

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 19 | MINOT AIR FORCE BASE | FRIDAY, MAY 8, 2020

WHATS INSIDE THIS WEEK:

LIMITED TIME!
SAVE 15%
ON YOUR FIRST DAY'S PURCHASES*
WHEN YOU OPEN A NEW
MILITARY STAR ACCOUNT
MAY 14 - 28, 2020

NEW MILITARY STAR APPLICANTS CAN SAVE AN EXTRA 15%

A3



FIND SOME INSPIRATION FOR MOTHER'S DAY

A4



COVID-19 FAQ FOR PET OWNERS

B5



Protecting Our PEOPLE Protects Our MISSION

Each of us has a role to ensure that we live and work without a threat of sexual assault.

April was Sexual Assault Awareness and Prevention month. Minot Air Force Base victim advocate TSgt Miller reached out to the SAPR office with a request to do something special for the many members of the 91st Missile Wing who work in the missile alert facilities. These members are on duty for weeks at a time in order to do their job and needed to get the message that we appreciate all of their hard work and dedication. The SAPR office decided to go with a self-care theme and put together 240 care packages for members out in the missile alert facilities. Our message was "Keep up the good work, and don't forget to take time for yourself."

MINOT AFB SEXUAL ASSAULT PREVENTION & RESPONSE - SAPR

NOW RE-OPENED!

BADLANDS
RESTAURANT BAR

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

WE'LL BUY YOU DINNER!

DETAILS ON PAGE B5

ENTER WEEKLY!

No Limit, Enter As Many Times As You Wish!

ONLY THE BEST COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212

V35BW.PA@US.AF.MIL



Minot AFB



Videos

Air Force creates new AFSC for Special Warfare officers

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

AIR FORCE SPECIAL WARFARE OFFICER

EFFECTIVE **APRIL 30**, SPECIAL TACTICS, TACTICAL AIR CONTROL PARTY AND COMBAT RESCUE OFFICERS WILL TRANSITION FROM THE COMMAND AND CONTROL AIR FORCE SPECIALTY CODE (AFSC) TO THE NEW AFSPECWAR OFFICER AFSC.

19ZXX
AIR FORCE SPECIAL WARFARE OFFICER

19ZXA
SPECIAL TACTICS OFFICER

19ZXB
TACTICAL AIR CONTROL PARTY OFFICER

19ZXC
COMBAT RESCUE OFFICER

WHY

- STREAMLINED ACCESSION, SELECTION AND TRAINING
- ADDITIONAL OFFICER DEVELOPMENT OPPORTUNITIES
- HEIGHTENED LEADERSHIP AND JOINT WARFIGHTING CAPABILITIES

WHAT TO EXPECT

- 1) THE UPDATED AFSC DESIGNATION WILL APPEAR AUTOMATICALLY ON ADMINISTRATIVE RECORDS.
- 2) OFFICERS CURRENTLY IN THE PIPELINE WILL EXPERIENCE NO CHANGES.
- 3) NEW OFFICERS ENTERING THE CAREER FIELD WILL ENTER THE NEW TRAINING PIPELINE ONCE IMPLEMENTED.

PLEASE VISIT AIRFORCE.COM/SPECIALWARFARE OR AIRFORCESPECIALTACTICS.AF.MIL FOR MORE INFO

Effective April 30, 2020, special tactics, tactical air control party and combat rescue officers will transition from the Command and Control Air Force specialty code, to the new AFSPECWAR officers AFSC.

U.S. AIR FORCE COURTESY GRAPHIC

ARLINGTON, Va. (AFNS) --

The Air Force consolidated and transitioned officers of Air Force Special Warfare to a new Air Force specialty code to increase resourcing, improve talent management and enhance deployment capabilities.

Effective April 30, special tactics, tactical air control party and combat rescue officers will transition from the command and control AFSC, 13XX, to the new AFSPECWAR officer AFSC, 19ZXX.

“The creation of a cadre of officers steeped in joint leadership and trained to lead the full spectrum of AFSPECWAR conventional and special operations missions will streamline accession, selection and common skills training,” said Col. Thomas Palenske, director of the AFSPECWAR directorate at the Pentagon. “These officers will share a common assessment and selection standard with a heightened benchmark for leadership capabilities to prepare them as next-generation leaders for the AFSPECWAR enterprise.”

The 19ZXX AFSC includes three shredd-outs:

- Special tactics (19ZXA): Leads special operations forces conducting global access, precision strike and personnel recovery operations across all domains to support the joint force commander.

- Tactical air control party (19ZXB): Leads combat air forces and SOF conducting precision strike, the application and integration of joint fires and all-domain command and control operations to support the JFC.

- Combat rescue (19ZXC): Leads personnel recovery and SOF conducting personnel recovery operations to report, locate, support, recover and reintegrate isolated personnel across all domains to support the JFC.

All administrative systems such as MilPDS are expected to automatically update by May 1.

The transition to the new AFSC will be a direct conversion with no additional training required. While differences between special

tactics, TACP and combat rescue officer training and development exist today, the development of a new 19Z assessment and selection process will create core standards for future special warfare officers.

“Upon the establishment of the 19Z officer training and developmental processes, every AFSPECWAR officer will exercise the unique competencies: ‘mission command’ culture, advanced combat skills, ground maneuver warfare expertise, air-mindedness and all-domain warfare capabilities,” said Col. Mark McGill, AFSPECWAR deputy director and officer career field manager. “They should see greater opportunities to serve in different positions across the Air Force and will serve the greater AFSPECWAR enterprise together.”

AFSPECWAR is the Air Force’s premier ground force that specializes in air, ground, space and cyber integration in hostile, denied or politically sensitive environments to achieve all-domain dominance. Officers in these career fields are charged with leading, organizing, training and equipping the special tactics teams, TACP and Guardian Angel weapon systems, which collectively execute global access, precision strike and personnel recovery operations.

The development and implementation of the new AFSC is a continuation of efforts to empower AFSPECWAR to be the elite and ready ground force the Air Force needs to dominate the air, space and cyber domains. In October 2019, enlisted members transitioned to new AFSCs that identify and categorize the AFSPECWAR operator, enabler and support specialties.

“The Department of the Air Force is modernizing to connect the joint force so we can more seamlessly integrate as a joint team,” Palenske said. “This transformation strengthens the connective tissue between AFSPECWAR Airmen enabling them to integrate the unique capabilities of the Air Force into an even more lethal, joint all-domain fighting force.”

CONTEST EXTENDED!

DUE TO A CHANGE IN THE SUBMISSION ENTRY E-MAIL WE HAVE EXTENDED OUR “WE ARE IN THIS TOGETHER” COLORING CONTEST

If you have recently entered this contest, please ensure your entry is forwarded to the new entry e-mail: Racquel.labadie.1@us.af.mil

All entries must be received by May 29, 2020

northern sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

YOU DIDN'T ENTER YET?
Find the coloring pages on page 6 & 7 of this edition!
Follow the instructions for your chance to win a **CASH PRIZE!**

FOR 80 YEARS,
we've helped our members through tough times.
We'll get through this one, too.

TOGETHER.

North Star
Community Credit Union
ESTABLISHED BY 1940

Visit nscu.com to learn more about our COVID-19 relief programs.

Facebook, NCUA, Home

CornerStone Chiropractic

BUSINESS HOURS

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

1350 20TH AVE SW, MINOT, ND 58701

Dr. Willy Fielhaber **Dr. Matt Hanson** **Dr. Crystal Long**

(701) 852-2800

New MILITARY STAR Applicants Can Save an Extra 15% May 14-28

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – Airmen, retirees, Veterans and military families can save an extra 15% at their Minot AFB Exchange by signing up for a new MILITARY STAR® account.

From May 14 through May 28, military shoppers who apply and are approved for a new MILITARY STAR account will receive 15% off all purchases made the first day instead of the 10% discount regularly offered. The discount will appear as a credit on the first monthly billing statement.

“MILITARY STAR continues to be there for the military community, offering discounts and generous terms,” said Minot AFB General Manager Michael Bell. “Now’s a great time to get extra savings by signing up for a card.”

Cardholders receive two points for every dollar spent with MILITARY STAR and automatically earn a \$20 rewards card every 2,000 points.

Other benefits of the MILITARY STAR card include:

- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.

- The lowest flat-rate APR (10.24%) among store cards—rate is offered to all cardholders upon account approval.

- No annual, late or over-limit fees.

- Reduced-interest deployment plan with no payments required for eligible customers.

New account holders will receive the 15% discount on all first-day purchases at military exchanges and commissaries, as well as online at ShopMyExchange.com, myNavyExchange.com and ShopCGX.com.

Current cardholders who are facing hardship due to the COVID-19 pandemic can email MilitaryStar@aafes.com for assistance.

The MILITARY STAR card is administered by the Army & Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.

CONTACTUS

Ted Bolton

Publisher | Advertising
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

Nikki Greening

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

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne

Public Affairs Officer

1st Lt. Victoria Palandech

Superintendent

Master Sgt. Jeremy Larlee

Civic Outreach

Mrs. Tracy McIntosh

Staff Photojournalists

Technical Sgt. Crystal Cherriere

Technical Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

Staff Sgt. Steven Adkins

Staff Sgt. Ashley Boster

Senior Airman Alyssa Day

Senior Airman Dillon Audit

Airman 1st Class Josh Strickland

Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman Jan Valle

COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Glenn Harris

91st Missile Wing Vice Commander:

Col. Barry E. Little

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

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

VIEW ONLINE

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

FIND US ON FACEBOOK

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

Army & Air Force Exchange Service Extends Refund Policy Amid COVID-19 Pandemic

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – For military shoppers who need to make a return but are hesitant to visit a store during the COVID-19 pandemic, the Army & Air Force Exchange Service is extending its return policy. All purchases made

since March 16, 2020, are eligible for returns through July 1, 2020.

“While extensive preventive measures have been implemented at our stores to keep the military community safe, we understand that some shoppers may not feel

comfortable going to a public place at this time,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. “Extending the return window gives military shoppers peace of mind.”

The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders.



Unique Mother's Day gift ideas

Mothers, stepmothers, grandmothers, and many more remarkable women often work tirelessly and without fanfare to provide for their families. Even though they may deserve to be recognized throughout the year, moms enjoy a special day nestled within the month of May when children, spouses and others celebrate Mother's Day.

Many people give heartfelt gifts on Mother's Day to express their love for the mothers in their lives. The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.

- Explore spa packages. What mother won't benefit from some rest and relaxation with a little pampering thrown in? Salons and massage therapists typically put together Mother's Day packages that cater to mothers. Packages may include massages, facials, hair treatments, manicures, and pedicures. Gift-givers can customize the services depending on their budgets.

- Dining out can be a treat. A meal at a favorite restaurant can be a welcome change from kitchen duty. Mother's Day is a busy day for restaurants, many of which have limited menus to better handle the crowds. As a result, if dining out on Mother's Day, Mom may not get the full

menu she desires. To ensure mothers have full menus at their disposal, gift givers can cook a meal at home on Mother's Day and then choose another day of the week to enjoy a meal in an upscale restaurant.

- Schedule a paint and sip. A paint and sip session is a unique gift. A session is typically two hours and includes step-by-step instructions. Patrons are encouraged to bring snacks and their favorite beverages. With the right planning, well-intentioned children can turn the evening into a "ladies night out" and encourage other moms to join in the fun. Or the entire family can paint masterpieces together.

- Give tickets to a show or sporting event. Whether Mom is a sports fan or she prefers

the theater or live music, event tickets can make a wonderful gift. Unique gift ideas include tickets to Cirque du Soleil, Shen Yun or a Broadway play.

- Give the gift of wine tasting. Wineries can be found across the country and frequently open their doors to wine tastings and wine pairing events. A Mother's Day wine tasting can be special for the entire family and support local businesses. Check the vineyard's rules on guests. Many times those under 21 can attend but will not be permitted to consume wine, though other refreshments may be available.

Mother's Day offers the perfect opportunity to lavish attention on special women. Gifts that cater to Mom's interests will make the biggest splash.

FLOWER Central

Voted Minot's #1 Flower Shop for the last 5 years!

405 Central Ave. E. • 701.852.6224



GARDEN PLOTS

GARDENING SEASON BEGINS AROUND MAY 22ND AND ENDS IN OCTOBER. PLOTS ARE LOCATED AT THE CORNER OF MINUTE MAN DRIVE & MISSILE AVENUE

2019 SEASON PLOT HOLDERS REGISTER FOR RENEWAL MAY 4TH

OPEN REGISTRATION PUBLIC REGISTRATION BEGINS MAY 11TH

COST PER PLOT: \$20 FOR THE SEASON

AF SERVICES OUTDOOR RECREATION

723-3648

MINOT AIR FORCE BASE **FORCE** SUPPORT SQUADRON

Like Us on Facebook MAFS Outdoor Recreation

Make Mother's Day special

Each and every day a new woman becomes a mother for the first time or all over again. Being a mother changes a person's life in dramatic ways.

Mother's Day is a great time of year to honor mothers and attempt to give back just a portion of the tireless love and devotion moms offer their children. Some children provide large gestures, while others feel it's the little things that can help a mom to feel appreciated. For those needing a little inspiration on treating their mothers in special ways, consider these ideas.

- Make mom a breakfast in bed with her favorite morning treats.
- Enjoy a movie at home with mom. Let her pick the flick and share her favorite film with you.
- Agree to not bicker for the entire day, especially if you are prone to getting into arguments with siblings.
- Put together a collage of photos from moments you have shared with mom or your family.
- Cook a meal together and learn about everyone's favorite recipes or the family history.
- Give her a locket with your photo inside and have a duplicate you can wear

containing her photo.

- Customize a coffee mug, tote bag or a blanket with a meaningful sentiment or photo.
 - Treat mom to a day off from her chores. Tackle all of the jobs she normally does for the family.
 - Bake a delicious dessert that mom will absolutely devour.
 - Pamper mom with a gift card for her favorite nail salon or massage therapy location.
 - Prepare a jar of mom's favorite candies wrapped in pieces of paper that have loving sentiments written on them.
 - Compile a playlist of songs and artists mom prefers and download them to her phone.
 - Begin a charm bracelet tradition by purchasing a charm bracelet and a new charm each year that represents a meaningful memory you both shared.
 - Write a new email each day with an inspirational quote or special words of love for mom.
 - Tackle a task that she may not want to do herself, such as washing the exterior of her car and vacuuming the interior.
- Mother's Day gift ideas should come from the heart and can show mothers near and far how much they are appreciated and loved.

5 ways to commemorate Mother's Day when mom has passed away

Losing a loved one is never easy. Whether the loss is recent or not, many people find the void created by a loved one's passing never leaves them. Celebrating holidays or milestones can magnify feelings of loss, and such feelings may surface on Mother's Day among people whose mothers are deceased.

People approach Mother's Day in unique ways when their mother has been laid to rest. Such an experience is extremely personal, and there's really no right or wrong way to mark the occasion. It can be challenging scrolling through other's social media posts about happy brunches and thoughtful gifts. Some, particularly those for whom the wounds may be especially fresh, may opt to avoid the celebration or go through the motions for the benefit of children or spouses. Others may embrace the bonds they had with their mothers by reflecting on their memories.

Those opting to stay connected to their mothers this year can

recognize that, although Mom may be gone, they are not motherless. While Mother's Day may be painful for people who have lost their mothers, the following are five ways to make the most of Mother's Day.

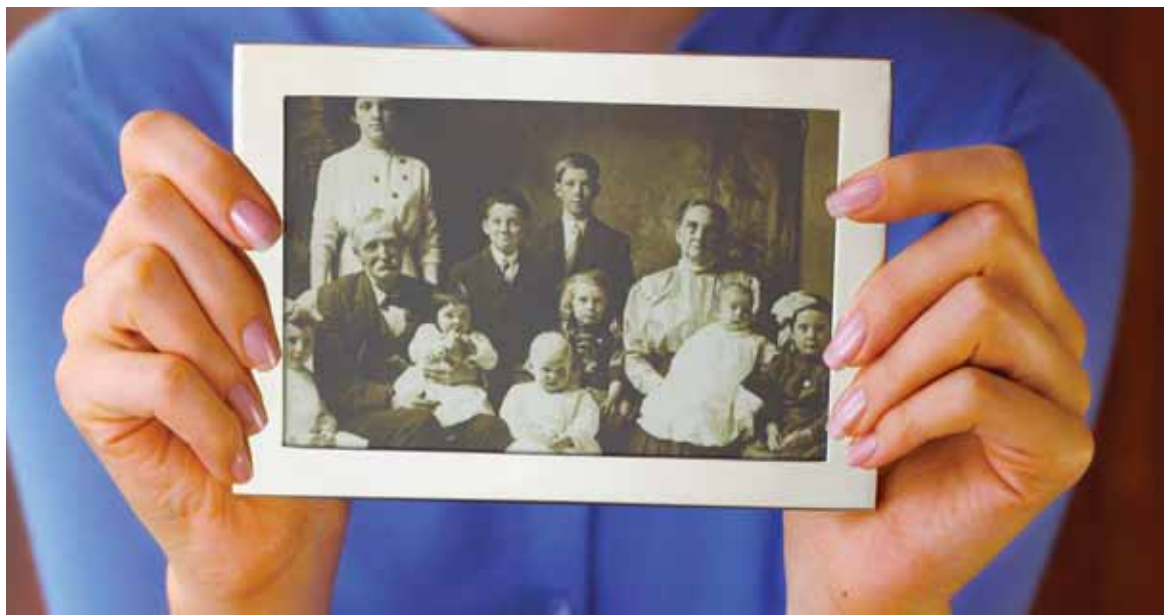
1. What would make her happy? Take a heartfelt moment to really think about what made Mom tick and brought joy to her life. Was it pouring over recipes in the kitchen? Did mom like to trek to the top of a mountain in her hiking shoes? Pay homage to her by walking in her footsteps and you may just feel a deeper connection.
2. Get together with siblings. If you are lucky enough to have siblings, you can share the day together. This way you can remember the happy times, comfort each other and laugh together. If you don't have siblings, consider a visit with an aunt or uncle or another close relative who may be feeling the loss, too.
3. Relay fond stories to others. Celebrate Mother's Day by doing

things to ensure Mom's spirit and personality live on. Bring up fond stories of Mom with your spouse, friends or your own children. Help blur out the sadness of the loss by focusing on happy memories, such as those depicted in family photos.

4. Put mom front and center. Take out a beautiful photograph of your mother and display it in a prime location in the house. This way you may feel like she is sharing the day with you, and you can think about her fondly each time you see the photo.

5. Enjoy your favorite childhood meal. Whether Mom was a master chef or couldn't boil water, there's bound to be a meal you associate with her. If that special meal is Chinese takeout or a slow-cooked roast, enjoy it on Mother's Day in her honor.

Coping with loss on Mother's Day is seldom easy. With time and by focusing on the positive, people who have lost their mothers can enjoy Mother's Day.



Looking at family photos and sharing fond memories of one's mother can help focus Mother's Day on positive feelings.

ARE YOU LOOKING FOR SOMETHING UNIQUE, CREATIVE, & FUN TO DO?

COME TO: **Margie's**

- Paint your own Ceramics in the Studio!
- Enjoy a delicious fruit smoothie or coffee!
- Browse the Gift Shop!

HOURS:
TUE & THURS: 10AM - 8:30PM
WED, FRI, & SAT: 10AM - 5:30PM
CLOSED SUN & MON

109 SOUTH MAIN ST MINOT
701.837.8555
margiesartglass.com

Proud to support our Military with a 15% Military Discount

Show Mom you Love her!

Rick's Jewellery
Where You'll Shimmer & Shine!
Downtown Minot • 23 Main St. S
701.852.2566

COOKIES for YOU® and cupcakes too

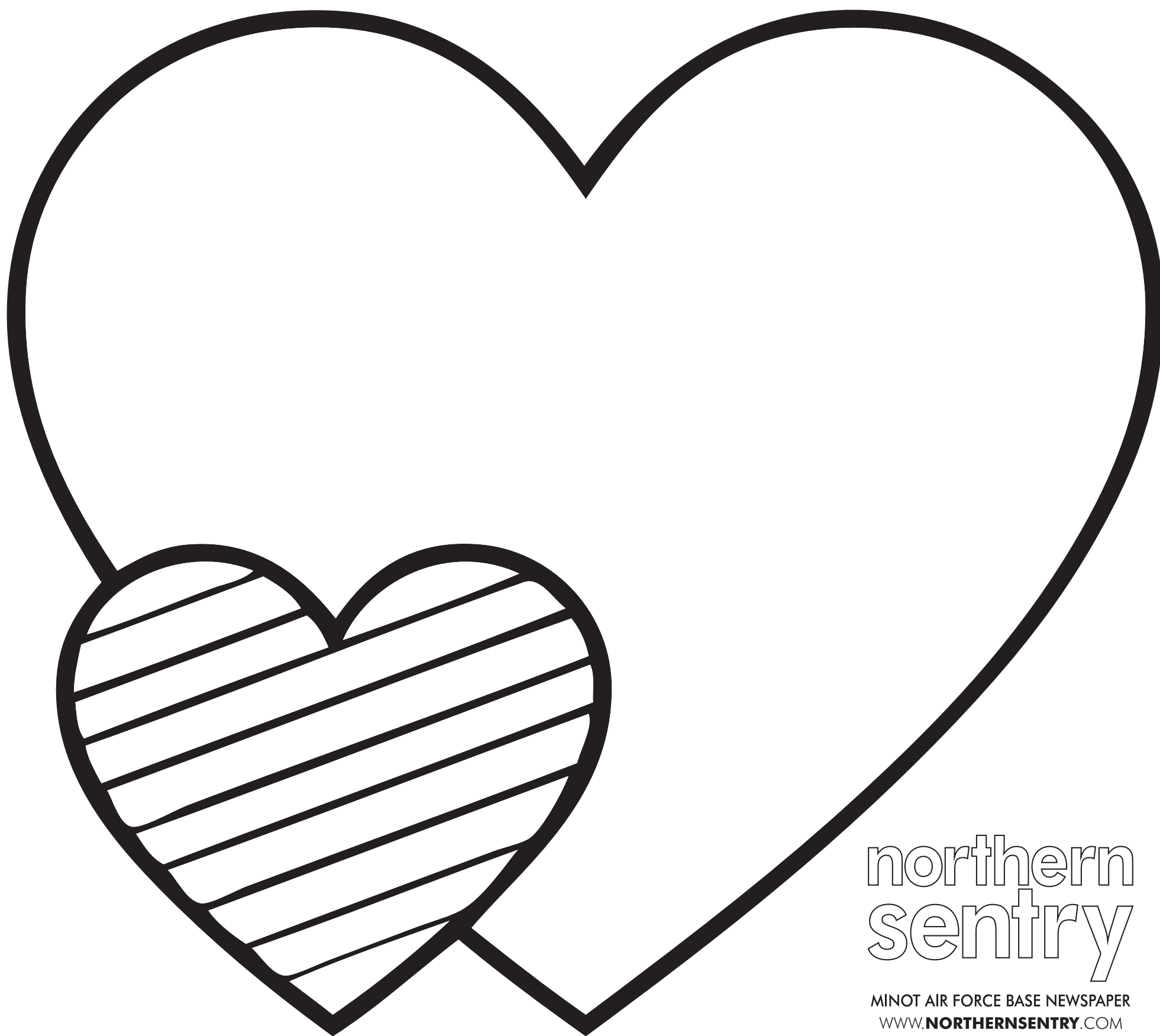
A Cookie Gift + Bouquet Company

Celebrate Your Mom

- Mother's Day Cookies
- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
701-839-4975
www.cookiesforyou.com

WE ARE IN THIS TOGETHER



northern
sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

"WE ARE IN THIS TOGETHER" COLORING CONTEST ENTRY FORM

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

Parent's Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Parent's Contact Phone: _____

Parent's Email: _____

Contest is open to children ages 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 Racquel.labadie.1@us.af.mil along with a photo of the Contest Entry Form.

PRIZES

0-6 YEAR CATEGORY

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



WE ARE IN THIS TOGETHER



northern
sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

"WE ARE IN THIS TOGETHER" COLORING CONTEST ENTRY FORM

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

Contest is open to children ages 7-12 years.

All entries must be received by 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 Racquel.labadie.1@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





U.S. Air Force Maj. Chad Brooks, of the 119th Medical Group, takes a sample swab from an asymptomatic volunteer who is taking a COVID-19 test in the parking lot of the Alerus Center, Grand Forks, North Dakota, April 23, 2020. He's wearing personal protective equipment to stay safe while he works, and to help prevent the spread of COVID-19 while testing people as they drive through in their vehicles. He is just one of the many North Dakota National Guard members partnering with the North Dakota Department of Health and other civilian agencies in support of the community response to the COVID-19 pandemic.

U.S. AIR NATIONAL GUARD PHOTO | DAVID H. LIPP

Be Part of Our

Birthday Club

Simply send us your loved ones photo and birthday message by visiting

www.northernsentry.com

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

northernsentry

High Air Ground
TRAMPOLINE PARK

WHAT'S GOING ON MAFB

TODAY

- Last Day to Register for Mother's Day Meal to Go from the Jimmy Doolittle Center. Call or place your order on Member Planet by 1700.
- TAP/DOL Track Day 2, 0730-1600, A&FRC — Online Learning Modules

SATURDAY

- Beach Party, 1300, Minot AFB Storytime Club Facebook Group

SUNDAY

MONDAY

- New Provider Pre-Orientation at Family Child Care - Call to schedule one-on-one meeting
- Open Registration Begins for Garden Plots at Outdoor Recreation
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC — Online Learning Modules
- Craft Club, 1800, Minot AFB Library Facebook Page

TUESDAY

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

WEDNESDAY

- College Search Process Class — Email or call Education Center to request materials
- 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

THURSDAY

- TAP/DOL Track Day 1, 0730-1600, A&FRC — Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC — Online Learning Modules
- Craft Club, 1800, Minot AFB Library Facebook Page

UPCOMING EVENTS:



TAP/DOL Track Day 2, 0730-1600, A&FRC — **15 MAY**
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.

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

THE B-FIFTY BREW

May Special

Ultimate Breakfast Sandwich

You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant. Grab it today for only \$4!

ROCKERS BAR & GRILL

**FACILITY CURRENTLY CLOSED
DUE TO BASE PRECAUTIONS**

AUTO HOBBY

FACILITY IS NOW OPEN.

Tuesday-Friday: 0900-2000, Saturday: 0900-1700,
Sunday & Monday: Closed

MONTANA-DAKOTA UTILITIES CO.
A Subsidiary of MDU Resources Group, Inc.
In the Community to Serve®

800-638-3278
800-MDU-FAST
1130 20TH AVE SW,
MINOT, ND

WE OFFER MILITARY DISCOUNT ON FUEL

- SUPERPUMPER REBEL - 2625 N. BROADWAY
- SUPERPUMPER NORTH - 2005 N. BROADWAY
- TOAD'S SUPERPUMPER - 1105 S. BROADWAY
- DAWN TO DUSK SUPERPUMPER - 7141 HWY. 2 EAST

32 CONVENIENT LOCATIONS
GOSUPERPUMPER.COM

WESTLIE FORD LINCOLN

500 SOUTH BROADWAY, MINOT, ND 58701



Managers Challenge...

SELL 200 VEHICLES IN 1 MONTH



- ⇒ 0% FOR 72 MONTHS ON MOST 2020 MODELS
- ⇒ \$6,000 OFF AND 0% FOR 72 ON 2020 F150s
- ⇒ NO PAYMENTS FOR 3 MONTHS ON NEW & USED
- ⇒ WE NEED USED TRUCKS.. TOP \$\$\$ FOR YOUR TRADE



Thank You to our Military Members

As a special "Thank You" to our Military Members.. Westlies is Matching Ford's Military Rebate on 2020s

FORD MILITARY REBATE \$500 - WESTLIE MATCH REBATE \$500

\$1,000

www.westliemotors.com

3 WAYS TO SHOP!

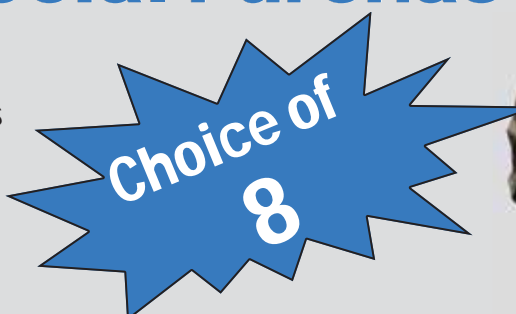
- DEALERSHIP
- AT HOME
- ONLINE

COMPLETE THE WHOLE PURCHASE IN YOUR OWN HOME!

Special Purchase

2017 Ford Escape SE
4x4, Power Heated Seats, Low Miles
NADA Value \$18,425

\$15,900



*Price includes \$1,500 3 pmt disc.

* \$6000 off and 0% for 72 months on approved credit. \$1,000 based on qualifying for factory Military rebate. No Payments for 3 months up to \$1,500.

APRIL SALESPERSON OF THE MONTH



JESSE BOURGO

PAUL POLSFUT

GARY WUNDERLICH

ROBIN SHELBY

DEAN OLSON

LYLE DAVIS

TREVOR HENRY

CHAD THOMPSON

JEFF BICE



500 South Broadway | Minot, ND 58701
701.852.1354
www.westliemotors.com

SALES HOURS

M-F: 8 am - 6 pm
Sat: 9 am - 5 pm
Sun: Closed

Why I am getting out of the Air Force and you shouldn't stop me

SENIOR AIRMAN TESSA B. CORRICK,
2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

When I first signed my name on the dotted line to serve my country, I had all these crazy, outlandish ideas of what I thought my Air Force experience was going to be. Well, spoiler alert, they didn't come to fruition, but what I got was a million times better than anything I could've ever imagined.

The Air Force has not only introduced me into a career field that I will forever love, but it has taught me so many things about myself and realistically helped shape me into the person I am today.

I feel like I have learned how to be a leader, how to look for moments and not to take them for granted. As a photographer, certain scenarios happen in front of your camera. There are also times you must dig deep to find the moments. I have found that true in my life, as well. There are certain times when things fall into place and other times I've really had to search for the good.

Now I know the biggest question is, "why would you get out if you've had such a positive experience?"

There are a couple of answers to that question, but the biggest is that I feel like it is my time to move on. It is time for me to take these new skills and perspectives that I have obtained and live out all the other dreams I have for myself.

I feel like there is a false perception that to make time in the military worthwhile, you must serve 20 years, which is not true. I am proof of that. If you're on the fence about joining because you don't want to commit to 20, join and see what it is all about. If you are on the fence about getting out, there are three things I want you to consider.

First, realize your goals and make a decision based on how you can achieve them. Some people have goals to have an outstanding military career, others want to use the military as a stepping-stone. I believe both are entirely respectable goals. I highly recommend serving this

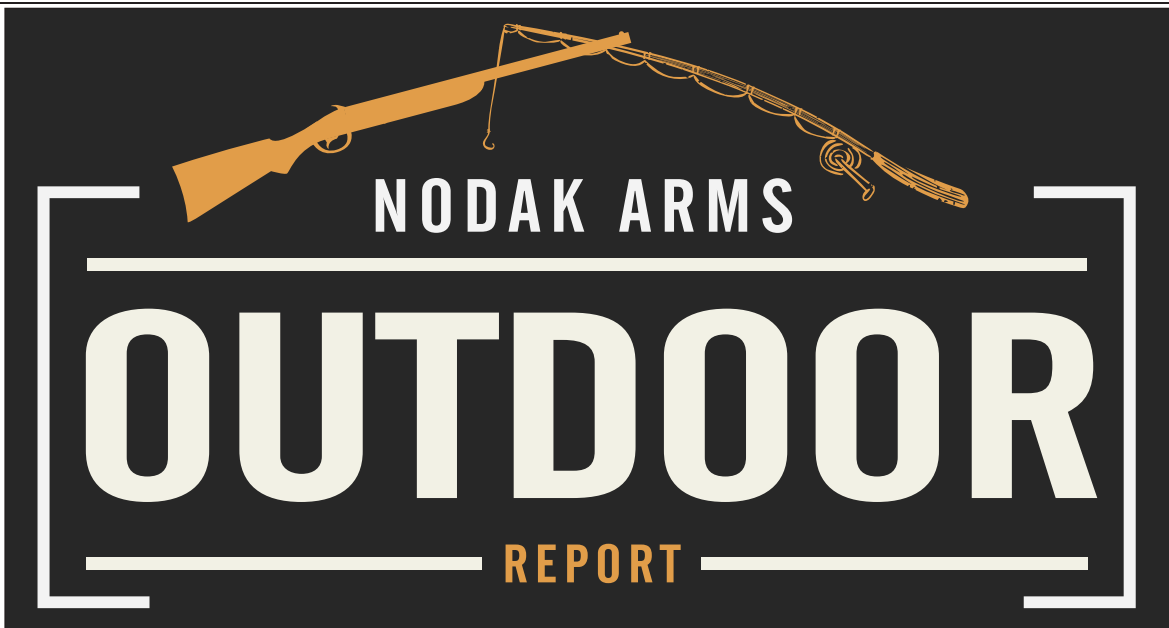
country to any and all who are able and ready for the experience.

My second piece of advice is, once you make your decision, plan it out as much as you possibly can. When you leave the military, that means instantly losing a paycheck, health care and potentially a place to stay. You need to know what you want to do, why you want to do it and more importantly, how you are going to do it. That has been the most stressful part of this transition, but there are a ton of resources available to you. You have to be willing to look for them.

My third and final piece of advice is this: Do not let anyone change your mind. That doesn't mean you shouldn't listen to advice from people you trust, but always come to the decision that is right for you. I have had so many people come to me and try to give me reasons to stay. I sat and listened to every single one of their pitches. I could instantly tell the people who genuinely cared about me and those who felt the need to try and retain me because they thought it was their "duty."

Those conversations not only helped solidify the fact others cared about me within the Air Force, but they also allowed me to find the holes in my plan. Each one left me with a question that I wanted to help myself find the answer to. So, when these people come to you, trust me they will, listen to what they have to say and apply it to your situation. They may have valid points, or they may bring up points you hadn't yet thought about.

When you find out your Airman is separating, please do not discourage them. The choice to separate is harder than you think. Instead, I challenge you to not only talk to them but listen. Showing them that you care and support them is a priceless gift that could change their mind or help them solidify their decision. Retention is important, yes, but so is creating a culture where Airmen are free to make decisions based on their personal, educational and professional needs.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, May 4: 1,840.2 feet above mean sea level (MSL); 24,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.72 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.47 MSL.

•N.D. Game & Fish Dept. game wardens: Not much activity on the east end of Lake Sakakawea with better success on the upper end around Lund's Landing and Tobacco Garden. Van Hook Arm slow. Devils Lake spotty for walleye and pike. However, look for improving white bass success.

•Devils Lake, Ed's Bait Shop, Devils Lake: Public docks now in place on Devils Lake with a dock also available at Grahams Island, although facilities remain closed, Devils Lake is now ice-free. Boat anglers on the main lake had a little better walleye success than those from shore early in the week. Some success on the north end of Lake Alice where there is flowing coulee water. Nice pike bite starting in shallow water coulee areas along Highway 281.

•Devils Lake, Woodland Resort, Devils Lake: Devils Lake is ice-free with fair to good shore success for walleye. Look for that start to slowing down, however.

•Lake Audubon/Lake Sakakawea, Totten Trail, Coleharbor: Improving walleye activity along the east end of Lake Audubon. Try Velva Point. Dine-in options now available in the restaurant with the bait shop open.

•Lake Darling, Karma C-Store, Ruthville: Look for improving walleye success on Lake Darling. Boat docks now in place on the lake. Also try Baker's Bridge. No reports from Lake Audubon or Lake Sakakawea.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Good numbers of anglers boat fishing, weather permitting, but overall walleye success slow yet. Lake Darling Dam closed to traffic May 21 and 22 for bulkhead replacement work.

•Lake Metigoshe, Four Season, Bottineau: Look for docks to get in place soon. Scattered pike and walleye success but limited bluegill reports yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Spotty walleye success on the east end of Lake Sakakawea with the spawn probably getting underway. Fair for 18- to 20-pound pike from shore in the back upper bays. Limited reports from Lake Audubon.

• Follow N.D. Game & Fish Dept. fish cleaning station regulations and recommendations when they open.

•North Dakota state park facilities, including vault toilets, restrooms, and visitor centers, remain closed to public use, although hiking trails and picnic areas 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 to help reduce the Covid-19 potential.

•May 10: Spring turkey season closes.

•May 15 - 21: Snag-and-release paddlefish season open with special regulations, 7 a.m. to 9 p.m. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for description of area open to legal snagging and other details.

Tournaments:

• All May tournaments cancelled.

•Lake Sakakawea, Indian Hills Resort, Garrison: Decent pike success from shore using smell. Boat dock in place and resort currently open for camping with electrical services only. Water will be turned on May 15 pending overnight weather conditions. Store opens May 22.

•Lake Sakakawea, Scenic 23, New Town: Occasional walleye with better success farther west of the Van Hook Arm towards White Earth Bay. Some pike activity from shore in the Arm, however.

•Lake Sakakawea, Van Hook Resort, New Town: Customers are asked to please wear masks in the bait shop. Improving pike success from shore using smell. Also try smelt or treble hooks with sinkers and nightcrawlers for catfish from shore. A few smallmouth bass from shore, as well.

Some boats going out from the Van Hook Arm but spotty walleye success. Fish are still concentrated more so in the upper end with better success north and west of the New Town bridge. Try jigs and minnows. Some success at Deepwater Bay.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing spotty walleye success from boats during the day using jigs and minnows or Lindy rigs and nightcrawlers. Try the honey hole, coal veins, or spillway channel. Best success is early in the morning. Continued walleye success from shore at night. Also try the wing walls. Best walleye success on Lake Sakakawea is west of Pick City around Beaver

Bay but it's spotty overall yet. Also try east along the embankment pumping station. Occasional pike from shore yet along Scoria Bay, Government Bay, or Wolf Creek using smelt off the bottom.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Fair walleye success on the upper end of Lake Sakakawea. Try Lund's Landing or White Earth Bay in 14 to 16 feet using a variety of presentations. Mix up presentations to see what might entice the fish. Missouri River slowed.

•Lonetree WMA area lakes, Harvey: Limited reports but look for the usual early season success from area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Scattered walleye success across area lakes, including Antelope Lake. Souris River also producing scattered walleye success.

River flows & elevation:

•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.

SIMPLE SMOKED RIBS



INGREDIENTS

3 RACK BABY RACK RIBS
3/4 CUP TRAEGER PORK & POULTRY RUB
3/4 CUP TRAEGER QUE BBQ SAUCE

Peel membrane from back side of ribs and trim any excess fat. Season both sides of ribs with Traeger Pork & Poultry Rub.

Set grill temperature to 180° and preheat, lid closed for 15 minutes.

Place ribs on the grill and smoke for 4 to 5 hours.

Remove ribs from the grill and place in aluminum foil with Traeger Que BBQ sauce. Close foil and place back on the grill.

Increase grill temperature to 350°. When grill comes to temperature, place rib foil packet back on the grill and cook for 45 minutes longer.

Remove from grill and let rest 20 minutes before slicing. Serve. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

THIS SPECIAL FEATURE IS SPONSORED BY:

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

Follow us on Facebook

Nuclear command leverages academia, industry data in COVID-19 fight

CAPT. EARON BROWN, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force officials here responsible for two-thirds of the nation's nuclear weapons enlisted a new partner in the fight against COVID-19—academia and industry.

Through a partnership with the Cyber Innovation Center, Louisiana Tech University, and Virtualitics Inc., Air Force Global Strike Command officials rapidly developed a daily report consisting of infection rate projections based on a COVID-19 Susceptible, Exposed, Infected, Resistant (SEIR) model.

The team began by modeling virus infections in counties surrounding the command's 10 main operating locations in order to determine local spread of the virus, which could also impact readiness and force posture. The goal was to provide current and accurate data informed by subject matter experts, which has aided command and installation leadership in decision making and determining how to best plan for operations now, and in the future—regardless of what the virus does.

New bonds have been forged in scientific and technical relationships inside the Air Force, specifically in this command which launched a new strategy

focused on innovation. Since inception, the model projections are being used to also support Air Combat Command and Air Forces Northern leadership teams in understanding virus spread patterns and determining response measures. The novel coronavirus outbreak is a faceless enemy that AFGSC, ACC and AFNORTH is modeling and reporting on a united front.

"We cannot wait for the virus to slow down so we can take our time developing tools. We must use the best information available to us now to maintain readiness and keep our force healthy, in order to assure the nation, our allies and partners that the command remains ready to respond anytime, anywhere," said Col. Virginia Garner, AFGSC Command Surgeon. "And the way we're doing that right now is by making data-driven decisions."

Each day, COVID-19 data from Air Force operational channels, the Centers for Disease Control and Prevention, and John Hopkins University is provided to LA Tech and Virtualitics researchers. Together, they sort and structure the data to use as input for their visualization or model, analyze the data for insights, and generate the reports.

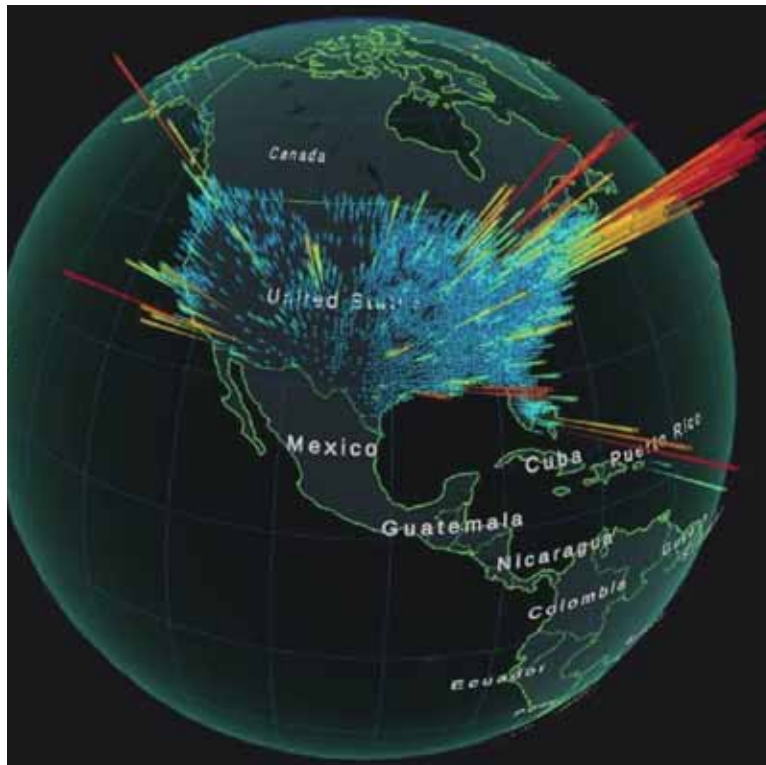
These reports are then disseminated to AFGSC, ACC

and AFNORTH for leaders to review the data and understand changes in current and projected situations at 59 bases and their communities within the respective commands.

This rapid and agile response capability was only made possible by AFGSC's previously established partnerships through its Partnership Intermediary Agreement (PIA) with the CIC. Conversations between AFGSC, LA Tech, and Virtualitics Inc. started March 24, with the first report and modeling of 10 AFGSC bases and the Bossier City and Shreveport communities being generated just days later on March 26.

This endeavor is only one example of the command's goal to innovate and use data to make the command more lethal and ready, providing the right impacts at the right time.

"We are beginning to experience the immense value, agility, and potential of our innovation partners responding to unprecedented and unforeseen planning needs," said Dr. Donna Senft, AFGSC Chief Scientist "The command is ready and eager to continue channeling this potential into other innovative efforts with a forward leaning posture to stay at the innovation forefront."



A virtualitics Heat Map shows current COVID-19 cases. Through a partnership with the Cyber Innovation Center, Louisiana Tech University, and Virtualitics Inc., Air Force Global Strike Command officials rapidly developed a daily report consisting of infection rate projections based on a COVID-19 Susceptible, Exposed, Infected, Resistant (SEIR) model.

COURTESY GRAPHIC

JIMMY DOOLITTLE CENTER
DRIVE THROUGH (ESM ACCEPTED):
MONDAY-FRIDAY 11:00AM-1:00PM
FAMILY MEAL PICK UP
WEEKDAYS 3:30PM-5:30PM
 ORDER IN ADVANCE VIA MEMBERPLANET
 PAYMENT MUST BE MADE PRIOR TO
 PICK UP, NO ESM ACCEPTED



723-3731



BOMBER BISTRO
TAKE OUT (ESM ACCEPTED):
MONDAY-FRIDAY 10:30AM-9:00PM
SATURDAY 2:00PM-8:00PM
DELIVERY:
MONDAY-FRIDAY 11:00AM-8:30PM
 PAYMENT MUST BE MADE PRIOR TO
 DELIVERY, NO ESM ACCEPTED

727-4377

ROCKERS BAR & GRILL
AND KELLEY'S PLACE ARE
TEMPORARILY CLOSED
 WE APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE

DAKOTA INN DINING FACILITY
TAKE OUT (ESM ACCEPTED):
MONDAY-FRIDAY: 6:00AM-9:00AM,
10:30AM-1:30PM, 4:30PM-6:30PM
723-2359
SATURDAY & SUNDAY: 6:30AM-6:30PM

*SOME RESTRICTIONS MAY APPLY

COVID-19: A single mom's perspective

AIRMAN 1ST CLASS CHRISTINA BENNETT, 28TH BOMB WING PUBLIC AFFAIRS

ELLSWORTH AIR FORCE BASE, S.D. --

As I sit down to write, my 10-year-old daughter and my 4-year-old son sit nearby while completing school work. They are not by any means quiet, especially not my 4-year-old; he's yelling from beneath the dining room table. The directions on his worksheet call for him to draw a big blue circle - he prefers for it to be yellow.

I am a U.S. Air Force photojournalist and as of three weeks ago, the COVID-19 pandemic has made this our family's new norm.

I have been a single mother for several years but never a stay-at-home mom. I certainly have a newfound respect for parents that choose to homeschool. It has been a learning experience, and it has been just as much fun as it has been difficult. I am not the most patient when it comes to teaching, specifically with a toddler.

While being a single mom has trained me to have time management skills that are out of

this world, this current experience has taught me to be more flexible with my time. It has taught me to balance between what needs to be done and what does not. I have had to learn when my kids have had enough learning time and need a dance break. Sometimes they just want to relax and enjoy home because we are home - A LOT.

Prior to my new stint as a stay-at-home mom, I would be doing anything from capturing photos of B-1B Lancer takeoffs to writing feature stories about the amazing men and women that I serve alongside. My career requires me to be flexible with each day bringing a new opportunity to highlight the Air Force and B-1 mission.

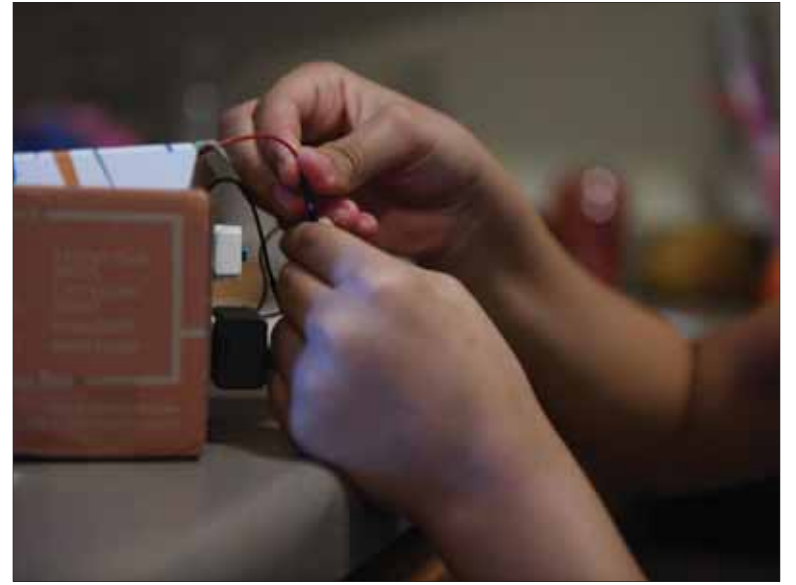
Even as I sit home, I keep my phone and laptop nearby and I am prepared to do my part as a public affairs Airman, whether it be updating graphics for base dissemination or taking photos for historical documentation. Although I may not have a story to write every day, I'm doing my

job. I'm keeping my family safe and healthy.

While being home is not ideal and the unpredictability can be stressful at times - especially when the commissary runs out of toilet paper - I know my kids are watching and learning.

My kids are watching how I cope with stress. They observe how I keep fitness a priority. They see the importance of reaching out to family members back home, in New York City. I am honest with them about current events and the uncertainty of what this pandemic means for the future. But I also show them all the reasons we have to be grateful, such as the time we spend together and the memories we are creating.

It would be misleading if I didn't mention that I get overwhelmed from days of not having a moment to myself; however, I have realized that it's all about perspective. I'm not stuck at home, I'm safe at home - with the two little people I love the most.



The daughter of Airman 1st Class Christina Bennett, a 28th Bomb Wing Public Affairs photojournalist, adds a battery to her spin art machine during the Covid-19 pandemic at her home in Box Elder, S.D., March 31, 2020. Schools throughout South Dakota have been closed for the remainder of the school year. Local schools have provided materials for children to continue their studies while 'social distancing'.



The children of Airman 1st Class Christina Bennett, a 28th Bomb Wing Public Affairs photojournalist, prepare to make a spin art machine during the Covid-19 pandemic at their home in Box Elder, S.D., March 31, 2020. Covid-19 has caused schools and work centers across the United States to close for the unforeseen future.



explore,
experience,
discover

Bring out your inner artist!

MARGIE'S



Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

Team Minot RECEIVE **10% off**

Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

Includes Ceramics, Glass, Giftware & Coffee

It's our thank you for serving! Must have a active AF ID card at time of purchase.

margiesartglass.com

109 South Main St. Minot
701.837.8555

No Appointments Necessary!

Bottom right photo: Spin art is made by the family of Airman 1st Class Christina Bennett, a 28th Bomb Wing Public Affairs photojournalist, during the Covid-19 pandemic in Box Elder, S.D., on March 31, 2020. Families across the United States are practicing 'social distancing' to avoid contracting the Covid-19 virus. Schools in South Dakota have been shut down for the remainder of the school year, causing families to stay home and homeschool their children.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS CHRISTINA BENNETT

ACCESS
Roll Up Cover

ROLL-UP PICK UP COVERS
• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARPS

Manufactured by AGRI-COVER
DISTRIBUTED BY
NELSON RIPPLINGER SALES
NEW & USED COVERS ON HAND
ASK ABOUT MILITARY DISCOUNT OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

CPM
creative property management Inc.

BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE
STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!

701-852-5028
WWW.CREATIVEMINOT.COM

CPM
creative property management Inc.

Army veterinarians post FAQ for pet owners to Army Public Health Center COVID-19 website

DOUGLAS HOLL, ARMY PUBLIC HEALTH CENTER

ABERDEEN PROVING GROUND, Md. -- There have been a few stories recently reported in the news about human to animal transmission of SARS-CoV-2, the virus that causes COVID-19. This has raised concerns with some pet owners about how to properly care for and safely interact with their pets during this time of social distancing and stay-at-home quarantines. The Army Public Health Center has updated its COVID-19 website with a number of pet-related COVID-19 frequently asked questions.

In early April, a Malayan tiger at the Bronx Zoo in New York tested positive for SARS-CoV-2. This was the first case of an animal testing positive for COVID-19 in the U.S. and public health officials presume this large cat became mildly sick after being exposed to a zoo employee who was actively shedding virus. Two dogs and one cat in Hong Kong, one cat in Belgium, and more recently, two cats in New York were reported to the World Organization for Animal Health (OIE) after testing positive for the virus that causes COVID-19.

"In all cases, it is believed that the virus was transmitted to the animals after close contact with a COVID-19 positive human and animals showed very mild signs of disease," said Lt. Col. Sara Mullaney, an APHC veterinarian and division chief for Veterinary One Health, which works with other health professionals on health education, and the prevention and surveillance of animal, zoonotic, and foodborne diseases. "At this time, there is no evidence that companion animals, including pets, can spread COVID-19 to people or that they might be a source of infection in the U.S."

Studies are underway to investigate human to animal transmission in multiple animal species, said Col. Derron A. Alves, deputy director of APHC's Veterinary Services and Public Health Sanitation Directorate. However, most of the studies so far have involved experimental infection of animals with SARS-CoV-2 that don't always reflect natural conditions, so more studies are needed to better understand the infectious behavior of the virus between species under normal settings.

"There are other types of coronaviruses that can make pets sick, like canine and feline

coronaviruses," said Alves. "These relatively older viruses have been researched extensively, and we know they cannot infect people and are not related to the coronavirus responsible for the current COVID-19 outbreak. Army Veterinary Services is staying up to date to ensure personnel are fully informed on the latest data."

These recent cases of cats likely contracting the virus from an infected human, though rare, have reinforced the importance of following the Centers for Disease Control and Prevention recommendations that people who are sick with COVID-19 restrict animal contact, said Mullaney.

"Yes, the bond between people and their pets, particularly in lowering stress, increasing fitness, and bringing happiness is well documented and undeniable," said Mullaney. "We also recognize that for many, the human-pet relationship may be more comforting now especially during the COVID-19 pandemic in which physical distancing has proven helpful in the overall public health disease transmission mitigation strategy. However, in an abundance of precaution, people who are sick with COVID-19 should practice physical distancing of six feet from other people and pets."

In addition, because animals can spread other diseases to humans, it is ALWAYS a good idea to practice healthy habits around pets and other animals, such as washing one's hands before and after feeding or petting and maintaining good hygiene, said Mullaney. These healthy habits are especially important in immunocompromised or ill individuals most susceptible to contracting other diseases.

Mullaney said continuing veterinary medical care for pets, even during this pandemic, is especially important.

"Most states have deemed veterinary practices 'essential business', so limited veterinary services should still be available for your pet," said Mullaney. "Many veterinary practices are implementing social distancing and curbside procedures during this time. It's best to call ahead to see what procedures your veterinary clinic is following to minimize human-to-human transmission, and what veterinary services are being offered."

Owners who are sick with

COVID-19 should not take their pet to the veterinary clinic themselves. They should find an alternate caregiver to take the pet in or contact their veterinarian to see what telemedicine options or alternate plans might be available, said Mullaney.

"It's important to try to identify an individual who is willing and able to care for your animals if you contract COVID-19 or have any other health emergency," said Mullaney.

Animal owners should have an emergency kit prepared, with at least two weeks' supply of food and medications, as well as copies of all animals' medical records. Animals should be properly identified with ID tags, microchips, brands, and rabies/license tags as applicable. In the event your animal needs to be transported, the appropriate crates/carriers and/or trailers should be identified and available.

"You should also have a list of people authorized to make medical decisions about your animals, if different from the caregiver," said Mullaney. "Be sure to communicate your instructions for different levels of emergency medical care your animals may need in your absence. If you cannot identify an individual to care for your animals, there may be boarding facilities, local animal shelters or animal control facilities that can provide temporary emergency sheltering. There is no reason at this time to permanently surrender pets to animal shelters out of concern for COVID-19."

Mullaney says social distancing and stay-at-home orders doesn't mean leave out exercise, which is good for human and pet health.

"Keep up your walking routine, but ensure you following physical distancing for your dog, just as you would for yourself," said Mullaney. "It's also best to avoid dog parks and other public places where a large number of dogs and people gather."

For cat owners, the CDC recommends that cats be kept indoors when possible to prevent their interaction with other animals or people. Keeping cats indoors is also good practice regardless of COVID-19 to minimize their risk of injury or exposure to standard feline diseases.

Information regarding COVID-19 is being rapidly produced and disseminated as



The Army Public Health Center has updated its COVID-19 website with a number of pet-related COVID-19 frequently asked questions. Army veterinarians say it is important to stay tuned to reputable sources when navigating topics related to animals and pets.

U.S. ARMY PUBLIC HEALTH CENTER PHOTO ILLUSTRATION
GRAHAM SNODGRASS

efforts continue around the world to understand all aspects of this virus and the disease it causes, said Mullaney. All that information can become overwhelming and even misleading at times so it's important to stay tuned to reputable sources such as the CDC, U.S. Department of Agriculture and American Veterinary Medical Association to help navigate topics related to animals and pets. Those organizations bring together experts from across the spectrum to carefully weigh the scientific evidence and how to apply it practically for the continued safety and welfare of animals and people. Installation veterinarians can also be a source

of information for pet owners.

Answers to many pet owners COVID-19 frequently asked questions can be found under the heading "pets" at: <https://phc.amedd.army.mil/topics/campaigns/covid19/Pages/Frequently-Asked-Questions.aspx>

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their families, veterans, Army civilian employees, and animals through population-based monitoring, investigations, and technical consultations.

At Great Clips we're great at
MILITARY STYLE HAIRCUTS
...well we are just plain great at all haircuts!

Now Open!

Military Discount ~ Online Check In

Great Clips

HOURS:
Monday-Friday - 8am-6pm
Saturday - 8am-6pm
Sunday - Noon-5pm

3226 16th Street SW, Suite 200
(701) 858-1811

GREATCLIPS.COM

2 Winners Every Week!

BADLANDS RESTAURANT & BAR

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

\$25.00 Gift Certificate From Badlands Restaurant & Bar

No Limit, Enter As Many Times As You Wish!

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

Practicing Good Nutrition Boosts Personal Performance

MILITARY ONESOURCE

Military members need to stay in shape so that they can perform their duties. One of the best ways to build strength and stamina is by eating nutritious foods. Here are some tips on how to start.

Develop new habits
Eating healthy usually requires developing new dietary habits, but that doesn't have to happen overnight. Small changes over time can make a big difference. You might begin with some of these suggestions:

Limit your sugar. Try drinking water instead of soda or sugary sports drinks.

Lower your sodium. Start reading labels to see how much sodium is in a certain food. Buy "reduced sodium" items whenever possible.

Eat lean protein. Eat less fatty red meat and more chicken, seafood, beans, eggs, nuts, and seeds.

Choose whole grains. Whenever possible, eat whole grains like brown rice and whole wheat over "refined grains" like white bread, pasta, and anything made with flour.

Snack on fruits and vegetables. Instead of reaching for the chips, try cutting up some carrots or eating an apple instead.

Explore the farmers market
Not all foods are equal when it comes to nutrients. The fresher your produce is, the more nutrition it offers. Your local farmers market is a great place to shop for fresh produce at a reasonable price. Whether it's just a roadside stand or a gathering place for local producers, you'll want to find a farmers market near you. Here are just a few reasons why:

The food is as fresh as you'll find anywhere. Most produce is brought to market within hours of being picked.

You're getting nutrition to the max. Eating food grown close to home and recently harvested has many health benefits.

Local farmers grow seasonal foods, which tend to be less expensive and are fun to cook with.

You get to speak with food experts — the farmers — who can teach you how to use the produce, grow your own food or share some great recipes.

You can find a list of farmers markets in the U.S. in this National

Farmers Market Directory.

Check out the commissary
Another great resource for eating healthy on a budget is the military commissary, which sells groceries and household goods at an average savings of more than 30 percent. Before your grocery run, visit the commissary website, a great network of information where you can:

Snag simple, healthy recipes for your meal planning or last-minute meal.

Make your shopping list with the My Shopping List tool.

Review the Savings Aisle to see what's on sale for the week and preview the promotional prices before making your shopping list.

Sharing your healthy lifestyle with your children

Share your nutrition goals with your children. The 5210 Healthy Military Children program can help you put a concrete plan into action by providing tip sheets and other resources. The number "5210" stands for:

5 or more servings of fruit and vegetables. Prepare meals and snacks at home using fruits and vegetables, and teach kids how to make healthy foods.

2 or fewer hours of screen time. Make television, video games and the internet less convenient to use, turn them off during meals, and make sure children are doing activities that don't involve screens.

1 or more hours of physical activity. Look for fun activities your family can enjoy together and use the activities as incentives instead of food.

0 sweetened beverages. Sweetened beverages add extra sugar and calories to the diet, so encourage children to drink water or low-fat milk instead.

As a service member — or part of the military family — you need the right fuel to stay energized. Eating well allows you to perform your job to the best of your ability. These suggestions can get you started on a path to good nutrition and good health.

For more healthy advice, check out the Military OneSource Health and Wellness Coaching program, a free resource for eligible service members and family members.



Raising our national symbol in North Dakota

Patricia Stockdill

As the national symbol for the United States, bald eagles represent grace, strength, and beauty.

In a way, they may also represent perseverance.

While on the brink of extinction for many years, they persevered and recovered in population enough so in states like North Dakota once intensive population monitoring efforts is a thing of the past.

Their success story is a combination of several things — the birds themselves, federal environmental regulations and laws protecting against wrongful killing, and intensive monitoring and population recovery efforts on state and federal levels.

North Dakota's bald eagle population has expanded from its historical range in the late 1800s. Generally, they were found only along the Missouri and Red River systems and the Devils Lake region. Isolated reports would occasionally trickle in from the Turtle Mountains.

Nowadays, it's not unusual to see bald eagles anywhere in North Dakota, which considering they nest in tall trees seems to be a bit of an oxymoron in a region considered the "treeless plains"

It's just that even though this is Northern Great Plains, trees such as cottonwood still exist naturally. They also grow along wetland edges. Landowners plant them in shelterbelts at times.

Bald eagles love to nest in cottonwood trees, especially live trees, although they occasionally use a big, old dead cottonwood. Proving to be more adaptable than originally believed, bald eagles expanded beyond the Missouri and Red rivers to discover cottonwoods along wetlands or in old shelterbelts.

While the U.S. Fish and Wildlife Service will continue monitoring the nationwide bald eagle population for about 20 years after delisting from the federal endangered species list, North Dakota no longer conducts Missouri River System mid-winter population surveys.

However, The N. D. Game and Fish Department still monitors nest locations,

although much of the information now comes from the public submitting nest reporting forms to the Game and Fish Department rather than active nest searches conducted by biologists.

As an example of their expanding range in the state, 10 years ago, Game and Fish Department Conservation Biologist Sandra Johnson had a database of about 50 bald eagle nests. That number exceeded 300 active nests in 2019.

By now, young eaglets have hatched so it's especially important not to disturb the birds or nest. If the adult flies off the nest this time of year, a person ventured too close. Now is when eaglets are especially vulnerable to cold weather and precipitation.

Plus, North Dakota's winds can take down a nest or even a tree, putting young birds on the ground.

Whether they're young or it's later in July when eaglets are about the same size as their parents, people shouldn't disturb the nest or birds. Odds are that the parents are nearby and can care for the eaglets.

And they're going to defend their young with a rather nasty attitude towards intruders.

Even though population monitoring isn't as intensive as it once was, the public is still encouraged to report active nest sightings to the Game and Fish Department. A reporting form is available on their website, (<https://gf.nd.gov/wildlife/nest-reports/bald-eagle#rpt-form>).

Nests are made using large sticks. A pair often uses the same nest each year, adding sticks so nests can get several feet tall.

Like Canada geese, they mate for life.

Bald eagles don't breed until five years of age and juvenile bald eagles don't get their fully white head and tail feathers until at least two years old. Instead, juveniles more closely resemble their relative, the golden eagle.

Take a closer look at those tall, stately cottonwoods the next time a person is in the country. You just might get a glimpse of the country's national symbol as they raise their young high in the sky.

This special feature is sponsored by:

"Best Toys in Town"
main street BOOKS
NEW & USED

NOW SELLING KOMBUCHA ON TAP

MILITARY ID DISCOUNT!
10% Off Everything, Every Day!
WITH A MILITARY ID

CHECK OUT ALL THE NEW ITEMS IN STORE!
OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com

BF
Break Forth BIBLE CHURCH

Experience God!

Thursday
7:00pm Service
at the **GRAND HOTEL**

more information available at
www.breakforthbiblechurch.com

WE HIRE VETERANS

Only the Best Come,
Live & Stay North

APPLY ONLINE AT
www.newkota.com

NewKota
Services & Rentals

Let's Plan Your Party!

Party Room

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

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

109 South Main St. Minot 701.837.8555

Blake Krabseth

Comedian / Magician

Great for Parties and Conventions

701-720-1786
magic@blakekrabseth.com

BLAKEKRABSETH.COM

Book an Event at **OAK PARK THEATRE**

Parties
Company Events
Birthdays

Monday-Thursday

Time Slots Available:

10 AM-12:30 PM
1 PM-4 PM
6 PM-10 PM

Email for details:
alatoakpark@gmail.com

High Air Ground

TRAMPOLINE PARK

10% OFF ANY PARTY PACKAGE

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

1210 4th Ave NW | Minot, ND 58703
701-837-JUMP
WWW.HIGHAIRGROUND.COM

BUSINESS & PROFESSIONAL Directory

AUTOMOTIVE

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

1215 Valley St. 838-9607
Next to Action Wrecking

ACTION AUTO WRECKING

Free Parts Locating service

1215 Valley St., Minot
Formerly Minot Wrecking

We pay top price for cars & trucks, running or not
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!

#SOLD WITH US!

BROKERS12.COM

Thank You FOR YOUR SERVICE!

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

It's our way to say Thank You.

HomesForHeroes.com

AUTOMOTIVE

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

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

HOBBY SHOP

AEROPORT HOBBY SHOP
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658
2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.

Military Discounts - Best Rates
24 Hour Access
701-720-1093

Convenient North Location for Both Base & Minot Customers

Lucas Knight
Signal Realtors

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

ACCOUNTANT

BradyMartz
Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

northern sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

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

For more information call 839-0946 or email: sentrystales@srt.com



SOUP AND GRILLED CHEESE MAKE THE PERFECT LUNCH



Grilled cheese may be a staple of many children's diets, but with the substitution of different cheeses for the traditional cheddar or American and the inclusion of other ingredients, grilled cheese can enjoy a gourmet, adult makeover.

While it is certainly possible to enjoy grilled cheese on its own, the meal is made even better when paired with a favorite soup. Enjoy these two recipes for the perfect soup and sandwich combination, courtesy of "Real Simple: Dinner Tonight Done!" (Time Home Entertainment) by the Real Simple Kitchens.

Mini Grilled Cheese and Chutney Sandwiches

SERVES 8

- 12 slices white sandwich bread
- 12 ounces fontina or Gruyère, thinly sliced
- 1 cup fruit chutney (such as cranberry, fig or mango)
- 2 tablespoons unsalted butter

Form six sandwiches with the bread, fontina, and chutney.

In two batches, melt the butter in a large skillet over medium heat and cook the sandwiches until the bread is golden and the fontina has melted, 2 to 3 minutes per side. Cut each sandwich into quarters before serving.

French Onion Soup

- 6 tablespoons unsalted butter
- 4 pounds onions (about 6 medium), thinly sliced
- Kosher salt and black pepper
- 1 cup dry white wine
- 2 cups low-sodium beef broth
- 8 1/2-inch thick slices country bread, halved crosswise if necessary to fit serving bowls
- 1/2 pound Gruyère or Swiss cheese, grated (2 cups)
- 1 tablespoon fresh thyme leaves

Heat the butter in a large pot or Dutch oven over medium-high heat. Add the onions, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper, and cook, covered, stirring occasionally, until tender, 12 to 15 minutes. Reduce heat to medium and cook, uncovered, stirring occasionally, until the onions are golden brown, 50 to 60 minutes.

Add the wine to the pot and cook until slightly reduced, about 2 minutes. Add the broth and 6 cups water and bring to a boil. Reduce heat and simmer for 15 minutes.

Meanwhile, heat broiler. Place the bread on a broilerproof baking sheet and broil until golden brown and crisp, 1 to 2 minutes per side. Sprinkle with the Gruyère and broil until melted, 1 to 2 minutes.

Top the soup with the toasts and sprinkle with the thyme before serving.



creative property management Inc.

MOVE-IN READY UNITS!
STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028
WWW.CREATIVEMINOT.COM



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



Minot AFB Storytime Club

www.facebook.com/groups/649758152482141

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

Get ready for summer with a celebration of beaches, oceans, and all things tropical including stories, crafts, and STEAM activities!



For more information, call 723-3344 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+

Entries are due by May 22nd.
Submit entries to mafblibrary@gmail.com



HALF PRICE BOTTLES OF WINE



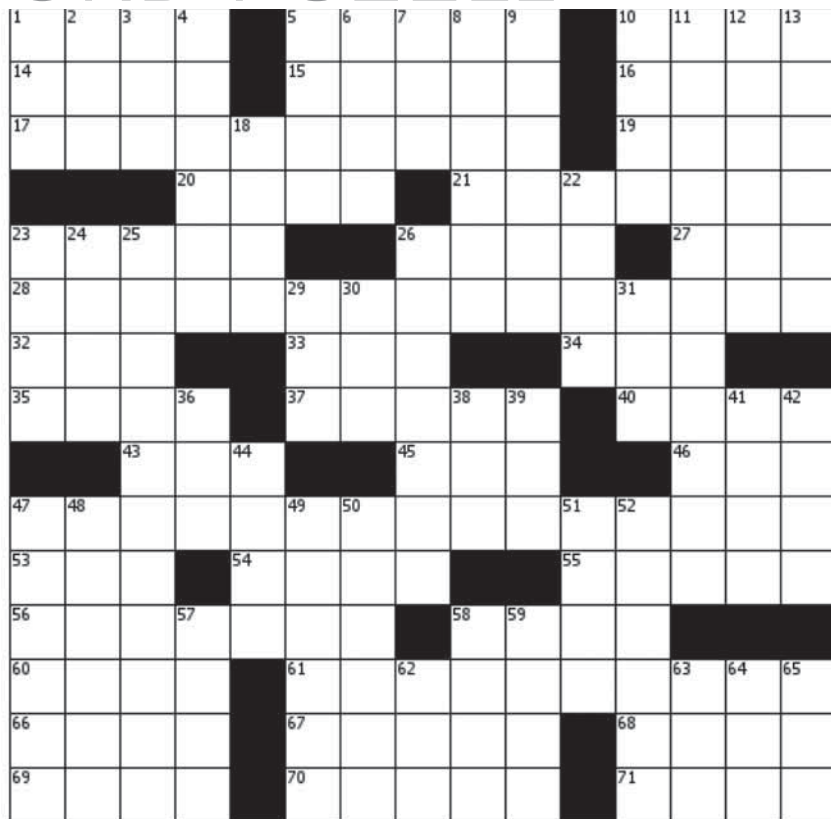
MONDAY NIGHTS

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



CROSSWORD PUZZLE

- Across**
- Soothing salve
 - Metamorphic stage
 - Sportscast tidbit
 - Vast expanse
 - Circa
 - He opposed Caesar
 - Start of a warning to couch potatoes
 - New Orleans veggie
 - Piquance
 - Beatnik growths, perhaps
 - Smokey Bear's worry
 - First king of Israel
 - Flight has-been, briefly
 - Warning (Part 2)
 - Busy activity
 - Twain portrayer Holbrook
 - It may have a wordy welcome
 - Longings
 - Warning (Part 3)
 - One way to lose a sunburn
 - Poetic time of day
 - Org. based in McLean, Va.
 - She was Linda in "Singapore"
 - Warning (Part 4)
 - Mauna ____
 - Quarter deck?
 - With cunning
 - Word with days or try
 - Boat balancer
 - 1952 Winter Olympics site
 - End of the warning
 - Prexy's associate
 - They may reach a bit
 - Dopey dog
 - Outer limits
 - Ugly weather



- Down**
- It's for swingers
 - Flame proof?
 - Bad thing to get caught in
 - Passover fare
 - Vietnam War target
 - Border on
 - Loot
 - Crude
 - Gave the stove a rest
 - Sir William Wallace, for one
 - Chills
 - Like Newton's bodies, sometimes
 - Pleasantly warm
 - Carson City neighbor
 - Prof's visitor, maybe
 - Out
 - Go for a spin
 - Refused to answer
 - Ask earnestly
 - Upsilon follower
 - ___ de deux

- Preschool activity
- Baltic or Irish
- McCourt memoir
- Not look too lively
- Stuntman Knievel
- Dark one of Shakespeare's sonnets
- The Big Board, initially
- Small recess
- Uncinched
- Dextrose and fructose
- Pump option
- Like yard sale items
- Obtained dishonorably
- Hacks off, as tree limbs
- "Citizen ____"
- Once, once
- Hurry
- Exalted verse
- Brazilian vacation destination, informally
- This guy's a real doll



What word in the English Language... is always spelled incorrectly?

Answer: Incorrectly

SUDOKU

Solution to puzzle on page B11

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



THIS HOBBY CAN KEEP PEOPLE ACTIVE AND IS RELAXING ENOUGH THAT IT MAY HELP REDUCE STRESS.

ANSWER: GARDENING

Umbrella Word Find

Find the hidden words in the puzzle.

- | | | |
|--------|----------|--------------|
| DROPS | OUTSIDE | RAIN |
| DRY | OVERHEAD | SUNLIGHT |
| GLARE | PROTECT | THUNDERSTORM |
| HANDLE | PUDDLE | UMBRELLA |
- T H N D Q M D M S I E G
H A A A A R Z U S D F L
U Q X N O E N N I A R A
N X C P D L H S T X P R
D P S D I L T R C T K E
E L V G Z U E V E Z K K
R R H J O Q S V T V X I
S T P U D D L E O B O X
T L L Q N C E M R K M L
O Y U C P O F V P S J L
R N R Z B E A K D H Y D
M P C D A L L E R B M U

THIS DAY IN...



HISTORY

- 1929: THE FIRST ACADEMY AWARDS CEREMONY TAKES PLACE. THE TERM "OSCAR" IS NOT USED UNTIL 1931.
- 1988: U.S. SURGEON GENERAL C. EVERETT KOOP ISSUES A REPORT STATING THE ADDICTIVE PROPERTIES OF NICOTINE.
- 2005: KUWAIT PERMITS WOMEN'S SUFFRAGE IN A LANDMARK VOTE BY THE NATIONAL ASSEMBLY.

Solution to last week's Crossword puzzle.

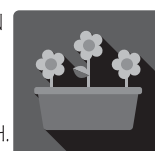
D	A	M	E		O	R	I	E	L		P	I	P	S
E	M	I	L		R	E	N	T	A		O	T	I	C
G	O	L	F	D	I	G	E	S	T		O	L	L	A
A	R	E		A	G	A	S		H	E	L	L	E	R
S	E	R	B	I	A	N		T	E	S	H			
			I	S	M		C	O	S	T	U	M	E	S
	R	A	N		I	B	A	R		E	S	N	E	S
D	I	N	G	S		R	R	R		S	T	O	R	E
A	F	O	O	T		A	B	E	L		L	P	S	
H	E	N	P	E	C	K	S		O	P	E			
			A	L	O	E		S	T	A	R	T	U	P
W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

How they SAY that in...

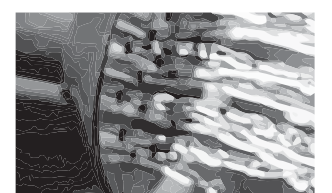
- ENGLISH: Soil
- SPANISH: Tierra
- ITALIAN: Terra
- FRENCH: Sol
- GERMAN: Erde

Did you know?

THERE ARE MORE MICROORGANISMS IN ONE TEASPOON OF SOIL THAN THERE ARE PEOPLE ON EARTH.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: WATERING CAN

CHURCH DIRECTORY

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

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

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
NO SERVICES


Break Forth Bible Church
New! 7:00pm Service
 Thursday Evenings
 at the GRAND HOTEL
www.breakforthbiblechurch.com


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


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


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

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

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

Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
Saturday Noah's Breakfast .. 9:30am
 Please join us, all are welcome here!

UNITED CHURCH OF CHRIST


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


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

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.


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
open hearts...open minds...open doors!
 Saturday Informal Worship.. 5:00 p.m.
 Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.
Pastor Jennifer McDonald
www.vincentumc.com


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren
Thursdays:
 Worship..... 6:30 p.m.
Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

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

ORCS Preschool
 Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!
NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR
HIGHLIGHTS OF OUR PROGRAM

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

 Please contact our school office or visit our website for more information.
701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

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


OUR REDEEMER'S CHRISTIAN SCHOOL
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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

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



CLASSIFIEDS

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

RUMMAGE SALE

A Little Bit Of Everything...
With A Lot Of Savings!
4R HOME THRIFT
412 3rd Street NE,
Minot
Furniture, Tools, Movies,
Misc. & Interesting Items
Monday - Saturday -
10 AM to 6 PM
Sunday - 12 PM to 5 PM
15% Military Discount!
<https://www.facebook.com/4rhomethrift>

REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

FSBO MOHALL ND

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

RENTALS

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

SURREY

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

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/1clouse. 701-839-0475 or 701-721-0475.

HELP WANTED

IMMEDIATE FULL AND PART TIME OPENINGS

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

THE NORTH DAKOTA NATIONAL GUARD

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

CAREERS

BE PART OF SOMETHING more.



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

Human Resources
120 Burdick Expy E
Minot, ND
701-857-5191
jobs@trinityhealth.org

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

trinityhealth.org/careers



GARAGE SALE

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

AUTOMOTIVE

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

JOHN'S



AUTOBODY

Pays Up To **\$500**

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway

839-8896

TRANSPORTATION

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

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

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

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

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

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

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

SUDOKU ANSWERS

Answers to puzzle from page A4

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

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 mino@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.

PARK UNIVERSITY MINOT -

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

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

*ADULT HOURS
Tuesday-Friday 7am-4pm
* Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

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

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

FOR SALE

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

NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit

Auctioneers: Clint Baeter, Lic. #199 & Kevin Baeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701

701-838-3733 or 1-800-210-8995

FIND IT HERE

SHOP THE CLASSIFIEDS FOR THE BEST LOCAL DEALS!

\$1.00 CLASSIFIEDS!*

\$3.00 for Classifieds with photo
Active Military & Dependents only

Sign-up online at northern Sentry.com

*OFFER ONLY AVAILABLE WHEN BOOKING ONLINE



Homes



Cars



Jobs



Merchandise



& More

northern Sentry

Airmen urged to maintain healthy dental habits during COVID-19 pandemic

SHIREEN BEDI, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. -- March, the U.S. Air Force began deferring routine and non-urgent dental care to slow the spread of COVID-19.

In alignment with the Centers for Disease Control and Prevention, American Dental Association and Department of Defense policies, most dental care has been deferred, with the exception of emergencies, cases considered medically necessary, and care for deploying and deployed personnel.

"Deferring non-urgent dental care is one way we can decrease the chances of spreading COVID-19, while ensuring the health and readiness of our Airmen," said Col. Donald Sheets, Air Force Dental Policy and Operations chief. "We are still recommending continuing dental exams for active duty

Airmen preparing to deploy to ensure they are ready to go out the door. Commanders at all levels are empowered to make the necessary assessments and determine if dental care is critical to the unit mission."

Because the Air Force maintains robust annual medical readiness requirements for its members, the active duty population entered deferred dental operations in good dental health. Sheets stresses the importance of dental health upkeep during this pause on routine care.

"Our Airmen get seen every year and usually require very little dental care," said Sheets. "It is vital that Airmen and their families continue practicing good dental habits and eating a healthy, low sugar diet to maintain their oral health."

While Airmen are aware of

proper brushing and flossing techniques, Sheets says Airmen may not be aware of how stress can affect dental health. This is especially important as state governments and the DoD continue implementing social distancing and stay-at-home measures.

"In times of stress, people often clench and grind their teeth, or what is also known as parafunction," said Sheets. "Patients should be aware if they are experiencing increased stress and take steps ensure that they are not negatively impacting their oral health."

Sheets suggests that those who are overcome with stress reach out to their health care provider and take advantage of telehealth services. Additionally, the dental clinic is also available via phone if a patient needs additional

guidance.

"Our clinics are staffed and Airmen can call their clinics to speak to someone if they have a dental issue without having to physically come into the clinic," said Sheets. "We can speak to Airmen about preventive measures, discuss home care, and give them guidance on safely coming into the clinic if it is absolutely necessary."

For Airmen who require emergency or deployment-related dental care, Sheets explains that significant precautions are taken to ensure the safety of medical personnel and patients.

"Any time a patient enters a military treatment facility, there is a screening process to assess risk for exposure to COVID-19," said Sheets. "The dental team checks if a patient knows they have COVID-19 or associated

symptoms. We also know that a patient can be asymptomatic, so we employ personal protective equipment, and follow CDC and the ADA safety guidelines on providing care during this pandemic."

Air Force Dental Service medics are vital to preparing Airmen readiness so they can perform their mission at home and abroad, said Sheets.

"Our primary goal is to keep everyone safe while maintaining mission-essential readiness requirements," said Sheets. "Moving forward, we are looking at how to reinstate routine care as the response to COVID-19 allows. It is our job to ensure the oral health of our service members and ensure they are ready to support the mission."

Teeth Grinding & Clenching

During the day, be mindful if you are grinding or clenching your teeth. If you notice your teeth are touching during the day, it could be an indication of clenching and grinding.

If you wake up in the morning with a sore jaw or joint, it could be an indication of teeth grinding or clenching at night.

Stress reduction and relaxation strategies can be effective in

preventing teeth grinding or clenching.

If the problem persists, patients should call their dental clinic as continued grinding and clenching can cause negative oral health concerns – temporomandibular joint pain (TMJ), tooth pain or tooth fracture.

Contact your dental clinic about teeth grinding and clenching concerns. Patients experiencing

severe pain as the result of teeth grinding or clenching qualifies as an emergent need at our dental clinics.

Mouth guards should come from your dentist. Over-the-counter or store-bought mouth guards can make joint pain worse if they are not adjusted by a dentist.



DRIVE A GREAT DEAL HOME

 <p>2016 CHEVROLET SUBURBAN LT 1500 \$35,995</p>  <p>2019 NISSAN ROGUE SL \$22,995</p>  <p>2012 HONDA PILOT EX \$11,995</p>  <p>2002 CHEVROLET SILVERADO 2500HD \$6,995</p>  <p>2007 FORD F-350 SUPER DUTY XLT \$13,995</p>	 <p>1966 PLYMOUTH FURY \$6,995</p>  <p>2019 VOLKSWAGEN ATLAS V6 SE 4MOTION \$30,995</p>  <p>2019 CHEVROLET MALIBU LT \$18,995</p>  <p>2019 FORD FLEX LIMITED \$28,995</p>  <p>2007 GMC YUKON XL DENALI \$13,995</p>
--	--

WWW.MURPHYMOTORSNEXTTONEW.COM

701-838-2222



your spirit keeps our world together.



TRINITY HEALTH

together. supporting each other.

trinityhealth.org/coronavirus

