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A cry for help

SENIOR AIRMAN APRYL HALL | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The beautiful landscape of the north unit in Theodore Roosevelt National Park was a site to behold. The weather was perfect, the campfire was crackling and the s'mores were sweet. Fourth of July weekend had officially kicked off for the group of close-knit outdoor enthusiasts.

Sharing marshmallows and laughs, the group of seven Airmen from Minot Air Force Base, North Dakota had not a care in the world. Nothing could ruin their much-needed break from the grind of military life. They were free as birds. Then suddenly, they were pulled out of their euphoric states when they heard a scream for help.

"By the third time hearing this guy, we knew it was serious," said Senior Airman Christopher Velazquez, 705th Munitions Squadron support technician. "Once we realized there was an actual person being sincere who

needed help, we just ran. I had a good idea of where it was coming from because I had camped there before."

The group tore down the dirt road toward the man's pleading cries. Flashes of jumbled words flooded their heads. Help. Bleeding. Attack.

"I heard 'blood' and 'attack' so I took my concealed-carry weapon out instantly," Velazquez said. "I felt like I could protect myself and instantly became worried about protecting this guy's life too."

After an estimated half mile of running, the Airmen found themselves within 150 feet of the man, when one word caused them all to stop dead in their tracks.

"I heard the word just as my flashlight caught its eyes," Velazquez said. "Bison."

The wounded man had climbed up a small rock formation to get away from the angered animal. That left him stuck, with the bison waiting below.

The Airmen contemplated their options, knowing they didn't want to harm the animal, but unsure how much time the man had before his injuries became catastrophic.

"I was scared," Velazquez said. "I was thinking about proper use of force. Do I just kill this animal and suffer all the consequences? I really didn't want to, but at the same time this guy is non-stop screaming for help. I was torn on the right thing to do. I was balancing a man's life with a bison's."

While the group hastily discussed what to do, they knew they had to call for help immediately. That posed another problem.

"I was starting to stress because I couldn't find cell phone service," said Allie Staffen, 91st Missile Maintenance Squadron facilities maintenance technician. "I didn't know how much time we had, so I thought if I don't find it soon, I'll have to run back to the car and drive to find it."

The moment Staffen turned to run back to camp, she caught a signal and immediately dialed 9-1-1.

"It was the clearest one-bar service I had ever had!" Staffen said. "I don't know how it worked, but so thankful it did."

While Staffen relayed the information to the emergency operator, relieved she camped there

often and was familiar with the area, the rest of the group did everything they could think to get the bison to move away from the man. A group of campers and hikers had also formed, putting even more pressure on the situation.

"There was just chaos," Velazquez said. "Everyone was yelling, it was stressful. I tried to stay calm and do the right thing."

Velazquez decided to fire his weapon into the ground, to scare the bison away. Instead, the animal started toward the group. Worried they were its next victims, they all piled into a nearby car for safety. After a few minutes, the bison suddenly turned and walked off into the darkness.

The group shot out of the car and up the rocks to the injured man. They found a deep gash, almost to the bone, on the back of his leg. The man was delirious due to a significant amount of blood loss. Working together, the group applied pressure and bandaged the wound with a shirt. They picked the man up and helped him down to the car they had piled in moments before.

"I felt so relieved when we got him in that car," Velazquez said. "Before he was in it, it was unknown. Are we going to get him in time or are things going to get worse? My questions

were answered right when we got him in that car."

Still on the phone with the 911 operator, Staffen explained the man was safely in a car and on his way to meet the ambulance, which was just pulling into the park. The man was going to be okay.

"Everyone's adrenaline was rushing, but we were really relieved that everything worked out and we were lucky enough to be in the right place at the right time," Staffen said. "I'm really glad I was with a group of Airmen out there because we all jumped to the call and knew what we had to do. We had each other's backs."

The group returned to camp and continued to enjoy their holiday weekend. The campfire had died. The s'mores were cold. But the feeling of saving a life made them feel freer than the beautiful open plains of northern North Dakota.



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From Left: Senior Airmen Christopher Velazquez, Justin Valentine, Jake Nixon, Airman 1st Class Kayla Loftis, Hannah and Allie Staffen helped rescue a man from a bison attack during a camping trip in Theodore Roosevelt National Park's North Unit, N.D. on July 1, 2017. The group assessed the man's injuries and called for help, all while the bison loomed in the area. (Not pictured: Airman 1st Class Logan Oldenburg)

U.S. AIR FORCE PHOTO | SENIOR AIRMAN APRYL HALL

Minot AFB library named Air Force Library Program of the Year

SENIOR AIRMAN SAHARA L. FALES | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The Minot Air Force Base library was recently awarded Air Force Library Program of the Year for 2016.

This award is given to the library that excels in mission accomplishment and innovation, leadership and management, and customer focus.

Sharon Emerich, 5th Force Support Squadron library circulation technician, attributes their achievement to the hard-working staff who created the events hosted throughout the year.

"We take ideas that we see elsewhere and put a creative spin on them to improve our programming,"

Emerich said.

During 2016, the library provided free services such as book rental, movies, music and printing which saved Airmen approximately \$1.7 million.

"I think the major factor for us winning this award is our programs," said Julie Reiten, 5th FSS supervisory librarian. "We have special programs happening at all times to promote education and literacy."

With programs such as a library quest, puppet shows, and interactive story times, Reiten said the focus is on families.

"After we implement a program, we work on it over the years to make it better and better," Reiten added. "We don't settle for mediocrity--we go the

extra mile."

In addition to their unique programs, the library staff stood out above the rest by participating in many events throughout the year such as the Science, Technology, Engineering and Mathematics Fair. During this event the staff demonstrated their STEM materials such as a Lego robot, a remote control car built with an electronic kit, and a 3D printed object.

Although they have a sufficient sized staff, Reiten believes their success is due to help of volunteers and collaborations with other base agencies.

"We wouldn't be able to do what we do without assistance from volunteers and other organizations," Reiten said. "They help us

do a lot more than is typical of a staff our size. They also lend us equipment we need but can't buy, which is a major factor for us during our events."

Although it's always good to receive recognition for hard work, Reiten feels this award is only a challenge to do better."

"This award gets the word out to people what kind of library we are and the type of services and programs available," Reiten said. "But we're not going to rest on our laurels. We have to live up to it and keep on improving."

For Belle's Sake: military couple runs animal shelter

AIRMAN 1ST CLASS ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

A luscious green meadow sits beside a small highway in Sumter, South Carolina, April 1, 2012, broken only by a single crossroad.

The sun cast its final rays over the horizon as a lone driver, ready to put the day to rest, navigated toward her home. The stop that cut off the serpentine of traffic gave her a moment to reflect on the day's activities. She inspected her surroundings prior to taking off again, but a glimpse of light brown caught her eye from afar.

She focused on the tuft of fur that offset the backdrop of a perfect field of grain in the breeze. In the middle

of the field lay what was probably once a beautiful dog, left to rot and wallow in her own loneliness. From her body blossomed a grotesque flower of garbage and decaying nutrition. Without hesitation, the driver whipped out her phone to call for help.

An Air Force couple answered that call and raced to the scene, just as they would for any other situation.

"We've been rescuing animals since 2010," said Master Sgt. Christian Bird, 5th Communications Squadron cable maintenance and cyber transport systems section chief. "We always saw stray animals or dead ones on the side of the road, so we decided we wanted to do

our part."

Twilight glimmered beyond the clouds as they arrived to assess the demise of this pit bull mix. She wagged her tail for the calm voices directed at her, and continued to do so as she was carried to a place she could call home.

"Some of the animals we rescue need some form of rehabilitation," said Tech. Sgt. Shelby Bird, 5th Bomb Wing self-assessment program manager. "Whether physical, behavioral or mental, we take them all in and help them recover."

Christian and Shelby have learned over the years that 99 percent of animals marked as red flags at animal shelters have mental or behavioral issues that are environment-induced. The Birds introduce these animals to a new environment which helps

eliminate their bad behaviors and gives them a fair shot at a home.

When there is a hurt animal, Christian and Shelby ensure its treated properly and adopted into a home that provides time and patience to properly care for them.

After the Birds arrived home, they examined the dog. A prior-military emergency medical technician made his way to their house to further assess injuries since the closest after-hours veterinarian clinic was over an hour away. This malnourished dog, now named Belle, had two shattered back legs, a broken back and all the skin and muscle missing from one side of her body. Crawling within the injuries were hundreds of red ants, eating away at what was left of her body. Aside from massive blood loss and organ failure, the Birds knew that Belle would go through a long and painful recovery process, and would most likely not survive.

Shelby knelt beside Belle, gently holding her hands out. She knew that if there were two options, it should be Belle's decision.

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FACEBOOK

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Continued on page 12



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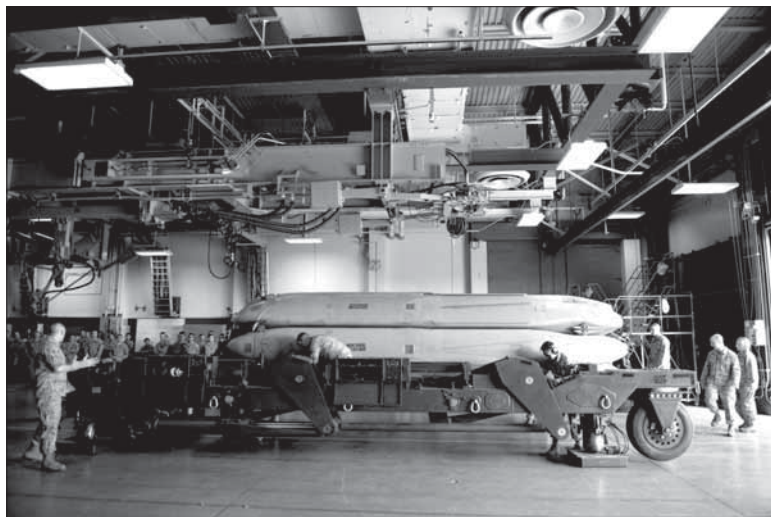
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GSC 17: 705TH MUNITIONS SQUADRON COMPETE

Airmen from the 705th Munitions Squadron participated in Global Strike Challenge 2017 at Minot Air Force Base, N.D., June 30, 2017. Global Strike Challenge is the world's premier bomber, intercontinental ballistic missile, helicopter and security forces competition.

U.S. Air Force photos | Staff Sgt. Chad Trujillo and Airman 1st Class Jessica Weissman



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Salted Caramel Chocolate Chip Cookie Bars



INGREDIENTS:

1 cup unsalted butter, softened
1 cup packed light brown sugar
1/2 cup granulated sugar
2 large eggs
1 teaspoon vanilla extract
1 teaspoon kosher salt
1 teaspoon baking soda
2 1/2 cups all purpose flour
2 cups semisweet chocolate chips
14 ounce can sweetened condensed milk
10 ounces soft caramels, unwrapped
1 teaspoon flaked sea salt

INSTRUCTIONS:

Preheat the oven to 350 degrees F. Line a 9 X 13 inch baking dish with foil and liberally coat with nonstick cooking spray. In the bowl of an electric mixer, beat the softened butter with both sugars until light and fluffy, about 2 minutes. Add the eggs, vanilla, salt, and baking soda. Mix well, then scrape the sides of the bowl with a spatula. Turn the speed to low and add the flour. Beat to combine, then mix in the chocolate chips. Press half of the cookie dough into the bottom of the prepared baking dish. In a medium sauce pot, add the sweetened condensed milk and unwrapped caramels. Set over medium-low heat and stir until the caramels melt, making a smooth caramel filling. Pour the filling over the cookie dough base. Drop the remaining cookie dough over the caramel filling in small teaspoons-sized clumps. Bake the bars for 25-30 minutes, until the center is just set. Sprinkle with sea salt flakes and allow the bars to cool completely. Then lift the bars out of the pan by the edges of the foil and cut. Store in an airtight container at room temperature for up to 3 days.

Skillet Honey Lime Chicken

INGREDIENTS:

1 1/2 pounds boneless skinless chicken thighs (chicken breasts will also work)
2 Tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup honey
Juice of one lime
zest of one lime
2 Tablespoons soy sauce
1 garlic clove, minced

INSTRUCTIONS:

In a medium sized skillet over medium heat add olive oil. In a small bowl combine cumin, chili powder, salt and pepper. Rub on chicken and place in skillet. Cook for 3-4 minutes on each side or until chicken is no longer pink and 165 degrees. Remove chicken and set aside on plate. Add honey, lime juice and zest, soy sauce and garlic. Bring to a boil over medium high heat and reduce heat and whisk until it starts to thicken. About 2 minutes. Add the chicken back to the skillet and coat in the sauce. Garnish with lime wedges if desired.

Find Your Fun this July in North Dakota

NORTH DAKOTA LEGENDARY

Summer is in full swing in North Dakota and delightful temperatures and long days accommodate all sorts of warm-weather fun. Visit the State Fair in Minot to taste funnel cakes, spin the day away on carnival rides and see ribbon-winning livestock. Join fellow revelers as they celebrate at one of many Fourth of July events across the state. Pick a spot to spread a blanket and enjoy local theater or music performances under the stars. July will soon be gone, so pack it all in! For more information about these activities, and for a complete list of events, go to NDtourism.com or call 800-435-5663 or 701-328-2525.

Summer Theater and

Music Presentations

Celebrate a beautiful summer evening out-of-doors while soaking up some culture at a theater or musical performance.

Through September 9: Medora Musical; www.medora.com; 701-623-4444.

Through August 22: Devils Lake presents Arts in the Park; www.devilslakend.com

Through August 15: Dickinson's 2017 Bandshell Concert Series; www.dickinsonparks.org; 701-456-2074.

July 1–August 6: Pembina Gorge's Frost Fire Summer Theatre presents Smoke on the Mountain; www.frostfiretheatre.com; 701-549-3602.

July 19-23, 25-29: Hairspray: The Broadway

Musical – Sleepy Hollow Theatre and Arts Park Bismarck; www.shst.org; 701-319-0894.

July 27: Music and Art in the Park: Cavalier; 701-265-8188.

North Dakota State Fair Minot

July 21-29

The North Dakota State Fair is back for its 52nd year and is a guaranteed good time for all ages. Don't miss the star-studded concert lineup, including Fergie, Little Big Town and Jason Aldean. Savor a vast array of unique flavors at the food vendors and then check out the midway rides, as well as displays and side shows throughout the grounds. <https://www.ndstatefair.com/>; 701-857-7620.

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YOUR GUIDE TO SERVICES & EVENTS PROVIDED BY THE 5TH FORCE SUPPORT SQUADRON

Show Off Your Ride At The Annual Show & Shine Car Show



If you're a car enthusiast, make plans now to attend the Show & Shine Car Show scheduled for August 19. From muscle cars to antiques, from the hottest new rides to classic cruisers, this 12th annual event is a must see for the automotive aficionado. The car show will be held in the parking lot adjacent to Rockers Bar & Grill from 3-6 p.m.

in conjunction with the annual Block Party.

This year's show will featuring the following classes: Car (1976 and newer), Car (1975 and older), Truck (1976 and newer), Truck (1975 and older), Imports (no specific year/model), and Motorcycle. Each class will be judged by the public with the top vehicle in each class receiving the "People's Choice" award for their respective division. In addition, a special "Kid's Choice" award will be given to the top vehicle overall as determined by the votes of the children age 12 and under attending the show. Two special awards, the Warbird's Choice and the Rough Rider's Choice, will be presented to the 5th Bomb Wing and the 91st Missile Wing judge's favorite entry.

Car enthusiasts interested in entering their vehicle in the Show & Shine Car Show should contact Marvin at Auto Hobby, 723-2127 to obtain an entry form. Civilians, including spouses and all vehicle passengers, who do not have clearance to enter Minot AFB must register by August 4. There is no entry fee and each exhibitor receives a complimentary 12th Annual Show & Shine T-shirt for entering their vehicle/motorcycle.

Only The Best Come North Scramble Tees Off July 16th

The Rough Rider Golf Course swings into tournament action during the Only The Best Come North Scramble on Sunday, July 16 beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18 hole, four person scramble is sponsored by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended.* Entry fee for the tournament is \$30; green fees and cart rental not included. The tournament is limited to the first 20 teams to sign up. Registration is open now until 3 p.m. on July 14; please call ahead to reserve your team slot. Call the Rough Rider Golf Course at 723-3164 for more information.

FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 214 pay-per-view event at Rockers Bar & Grill on Saturday, July 29. Non-members price is only \$7.

The action features the UFC Light Heavyweight Championship bout between current champion Daniel Cormier and former champion Jon Jones. In other events, Cris Cyborg battles Tonya Evinger for the Women's Featherweight title and Tyron Woodley takes on Demian Maia for the Welterweight title.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

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You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, July 14 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Kids Drive Free Program At Golf Course

The Rough Rider Golf Course is excited to once again offer the Kids Drive Free program on their range. Bring your child to the golf course now through August 31 from 3-9 p.m. daily to practice on the range. Range balls are FREE for kids for the summer! For more information, call the Rough Rider Golf Course at 723-3164.

Kids Summer Bowling

Enjoy the summer fun at Rough Rider Lanes during the Kids Summer Bowling special now through July 31. Children ages 17 and under can bowl for \$2 per game and receive FREE shoe rental. The offer is valid Monday through Friday from 9 a.m. to 2 p.m. For additional information, call Rough Rider Lanes at 727-4715.

Jul 20 Creative Kids Class

Spend the morning with your preschooler having fun decorating a T-shirt that you can take home during the Creative Kids class at the Arts & Crafts Center on Thursday, July 20 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call the Arts & Crafts Center at 723-3640 for details.

Youth Indoor Flag Football Registration

The Youth Center is hosting registration for Youth Indoor Flag Football from July 5-31. Cost is \$30 for children 3-4 years of age and \$40 for youth 5-12 years of age. Youth Center membership is required. For more details, call the Youth Center at 723-2838.

YOUNG AIRMEN EVENTS & PROGRAMS

Jul 1-31 Photo Scavenger Hunt

Grab a camera, form a team, and take a few walks around Minot AFB to participate in the Base Library's Photo Scavenger Hunt during the month of July. Take pictures of a team member with each item on the list and submit them by showing them to a member of the library staff or sharing them on the Library's Facebook page to earn a chance to win prizes. Entries must be submitted before August 1. For more details, call the Base Library at 723-3344.

Jul 17-20 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on July 17, 18, 19 & 20 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for additional information.

Jul 14 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 14 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For more details, call 727-ROCK.

Jul 15 Board Game Making Competition

The Base Library invites you to their Board Game Making Competition on Saturday, July 15 at 3 p.m. See the entries that were designed during the Board Game Making Camp as they compete against each other. The Library is looking for volunteer judges of all ages for this competition. For additional information, contact the Base Library at 723-3344.

Jul 17 Federal Résumé Workshop

Get a jump start on your Federal Job search with this interactive workshop. The Airman & Family Readiness Center is hosting the Federal Résumé Workshop on Monday, July 17 from 10-11:30 a.m. The workshop will help you create an account in the USAJOBS website, search for jobs, create a résumé and more! Open to all AD, retirees, AAFES/NAF, DoD civilians, and eligible family members. Seating is limited - call 723-3950 to sign up today.

Jul 19 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on July 19 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your new baby and about many of the support programs that are available. Meet other expectant parents and receive a free gift for your new baby courtesy of the Air Force Aid Society. To register or for additional information, call 723-3950.

Family Fun Night

Rough Riders Pizza invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. For more details, call Rough Riders Pizza at 727-4377.

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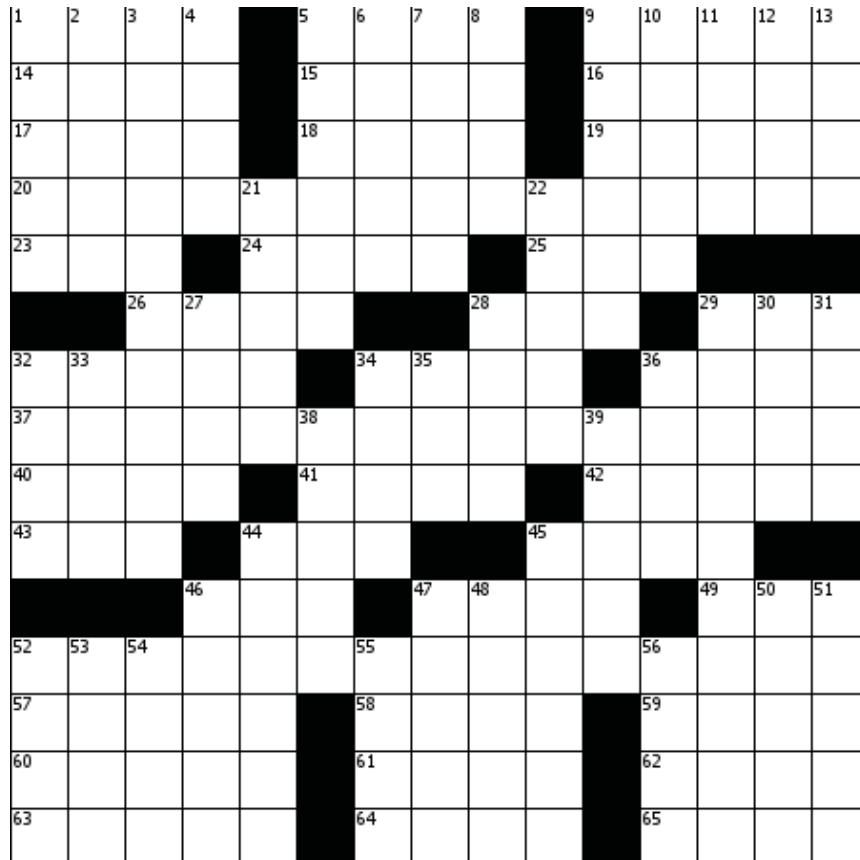
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 16. Small African antelope
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 18. Blanchett of "Elizabeth"
 19. Merchandising gimmick
 20. They control the right sides of bodies
 23. Literary "before"
 24. Gulf near Yemen
 25. DDE's opponent
 26. Campbell of "Scream"
 28. Bruins legend Bobby
 29. High times
 32. Utah city
 34. Actress Skye
 36. Go over the edge
 37. Enter the limelight
 40. Ancient greetings
 41. They're at the top of their game
 42. Bamboozled
 43. Run
 44. More E than S
 45. Darns
 46. Tic-tac-toe loser
 47. Not aweather
 49. "Am ___ believe ... ?"
 52. Despot's dogma?
 57. Like the pounding surf
 58. Fox chaser?
 59. State of irritation
 60. Miss America's prize
 61. Sound quality
 62. First name in architecture



63. Bass-baritone Simon
 64. College credit
 65. Roush and Hall

Down

1. Type of model
 2. Stratum
 3. Pogo's swamp
 4. Assay
 5. Give one's consent
 6. Scapegoat's burden
 7. Admit
 8. Cote denizens

8. Cote denizens
 9. Ado
 10. First zodiac sign
 11. Wharf
 12. Rose lover of Broadway
 13. Runs fastest
 21. Chaos
 22. Kitchen implement
 27. Just-prior periods
 28. Anonymous people
 29. Not designated
 30. Unit of literature

31. Went lickety-split
 32. Egyptian god of creation
 33. Sitar star Shankar
 34. Concerning
 35. Member of a Platte River people
 36. Store aboard
 38. Sort of salts

39. Transparent, as hosiery
 44. Epic film screenful
 45. Six-line poem
 46. Place for Chicago touchdowns
 47. Ohio tire town
 48. "Jurassic Park III" star
 50. Type of party
 51. Holy Roman emperors
 52. Bad news for the king
 53. Eye colorer
 54. Prankster's prey

55. Westernmost of the Aleutians
 56. Words of comprehension

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

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 SATURDAY, JULY 15 • 1800



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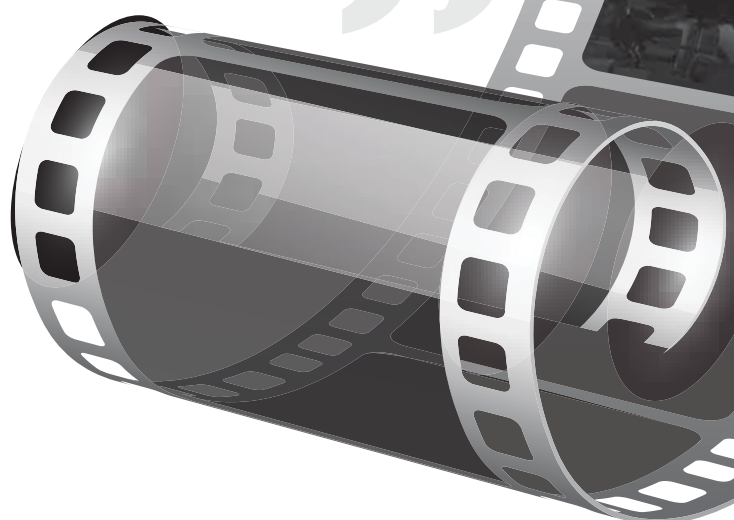
SPIDER-MAN HOMECOMING
 • (PG-13)

SATURDAY, JULY 15 • 1500
 SUNDAY, JULY 16 • 1500



Peter Parker, with the help of his mentor Tony Stark, tries to balance his life as an ordinary high school student in New York City while fighting crime as his superhero alter ego Spider-Man when a new threat emerges.

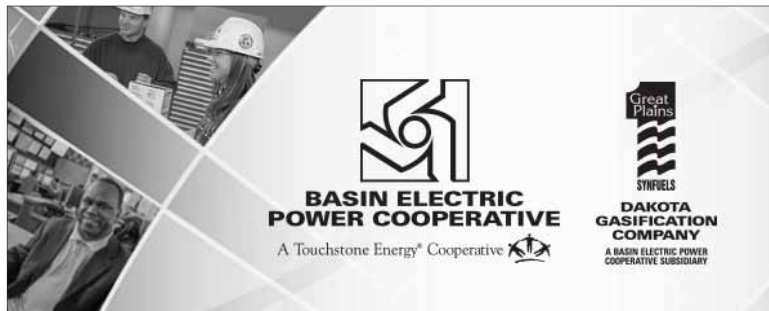
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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 8

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 <p>\$151,900</p> <p>PRICE REDUCED! 2 bedroom, 1 ¾ bath home. Kitchen with plenty of storage. Large living room/dining area with refinished hardwood floor and hardwood in bedrooms. Laundry area, ¾ bath and storage in basement. Central air, concrete patio and detached garage.</p> <p>MLS #170661</p>	 <p>CONGRATULATIONS CARRIE MONTOYA TOP PRODUCER JUNE 2017</p>	 <p>\$284,900</p> <p>TOTALLY UPDATED – 5 bedroom home. Kitchen has lots of cabinets, deck off dining room. Main level bedroom, 2 upper level bedrooms and master and another bedroom in lower level. Heated, triple garage.</p> <p>MLS #170413</p>



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\$215,000



Move in ready well-kept updated home in quiet cul-de-sac close to schools, churches, groceries, park and by-pass access to North/South Minot and Minot AFB. One of a kind unique kitchen-dining area with well-appointed appliances leading to a spacious 16X18 Trex deck for entertaining or relaxation. Call Todd Fetting at 721-2100. #171625

\$309,995

\$389,500



Better than new 4 bedroom 3.5 bath home on North Hill! Vaulted ceilings, beautiful staircase & large formal living room. Kitchen includes a breakfast bar & stainless steel appliances. Step-down den with wood burning fireplace & built-ins. Call Aisha Vadell at 240-3780. #162110

\$309,995 - Surrey



Nice 4 bdrm Split foyer home located in a quiet SW neighborhood! This well taken care of home has 3 bdrms on the main floor with a full bath, plus a ¾ bath off the master bdrm. The kitchen has stainless steel appliances and a nice sized living room. Call Amber Alexander at 500-0810. #170997

\$99,995



Don't miss this well cared for home in a spacious NE neighborhood built in 2013 with 3 bedrooms & 2 full baths. The living room & family room have large bay windows for plenty of light. The living room opens up to a large kitchen. Call Brad Livesay at 720-7769. #170323

\$169,999



Silver Springs new construction 1800sf home, with 3 bedrooms / 2 ½ bathrooms / 3 car garage / main floor laundry located on a corner lot with a walk out basement. Master bedroom suite includes a walk-in closet and a dual sink bathroom. Call Clyde Thorne at 240-8594. #170782

\$152,900



Where else you can get 2 bedroom (master suite with a ¾ bathroom) and 2 bathrooms for less than \$100,000. Comes with a refrigerator and range/oven, small dining room. Wood fireplace in the living room for those cool nights. Call Clyde Thorne at 240-8594. #171107



Very motivated seller on this very nice 2 bedroom, 1.5 bath home on a dead end street. Kitchen, dining area, living room, 2 bedrooms and a full bath on the main level. Lots of privacy in the huge fenced in backyard with a gazebo and deck area perfect for entertaining. Call Lori Henderson at 721-0158. #170984



This picture perfect home near the university is ready for you to move right in! Many upgrades in this 2 bedroom, 2.5 baths, home include knotty-pine lined ceilings, updated kitchen, newer roof, siding and windows. The basement received backup water in 2011 but the land was not flooded. Call Cindy Strandberg at 833-1956. #170464

Kennedy wins national boxing title

SENIOR AIRMAN APRYL HALL
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

She remembers it like it was yesterday, and to be honest, it pretty much was. She was in fourth grade and her peers were discussing what they wanted to be when they grew up. She answered almost instantly, "I'm going to be a professional boxer." Laughter broke out, especially from the boys. She hasn't forgotten.

Now 12-years-old and in 7th grade, Gracy Kennedy still finds nothing funny about her answer. Boxing is her life. Her great-grandfather was a professional boxer and her

grandfather boxed in college. Her father Tech. Sgt. Steven Kennedy, Air National Guard member with the 219th Security Forces Squadron, is involved in martial arts and other self-defense sports.

Gracy has only boxed for three years. In that short time, she has quickly rose the ranks in her weight class. She devotes herself to the sport, waking early every morning to run three miles, do push-ups, sit-ups, shadow box and hit the bags. Twice a week her parents drive the nearly two hours to Newtown for sparring. On top of the training, Gracy's diet is crucial to her success. During training and before

competitions, she limits herself to fish and fruit, not an easy feat for a 12-year-old.

After winning her regional title in Rapid City, South Dakota back in March, Gracy qualified for the 2017 Junior Olympic, Youth Open and Prep National Championships in Charleston, West Virginia in June. She had three months to prepare for her biggest fight to date.

Gracy was nervous when she walked into the arena for her pre-fight weigh-in, hoping and praying the months of training and dieting paid off. She aced the weigh-in and anxiously awaited her fight details from her coach. The news she heard wasn't expected. Her opponent didn't make weight, which resulted in an unopposed win.

Initially upset she wasn't going to fight, Gracy spoke with several coaches at the tournament who assured

her she had earned the title. "It takes a champ to make weight," they told her. Then

she realized she was on top, a national champion. The first thought to pop into her head?



PHOTO BY JEANITA KENNEDY

A CRY FOR HELP from page 3

"Belle, what do you want," she asked.

Belle rested her head into Shelby's open palms, took a deep breath, and closed her eyes.

"We lost that one, but we vowed to do our best to save as many as we could in her honor," said Shelby.

Christian and Shelby named their service "For Belle's Sake Rescue and Rehabilitation." Since that day in 2012, they have

rescued over 700 animals while stationed at Shaw Air Force Base, South Carolina, and Minot Air Force Base, North Dakota. They work directly from their home, allowing them to have around 40 animals at one given time.

"You have to be selfless," Christian added. "You need to make sure you find the time, patience and commitment to see it through."

The Birds not only have the animals to look after, but also four young children.

"It's not easy," said

Shelby. "You have to give something up to [help] balance the military, family and the shelter, so we don't sleep."

Their saving grace is the teamwork between Shelby, Christian and their children.

"One parent is taking care of the animals, the other is taking care of the kids," said Shelby. "We have a pretty good schedule and enough understanding and trust in each other to get everything done."

Christian and Shelby mostly take care of the animals, but occasionally, their children assist.

"They're involved, but not too much due to their ages and safety concerns," said Shelby. "They love playing, feeding and filling the water bowls for the animals."

The Air Force family has supported them as well. Military members sometimes volunteer for a couple of hours to take care of the animals.

"Where the Air Force takes care of us, we take care of them," said Shelby.

They also care for the animals of deployed Airmen to avoid giving their family member away to a stranger

or an animal shelter.

"Some people are unable to afford the high boarding cost of a facility," said Shelby. "If you allow us to bring your animal into our family, we'll give them back when you return from serving our country."

With so many responsibilities and a healthy balance, Shelby and Christian have made it all work in their favor. They don't plan on reducing any of their efforts due to one reason.

"Everything we do, we do for Belle's sake," said Shelby.

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