

5TH BW AWARDED BEST COMMANDERS INSPECTION PROGRAM IN THE AIR FORCE



The 5th Bomb Wing Inspector General Office pose for a photo at Minot Air Force Base, North Dakota, May 11, 2020. The IG office was awarded the 2019 Maj. General Junius W. Jones Inspector General Award for having the most outstanding Commander's Inspection Program in the Air Force. **Story on page 3.**

U.S. AIR FORCE PHOTO | STAFF SGT. ASHLEY BOSTER

NOW RE-OPENED!

BADLANDS
RESTAURANT BAR

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

WE'LL BUY YOU DINNER!

DETAILS ON PAGE 3

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

Learn the Warning Signs of 'Military Scams'

MILITARY ONESOURCE

Your military friend or family member serves our country with integrity and honor. Unfortunately, there are scammers out there who try to take advantage of that service to cheat them and you. You can help protect your service member against military scams by learning the warning signs of schemes that target those in the military community.

COVID-19 Scams

Unfortunately, these scams prey on fears about the coronavirus disease, trying to trick service members and family members into revealing sensitive information or donating money to a fraudulent cause. Bogus emails that look legitimate can offer fake alerts or information about the outbreak, fake workplace policy updates, or fake medical advice. By clicking on links in these emails, you could download malware or have your identity stolen.

There are safety measures you can take to protect yourself: Avoid clicking on links or attachments in unsolicited emails. Use trusted sources such as legitimate government websites for information. Don't reveal personal or financial information. Avoid emails that insist you act now. Remember, there are always people looking to take advantage of a crisis to harm others — be vigilant.

Rental Property Scams

These scams target military personnel looking for housing near a base. Scammers pretend to be real estate agents and post fake ads for rental properties on websites, sometimes promising military discounts and other incentives. They try to get service members to send them money for fees and deposits upfront — and the victim ends up with no money and no place to live.

If someone insists on receiving money or other payments before a property has been seen, it is probably a rental scam.

DFAS/MyPay Phishing Scams

These schemes try to steal a service member's identity by getting Social Security numbers, bank accounts and other personal information. The scammer pretends to be from the Defense Finance and Accounting Service or another military group and contacts members or their spouses by phone, email or text. They may claim that due to computer problems your information was lost and needs to be reentered to process payments. In other cases, their emails contain links or attachments that can put malware on computers to steal passwords and account information.

Your service member should never give personal information on the phone — or click on links in emails — from someone they

don't know. Also, DFAS and other military organizations never ask for personal financial information, account numbers or passwords.

Payday Loans

Is your friend or family member having trouble making ends meet? If they are considering getting a short-term payday loan to tide them over, they may be setting themselves up for long-term financial trouble.

"Short-term," "personal" or "payday" loans are unsecured loans for small amounts — generally \$500 or less — that charge big interest rates and fees. (A typical two-week payday loan charging \$15 per \$100 borrowed equals an annual percentage rate of almost 400%.) Many payday loan companies operate online and advertise "fast cash" and "no credit required."

Active-duty service members are protected from payday loans by the Military Lending Act, which keeps lenders from gouging military personnel with high-interest rates and fees. The MLA gives service members these rights:

A 36% cap on interest rates on loans of under three months.

A lender can't require them to submit to mandatory arbitration or ask them to give up their rights under state or federal laws, as they can with the general public.

A lender can't make them agree to a voluntary military allotment — or automatic repayments from their paycheck — for loan approval.

A lender can't charge them a fee or other penalty if they pay back their loan early.

Even with these protections, your service member needs to watch out for lenders who may charge illegally high-interest rates and fees.

Loan and Credit Card Scams

Your friend or family member may be considering getting their first credit card or applying for a loan, but they have no credit record. They need to watch out for scammers who offer credit cards and loans with ads saying "Bad credit? No credit? No problem" or "We don't care about your past. You deserve a loan." They may also "guarantee" that they can get anyone a loan or credit card.

Here are some of the warning signs:

They aren't interested in your credit history, even if you have no credit or bad credit.

They "guarantee" you will qualify for a credit card or loan before you apply.

They don't disclose fees clearly. Legitimate lenders often charge fees, but they list them up front.

They say you've been approved, but demand a fee before you get your credit card or money.

They ask you to wire money or pay an individual. Legitimate lenders don't do that. Also, don't use a wire transfer service or send money orders for a loan.

Insurance Scams

Some insurance agents try to use high-pressure tactics to get military personnel to buy insurance they don't need. They make phony claims about policy benefits, which are expensive and most likely unnecessary.

If your service member is considering life insurance, suggest they take advantage of "Servicemembers' Group Life Insurance, government-issued insurance that provides outstanding insurance at a low price.

Car Sale Scams

If your service member is excited about a great deal they're getting on a new car, ask them for details. Dealers that require no credit check and offer instant approval often charge hidden fees and high interest rates that inflate the cost of a car. First- or second-time car buyers may not be aware of this.

Before your member signs a contract, urge them to comparison shop with other dealerships to make sure they're getting a fair deal. And if they're buying a used car, remind them to ask for its repair history and get a mechanic to look it over before purchase.

Romance Scams

Your friend or family member says they have "met someone" on a dating app. The person in the profile looks and sounds wonderful, but they are asking for money to buy a plane ticket for a visit. Is this true love or could it be a romance scam?

Scammers often post fake profiles on dating websites to attract service members. If your member responds to one of these profiles, the scammer may make advances to make them feel loved and appreciated. And then they will ask for money — usually by wire transfer or pre-paid debit card — so they can come visit, pay for a car repair or even for a medical emergency. If your service member sends money, their "sweetheart" will probably disappear, leaving them disappointed and with no chance of getting their money back.

You can help protect their heart and wallet with these tips:

Never send money or gifts to someone they haven't met in person.

Take it slowly. Ask questions and look for inconsistent answers.

Check the person's photo using a search engine's "search by image" feature. If the same picture shows up with a different name, that's a red flag.

Continued on page B5

LAW TALK

The Boppre Law Firm, PLLC is pleased to serve the Minot Air Force Base community! Our firm includes two military veterans and several family members of veterans. As such, we understand the unique needs of our military members and their families.

We opened our practice in 2014, beginning with a single attorney. From that origin, we have grown to an active practice consisting of three attorneys, two paralegals, and three administrative staff.

Meet Our Attorneys:

Brian W. Boppre

Brian W. Boppre is the owner and founding partner of the Boppre Law Firm. Mr. Boppre holds a Juris Doctor from the University of North Dakota School of Law; a Master of Science in Management from Friends University, Wichita, Kansas; and a Bachelor of Science in Human Resource Management from New School for Social Research, New York, New York.

Mr. Boppre is veteran of the United States Navy, serving nine years and specializing in chemical and radiation technology. He still maintains a connection with the local military community, proudly serving as an honorary commander for the Minot Air Force Base.

Morgan Glines

Morgan Glines is an associate attorney with the Boppre Law Firm. She holds her Juris Doctor from the University of North Dakota School of Law. Before her graduation in May 2019, she was a board member for the Environmental Law Association and the Student Bar Association. She also graduated Cum Laude from the University of Mary with a Bachelor of Arts in Criminal Justice and Spanish. Morgan became a licensed attorney in September 2019 and loves practicing law in the Minot area.

Morgan is goal-driven and has a passion for helping others. She is the contracted City Attorney for Burlington and the Special Assistant Attorney for Minot. Besides practicing law, she is also very involved in the community, from sandbagging, to her charity of choice — Homes for Our Troops.

Anthony Cooper

Anthony Copper is an associate attorney with the Boppre Law Firm. Anthony holds a Juris Doctor from the University of North Dakota School of Law, and Bachelor of Science in Liberal Arts from Excelsior College, Albany, New York. While in law school, Anthony interned at the Minot Public Defender's Office. He became a North Dakota licensed attorney in April 2020.

Anthony is a 26-year United States Air Force Veteran who specialized in Computer Systems. He served in many leadership positions and has received several outstanding leadership awards during his long career. As a result, he brings a unique, well-rounded perspective that is well suited to our clients' needs.

We specialize in estate planning, probate, oil and gas, and business law with experience in a wide variety of additional areas of practice including real estate, family law, civil litigation, and much more!



BOPPRE LAW FIRM

BRIAN W. BOPPRE | ATTORNEY AT LAW



2151 36th Ave SW • Suite B • Minot, ND
Phone: 701-852-5224 • Fax: 701-852-5229



1350 20TH AVE SW, MINOT, ND 58701



Dr. Willy Fielhaber



Dr. Matt Hanson



Dr. Crystal Long

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

(701) 852-2800

5th BW awarded Best Commanders Inspection Program in the Air force

AIRMAN 1ST CLASS JOSH W. STRICKLAND , 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 5th Bomb Wing Inspector General office was awarded the 2019 Maj. General Junius W. Jones Inspector General Award for having the most outstanding Commander's Inspection Program in the Air Force at Minot Air Force Base, North Dakota.

The Wing IG office is tasked with the evaluation of the Commander's Inspection Program. The office plans, executes, validates and verifies the program through self-assessments, exercises and independent evaluations of the wing processes and procedures ensuring compliance, but more importantly the safety and security of nuclear operations across the organization.

"We are so proud to receive Air Force recognition for our Commander's Inspection Program," said Lt. Col. Michael G. Middents, 5th Bomb Wing Inspector General. "In the 5th Bomb Wing, we have a culture of compliance, cross-talk and innovation driven by our Commanders. Their ownership of the program is the cornerstone to mission readiness and success as it provides the Airmen accurate information to assess risk, identify areas of improvement, determine root cause and precisely focus resources - all while aligning with the Wing Commander's priorities and timeline."

The IG office achieved this remarkable Air Force level award through hard work,

dedication and commitment to excellence of the Airmen assigned to the Wing Evaluation Team. They benchmarked the evaluation baseline for 11 wings thus establishing the inspection standard for rigorous and robust exercises in the first ever Air Force Global Strike Command

especially at such a strategic place like Minot, with arguably some of the most rigorous and numerous inspections out there, should give the citizens of our great nation enormous confidence in the Airmen here at Minot AFB and their ability to accomplish the mission of being

Ogurek's leadership and skill as a top inspector in his category for 2019.

As the only base hosting both of the Air Force's legs of the nuclear triad, the 5th Bomb Wing is always in exercise and inspection mode, says Middents. Through the execution of an inspection or exercise every other week on average throughout the year the Airmen of the IG office ensure Minot AFB's exercises are rigorous, robust and challenge the wing to grow.

"They validate unit Commander's Inspection Program compliance with a myriad of directives through comprehensive inspections and they do this while balancing an incredibly high volume of official base visitors," said Middents. "In addition to this, our team provides the sole complaints resolution outlet for the installation, assisting Airmen in resolving issues in such an intense battle rhythm. We continue to strive for the 'above and beyond' standard in 2020."

The 5th Bomb Wing Inspector General office's accomplishments speak to the incredible and strategic role that every squadron and office plays in the Global Striker mission.

"To know that our inspection program here is the most outstanding in the AF, especially with the base's history, is a powerful statement to everyone, as both our inspection program and our Airmen continue to thrive despite COVID-19" said Col. Cochran.



readiness validation. Finally, the team facilitated 47 inspections base wide that culminated with the best Nuclear Surety Inspection in AFGSC's 10 year history.

Col. Brad Cochran, 5th BW Commander said, "To be listed as the best commander's inspection program in the entire USAF,

our nation's shield."

Not only did the IG office win an Air Force level award for its Commander's Inspection Program but Mr. Bob Ogurek, 5th BW IG Chief of Inspections, was recognized with the Lt. Gen. Howard W. Leaf Award at the AFGSC level. The Lt. Gen Howard W. Leaf Award recognizes Mr.

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.

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.

WELCOME BACK!

We've missed you, and we're happy to share we'll be re-opening Friday, May 15. We have been making changes to keep you, our guests, and employees safe. Your health and safety are our top priority so here's a few of the changes you'll see when you come back to 4 Bears Casino & Lodge:

- New hours, and doors monitored for entrance counts.
- Corner Café and gift shop will be open.
- Slots are spaced out to meet social distancing requirements.
- There will be no blackjack or table games at this time.
- The Center Bar will be open for coffee, water and soda. No alcohol sales.
- Marina, RV park and C-store are open.
- Cleaning and disinfecting frequency will be increased.
- Additional hand sanitizer dispensers are provided in the casino and lodge.

We look forward to seeing everyone soon!

We will continuously monitor developments and statements from local, state and national agencies and implement recommended precautions when necessary. Follow our social media pages and website for up-to-date information.

10 AM - 10 PM
SEVEN DAYS A WEEK

800.294.5454
4bearscasino.com

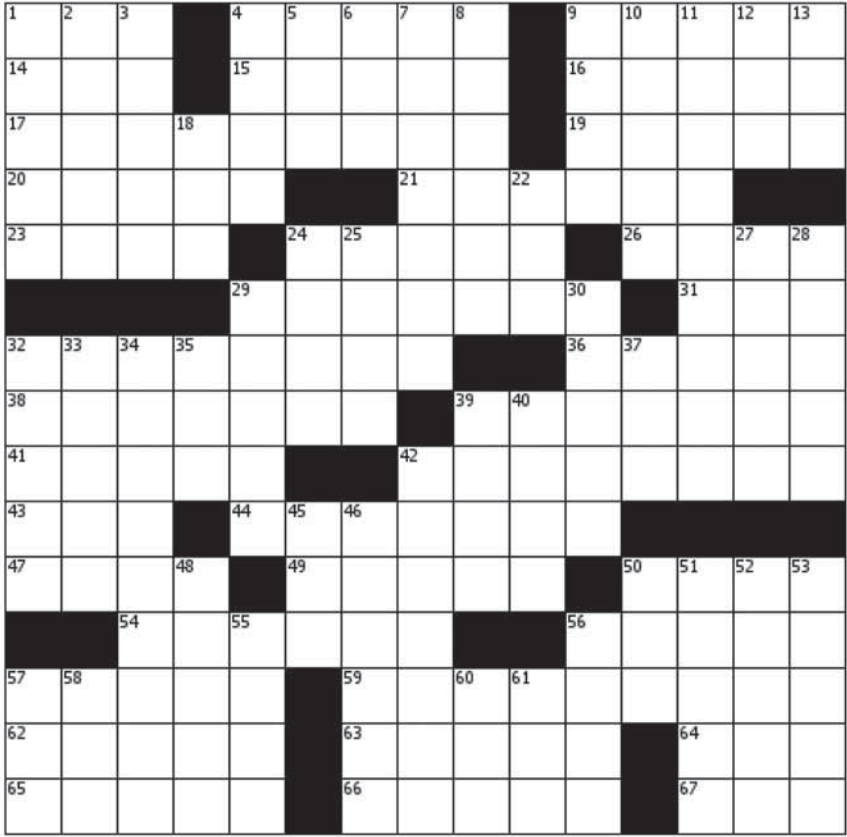
ROXOR Giveaway June 5 and 6

4 BEARS CASINO & LODGE
4 MILES WEST OF NEW TOWN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

CROSSWORD PUZZLE

- Across
- 1. Bad actor
 - 4. Sir, in India
 - 9. Military student
 - 14. Presidential nickname
 - 15. Ouzo flavoring
 - 16. Whirlpool competitor
 - 17. Large glass alcove
 - 19. Nash output
 - 20. Just right
 - 21. Complain about
 - 23. Danson and Kennedy
 - 24. Trunk contents
 - 26. Complacent
 - 29. Stiff straw hats
 - 31. ___ whim
 - 32. Get cozy
 - 36. Heaps kudos on
 - 38. Vague discomfort
 - 39. Get going
 - 41. Skips past
 - 42. Baseball feature
 - 43. Countdown number
 - 44. Writers on glass
 - 47. Margin
 - 49. Hold the floor
 - 50. Bouquet holder
 - 54. Hair dryer
 - 56. Pulitzer poet Conrad
 - 57. Expect
 - 59. Gum flavor
 - 62. Saguaro
 - 63. Short-winded
 - 64. Swimming-pool tester
 - 65. Little kids
 - 66. Ginger cookies
 - 67. Be off base



- Down
- 1. Regular routine
 - 2. Dwelling
 - 3. Asked for milk, like a young 35 Down
 - 4. Wind catcher
 - 5. Actress Jillian
 - 6. Kept under wraps
 - 7. Pinpoint
 - 8. Word of warning
 - 9. Collapse, with "in"
 - 10. Sermon enders
 - 11. New Hampshire school
 - 12. USNA grad
 - 13. Menlo Park monogram
 - 18. Did exist
 - 22. Cousteau's domain
 - 24. Heirs, often
 - 25. Stride
 - 27. Not deserved
 - 28. Shocked reactions

- 29. Oregon Trail town
- 30. Wooden strips
- 32. Chew the scenery
- 33. Put the finger on
- 34. Woman's shoe
- 35. Household leaper
- 37. Fly-ball path
- 39. Dele canceler
- 40. Get tuckered out
- 42. Improve, as skills
- 45. Wrecker's job
- 46. Wave heights
- 48. Upper-crust
- 50. Spirit
- 51. "Go fly ___!"
- 52. Sir, in Seville
- 53. Put in a log
- 55. Singer Redding
- 56. Warmonger of myth
- 57. Circus routine
- 58. Customary manner
- 60. Geologic division
- 61. African viper



If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in a third field.

Answer: One. If he combines all of his haystacks, they all become one big one.

SUDOKU Solution to puzzle on page B11

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

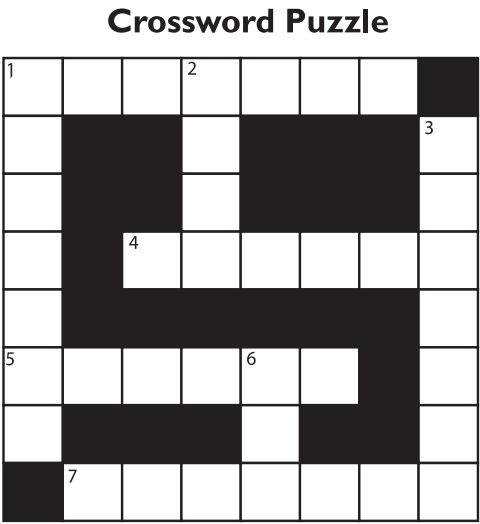
Solution to last week's Crossword puzzle.

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



THIS TYPE OF CUISINE IS OFTEN SLOW-COOKED.

ANSWER: BARBECUE



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

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

THIS DAY IN...



HISTORY

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

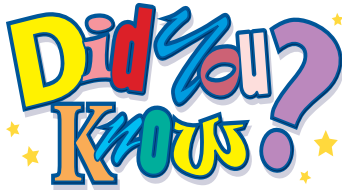


BASTE

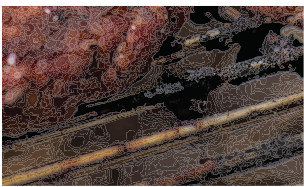
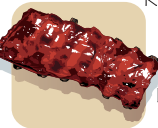
pour juices or melted fat over meat during cooking to keep it moist



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



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



Can you guess what the bigger picture is?

ANSWER: BARBECUED FOOD

A QUICK WAY TO PREPARE TASTY TOMATOES



Tomatoes are a versatile ingredient in many meals that are just as delicious in a garden salad as they are stewed and simmered in a favorite sauce. Tomatoes are a major source of the antioxidant lycopene, which can reduce one's risk of heart disease and cancer. Tomatoes also are a great source of vitamin C, potassium, folate, and vitamin K.

It's easy to include more tomatoes into one's diet with tasty fixings like this light and versatile recipe for "Bruschetta" from "Vegan Cooking for Beginners" (Publications International, Ltd.) by the PIL editors. Use it when serving cocktails and snacks, or as the prelude to a larger meal.

Bruschetta

MAKES 8 SERVINGS

- 4 plum tomatoes, seeded and diced
- 1/2 cup packed fresh basil leaves, finely chopped
- 5 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 2 teaspoons finely chopped oil-packed sundried tomatoes
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 16 slices Italian bread

1. Combine fresh tomatoes, basil, 3 tablespoons oil, garlic, sundried tomatoes, salt, and pepper in a large bowl; mix well. Let stand at room temperature 1 hour to blend flavors.
2. Preheat oven to 375 F. Place bread on baking sheet. Brush remaining 2 tablespoons oil over one side of each bread slice. Bake 6 to 8 minutes, or until toasted.
3. Top each bread slice with 1 tablespoon tomato mixture.

Full Service Salon

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

B&D

Berni's

Hair Designers, Inc.

• Melisa Ellison •

701-240-1385

Located on North Hill
2001 3rd St NW • Minot

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



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

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



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.

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



723-3648



HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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



Caring Through Chaos

GLENN S. ROBERTSON, 90TH MISSILE WING PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. --

The world has seemingly plunged into unprecedented turmoil, with fear and uncertainty driving behavior that would be unlikely never be seen in "normal times."

COVID-19, or the coronavirus, has thrust the U.S. into a state of mind that has been at times unsettling, but at least in some instances, encouraging.

I would call upon anyone reading this to latch on to the chance to encourage. Amidst all this uncertainty, we are all presented with opportunities to step up and do small things that might make a huge impact on the people we work with or others in our community – all without putting yourself or others at risk of exposure to the illness. We can all make a difference and make this time a little less challenging for someone else.

Checking In

With telework being authorized and encouraged, people accustomed to going into an office every day are now modifying their living spaces into workspaces to work at home. For many, this might be a welcome change of pace. For others, though, coming into the office might be their only social interaction. Check in with the people you work with, even if it's "only" sending a text message.

Some people may be too proud or too shy to reach out themselves, or even feel like they're burdening others by doing it. We are taught to look after our fellow Airmen when they might need it, regardless of whether they actively seek assistance. It is even more important to do so during periods of crisis of uncertainty.

This might also work in some neighborhoods. There are likely people in your neighborhood who are scared or lonely. People who may greatly appreciate someone checking in on them to make sure they're okay. There's no need to put anyone at risk – ring the bell, keep your

distance and just check in to see if there's anything they might need.

If that seems daunting, leave a note. Just let them know you're there to help if needed.

Sharing is Caring

Did you get enough toilet paper to supply a barracks for a month? Why not offer a roll or two to the single mother in your neighborhood? More pasta sauce than you'll eat by the time those cans expire? Check in with your coworkers and make sure they have enough to get through.

If you do have a little extra, local online marketplaces can be a good place to find people in need. You can likely find someone within a few blocks asking for help on Facebook marketplace, and coming to the rescue of a family in need will feel a lot better than staring at the castle sized hoard of hard-to-find items in your living room. Even if you didn't grab more than you can use in six months and it's a supply of closer to two – there may be someone you know who is just days away from running out of something.

Give blood

In the best of times, blood centers struggle to keep enough blood on hand to support the daily need for transfusions and other life saving procedures. Unfortunately, this recent crisis has caused organizations to cancel blood drives all over the country, placing the blood supply in a critical "danger of collapse," when combined with a stoppage of individual blood donations as people stay home.

Blood donation is not considered a group activity, and blood donation centers need help to ensure those who need blood can receive it. Even the Surgeon General has asked Americans to keep donating at blood centers – just so long as they're not sick. However, one healthy donation can save up to three lives. If you can give, or you usually give at blood drives, there are blood centers in most

cities (including Cheyenne) that can take walk-in donations.

To be clear, the message given here is in no way a recommendation to bypass the advice of the CDC. Social Distancing is crucial to get us past all of this, and individuals should follow the instructions of medical professionals to keep exposure and infections to a minimum. But, let's not use distancing as an excuse to ignore the problems faced by those in our

workspaces or our communities.

Let's act like how we'd want other someone to act toward us if we needed a hand. Take the time to make sure your neighbors, your coworkers and others in your extended community are making it through all of this.

While this is a horrible, unprecedented crisis, we can make excellence in all we do something that applies to more than just the mission at work.

MINOT
AIR FORCE
BASE

Finest

MR. BOB
OGUREK

is the Chief of Inspections for the Commanders Inspection Program headed by the IG office. Recently Mr. Ogurek won the Lt. Gen. Howard W. Leaf award for being the top inspector in his category in 2019. Congratulations Bob, you are one of Minot's Finest.



MINOT'S *Finest*
**COLLISION
CENTER**



Proudly Serving MAFB
for over 30 years!

www.minotsfinest.com

701.839.0989

524 31st Avenue SW • Minot, ND



ARE YOU READY FOR SUMMER? IS YOUR VEHICLE?

Is your vehicle is ready for your summer travel plans... ND summer's heat, dust, and stop-and-go traffic, can take a toll on your vehicle. Add the effects of last winter, and you could be poised for a breakdown. Be ready, have your vehicle serviced by a Certified Ford Dealership.

With The Summer WORKS Pkg, you'll get virtually everything you need to maintain the performance of your Ford - Including up to 6 qts Synthetic Blend oil, tire rotation, brake inspection, vehicle inspection, fluid top-off, & we check your belts & hoses.

SUMMER WORKS PKG



Includes...

- Oil & Filter Change
- Synthetic Blend (up to 6 qts)
- Tire Rotation & Pressure Test
- Brake Inspection
- Fluid Top Off
- Multi-Point Vehicle Inspection

\$39.95

CALL 701-857-1633
TO SCHEDULE YOUR APPT



500 South Broadway - Minot ND - Offer Exp July 3, 2020

ALIGNMENT SPECIAL



CARS, SUVs and F-150s

FORD Models Only

CALL 701-857-1633
TO SCHEDULE YOUR APPT

\$89.95



500 South Broadway - Minot ND - Offer Exp July 3, 2020

**WESTLIE
FORD LINCOLN**

500 South Broadway | Minot ND 58701

701-857-1633

www.westliemotors.com

Service Hours

M-F: 8am - 6pm

Sat: 8am - 1pm

A passion for helping and leading: Nurse leads Air Force Medical Service

STAFF SGT. JEREMY L. MOSIER, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

A profession that faces disease and trauma and requires long hours on their feet may deter some, but for nurses, this profession was chosen to serve and ensure the health of those who live in their communities.

"I have always had an affinity for helping people and come from a family that has a lot of nurses," said Lt. Gen. Dorothy Hogg, Air Force surgeon general. "It was just something that was part of my nature – I love helping others. From a young age, I knew I was going to be a nurse."

In 1984, Hogg would commission in the Air Force as a nurse, making her childhood dream a reality.

"Every day I take care of patients is a proud day for me, because I look at it as doing the very best I can to help somebody else out with a struggle they might be dealing with," she explained. "If I can just give them a little bit of comfort or a little bit of peace, it is all that I can ask for."

During her 36-year career in the Air Force, Hogg has climbed through the ranks and became the first nurse, as well as the first woman, to hold the position of Air Force surgeon general.

"Never in my wildest dreams did I think I would be sitting here as the Air Force's surgeon

general," she said. "I have always looked at every opportunity that either the Air Force or nursing has given me to make not only myself better, but to make the environment I am in better." With these words echoing in her head, she reminds her fellow nurses and Airmen to never close any doors.

The position didn't come easy. Early in her career, nurses were not seen as leaders within the medical system. Overcoming this barrier helped Hogg develop her leadership acumen. Today, the medical system is much more team-based where every medical professional brings their knowledge and skills to the bedside. Hogg's formula for success is three-fold: One is too small a number to achieve success, teamwork and attitude. All great leaders had people in front of, behind and beside them. Hogg said, "No one does this by themselves, and it's important to grow all members on the team. And last, attitude is everything. As the old saying goes, is your glass half full or half empty?"

As surgeon general, Hogg is leading the largest Military Health System transformation with her other surgeon generals and the Defense Health Agency Director. She restructured the Air Force Medical Service into a more agile, lethal force by developing the Air Force Medical Readiness Agency

and installation operational medical readiness squadrons. She's led research on pilot cancer rates, water contamination and improving human performance across the broad spectrum of operational, humanitarian and disaster response missions.

"If someone says I need you to do this job, you might not think you can do it, but that person sees something in you, so go for it," she said. "Take advantage of every opportunity the Air Force gives you, because you will learn more about yourself and become a better nurse, a better leader, a better officer and a better individual."

As the country faces a pandemic, Hogg recognized the contributions the nurse corps has made during this time of need. She has one message for all first responders.

"Thank you; I thank you from the bottom of my heart for stepping in during very challenging times to take care of our service members and our nation as a whole," she said. "Your selfless service to the profession of nursing and arms goes without saying. The human touch you provide to your patients can't be substituted by a machine. And it's that touch your patients will remember. I am proud to represent all our nurses both home and abroad, military and civilian."



Lt. Gen. Dorothy Hogg, Air Force Surgeon General, visits with Airmen at Minot Air Force Base, North Dakota, January 29, 2020. The Air Force Surgeon General is responsible for developing plans, programs and procedures to support worldwide medical service missions.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER

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

FOLLOW US ON FACEBOOK!
northern sentry
MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

TRAEEGER TALK

WINGS ARE THE THING

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

Chicken wings are delicious, whether made for a snack or a full meal. With spicy rub, crispy skin, zesty sauce and some hardwood smoke, they are at their very best!

The spice rub can be sweet, hot, salty and fragrant all at once. For this recipe, we are using Traeger Pork and Poultry rub, with the addition of a well known, but "secret" ingredient to make the skin extra crispy and delicious. The "secret" is baking powder. As in, the stuff of pancakes and biscuits. Baking powder contains sodium bicarbonate (baking soda) and cornstarch that both have an effect on chicken skin. The sodium bicarbonate raises the pH of the skin and alters the protein to promote better browning and helps the skin crisp better. The cornstarch draws moisture out of the skin and helps to form a crispy coating.



My package of wings had 13 whole wings in it. I cut them into tips, drummies and flats. I boiled the tips to make broth, but didn't use it in this recipe. Six tablespoons of Traeger Pork and Poultry mix, one tablespoon of Kosher salt, plus one tablespoon of baking powder made a nice spice rub. It's best to put the rub on several hours before cooking. Overnight works great. Place the wings on a rack on top of a jelly roll pan to get air circulating on all sides. Leave them in the fridge uncovered until ready to cook so that the skin and rub can dry. This helps to make them extra crispy.



To get maximum smoky deliciousness, cook on 225°F for up to an hour. If your Traeger has Super Smoke, now is the time to use it. If not, you will get good smoke flavor when cooking on the 225°F setting. During this hour, the fat will be rendering from under the skin and the wings will be soaking up smoke flavor. The amount of time is flexible, so you can serve them any time after the first half hour. This is nice for picnics, family get-togethers, or game day snacks. About 15 minutes before you want to serve them, set the Traeger to High or 425°F. They are cooking fast at this point, so check every few minutes and make sure they don't burn.

I prefer to serve them with sauces on the side. Traeger Sweet and Hot is a favorite, as is Sugar Lips Sriracha. You can serve with Apricot for those who don't like the heat.

TRAEEGER
WOOD FIRED GRILLS
\$999⁹⁹
PRO SERIES 780 PELLET GRILL
IN STOCK



107 20th Ave SW, Minot

www.HofE.com/BBQHQ

2020 North Dakota State Fair Cancelled

NORTH DAKOTA STATE FAIR

Minot, ND – It is with great regret that we must announce the 2020 North Dakota State Fair is cancelled. The cancellation is due to the continuing COVID-19 pandemic. This decision is in the best interest for all involved. It is impossible to predict the scale of this pandemic and our concern is for the health and safety of our community, our attendees, exhibitors, vendors, staff and all involved with the North Dakota State Fair.

Our situation is different in that thousands of people come to the fair to be together with friends and family. We want to continue this tradition that we are a meeting place to get together.

All tickets that were purchased with a

credit card will be refunded back into that account. It is not necessary to contact the Fair as those ticket holders will soon see their credit.

"We want to thank all of the loyal North Dakota State Fair goers for their continued support in these uncharted waters. We have been greatly touched by the strong support that we have received during these challenging days," said Renae Korslien, North Dakota State Fair General Manager. "It just reminds us all what makes this state and city so special and make us in the State Fair family even more determined to make next year's Fair even greater, when it's safer for us to be together again."



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.

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

northernsentry

High Air Ground
• TRAMPOLINE PARK •

WHAT'S GOING ON MAFB

TODAY

- TAP/DOL Track Day 2, 0730-1600, A&FRC – Online Learning Modules

SATURDAY

SUNDAY

- Last Day to Register for the Air Force Esports Teams at <https://cloud.mwr.army.mil/apprac/atwsc/apprac.wsc/wb1000.html?wbp=5>

MONDAY

- Moving Out of the Dorms Budget Class, Call A&FRC to set up virtual appointment
- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules
- Newbery Book Club, 1600, Minot AFB Library Facebook Page

TUESDAY

- Moving Out of the Dorms Budget Class, Call A&FRC to set up virtual appointment
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Modern Civilian Resume Workshop Zoom Meeting, 1100-1230, A&FRC – <https://us02web.zoom.us/j/89892804143>

WEDNESDAY

- Moving Out of the Dorms Budget Class, A&FRC – Call A&FRC to set up virtual appointment
- Accessing Higher Education/Education Track, 0800-1600, 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

- Moving Out of the Dorms Budget Class, A&FRC – Call A&FRC to set up virtual appointment
- Accessing Higher Education/Education Track, 0800-1600, A&FRC – Online Learning Modules
- Tier 1, 2, & 3 Initial Counseling (TAP), 0800-1100, A&FRC – Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC – Online Learning Modules

UPCOMING EVENTS:



Last Day to Enter 5 FSS Creative Writing Contest at mafblibrary@gmail.com

22 MAY

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

ONGOING EVENTS:

CARRY OUT OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1030-2100, Saturday 1400-2000
Dakota Inn Dining Facility: Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830

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

DELIVERY OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1630-2030

BOMBER BISTRO

May Special

Thursday Dinner Special

Smoked Wing Basket

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

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

QUALITY HEALTHCARE FOR ALL

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

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

Center for Family Medicine

UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

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

People you know.
Experience you trust.



FIRST WESTERN
BANK & TRUST

firstwestern.bank



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!



COMPLETE THE WHOLE PURCHASE IN YOUR OWN HOME!

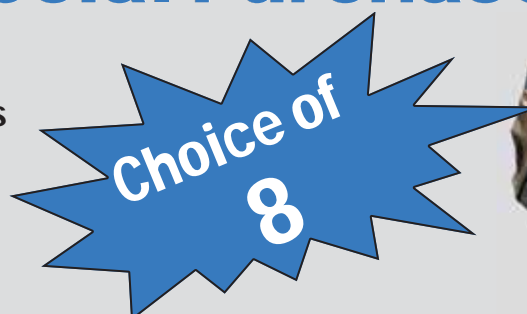
Special Purchase

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

FINRA Foundation extends deadline for Military Spouse Fellowship program

TIFFANY LAWRENCE

A program providing military spouses with the opportunity to earn an Accredited Financial Counselor® certification extended its deadline to June 1.

Military spouses continue to grapple with unemployment rates in the double digits, at roughly 16% according to a 2017 survey conducted by U.S. Chamber of Commerce. In response to the ongoing financial hardship created by joblessness, organizations are partnering to offer resources that enable more portable career options.

The Association for Financial Counseling & Planning Education® and the FINRA Foundation, in partnership with the National Military Family Association created the FINRA Foundation Military Spouse Fellowship program. The program provides military spouses the opportunity to earn the Accredited Financial Counselor® certification while providing valuable financial counseling and education to the military community.

Meredith Lozar, director of Military Spouse Programs for the U.S. Chamber of Commerce Foundation, is an AFCPE board member who previously participated in the fellowship program and earned her AFC certification in 2012.

"At the time I was working full time. My husband was doing his fourth combat tour in Afghanistan, and I had a two-and-a-half-year-old. I loved the AFC because I was working in the financial industry and it gave me the flexibility to get a certification that could move with me, knowing that we would not be in one place forever," Lozar said.

This program is free for military spouses and classes are available online. Lozar says she was able to schedule her studies around her daily responsibilities.

"I went to classes on the weekends. I did the work at night when I wasn't in school," she said. "What's wonderful

about the program is that it's really flexible. So, you could do a couple of hours maybe while a child is napping or you know, whatever ends up working for you. You can do it from your living room."

The fellowship program exists to:

Train a corps of military spouses to provide financial counseling and education within the military community.

Help military spouses achieve career goals and aspirations and enhance job-related marketability, and

Develop personal financial management skills of military families.

Lozar has used her AFC designation to lead other financial counselors and provide financial counseling to service members, military spouses and families from the Marine Corps, Navy and Army. Other opportunities can include working in the finance department at a university or even starting a tax company.

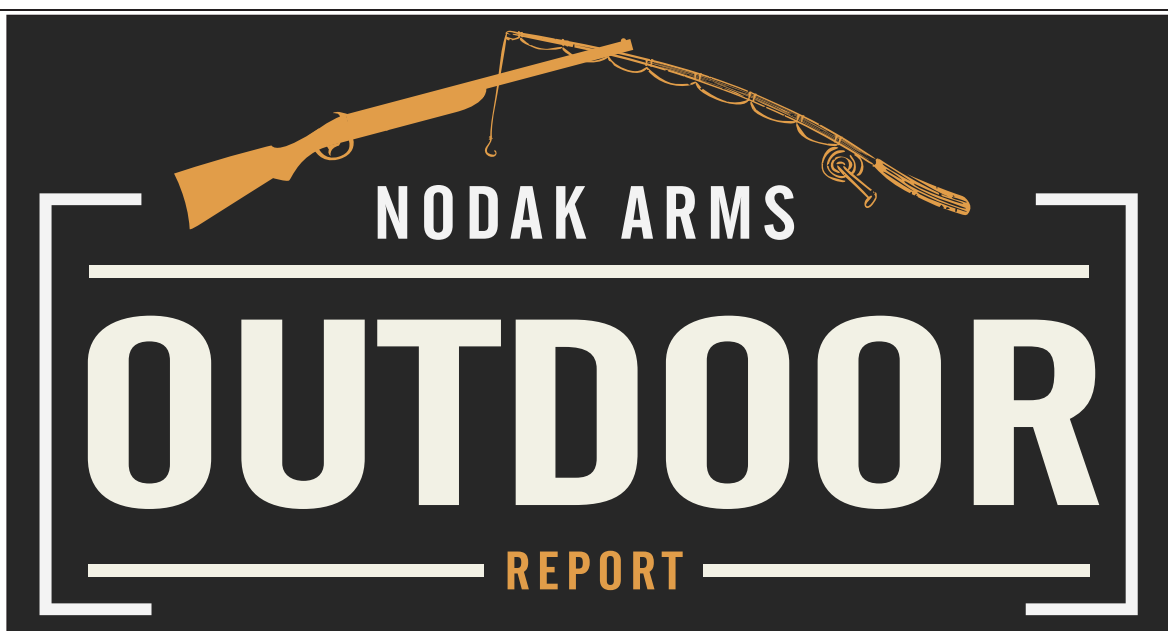
After completing the program, FINRA fellows take part in a mentorship program that often leads to job opportunities. The foundation also offers a dashboard for certified AFCs to register and setup a profile. This allows corporations to identify practicing AFCs and possibly offer contracts or job opportunities.

"If you have a vision and you want to open some more doors for your career then this is definitely for you," Lozar said. "It is a path of flexibility, portability and it can be a path of career progression."

The new application deadline to apply for this year's program is June 1.

For steps to apply check the website: <https://www.afcpe.org/resource-center/funding-and-recognition/finra-foundation-military-spouse-fellowship/read-first-then-apply/>

This story originally appeared in Military Families Magazine.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, May 11: 1,840.4 feet above mean sea level (MSL); 24,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.81 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.62 MSL.

• N.D. Game & Fish Dept. game wardens: No Devils Lake, north-central lakes, or Missouri River System reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Surface temperatures dropped the last weekend's cool, snowy weather and walleye activity slowed. Try morning or evenings for walleye around the bridges. Work shallow, warmer water in the bays in the afternoons. Look for more activity with warming weather.

• Devils Lake, Woodland Resort, Devils Lake: Walleye activity slowed with spawn likely winding down. Look for improving success with warmer water temperatures and weather.

• Lake Darling, Karma C-Store, Ruthville: Fair walleye success at Grano with some activity on Lake Darling.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some boat and shore activity continues, weather permitting, but success remains light.

• Lake Metigoshe, Four Season, Bottineau: OK success with some walleye and occasional nice-sized pike. No bluegill reports yet.

• Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Park fishing docks in place on Lake Metigoshe with mixed success for pike, a few walleye, and occasional bluegill.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity on Lake Sakakawea with spotty success at best throughout the east end. Best walleye activity remains west of New Town in the upper end of the lake. Limited reports and activity from Lake Audubon.

• Lake Sakakawea, Scenic 23, New Town: Van Hook Arm remains slow. Continued good walleye success from New Town west up to Williston. Work shallow in 2 to 12 feet with a variety of presentations. Lots of

• Deer gun and muzzleloader applications now available on the N.D. Game and Fish Dept. website, (gf.nd.gov). Application deadline is June 3.

• Follow N.D. Game & Fish Dept. fish cleaning station regulations when they open later this summer.

• Go to the N.D. Parks & Recreation Dept. website, (parkrec.nd.gov) for updated information on state parks openings and regulations pending Covid-19 precautions. Day and annual passes available online. Please remember to implement social distancing.

• N.D. Game & Fish Dept. Wildlife Mgmt. Areas also open to public use, although specific use regulations apply. Go to the Game & Fish Dept. website, (gf.nd.gov) for information.

• Check with other public land and recreation agencies, as well, regarding camping and public use regarding Covid-19 related restrictions.

• Please consider limiting the number of people in a boat to two to help reduce the Covid-19 potential.

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

• May 21 & (possibly) May 22: Lake Darling Dam closed to through traffic for bulkhead replacement work on the dam.

Tournaments:

• All May tournaments cancelled.

anglers so please remember social distancing protocol.

• Lake Sakakawea, Van Hook Resort, New Town: Not much change with cool weather last weekend and early in the week. Continued fair pike and smallmouth bass activity from shore. Try shallow in the upper end of the Van Hook Arm with better success farther west of New Town yet. Look for the Arm to improve with warmer weather and water temperatures now that the walleye spawn is over.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace activity slowed with cold weather, plus the walleye spawn likely underway. Look for occasional walleye from boat and shore. East end of Lake Sakakawea also remains quiet.

• 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.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Cool and windy weather limited activity but look for more anglers out with warmer, stable weather.

Paddle craft river elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.9 feet; streamflow, 21.2 CFS.

• Little Missouri River, Long X Bridge: Streamflow, 200 CFS.

• Missouri River Washburn: River stage, 10.95 feet.

• Missouri River, Williston: River stage, 19.23 feet.

• Souris River, Foxholm: River stage, 4.9 feet; streamflow, 1,233.21 CFS.

• Souris River, Minot: River stage, 4.28 feet; streamflow, 20.5 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 11 feet; streamflow, 17,000 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.

TRAEGERED SMOKED MUSHROOMS

INGREDIENTS

4 CUP BABY PORTOBELLO, WHOLE, CLEANED

1 TABLESPOON CANOLA OIL

1 TEASPOON ONION POWDER

1 TEASPOON GRANULATED GARLIC

1 TEASPOON SALT

1 TEASPOON PEPPER

Combine all the ingredients together in a mixing bowl.

When ready to cook, set temperature to 180° and place mushrooms directly on the grill and smoke for 30 minutes.

Increase the grill temperature to High and finish cooking mushrooms, about 15 minutes longer. Serve warm. 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

Gen. Brown testifies at CSAF confirmation hearing

CHARLES POPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Appearing before the Senate Armed Services Committee, Air Force Gen. Charles "CQ" Brown expressed support Thursday for meeting the National Defense Strategy, for expanding to 386 squadrons, refining and modernizing joint warfighting capabilities while safeguarding "the well-being of our Airmen and families."

"I am committed to the Air Force achieving irreversible momentum towards implementation of the National Defense Strategy and an integrated and more lethal joint force," Brown told senators during a hearing to consider his nomination to be the next Air Force Chief of Staff.

Throughout the hearing, Brown provided crisp answers to questions about his background, areas of importance and a range of specific issues. He offered insights for how best to balance the need for modernizing the Air Force while continuing to use legacy systems; how to manage development of the B-21 Raider strike bomber and introduction of the KC-46A Pegasus tanker; maintaining readiness; and the future of the A-10 Thunderbolt II, among other topics.

Another item of importance, he said, is controlling "sustainment costs" associated with the F-35 Lightning II, the Air Force's frontline, fifth-generation fighter. "To compete, deter and win, we will need to generate combat power faster than our adversaries," he said in presenting an overarching standard that will govern his approach and decision-making.

"If confirmed, I am an advocate for early and constant collaboration between operators, acquisition professionals and industry partners to unleash innovation and spiral development so that the warfighter has access to the most capable and state of the art assets, sooner than later," he said.

Asked by Sen. Deb. Fischer, R-Neb., if he agreed the land-based nuclear deterrent needs to be modernized, Brown replied, "Most definitely. Further delay is not an option."

In response to a question from Sen. Angus King, I-Maine, about the need "to pay close attention" to ensuring development of the B-21 remains on time and on budget, and for resolving ongoing problems with the KC-46 "so we don't have to come back here talking about massive overruns and delays," Brown again was direct.

"Senator, that is exactly my goal if confirmed, to ensure they stay on track."

Brown's appearance marked a major step in his becoming the Air Force's highest-ranking military officer. If confirmed by

the full Senate, Brown would succeed Gen. David L. Goldfein as chief of staff.

He offered support for the U.S. Space Force, the first new military service since 1947, for the continued use of the A-10 and for the strategic importance of the Arctic.

Brown discussed support for ongoing efforts to modernize the Air Force's acquisition process and to forge strong relations with companies that supply critical weapons and equipment.

"For me personally, building a relationship with the CEO of Boeing so we can have frank dialogue, particularly if it gets off track, with the goal to keep it on track so we can get it in the hands (of Airmen) as quickly as possible," he said. Boeing manufactures the KC-46.

During the hearing, senators also pointed out difficult challenges that face any officer serving as chief of staff.

"You are very familiar with the challenges facing the Air Force today in the Pacific and how the Air Force should be implementing the National Defense Strategy," Sen. Jack Reed, D-R.I., said. "If confirmed, you will also face challenges to improve readiness while also modernizing and expanding force structure. In order to achieve the stated goal of 386 squadrons the Air Force will need to increase and sustain modernization efforts over a number of years."

"On top of that, the Air Force must simultaneously recapitalize most of the bomber fleet and all the land-based missile fleets. These are daunting challenges."

Brown acknowledged the challenges.

"I expect there will be tough decisions regarding legacy programs and future

modernization. If confirmed, I would continue carefully considered risk assessments balancing the Air Force's support to current Combatant Command requirements while investing in capabilities that prepare us for future competition, conflicts, and challenges," he said in his opening statement to the committee.

At the same time, Brown noted his long tenure serving in senior commands has prepared him for this new assignment. He currently is the commander of Pacific Air Forces. He is a decorated pilot who has held key commands and served as a military advisor at the highest levels.

If confirmed as Chief of Staff, Brown will play a central role in fully integrating and connecting warfighting operations that allows information to be collected, analyzed and shared across all domains – air, sea, land, cyber and space – and among all services.

A command pilot with more than 2,900 flying hours primarily in the F-16 Fighting Falcon, including 130 combat hours, Brown held key roles in operations against Libya and in the air war against the Islamic State. Across his career, Brown has commanded a fighter squadron, two fighter wings and U.S. Air Forces Central Command. Prior to his current assignment, he served as the Deputy Commander, U.S. Central Command.

In addition to Brown, the hearing also featured testimony from Kenneth J. Braithwaite, who is nominated to be Secretary of the Navy, and James H. Anderson, who is nominated to be Deputy Under Secretary of Defense for Policy.



Gen. Charles "CQ" Brown, the commander of Pacific Air Forces, responds to a question, May 7, 2020 on Capitol Hill, Washington, D.C., during a Senate Armed Services Committee confirmation hearing to consider his nomination to be the next Air Force chief of staff. Brown was nominated to become the 22nd chief of staff succeeding Gen. David L. Goldfein.

C-SPAN VIDEO CAPTURE

NODAK ARMS

INDOOR INTERACTIVE SHOOTING RANGE

Range Time HAPPY HOUR: 10 AM - 2 PM Mon.-Thurs.
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.
Book Range Time: www.nodakarms.com/bookings *Guns Supplied Free if Needed

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!

CPM

creative property management Inc.

701-852-5028

WWW.CREATIVEMINOT.COM

explore experience discover

Bring out your inner artist!

MARGIE'S

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

Team Minot

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

It's our thank you for serving!

Must have a active AF ID card at time of purchase.

RECEIVE 10% off

includes Ceramics, Glass, Giftware & Coffee

margiesartglass.com

109 South Main St. Minot

701.837.8555

No Appointments Necessary!

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 OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

ASK ABOUT MILITARY DISCOUNT

Liquid gold in uniform

STAFF SGT. TAYLOR A. WORKMAN, 374TH AIRLIFT WING

YOKOTA AIR BASE, Japan -- With a loud hum of computer servers surrounding her, my mother spent days shivering in a cold room, huddled over her breast pump on an old wooden stool. She blocked off one of the aisles of server racks with scotch tape from her desk and a printer paper sign that read "Pumping in Progress," hoping it would prevent being accidentally exposed to her coworkers—most of whom were male and cringed at the thought of breastfeeding. As a cryptologic technician for the U.S. Navy from 1984-2004, this was her only place of privacy that wasn't a bathroom stall. Her hands were cramped from the manual pump and the chill in the air. The bobby pins keeping her bun in place were digging into the side of her head as she struggled to make even a drop of breastmilk—also known as liquid gold—for her newborn.

Milk refused to flow. Let-down evaded her.

My mother was never able to successfully nurse any of her four children after each brief maternity leave throughout her 20 years of dedicated service. Every return to work was met with unyielding supervisors and uncomfortable or oftentimes unsanitary pumping conditions. Across the Department of Defense and the nation, women have reported similar stories for decades, including me. With no dedicated space for breastfeeding

mothers in the workplace (what we now call "mother's rooms") many have abandoned the effort to breastfeed all together because if you can't keep up with the frequency your baby eats, your milk quickly disappears.

Two decades later, during my own military service, I experienced the same difficulties as my mother. My return from maternity leave after my first daughter was born was met with, "You can just go pump in the bathroom if you really have to."

I was disgusted at the thought of pumping my daughter's food in a place designed to dispose of human waste, but the room I settled on wasn't much of an improvement. There was a storage area with a beat-up leather couch that looked like it belonged in the dump, a salvaged old fridge, a lock on the door that everyone knew the code to, and no air conditioning. After barely making two ounces, my first pumping session back at work ended in frustration and sweat.

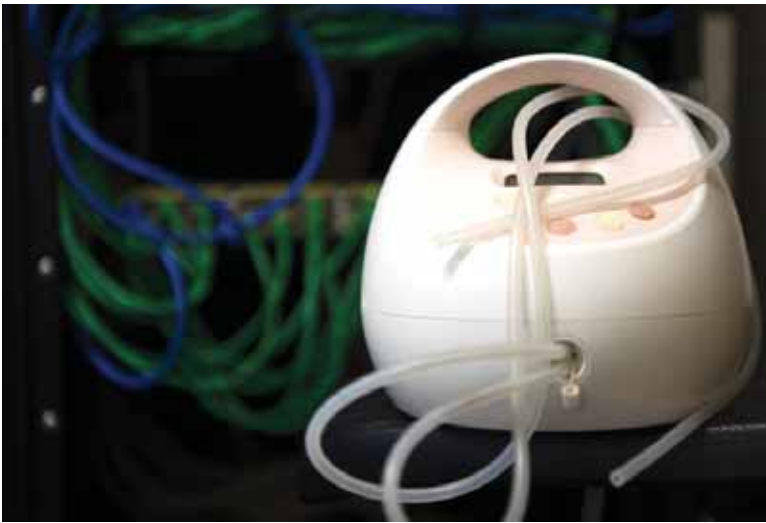
My supply quickly dwindled and the stress from not pumping successfully stopped my milk completely. I turned to formula and felt like a failure. But it wasn't me that failed. It was military policy that had failed. It had failed military moms throughout history, and it had failed me because it simply didn't exist.

Today, one in five active duty

service members are female, and I can't help but notice the correlation between the increase of women in the military and mother-friendly policy updates. Within my six years of service, maternity leave has been lengthened, station change and fitness test deferment for new moms is now an option, and nursing rooms are becoming available.

The DoD has now echoed federal health care law breastfeeding provisions within the past few years to support this increase in female service members. Air Force Instruction 44-102, Medical Care Management, states, "The [Air Force Medical Service] recommends that supervisors of AF members who are breastfeeding work with the member to arrange their work schedules to allow 15-30 minutes every 3-4 hours to pump breastmilk in a room or an area that provides adequate privacy and cleanliness. Restrooms should not be considered an appropriate location for pumping."

It was this policy that punctuated the desperate need for mother's rooms on Air Force installations, and thank goodness it did! After all, extensive research has proven that breastmilk has numerous benefits for babies, their mothers, the environment, and the economy. The military recognizing these benefits of breastfeeding has revolutionized



A breast pump sits in front of a server rack at Yokota Air Base, Japan, May 8, 2020.

U.S. AIR FORCE PHOTO | STAFF SGT. TAYLOR A. WORKMAN

active duty motherhood.

Mothers will be able to return from maternity leave without the stress of trying to pump in a freezing server room, an unlockable closet, or a bathroom stall.

In the past year, rooms for lactating mothers have been popping up all over military installations, including the base that failed to support my first military-mom nursing experience. Now, the space comes complete with a lock on the door, a clean new fridge, comfortable furniture, and a fresh coat of paint.

I am elated to see military moms have the support of their command in the journey to provide the best start in life for their children through liquid gold. But, I do want to communicate that this was always necessary, and there will be a continued need for transformation to strengthen our Air Force. Mothers are a vital part of our organization and retaining them retains the distinctive skills they contribute to our team. Putting our people first keeps us all mission ready.

5 FSS

Delivery & Take Out

visit 5thforcesupport.com for our available menus!

5th AIR FORCE BASE
FORCE
SUPPORT SQUADRON

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

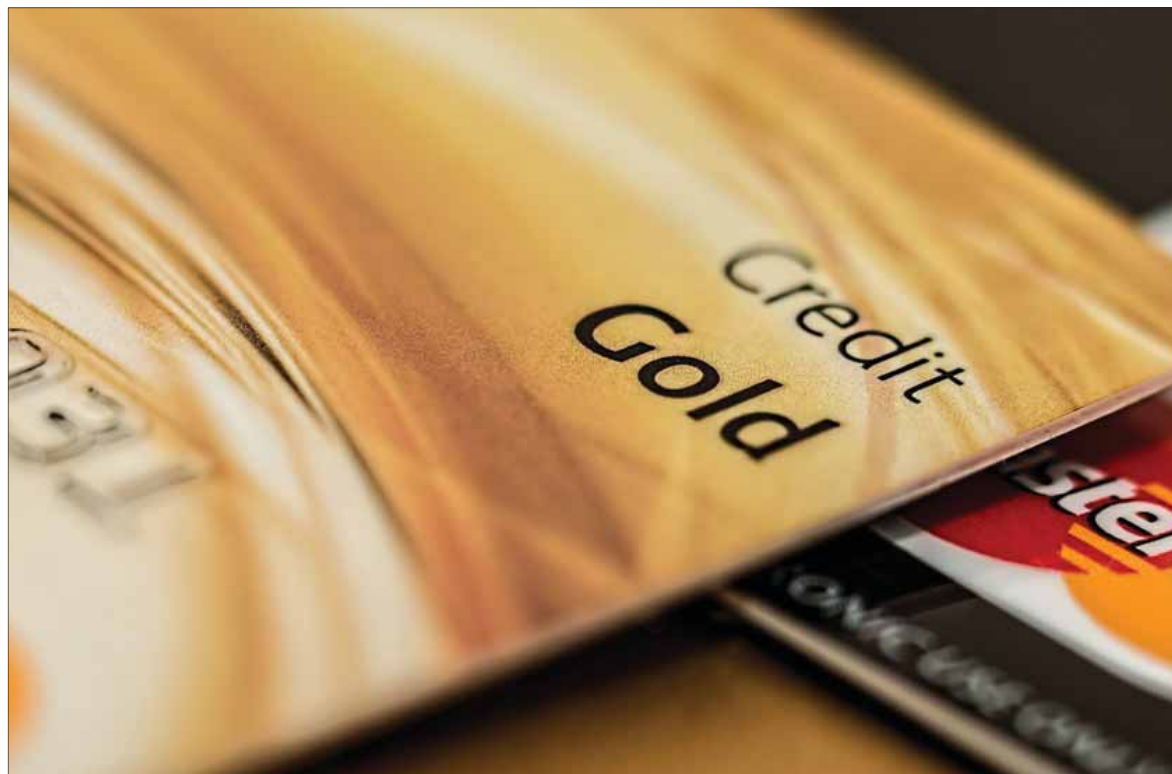
BOMBER BISTRO
TAKE OUT (ESM ACCEPTED):
MONDAY-FRIDAY 10:30AM-9:00PM
SATURDAY 2:00PM-8:00PM
DELIVERY:
MONDAY-FRIDAY 11:00AM-8:30PM
PAYMENT MUST BE MADE PRIOR TO DELIVERY, NO ESM ACCEPTED

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**



Signs of 'Military Scams'

Continued from page 2

If your service member suspects a romance scam, advise them to cut off contact right away. They should also notify the dating site.

Emergency/Grandparent Scams
Being in the military carries certain risks. The emergency or grandparent scam takes advantage of a family's concern for their service member's well-being.

In this scam a relative, usually a grandparent or aunt or uncle, gets a call from their "niece," "nephew" or "grandchild." They are told there has been an emergency – such as an arrest or accident – and the service member needs money quickly. In some cases, the caller claims to be from the military or an attorney, who is acting for the service member. The scammer tells the family member to send money by wire or prepaid debit cards.

If you or a family member get a call like this, resist the pressure to send money right away, even if the story sounds urgent. If you aren't sure the person calling is

really your relative, ask them questions that only your relative could answer. Then contact other family members to check on the story. Try to be certain before wiring money or using a prepaid debit card, since there is no way to get the money back.

Other Military Scams to Avoid
There are always new scams popping up. Here are a few more:

Fraudulent use of the Military OneSource name or logo: Some scammers are using the Military OneSource name or logo to trick service members and families into believing they are legitimate. Verify that you are on a Military OneSource website by checking for the .mil extension in the URL. The Military OneSource Member Connect site is the only exception. Look for <https://www.militaryonesourceconnect.org> in its URL.

Fake military charities: These prey on military families and have names that sound like real charities. They often ask for money for wounded or disabled veterans.

Phony debt collectors: These

scammers pose as debt collectors. They contact military personnel and try to pressure them into paying debts they don't have.

Credit monitoring scams: These target active-duty members who are being deployed. They offer to monitor credit and defend against identity theft, but instead they use the victim's credit information to go on a spending spree, leaving the victim to foot the bill.

Other schemes can involve jury duty, phishing scams and others. Get the latest on scams targeting military personnel from the Military Consumer website.

Military OneSource also offers service members free access to financial counselors who understand military life. Our financial counselors can help on a range of money matters and fraud prevention. If you know someone has been scammed, urge them to file a complaint with the Consumer Financial Protection Bureau or get advice from their local legal assistance office.



FOLLOW US ON FACEBOOK!

northern sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM



701-857-9210

3520 S. Broadway • Minot, ND 58701
www.CartivaOfMinot.com

VEHICLE OF THE WEEK

2018 FORD F-150 XLT 4WD

\$27,950 STOCK# 56226X



FINANCING AVAILABLE

Stay well.
Stay Strong.

your spirit keeps our world together.

Golden Ticket Winners!



Dan Matishek
finds his second \$20 Golden Ticket and agrees, it pays to read the Northern Sentry!



Branda Tanner
found a \$20 Golden Ticket in her Northern Sentry



Find hidden treasure in your Northern Sentry!



TRINITY HEALTH

together. supporting each other.

trinityhealth.org/coronavirus



DoD, Department of the Air Force take steps to protect military families moving during COVID-19

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of Defense, in conjunction with U.S. Transportation Command, has adopted a set of safety measures and protocols designed to protect military personnel and their families who are required to move household goods to new assignments during the coronavirus pandemic.

Secretary of Defense Mark Esper authorized the measures, which went into immediate effect.

Under the new standards, moving industry personnel must adhere to all Centers for Disease Control and Prevention COVID-19 health protection protocols while in the service member's residence. That means moving personnel must wear face coverings, clean frequently touched surfaces and sanitize their hands often. They must also minimize the number of personnel at the member's residence in order to meet social distancing requirements.

In addition to prescribing health and safety standards that all moving companies and their employees must meet, the standards also outline specific powers that any military member can use. For example, the member

can deny entry to moving personnel or question them about adhering to health protection protocols. They also are specifically empowered to terminate the move entirely if they feel the moving crew is compromising their safety. The move would be rescheduled at a later date.

"It's important that DoD families know they are empowered to make decisions on the spot and that they have a voice in the process," said Rick Marsh, director of the Defense Personal Property Program at USTRANSCOM.

Although the Department of Defense is operating under a "stop movement" order through at least June 30, some personnel have been authorized to move to new locations to meet critical mission requirements.

The military services (U.S. Army, Navy, Marines Corps, Air Force, Coast Guard and Space Force) are required to verify with 100% of their service members that moving companies are complying with these safety measures during their moves.

Visit move.mil to read the latest guidance for Defense Personal Property Program customers.



Break Forth
BIBLE CHURCH

Experience God!

Thursday
7:00pm Service
at the GRAND HOTEL

more information available at
www.breakforthbiblechurch.com



FLOWER
Central

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

405 Central Ave. E. • 701.852.6224



Fort Stevenson: A different 2020 but still a state park leader

Patricia Stockdill

Every North Dakota state park has its little niche of offerings, even though they all successfully marry the outdoors with recreation.

Some – many, actually – meld history into the experience.

Most have special events unique to its region, whether it's Sodbuster Days, Christmas in July, or something in between.

However, 2020 will be different in so many ways because of Covid-19, even as states try to return to some sort of normalcy.

Fort Stevenson State Park, like all facilities within the N.D. Parks and Recreation Department, is adjusting its camping, amenities, and other activities this summer, including cancelling all special events until further notice.

The park, three miles south of Garrison along a peninsula between deTrobriand and Garrison bays on Lake Sakakawea, has enjoyed the highest visitation of any state park for several years. Admittedly, attendance ties closely with fishing success and ever-fluctuating elevations of one of the nation's largest reservoirs, Fort Stevenson Park Manager Chad Trautman explained.

But an array of special events throughout the year also keep people coming back to the park – or, in many cases, introduce people to the park, which often entices them to return. Over the years, managers, staff, and the Garrison community worked hard to create events designed to encourage people to experience nature, the outdoors, history, and family fun in a variety of ways.

Traditionally, special events throughout the year, whether a Candlelight moonlit First Day Hike on January 1, Golden Easter Egg Geocache, Maple Sugaring Day, Sky Fest over Sakakawea Kite Festival, or the most famous – the North Dakota Governor's Cup fishing tournament – helped push attendance to well over 150,000 people per year.

This year will be different in so many ways, Trautman admits, but that doesn't mean some creativity can't still make things happen.

Park attendees and staff will just be doing things a little different but Fort Stevenson and all state parks will be open for business.

They're just doing it differently in different times.

For example, people can rent fat tire bikes, fishing boats, canoes, kayaks, peddle boats, stand-up paddleboard, or a new pontoon while visiting Fort Stevenson. This year, though, items rented by the hour, such as a fat tire bike, will only be rented once per day. That allows ample time for park staff to thoroughly clean and disinfect hourly rental items.

Items rented on a daily basis, such as the pontoon or fishing boat, will be rented on an every-other-day basis to allow for cleaning.

The park's marina concessions will also have changes but food will still be available, Trautman continued.

Current reservations for any of the park's cabins will be honored, he added, but no new reservations will be taken until further notice. Bring anything and everything you think you will need because all of the amenities, such as cookware, are removed.

However, Lake Sakakawea will draw people and the park's boat docks are in place. Boats can still launch and the marina is open.

It's just those special events that will be missed by visitors and staff, alike.

Fear not, though, because creative minds are at work. Ideas are being discussed. The National Trails Day Hike in early June could be self-guided rather than accompanied by a park interpreter, for example. All of the parks are looking at ways to being able to continue interpretive programs, as well.

Being outside and in nature has long been known to be healthy and that may never be so true as in 2020. State parks will be open, albeit it differently than normal with things such as no group camping. But they still provide a great place to get outside. "I encourage people to get outside and enjoy the outdoors within their own comfort level," Trautman suggested.

Besides, Fort Stevenson has 10 miles of hiking trails and an array of wildlife awaiting visitors, as well as Lake Sakakawea.

Just be smart in the outdoors, remember that social distancing concept, and enjoy.

This special feature is sponsored by:



NewKota
Services & Rentals

WE HIRE VETERANS

Only the Best Come,
Live & Stay North

APPLY ONLINE AT
www.newkota.com

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

HighAir 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

BUY OR SELL
ONLY WITH THE
BEST!



#SOLD WITH US!

BROKERS12.COM

REAL ESTATE

Thank You
FOR YOUR SERVICE!



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

It's our way to say
Thank You.

HomesForHeroes.com

Lucas Knight
Signal Realtors

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

AUTOMOTIVE

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



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

HOBBY SHOP

AEROPORT HOBBY SHOP

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

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

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.

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

Convenient North Location for Both Base & Minot Customers

ACCOUNTANT

BradyMartz
Make Every Day Count

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

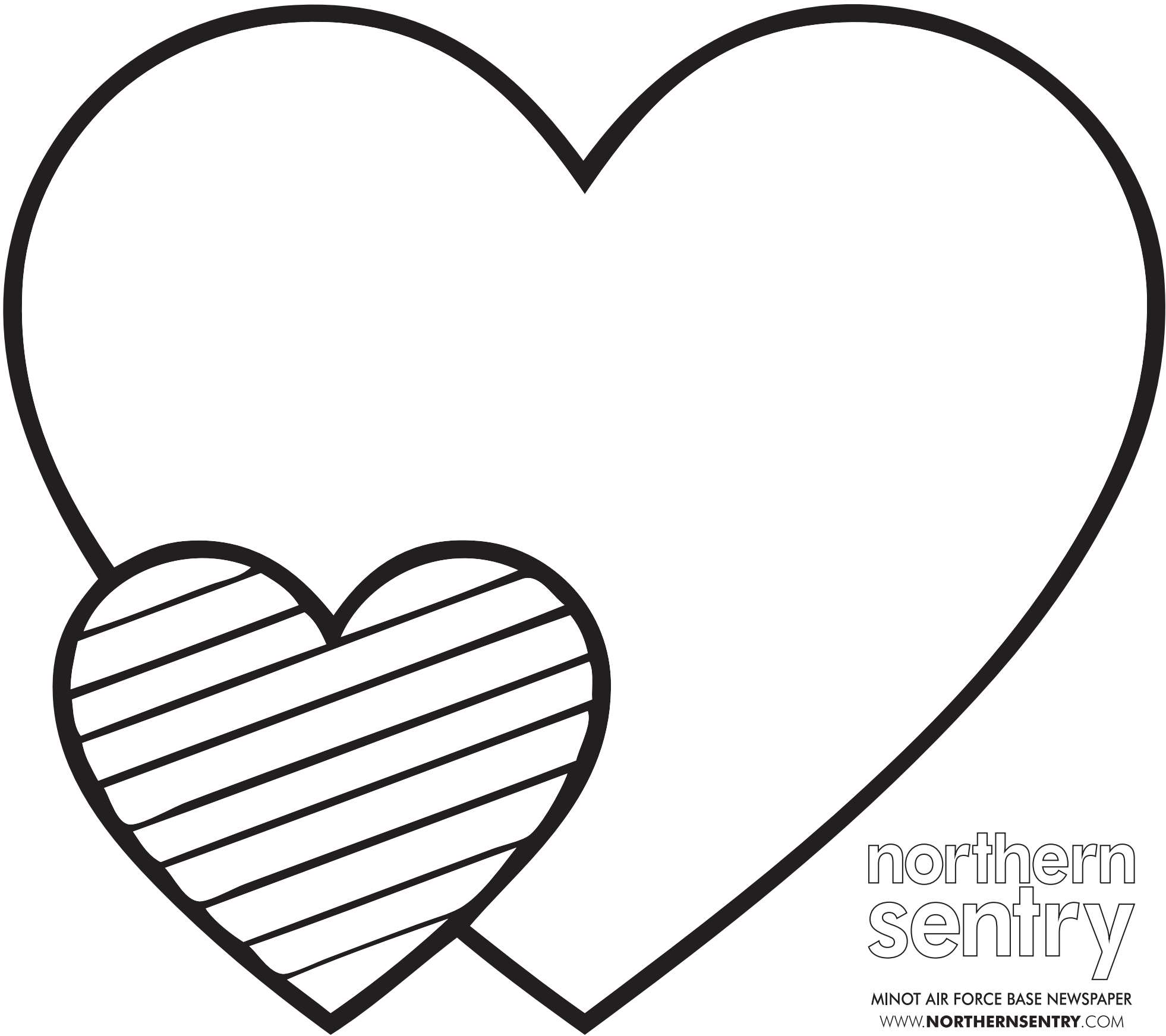
northern sentry

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: sentrysales@srt.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

LAST WEEK TO ENTER!!!

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

CHURCH DIRECTORY

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

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

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



CLASSIFIEDS

www.northernsentry.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

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

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

tfn

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.

tfn

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.

trinityhealth.org/careers



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.

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.

tfn

REAL ESTATE

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

tfn

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.

May 29

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.

tfn

JOHN'S



AUTOBODY

Pays Up To \$500

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway

839-8896

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.

tfn

TRANSPORTATION

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

tfn

\$\$\$ 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)

tfn

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.

tfn

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

FIND IT HERE

\$1.00 CLASSIFIEDS!*

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

Sign-up online at
northernsentry.com

*OFFER ONLY AVAILABLE
WHEN BOOKING ONLINE

northernsentry

SHOP THE CLASSIFIEDS FOR THE BEST LOCAL DEALS!



Homes



Cars



Jobs



Merchandise



& More

SUN'S OUT

Savings Are In!

DON BESSETTE MOTORS

PRE-OWNED VEHICLES

 \$18,995 2018 Chevrolet Malibu LT Sedan M24441	 \$24,995 2019 Dodge Challenger SXT Coupe M24474
 \$19,995 2018 Dodge Grand Caravan GT Mini-van Passenger M24715	 \$20,995 2018 Chevrolet Impala LT Sedan M23687

\$19,995

2019 Hyundai Kona SE Sport Utility

M24510

\$22,495

2018 Hyundai Sonata Limited Sedan

M24448

CERTIFIED PRE-OWNED

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

1715 N BROADWAY MINOT, ND • 701-852-3300

WWW.DONBESSETTEMOTORS.COM

MEMORIAL DAY SCRAMBLE

AT THE ROUGH RIDER GOLF COURSE

SATURDAY, MAY 30

CHECK-IN BEGINS: 8:00AM

SHOTGUN START: 9:00AM

HURRY AND GET YOUR 4 PERSON TEAMS SIGNED UP FOR THE MEMORIAL DAY SCRAMBLE! PRO SHOP GAMES FOR CLOSEST TO THE PIN, LONG DRIVE, & LONG PUTT. COMPLIMENTARY FOOD WILL BE SERVED AFTER THE TOURNAMENT! LIMITED TO FIRST 16 TEAMS TO REGISTER.

COST: \$30.00 PER PERSON

GREEN FEES & CART FEES NOT INCLUDED

REGISTER BY: MAY 29 AT 5:00PM

723-3164

PAYOUT BASED ON 16 TEAMS:

1ST PLACE: \$600

2ND PLACE: \$400

3RD PLACE: \$300

4TH PLACE: \$200

*PER TEAM