance of food and standing water in fields because of last fall's overabundance of precipitation created a perfect storm and meant light geese relished their resting opportunity on Lake Darling.

It also served as a reminder as to why the refuge doesn't open to boat activity at ice-out.

Public use regulations vary from refuge to refuge based on their compatibility with a particular refuge's mission. On Upper Souris and Lake Darling, that means fishing and the use of paddle crafts such as kayaks and canoes

are allowed while personal watercrafts, tubing, or water-skiing isn't.

The 1997 Refuge Improvement Act provided for six possible public uses - hunting, fishing, wildlife observation, photography, environmental education, and interpretation - on refuges. However, each public use must first go through a compatibility review to ensure it will be within a refuge's mission.

Just as Lake Darling plays a major role in spring migration, it's equally important in the fall, which is why it closes to boat activity on Sept. 30 each year.

The amount of fishing activity on Lake Darling ebbs and flows with its water condition. As a relatively shallow lake - a reservoir, actually - its maximum depth is about 20 to 24 feet, which is along the original meandering Souris River channel. Otherwise, it's a basin about 10 to 14 deep.

In most years, spring and early summer is a good time to look for walleye, pike, perch, and an underappreciated and untapped resource - smallmouth bass. "On a good spring or early summer, we could have 150 to 200 boats," Pabian added.

By the time summer temperatures heat up in late July, though, the lake is prone to abundant vegetation and even instances of algal blooms, including blue-green algae.

When winter rolls around, the number of icehouses and anglers can exceed the number of summer anglers, depending on ice and weather conditions.

All refuges also have specific regulations pertaining to public use as it pertains to a refuge. For example, while Upper Souris is open to a wide array of public use opportunities, including Lake Darling fishing, the refuge is only open to the public from 5 a.m. to 10 p.m. daily.

And, yes, regulations are enforced. Lake Darling fishing information and refuge public use opportunities and regulations are available on the refuge website, (www.fws.gov/refuge/upper_souris).



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My journey with depression and anxiety

TECH. SGT. CRYSTAL L. CHARRIERE, 5TH BOMB WING PUBLIC AFFAIRS

Minot Air Force Base, N.D. --
 "It's 3am and I hate myself."
 That was a message I typed to myself on my phone after a night of crying with no sleep. I remember typing it with tears running down my face and my nose snorting. I was in agony every day. I didn't want to wake up and when I did, I just wanted to go back to sleep. Every step to start the day was painful only thinking about having to hold myself together while I was at work, and there were many days I had no idea how long I'd be working.

My story starts with my application to become a Military Training Instructor. I was so energized and excited at the thought of having the impact on new trainees; the same impact my MTI had on me. I joined the military initially because I wanted to improve myself, and now as an MTI, I was thrilled at the thought to impart that same desire on others. As a former reservist, I had to submit an application and complete an interview before possibly being selected. I remember practicing my interview answers over and over again. I wanted this and I wasn't going to rest until I was selected. I talked about my desire to have a tangible impact on trainees and the ability to better myself in the process blah, blah, blah. A few days later I received a phone call that I was selected and I couldn't contain my excitement. It felt like my dreams were coming true and I was hitting the high point of my life. It was the beginning of my downward spiral.

I began training to become an MTI and through the experience, earned an "Excellence in Instruction" award by graduation I made strong, powerful connections with my classmates that I hope are still strong today. Admittedly, my mental wellness has kept me from continuing the

connections I've made during this time. Thinking back, there's a short moment where I felt so passionate and so alive. Being an MTI invigorated me and I was so happy and excited to wake up every morning. Unfortunately, this was a short moment in my time on this assignment.

I still to this day can not identify when it started; all I remember is not feeling like myself. It was subtle; I didn't feel very assertive or as confident as normal. This started to spiral into more. More self-doubt, more anxiety, more self-hate, more internal pain. I didn't want anyone to notice and I tried to hide it. I did this by throwing myself into my work, even though I always felt like I was phoning it in. I was lucky to be identified for several professional opportunities but I never thought I merited even half of what I received. During each of the awards ceremonies, I was astonished to be standing beside such impressive people.

When I was with my flights, I refused to let them see my internal weakness because I needed to be strong for them. I needed to motivate them in uncomfortable conditions, and I needed to be their rock. There's one moment I remember my own pain bubbling through the surface.

I just taught my flight how to make beds and we were doing bed drills to improve their speed. I don't remember much, all I remember is I needed to be alone. The urge to be away from others was stronger than I've ever felt. My chest got tight and I needed to be in my flight office for just a moment. I gave feedback here and there then started the timer again and left the bays. Normally, I'd be giving tips and tricks to my trainees or talking with my dorm chief or element leaders to help them see the bigger picture and fix issues before they became issues. But I couldn't be there. I

needed to be by myself. I closed my office door and closed my eyes and breathed and counted in my head. I don't remember how long I was in my flight office, but I remember being out before my timer went off, so it must have been less than 15 minutes. I cried in my car on my way home that day. It was the first time my personal issues ever surfaced in a real way at my job.

Despite my internal struggles, I went on to earn my "Blue Rope," Master Instructor Badge, and multiple awards. I was selected to lead several projects, teams and tours. I never felt worthy of the tasks I was given or accolades I received. Each new endorsement of my work ethic pushed me deeper into a dark spiral that I can't explain.

I suffered in silence for about two years before I finally went to behavioral health. I had been given the position of instructor supervisor and with not only trainees but now MTIs also relying on me, I finally prioritized my mental health. After several appointments, I met with my doctor and talked about prescription medication for my issues. I began medication and it was a night and day difference. I still didn't feel like myself, but I was no longer in agony. It was like a huge weight was lifted and I could breathe again.

Currently, I'm still on medication that I may be on for the rest of my life. I tried tapering off my

medication with my doctor's guidance, but it didn't go well and we resumed my regular dosage. I have an emotional support dog who loves being by my side and

brings a smile to my face. It is work every day to maintain my mental health, but I will continue to give my mind and body the healthy attention it deserves.



Tech. Sgt. Crystal Charriere, Public Affairs Specialist, gets a lick on the nose from her puppy, Lola. Lola is her emotional support animal to help her with depression and anxiety.

U.S. AIR FORCE PHOTO | AIRMAN FIRST CLASS CALEB S. KIMMEL

Annual meeting postponed until Oct. 22

VERENDRYE ELECTRIC COOPERATIVE

Verendrye Electric Cooperative has postponed its annual meeting to Thursday, Oct. 22 to help prevent the spread of COVID-19.

Verendrye normally holds the meeting the second week in June. The annual meeting is where Verendrye members hear reports regarding the cooperative's business and finances and vote for their board of directors.

Verendrye previously postponed caucus meetings that were to be held in mid-April.

Caucus meetings are where members can be nominated to run for the board. Those meetings will be rescheduled at a later date and notice of the dates and locations will be sent to all members, published in North Dakota Living magazine and on Verendrye's various digital media.

The annual meeting will continue to be held at the State Fair Center in Minot. Follow us on Facebook and at Verendrye.com for the latest information. You can also call us if you have questions.

Delayed Start for Arts in the Parks 2020

MINOT AREA COUNCIL OF THE ARTS

The 35th Season of Arts in the Parks, originally set to kick off on June 7th, 2020, has been delayed until July.

On Wednesday, the Executive Board of the Minot Area Council of the Arts voted unanimously to delay the start of this summer's Arts in the Parks concert series until at least July. With uncertainty still looming over how and when social distancing guidelines may be relaxed in the state of North Dakota, and out of concern for concert goers, performers, and artists, the board felt this was the best course of action. Executive Director Justin Anderson

agrees with the board's decision, "We don't yet know when or how these guidelines will be relaxed, but it continues to look unlikely that June will find us gathering in large numbers."

MACA will be working to rearrange this summer's Arts in the Parks schedule to include all the same concerts in a shorter time frame. The new schedule will be released once all performances are confirmed. Contact the Minot Area Council of the Arts at justin@minotarts.org if you have any questions or would like to contribute to MACA or Arts in the Parks.

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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

SATURDAY

SUNDAY

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

MONDAY

- TAP, 0730-1600, A&FRC – Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules
- EFMP Orientation, 1300-1500, A&FRC – Zoom Meeting

TUESDAY

- TAP/VA Day, 0730-1600, A&FRC – Online Learning Modules
- Game Day, 1000-1930, Minot AFB Library Facebook Page

WEDNESDAY

- TAP/DOL, 0730-1600, A&FRC – Online Learning Modules
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Learning Modules
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library Facebook Page

THURSDAY

- TAP/DOL Track Day 1, 0730-1600, A&FRC – Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules

UPCOMING EVENTS:

- TAP/DOL Track Day 2, 0730-1600, A&FRC – Online Learning Modules **8 MAY**
- Beach Party, 1300, Minot AFB Storytime Club Facebook Group **9 MAY**

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

ONGOING EVENTS:

- CARRY OUT OPTIONS** (Hours subject to change)
- Bomber Bistro:** Monday-Friday 1030-2100, Saturday 1400-2000
 - Dakota Inn Dining Facility:** Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830
 - Jimmy Doolittle Center:** 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
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

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May Special
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 PICK UP, NO ESM ACCEPTED



723-3731

BOMBER BISTRO
TAKE OUT (ESM ACCEPTED):
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SATURDAY 2:00PM-8:00PM
DELIVERY:
MONDAY-FRIDAY 11:00AM-8:30PM
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TAKE OUT (ESM ACCEPTED):
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10:30AM-1:30PM, 4:30PM-6:30PM
SATURDAY & SUNDAY: 6:30AM-6:30PM

723-2359

*SOME RESTRICTIONS MAY APPLY

GREEN THUMB
Giveaway
MAY 4-8, 2020

It's time to craft your gardens! Since it's a little early in the year for growing, we want to see what you can create. Break out the art supplies and show us how you can make a garden! Pansies made from paper? Ferns made from felt? Carrots and potatoes with crayons and paint? The sky's the limit!

THE TOP 3 WINNERS WILL RECEIVE A GARDENING THEMED GIFT BASKET INCLUDING A GARDEN PLOT FOR THE 1ST PLACE WINNER!
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NORTH DAKOTA GAME AND FISH DEPARTMENT

Online Hunter Education Certification Available

The North Dakota Game and Fish Department is offering an online hunter education course for students who will turn at least age 12 on or before Dec. 31, 2020.

Education supervisor Marty Egeland said with most in-person hunter education classes canceled this spring due to the coronavirus pandemic, Game and Fish needed to find a way to get students certified for hunter education this year. "And with most classes held before the deer application deadline, we had to adjust the way we administer our classes," Egeland said.

The online course is available to students who were already enrolled in classes that were canceled, and also to qualifying students who were not previously enrolled in a class. A 25% discount is being offered for taking the online course.

Students who were already enrolled in a 2020 class that was canceled do not have to register with Game and Fish again. They will automatically receive an email with instructions to start the online course.

Prospective students who had not previously registered, can sign up through the Game and Fish website, gf.nd.gov. After signing up for the class, the student will receive an email with further relevant information and instructions. The online portion of the class must be completed

within two weeks of signup.

For both pre-registered and new students, when the online hunter education course and an accompanying virtual field day are completed, a temporary hunter education number will be provided, which will allow lottery applications and license purchases in 2020.

Each student will then have until Dec. 31, 2020 to attend one in-person class session, to take the official North Dakota Game and Fish Department hunter education written and practical exams. If this is not completed by the end of the year, the temporary hunter education number will expire and the student will have to retake the course in the future.

Game and Fish will notify students when dates and locations are established for these final class sessions.

Another option for anyone who wants to hunt in North Dakota in 2020, is a one-time exemption called an apprentice license. Individuals who are at least age 12 by the end of the calendar year, and who have not previously had an apprentice license, can apply for one and use that to purchase 2020 licenses without a hunter education number. An apprentice license holder must then complete the official hunter education course before being able to purchase hunting licenses in future years.

Guide and Outfitter Exam Canceled

The guide and outfitter exam scheduled for May 9 at the North Dakota Game and Fish Department's main office in

Bismarck has been canceled. The next exam will be rescheduled at a later date.

BAKED HALIBUT FISH STICKS WITH SPICY COLESLAW



INGREDIENTS

- 1/2 CUP MAYONNAISE
- 1/2 CUP SOUR CREAM
- 1/2 TABLESPOON SALT
- TO TASTE BLACK PEPPER
- 2 TABLESPOON DILL SEED
- 1 TABLESPOON SUGAR
- 2 TABLESPOON SRIRACHA
- 2 TABLESPOON WHITE WINE VINEGAR
- 1 HEAD CABBAGE, SHREDDED
- 1 LARGE CARROT, PEELLED, SHAVED THIN AS NEEDED EXTRA-VIRGIN OLIVE OIL
- 1 1/2 POUND HALIBUT
- 1/2 CUP ALL-PURPOSE FLOUR
- 1 1/2 TEASPOON SALT
- 1 TEASPOON BLACK PEPPER
- 2 LARGE EGGS
- 1 1/2 CUP PANKO BREADCRUMBS
- 2 TABLESPOON PARSLEY, DRIED
- 1 TEASPOON DILL WEED, DRIED

Add mayonnaise, sour cream, salt, pepper, dill seed, sugar, sriracha, and vinegar to a small bowl and whisk to combine.

In a medium bowl, combine cabbage and carrots and fold in the mayonnaise mixture until the cabbage and carrots are coated. Set aside until ready to eat.

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

Place a dutch oven inside the grill to preheat (about 10 minutes) with enough olive oil to fry fish.

Rinse all fish fillets and pat dry. Cut fillets into 1" strips.

In one bowl combine the all purpose flour, salt and pepper.

In a separate bowl, beat eggs.

In a third bowl, combine the panko, parsley and dill.

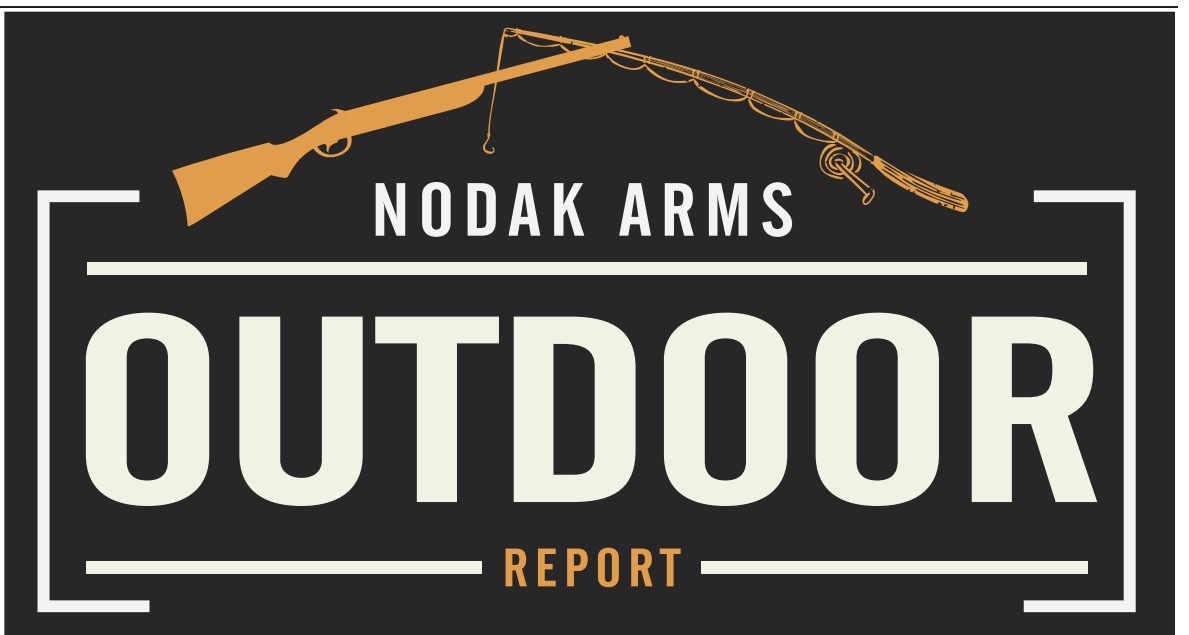
Dip fish fillets first in the flour mixture, then the eggs and then the panko mixture.

Place fish sticks in oil and fry for about 3 to 4 minutes, or until they reach an internal temperature of 140°. Enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 27: 1,840.28 feet above mean sea level (MSL); 24,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.59 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.38 MSL.

•N.D. Game & Fish Dept. game wardens: No Missouri River System reports. Spotty success from Devils Lake feeder coulees. Try working farther upstream. Lake Metigoshe generally ice-free.

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

•Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye in Devils Lake feeder creeks and channels with lots of activity. Some pike mixed in. The lake is opening with 6-Mile and Creel bays open.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling producing some walleye success. Also try the river around J. Clark Salyer.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Courtesy docks now in place but Landing 3 and Outlet Fishing Area fishing piers not in yet. Lots of shore-fishing activity, hiking, grouse blind reservations, and people enjoying the auto tour route. Slow fishing success yet, however.

•Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe largely open with little activity yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: More anglers on the east end of Lake Sakakawea with somewhat slow walleye success yet. Docks are starting to get in place, including the deTrobian Marina dock at Fort Stevenson State Park. Deepwater Bay slowed for walleye. Look for the spawn to get underway soon. The lake is ice-free. No recent Lake Audubon or Missouri River reports.

• 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.

• Remember that new boat registrations are now required.

Tournaments:

• All May tournaments cancelled.

•Lake Sakakawea, Scenic 23, New Town: Some walleye success in the Van Hook Arm and midsection but look for it to slow with the spawn getting underway.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from boats using jigs and minnows or Lindy rigs. Also try nightcrawlers. Most activity around the mouth of the spillway or coal veins but move around and work different areas. Some trout and pike mixed in.

Rocks producing walleye at night from shore. Also try the boat ramp or wing walls. Lots of activity around the campground, as well. Lake Sakakawea spotty for walleye from boats but wind limiting activity. Try farther west towards Beaver Bay. Some lingering pike success from shore.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Little Beaver and White Earth Bay generally producing the better walleye success on Lake Sakakawea. Pike spawn winding down but a few nice-sized ones still showing up occasionally.

Look for an upcoming smelt run but quiet yet early in the week. Missouri River clearing somewhat with a little better walleye success.

Confluence boat landing shallow

and unusable for larger boats but anglers can get small 14-foot and smaller boats in yet. Limited reports from small area lakes, although Trenton Lake producing some crappie.

•Lonetree WMA area lakes, Harvey: Look for a nice spring walleye bite throughout area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Mouse River producing some scattered pike success with more anglers starting to get out. No reports from area lakes.

Paddlecraft river elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.89 feet; streamflow, 20.8 CFS.

•Little Missouri river, Long X Bridge: Streamflow, 248 CFS.

•Missouri River Washburn: River stage, 10.77 feet.

•Souris River, Foxholm: River stage, 5.11 feet.

•Souris River, Minot: River stage, 4.29 feet; streamflow, 21.6 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 5.76 feet; streamflow, 12,200 CFS.

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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 Sunday 8:30 & 10:00 am
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 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
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838-0916
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 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

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 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
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1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org


Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
Saturday Noah's Breakfast ..9:30am
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Missouri Synod
 Sunday Worship 8:30 am & 11:00 am
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Minot, ND
839-4663
 Reverend Philip Beyersdorf


Immanuel Baptist Church
1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Sunday School 9:15 a.m.
 Worship 10:30 a.m.
 Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
 Family Supper 5:30 p.m.
 Classes for all ages 6:30 p.m.
 Adult Choir (as scheduled). 7:30 p.m.
Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Saturday Worship 5:00 pm
 Sunday Worship.. 8:30 am & 11:00 am
 Sunday Education 9:45 am
 Wednesday Supper..... 5:00 pm
 Wed. Worship & Education..... 5:45 pm

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 8:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

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

First Baptist Church

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

Cross Roads Baptist

Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) .. 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center..... 852-6352
westminot.com
facebook.com/westminot

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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 Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.
Pastor Jennifer McDonald
www.vincentumc.com


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 Sunday Worship 1130
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 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.



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B52 Arrival at



Airmen assigned to the 5th Maintenance Squadron prepare to service incoming B-52H Stratofortresses on the flightline at 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

5 FSS FACILITY STATUS

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● FAMILY CHILD CARE	723-6662
● SCHOOL AGE PROGRAM	723-2838
● YOUTH CENTER	723-2838
● ARTS & CRAFTS	723-3640
● AUTO HOBBY	723-2127
● B-FIFTY BREW	727-4377
● BOMBER BISTRO	727-4377
● BOWLING CENTER	727-4715
● GOLF COURSE	723-3164
● INDOOR POOL	723-3648
● INFORMATION, TICKETS & TRAVEL	723-3648
● JIMMY DOOLITTLE CENTER	723-3731
● KELLEY'S PLACE	727-4714
● LIL' RIDERS PLAYLAND	727-4377
● OUTDOOR POOL	723-3388
● OUTDOOR RECREATION	723-3648
● ROCKERS BAR & GRILL	727-ROCK
● DAKOTA INN DINING FACILITY	723-2359
● DORM MAIL	723-4539/4040
● FITNESS CENTER	723-2145
● FLIGHT LINE KIOSK	723-4739
● LINEN EXCHANGE	701-248-7000
● LODGING	701-248-7000
● MISSILE FEEDING OPERATION	723-6305
● OFFICIAL MAIL	723-2500/4040
● NAF ACCOUNTING	723-4704
● GEMINI (ID CARDS)	723-4045
● MILITARY PERSONNEL FLIGHT	723-1343
● MANPOWER OFFICE	723-6267
● AIRMAN & FAMILY READINESS/EFAC	723-3950
● EDUCATION CENTER & UNIVERSITIES	723-2772
● LIBRARY	723-3344
● CIVILIAN PERSONNEL	723-2799
● NAF HUMAN RESOURCES	723-2812

UPDATED AT 1300 ON 28 APRIL, 2020

EXCHANGE

Temporary Hours Of Operation
Beginning Wednesday April 22nd 2020

Main Store & GNC : Mon-Sat 0900-1800, Sun 1000-1800

Alterations : Mon-Fri - 0900-1400, Sat-Sun Closed

Salon and Barber Shop : Closed

Taco Bell: Mon-Fri 1030-1800, Sat-Sun 1100-1700

Popeye's Chicken: Mon-Fri 1030-1800, Sat-Sun 1100-1700

Charlie's Steakery: Mon-Fri 1030-1800, Sat-Sun 1100-1700

Subway: Mon-Fri 1030-1800, Sat 1100-1700, Sun 1100-1700

Real Time Theater - Closed

Burger King : Mon-Fri 0630-1700, Sat 1100-1700, Sun - Closed.

MCS : Mon-Fri 0900-1800, Sat-Sun -Closed

Normal operating hours for the Express & Papa John's

Minot AFB



Airmen assigned to the 5th Maintenance Squadron prepare to service incoming B-52H Stratofortresses on the flightline at 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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SUDOKU ANSWERS

Answers to puzzle from page A4

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

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THE NORTH DAKOTA NATIONAL GUARD

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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Summer 2020 term (31 May-1 Aug). 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 email your registration request & any inquiries to minot@erau.edu To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking number: 904-513-9734.

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Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
* Morning start times rotate & vary

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Team Minot implements DOD's New Tenant Bill of Rights with boost to housing resident advocacy

AIRMAN 1ST CLASS JESSE JENNY, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On Feb. 25, 2020, in response to concerns raised across the Air Force by military members and their families, the Secretary of Defense Mark T. Esper and the Secretaries of the Air Force, Army and Navy signed and issued the Military Housing Privatization Initiative Tenant Bill of Rights.

The Bill, created by The National Defense Authorization Act for Fiscal Year 2020, consists of 18 rights. It ensures privatized housing tenants "receive quality housing and fair treatment from the Military Housing Privatization Initiative project owners that operate and maintain privatized housing," as stipulated in a Defense Department memo.

"It's but one step that we're taking toward improving the trust and accountability of our leadership to provide safe, healthy homes for our [military] families renting privatized housing," added Secretary Esper.

As the DOD pledges to "continue to work with housing privatization project owners to ensure residents' concerns are addressed," Minot AFB installation leadership continues to take action as well.

5th Bomb Wing leadership have hired two new positions in the Military Housing Office to provide additional oversight of the privatized housing function. Leadership are also in the process of hiring a third position, a Privatized Housing Resident Advocate. The Resident Advocate will report directly to

senior installation leadership and will serve as the liaison between privatized housing residents, the military housing office, the privatized housing project owner, and the Installation Commander. Day to day, the resident advocate will handle issues pertaining to privatized housing resident rights, advocate for safe and healthy housing, connect residents to resources, work dispute resolution, and manage resident council functions.

While the new Resident Advocate is brought on board, installation leadership is not waiting and is aggressively establishing these new functions right now in order to further raise accountability and improve residents' voices in the Minot AFB housing community. For example, the 5th Civil Engineering Squadron Military Housing Office is right now launching the resident council for privatized housing residents.

"The Minot AFB Privatized Housing Resident Council will be established as the primary forum for residents to voice concerns and take an active role guiding the future of housing on Minot AFB," said Tim Knickerbocker, 5th CES Housing Element Chief.

The council will have three self-nominated representatives from each Minot housing community. A call for nominations was made in mid-April. Interested housing residents should contact Knickerbocker for more information.

"Team Minot appreciates the fact that quality of life starts

where Airmen, civilians, and their families live. While we have dedicated significant effort to ensure the health and safety of all privatized housing units, the Tenant Bill of Rights and Housing Resident Council are promising steps to improve standards, communication and overall transparency in the Minot AFB housing community," said Col. Matthew Altman, 5th CES commander.

The Tenant Bill of Rights commits the DOD to provide the full benefits for 15 out of the 18 rights by May 1, 2020. These provisions regarding privatized housing are specified in the National Defense Authorization Act for Fiscal Year 2020.

From first-line supervisors to Installation Commander up through the USAF senior leadership, the pledge remains: "We will not let up on this issue until we see the quality of housing for our military members and their families improve across the nation."

Volunteers interested in being a neighborhood representative on the council may send their name via email to 5CES.ceih@us.af.mil or timothy.knickerbocker.1@us.af.mil.

More information on the MHPI Tenant Bill of Rights can be found on the DOD webpage at: https://media.defense.gov/2020/Feb/25/2002254968/-1/-1/1/MILITARY_HOUSING_PRIVATIZATION_INITIATIVE_TENANT_BILL_OF_RIGHTS.PDF

Five Minutes to Thrive: Kids Coping with COVID-19

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Parents and caregivers, this is for you. If you're not a parent or caregiver, I'd invite you to think about those who are because they are responsible for the well-being of the tiny humans who will be our future leaders. COVID-19 has created many challenges for parents and caregivers who are home with children full-time while trying to manage telework, homeschooling, parenting, and perhaps their own academic or extracurricular pursuits. Social media is lit up presently, with the impact of more time with kids at home (some good, some bad, and some funny).

How do you explain that there is a new flu virus, aggressively attacking the world? Or that you can't play tag with friends or play on playground equipment? How do you explain why mom/dad wear a mask and gloves in the grocery store?

You tell them the truth. You say "there is a new flu/cold, making people very sick. That's why we're taking steps to keep us safe and not going out." Here are a few more things to consider in answering the kiddos' questions and not stoking their anxieties:

It's normal to worry. COVID-19 is new and it's scary for all ages, but children should not be put in the position of handling their parent's worries. It is the parent/caregiver's job to help the child feel safe. Signs of worry in

children are opportunities for parents and caregivers to teach.

Games and art. Especially for younger kids, word expression is difficult. While you're both a parent and teacher, encourage your children to draw a picture about their experience with 'Crayola virus'. Ask them to invent a coronavirus game. These are great ways to process and normalize emotions.

Be alert for behavior changes. You know your 'normal' child best, so be on the lookout for changes like: distressed looks, increased clinginess or detached behavior, and unexplained headaches/stomach aches. These may be clues the child needs you to engage and talk about what they're thinking about.

Limit news reports. Little ears listen to everything. Older kids may want to discuss what they hear. However for younger ages, parents should monitor and filter as necessary. You can also emphasize that people are beating COVID-19 and treatments are coming.

It's said frequently lately, we're all in this together. It's true. Parents, reach out to other parents for support. And if you need help or you're having a tough time "coping with COVID," we have your back.

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

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