

# The Sourdough

S E N T I N E L

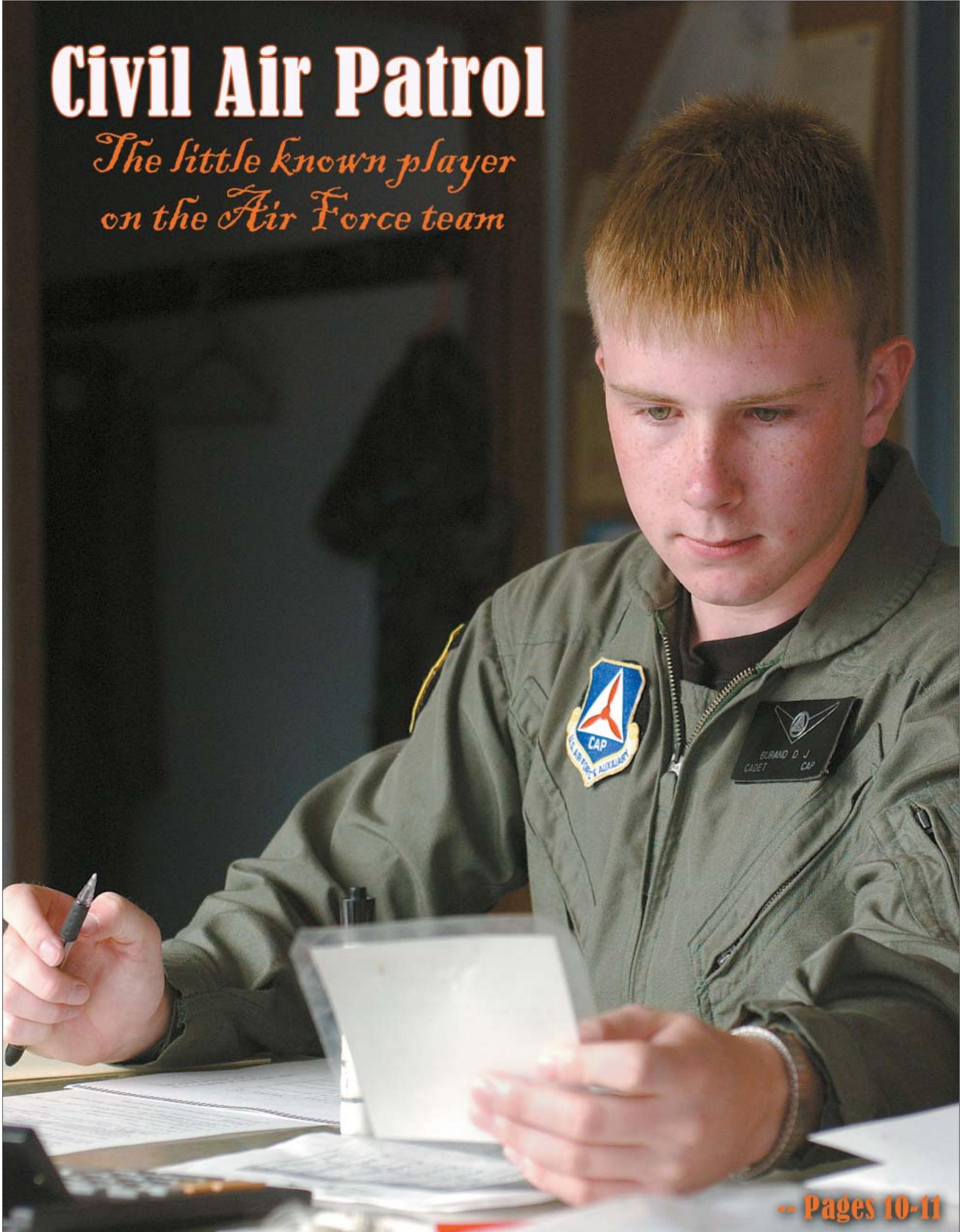
Aug. 27, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 34

## Civil Air Patrol

*The little known player  
on the Air Force team*



-- Pages 10-11



TECH. SGT. THEO MCNAMARA

## Dicemen roll out of town

Master Sgt. Stephen Bauer, 732nd Air Mobility Squadron, pushes a pallet onto a C-5 Galaxy as Airman 1st Class Richard Curl and Mr. George Garrison, both from the 732nd AMS, assist to make sure the pallet is on track. The C-5 was loaded Tuesday, with more than 76,000 pounds of cargo and 35 members of the 90th Fighter Squadron. The crew and cargo are bound for a deployment on the Korean Peninsula.



■ **Staff Sgts. Heather Ethington and Kimberly Sharp**, 3rd Operations Support Squadron, organized more than 400 pieces of classified material and search and rescue kits for three squadrons deploying to various locations.

Their attention to detail revealed more than 150 problems with real-world targeting products for current operation plan tasking, which helped prevent Law of Armed Conflict violations in the Pacific Theater.

■ **Senior Airman James Rininger**, 90th Fighter Squadron, was instrumental in providing outstanding intelligence support for five Operational Readiness Exercise flying operations.

He prepared briefings that were presented to 28 aircrew members prior to their missions. In addition, he worked to flawlessly debrief 24 aircrew members while writing time-critical corresponding mission reports for their simulated combat missions.

■ **Senior Airman Michael Rinko**, 3rd Equipment Maintenance Squadron, demonstrated superior mechanical ability and equipment knowledge by troubleshooting and replacing a leaking blower drive seal on a forward deployed generator.

His actions prevented specific engine failure and saved more than \$14,000 in replacement cost.

■ **Mr. John Vineyard**, 3rd Civil Engineer Squadron, demonstrated superior technical expertise during the new water main installation project.

While assisting a private contractor, he utilized construction techniques to remove and backfill more than 5,000 cubic yards of material, ensuring zero damage to the seven utility infrastructure systems and saved about \$56,000.

■ This week's commander's shadow is **Senior Airman Neil Boots**, 3rd Medical Support Squadron.

## Alaska's senior commander tapped for Pentagon job

The Secretary of Defense announced recently that President Bush has nominated Lt. Gen. Carrol "Howie" Chandler for assignment as Deputy Chief of Staff, Air and Space Operations, Headquarters U.S. Air Force, at the Pentagon.

General Chandler is currently the Commander of Alaskan Command, 11th Air Force, Alaskan North American Aerospace Defense Command Region and Joint Task Force Alaska, headquartered here.

Maj. Gen. Stephen Lorenz, Air Force Deputy Assistant Secretary

for Budget, has been nominated for promotion to the rank of lieutenant general to replace General Chandler as the senior military commander in Alaska.

Officials will set a date for the change of command ceremony following U.S. Senate confirmation of the nominations.

Alaskan Command integrates activities of more than 21,000 active duty, Guard and Reserve members from all military services in Alaska as a sub-unified command of U.S. Pacific Command.

The 11th Air Force oversees the

training and readiness of two Air Force wings and Air Force installations located throughout the state.

The Alaskan North American Aerospace Defense Command Region directs bilateral air operations with Canada within Alaska to ensure defense against all hostile airborne threats.

Joint Task Force Alaska is a joint command under U.S. Northern Command responsible for the planning and execution of all homeland security operations within the state.

*(Courtesy of Alaskan Command Public Affairs)*

## Action Line



Col. Michael Snodgrass  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**

**[actionline@elmendorf.af.mil](mailto:actionline@elmendorf.af.mil)**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**

- Lt. Col. Christopher Thelen, 3rd CES/CC  
552-3007
- Maj. David Aupperle, 3rd SVS/CC  
552-2468
- Maj. Robert Garza, 3rd SFS/CC  
552-4304

## The Sourdough SENTINEL

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Best in DoD 2000

Best in Air Force

1999, 2000 & 2001

Best in PACAF

1998, 1999, 2000 & 2001

Editorial Staff

Col. Michael Snodgrass

3rd Wing Commander

Lt. Col. Michael Halbig

Chief, Public Affairs

Staff Sgt. Ryan Mattox

NCOIC, Internal Information

Senior Airman Amy Morrisette

Editor

## 3rd Wing History Moment

**Aug. 24, 1942:**

Maj. Paul "Pappy" Gunn, group maintenance officer, began modifying the A-20 attack aircraft. He had his crew chiefs install additional nose and side-mounted machine guns. He also had bomb racks added to the aircraft. These modifications added to the survivability of the aircrews, in addition to their confidence in the aircraft.



Maj. Paul Gunn (second from right)



TECH. SGT. KEITH BROWN

**Mrs. Melissa Helmick, teddy Watch Program director, and programs and services coordinator for the 3rd Medical Group, reviews the child watch schedule for Teddy's Part-Time Child Watch at the 3rd Medical Group Hospital recently. The program is a child watch service that allows parents to go to their medical appointments within the Hospital without having to bring their children. For more information or to volunteer, call 580-6455.**

**By Senior Airman Amy Morrisette**  
3rd Wing Public Affairs

With many military families facing extended duty hours or deployment, it's a good time to ask: what happens if you have a medical appointment and you can't find a babysitter?

Both child care and routine doctor appointments are a part of military life, whether you wear the uniform or live with someone who does. Fortunately, the Armed Forces YMCA offers a part-time child care program at the 3rd Medical Group called "Teddy's Part-time Child Watch," making it possible for parents to place their children in a positive and playful environment while parents receive medical attention.

"Teddy Watch is a child care service up to three and a half hours for parents so they can go to their medical appointments within the Hospital," said Mrs. Melissa Helmick, director of the Teddy Watch program and programs and services coordinator for the 3rd Medical Group Hospital.

Since its inception in 2001, the Teddy Watch program has been making a difference for Elmendorf and Fort Richardson families. It may be the lure of the colorful Teddy Watch room or simply the ease of going to appointments that attracts people, but those that know about the program know to make a reservation.

Last month alone, Teddy Watch provided about 60 children with free child care. On average, between 70 and 100 children will visit the program each month. Despite its popularity, Teddy Watch is currently suffering some growing pains due to the lack of active or regular volunteers.

According to Mrs. Helmick, the program recently reduced its operating hours. "We used to be open Monday through Friday, but now we're only open Tuesdays and Wednesdays — and there were a lot of disappointed parents when that happened," she said. "This is a much needed

*"This is a much needed program. We have no problem filling up the room, but volunteers are the life of this program and right now, we're really short-handed."*

**Mrs. Melissa Helmick**  
Teddy Watch Program director

program. We have no problem filling up the room, but volunteers are the life of this program and right now, we are really short-handed," said Mrs. Helmick.

When two of the seven active volunteers are available, Teddy Watch is open Tuesdays from 1-4:30 p.m. and Wednesdays from 8:30 a.m. to noon, and is located on the first floor of the Hospital next to the Army and Air Force Exchange Service.

"I'd like to get the program back up and running again — five days a week. We will need volunteers to make this possible, and more volunteers in general so the same child care givers who are now constantly volunteering don't get "burned out," said Mrs. Helmick.

Volunteering for Teddy Watch on either day is extremely flexible, depending on the needs of the volunteer.

"One of the best parts about our program is that our volunteers can bring their own children as they volunteer, and many of our volunteers do. Also, they don't have to volunteer for an entire shift. They can give what they can. We try to be as flexible as possible," she said.

However, finding active volunteers who can regularly devote any number of hours to the program is easier said than done.

That job is left up to Mrs. Helmick who has been working this past month on garnering support for the program.

"I've been advertising in newspaper on and off base. I have posted an ad on TopCover, and made

help wanted flyers and distributed them all over base," Mrs. Helmick said.

Because Teddy Watch is a small program that many bases do not offer, advertising as well as word of mouth are particularly important.

"There are still people who don't know about Teddy Watch since not all bases have a program like this. The sad part is that we're really lucky to have this option, but we aren't giving back," said Mrs. Helmick.

To volunteer, anyone who is aged 18 and older can be a caregiver after about two hours of training and a background check.

"I learned about the program .... We get a folder with ethics and procedures of the program and training ... And we can receive free CPR training, but it's not mandatory," said Blank Blank, a volunteer for Teddy Watch.

"From start to finish, Teddy Watch is a really great program that helps out parents and children. I enjoy volunteering, it's a lot of fun," said blank.

Anyone interested in volunteering or reserving a place for their child aged six months and older, should e-mail or call Mrs. Helmick at 580-6455. The program is open to parents seeking care at the 3rd Medical Group and only for the duration of their appointment.

*Editor's note:* Teddy's Part-Time Child Watch is open to parents seeking care at the 3rd MDG Hospital for the duration of their appointment.

# Arctic Warriors prepare for William Tell

By Lt. Col. Michael Halbig

3rd Wing Public Affairs

This fall the most diverse combat-ready wing in the Air Force, Elmendorf's own 3rd Wing, will show the world part of our talents. In addition to having three flying squadrons and approximately 2,000 people deployed around the globe in Air Expeditionary Force taskings, the Wing will also test our outstanding capability against the best in the Air Force in its air-to-air combat role as the Pacific Air Forces representative in William Tell 2004.

William Tell, named after the legendary Swiss archer, is the Air Force's premier air-to-air competition. In 2004 the Air Combat Command-hosted competition, that began in 1954, will return to Tyndall Air Force Base, Fla., after an eight-year hiatus. The competition, which has tested the Air Force's best fighters in realistic air battles throughout its 50-year history, will run 12 days from Nov. 8-19, 2004.

"It's a great honor for us to be selected to represent PACAF in this world-class competition," said Col. Michael Snodgrass, 3rd Wing commander. "It's a testament to the sustained excellence of all wing personnel ... our operators, our maintainers, and all of our support people ... that we've been chosen to compete in William Tell 04."

In May, the 19th Fighter Squadron and 19th Aircraft Maintenance Unit were selected for the competition by Maj. Gen. David A. Deptula, Director of Air and Space Operations for PACAF. "I have complete confidence that the (3rd Wing) will uphold the highest traditions of PACAF excellence and demonstrate to the (Combat Air Forces) our exceptional war fighting capabilities," General Deptula wrote.

Maj. Chris Stratton, 19th FS pilot, has been chosen as the 3rd Wing project officer/team captain for William Tell 2004. He compared the squadron's selection to compete with being selected to represent the U.S. in the Olympics, "It's an honor to go and have a shot at proving ourselves the best fighter squadron in the CAF."

The competition team will have 37 members to include Major Stratton as a non-competing member, five pilots, two weapons directors, 20 maintenance professionals, six weapons loaders, an operations scheduler, a life support specialist, and a supply specialist. Additionally, a public affairs representative and a security manager will accompany the team during competition.

Five teams will be competing, with PACAF, Air Combat Command, U.S. Air Forces in Europe, Air Education and Training Command and the Air National Guard fielding teams. All of this year's participants will be flying the F-15 aircraft.

During the nearly two-week long competition, the five competing teams will face off in five flying events, to include 2 vs. 4, 4 vs. X, gun, missile and air defense tasking in day and night environments.

The 2 vs. 4 event will have two 19th FS fighters defending an area against four enemy aircraft with other friendly aircraft in the area. They will have to sort out who the bandits are and target them in the minimum amount of time.

The 4 vs. X event will have four F-15s defending against multiple adversaries, sorting them out and targeting them in the minimum amount of time.

The gun event will see four aircraft—two jets in each of two missions—fly an intercept on an aircraft towing a combat target and in the course of two minutes sequentially attack the target using the F-15s 20mm Gatling gun.

The missile event will have two missions where a two ship formation takes on a single drone using a missile. One of the aircraft will use an AIM-120 advanced medium-range air-to-air missile while the second aircraft will employ an AIM-9 Sidewinder missile.

The final event will have competitors performing a simulated Operation Noble Eagle alert scramble against an unidentified aircraft, with the purpose of identifying the unidentified aircraft in the minimum amount of time.

Additionally, during these events, the weapons di-

rectors will compete in each event except for the gun profile. They will be judged for their management of airspace, management of the teams while in a Combat Air Patrol, radio transmissions, guidance to the aircrews and safety.

On the ground, the maintainers will be judged each day on their procedures, aircraft performance and standards compliance and serviceability.

Finally, load crews will be evaluated in a Load Competition which involves two weapons loads, each performed by a separate load crew.

The first is a static load where the three-person crew has 22 minutes to load four AIM-120 AMRAAM and four AIM-9 Sidewinder missiles on an aircraft. The second load is a live load where the three-person crew loads six AMRAAMs, two Sidewinders, 940 20mm Gatling gun rounds and chaff/flare on one of our F-15s.

Major Stratton said the competition doesn't differ greatly from the way the 3rd Wing trains on a daily basis. "This will really be a validation of how we handle ourselves on a daily mission. With minor exceptions, we do everything we're competing in on a daily basis."

Those exceptions include that Elmendorf pilots seldom fire their gun and rarely get to see a missile come off the jet. He noted that those are activities that are simulated in training, but the critical issues in training are tactics used, not seeing actual munitions being fired.

"The competition will allow our pilots to fly in a realistic, live-fire environment while our maintainers will get to show off how good they are in real combat conditions," he said.

Colonel Snodgrass added, "I'm very proud of the wing and our accomplishments. This selection to represent PACAF is simply another data point proving what we already know — this is the top, most diverse, combat-ready wing in the world. I look forward to being on hand when our team shows the world that fact in November at Tyndall."

# Record holiday greeting for loved ones Sept. 13

By Tech. Sgt. Theo McNamara  
3rd Wing Public Affairs

Army and Air Force Hometown News will kick off its annual, worldwide Holiday Greetings Tour with a stop at Elmendorf, Sept. 13.

Almost everyone who lives, works or plays at Elmendorf or Fort Richardson is invited to participate in the Hometown Holiday Greeting event at the 3rd Medical Group Hospital either by scheduled appointment or “walk-in” from 7 a.m. to 5 p.m.

“Our goal is to give as many servicemembers, Department of Defense civilians and families the opportunity to record a video Holiday Greeting for loved ones in the Lower 48. Each recorded holiday greeting is produced for airing on local TV and radio stations across the country,” said Army Sgt. 1st Class Alan Rimar, Army and Air Force Hometown News team.

“We currently have more than 1,100 television and 1,500 radio stations that subscribe to Hometown

News programs so there’s a very good chance every video greeting will get used.”

The team films people sharing their holiday cheer with family members who they won’t be with during the holiday season because of military commitments.

“Military members who will be deployed from Elmendorf could create a greeting for his or her family who will stay behind in the Anchorage area,” said Sergeant Rimar. “It’s like a talking greeting card.”

Being stationed at Elmendorf is enough to qualify for the service.

For more information e-mail Tech. Sgt. Theo McNamara at [theo.mcnamara@elmendorf.af.mil](mailto:theo.mcnamara@elmendorf.af.mil) or call 552-5756.

After leaving Elmendorf the team will make stops at Kadena Air Base, Japan; and at air bases in Korea before leaving the Pacific region. They are also scheduled to tape in Iraq and Afghanistan. Check with the in-theater public affairs office for dates and times.

## *AAFES, Red Cross need help so deployed troops can call home*

DALLAS – The Army and Air Force Exchange Service has partnered with charities like the American Red Cross to give any American another way to show support for troops serving in Operations Iraqi and Enduring Freedom.

AAFES’ “Help Our Troops Call Home” initiative began in April 2004 allows anyone to impact the morale of military personnel stationed overseas by donating a Military Exchange Prepaid Phone Card.

The response from troops in contingency locations to the phone card campaign has been overwhelming.

A Red Cross official in Camp Victory, Iraq, reports, “The (prepaid phone) cards are absolutely fantastic. When a Soldier calls us back to confirm his or her emergency message, we find out what options the Soldier has to call home and based on what access they have, we give them a prepaid phone card. We also give phone cards to those going home on emergency leave. The cards are

very much appreciated and in some cases have relieved a tremendous amount of stress right off the bat.”

While the “Help Our Troops Call Home” program has been well received, AAFES’ charitable partners throughout the region consistently report that they “could use more cards.” A Red Cross official in Arifjan, Kuwait, said, “We can’t get enough of the prepaid phone cards. It’s a great morale booster to be able to talk with your family and friends. If we could just get 140,000, we would be in great shape.”

As of today, the Red Cross has distributed 1,091 of the 4,494 cards donated to the “Help Our Troops Call Home” phone card campaign.

“The reality is that 5,000 cards can’t meet the needs of all 150,000 servicemembers,” said AAFES’ Chief of Corporate Communications Ms. Debra Pressley. “The ‘Help Our Troops Call Home’ program makes it so easy to help troops stay in touch with friends and family back home ...

the contribution really does make a difference.”

A Red Cross official in Iraq explains, “I gave one to a Soldier who had a new baby, and the baby was born with some health issues and was going to be in the hospital for a while. He used the card to call and monitor the progress, and talk with his wife and the doctors. He cried with joy when I gave the card to him.”

To make a donation, go to [www.aafes.com](http://www.aafes.com) and click the “Help Our Troops Call Home” link.

From there, a prepaid calling card can be sent to an individual at a deployed address or to “any service member” who’s deployed or hospitalized.

Senders don’t even need to know the names or address of deployed military members to provide the great benefit of a phone call home to a service member in need.

For more information about the American Red Cross, go to [www.redcross.org](http://www.redcross.org).

*(Courtesy of the Army and Air Force Exchange Service)*



TECH SGT. KEITH BROWN

### Staff Sgt. Cortney Moore

**Duty title:** 611th Alaskan Plans Flight, non-commissioned officer in charge of exercise plans and development

**Hometown:** Farmington, N.M.

**Hobbies:** Playing guitar and working on computers.

**How he contributes to the mission:** He designs and executes command post and live fly exercises, and runs exercise development to train and evaluate combat operational readiness of senior leaders and war fighters. He also develops simulated wartime air defense tapes for air defense systems.

**Time at Elmendorf:** Two and a half years.

**Best part of being in Alaska:** The fishing.

**Supervisor's comments:** "Sergeant Moore is a dedicated and stellar NCO. His innovation in the exercise branch has ensured our ability to execute Operation Noble Eagle/Homeland Defense missions and directly helped to secure the air sovereignty of the U.S. He's an individual you seek out when things need to get done. His good-natured personality and willingness to help others is infectious." Senior Master Sergeant Graham Vaughn.



STAFF SGT. DAVE DONOVAN

### Airman 1st Class Natalie Sneed

**Duty title:** 3rd Aerospace Medical Squadron, aerospace medical technician

**Hometown:** Millington, Tenn.

**Hobbies:** Playing and watching basketball.

**How she contributes to the mission:** She manages the 3rd Wing flying waiver program for fliers and maintains the women's health program. She is also responsible for sending electrocardiogram tracings for people on flying status.

**Time at Elmendorf:** One year, one month.

**Best part of being in Alaska:** The weather, environment and people.

**Supervisor's comments:** "Airman Sneed is absolutely an invaluable asset to the Flight Medicine Clinic and completely dedicated to the mission. Her professionalism and customer service has led to numerous kudos from those patients we serve. A true team player, she's always the first to lend a hand in helping make sure the job gets done." Chief Master Sergeant Roweena McClannahan.

## Air Force Ball

The Air Force Ball 2004 is Sept. 17 at 6 p.m. at the Egan Center. For the first 100 tickets sold, prices will be the following: \$15 for E-1 to E-4; \$20 for E-5 to E-6; and \$35 for E-7 and up. Then, ticket prices will increase to \$20, \$25 and \$40 respectively.

The guest speakers will be retired Chief Master Sergeants of the Air Force Paul Airey and Sam Parish. For tickets, call Master Sgt. Bruce Stanton at 552-0048.

## MFH residents

All Military Family Housing residents need to visit the Dallas Housing Community Center between 10 a.m. and 7 p.m. today to sign and submit all their privatization documents. Individuals who cannot come at this time should stop by the Aurora Military Housing Office at 3774 Provider Dr. between 8 a.m. and 4:30 p.m. Monday-Friday.

For people signing on behalf of anyone else, bring their Special Power of Attorney. All documents must be submitted by Sept. 15.

People who are deploying before Tuesday, must get a Special Power of Attorney to achieve transfer of MFH to privatized housing on Oct. 1.

## 9/11 volunteers needed

Since the tragedy of Sept. 11, Mrs. Matty Wilson has made cookies for local fire and police departments, and military members. If anyone is interested in baking, giving a donation or providing baskets this year, call Mrs.

Wilson at 929-9069 or Mrs. Donna Baker at 868-1193.

## Voters week

Armed Forces Voters Week is Sept. 3-11. Voting information will be available on Topcover, at the Joint Military Mall and will also be distributed to the dormitories and dining facilities. For more information, contact your unit voting representative.

## 2nd Annual Bed Race

The Community Center's 2nd Annual Bed Race is Sept. 11 from 10 a.m. to 3 p.m. in the old Commissary parking lot.

Teams will roll their bed through a course and compete in various contests. Register by Sept. 7 at the Arctic Oasis Community Center. For more information, call 552-8529.

## NCO retraining

Air Force officials have announced the start of the Fiscal Year '05 Non-commissioned Officer Retraining Program. NCORP will target about 1,100 NCOs to retrain them to Air Force Specialty Codes with critical manning shortages.

The voluntary phase of the program runs through Sept. 30. If necessary, an involuntary phase will begin afterward.

Some restrictions apply, depending on grade and AFSC.

Call the Military Personnel Flight at 552-6957/8164 for more information and a list of available retraining AFSCs.

## Tricare appointments

There's been a steady rise in "no-

show" appointments at the 3rd Medical Group. As the 3rd Wing postures itself for upcoming deployments, several physicians will be deploying, and appointments will be even more valuable. Please ensure you make your appointments. To cancel for any reason, call Central Appointments at 580-2778 as soon as possible. Doing so will allow these appointments to be opened up again for booking.

## Family Support Center

The Spouse Connection Coffee Break is Tuesday at 9:30 a.m., and is a great opportunity for spouses to meet new friends and learn about base resources. No reservation necessary.

## Back to school sale

The Community Center's Back to School Garage Sale is Sept. 18 from 9 a.m. to 3 p.m. at the Youth Center gym. The cost is \$10 per table.

To reserve a table, visit the Arctic Oasis Community Center from 9 a.m. to 9 p.m. Monday through Saturday; and Sunday from noon to 6 p.m. The last day to sign up is Sept. 15. For more information, call 552-8529.

## Scholar program

The Olmsted Scholar Program offers junior line officers the opportunity to study abroad and obtain a masters degree in a foreign language.

Applications must be received by Oct. 15. Application procedures are at [www.afpc.randolph.af.mil/pme](http://www.afpc.randolph.af.mil/pme) or visit the Military Personnel Flight. For eligibility criteria or more information, go to [www.olmsteadfoundation.org](http://www.olmsteadfoundation.org).



## Chapel Schedule

### Catholic Parish

- **Monday through Thursday Mass:** 11:30 a.m. at the Chapel Center
- **Friday Mass:** 11:30 a.m. at the Hospital Chapel
- **Saturday Mass:** 5 p.m. at Chapel 2
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Confession:** 6 p.m. Saturday at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious education

- **Catholic Religious Education:** 9 a.m. Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. Chapel Center.

For more information, call the Chapel at 552-4422.

## Time to vote draws closer

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

It seems like everyone is getting into the voting spirit this year. Everywhere you look, it seems we are being inundated with messages from politicians to musicians to get out and vote.

Is it that I care so much about the opinions of some celebrity, that now I am suddenly going to start voting? No. I care about my own opinion. I feel it is my right and responsibility as an American to vote.

Why is there apparently so much attention being thrown into this particular electoral season? Is the nation clamoring for a political change; or is it that we feel a strong need to continue with our current leadership? Whatever the reason, one thing is certain. The need to participate in the electoral process on the local and national level is being felt by many throughout this great land.

This is the first time we have had a presidential election since America became familiar with the various forms of chad – hanging, dimpled, pregnant, etc... It is perhaps for this reason so much attention is being given by so many to increase participation in this year's election.

For those of you in the military, realize that you are given a chance to express your choice for who you want as your boss. What other organization allows its employees to vote on who they want to be the head of the company?

Granted the military, by its very nature, is not a very democratic society. It just wouldn't be very practical to have to take a vote before each and every air strike. However, we do have the opportunity to make our voices heard every four years. As defenders of American freedoms and ideologies, it is imperative we participate in the very same democratic ideals and processes for which we are fighting so hard.

Again, I can hear the naysayer echoing the idea "My one measly vote won't count." Well, after the election we had four years ago, I think there are a few folks in Florida that would beg to differ. Remember that every single vote does count and is important.

We are a busy base; many of our people have been deployed or will be deployed. Please remember you may register as an absentee voter. By doing so, you will still be able to make your vote count, even from afar.

So let's exercise that great American freedom. Contact your unit voting representative to find out what you need to do to register; then on Election Day, vote.

# Arctic Life

Great living in the great land



STAFF SGT. RHIANNON WILLARD

## Free taxi ride

Mrs. Crystal Scalzi, wife of 3rd Aircraft Maintenance Squadron member Airman Nicholas Scalzi, speaks with Maj. Pete Staveley, 3rd Operations Support Squadron, before getting a taxi ride in an F-15E aircraft down the runway Aug. 20. The 12th Fighter Squadron hosted their 12th annual Spouse's Taxi Day to give spouses of 12th FS and 12th Aircraft Maintenance Unit members an opportunity to learn more about the Air Force and its equipment. The event also gave them a chance to see what their spouses do day-to-day.

## 2004 unit voting representatives list released

The following individuals have been selected as unit voting assistance representatives to assist people with voting questions:

### 12 FS

Capt. David Unruh, 552-0462 and Master Sgt. Derek Ronning, 552-3739.

### 19 FS

2nd Lt. Tracy Cooper, 551-1907 and Staff Sgt. Rhonda Howansky, 551-1911.

### 90 FS

1st Lt. Greg Preisser, 552-9060.

### 517 AS

1st Lt. Tyler Sueltenfuss, 551-1889; 1st Lt. Eric Mann, 551-1889; 1st Lt. Mark Woodworth, 551-1889; 1st Lt. Andrew Berven, 551-1889; and Master Sgt. JJ Parsons, 551-2373.

### 962 AACCS

Tech. Sgt. Anthony Walker, 552-0597 and Staff Sgt. Michael Raley, 552-0597.

### 732 AMS

1st Lt. Thompson Steven, 552-4598; Master Sgt. Michael Roquemore, 552-5064; Staff Sgt. Ephraim Erickson, 552-3781; Staff Sgt. Jeremy Miller, 552-8214; Staff Sgt. Steven Miller, 552-2104; Staff Sgt. Albert Dunn, 552-2020; Staff Sgt. Robert Skeels, 552-3120 and Master Sgt. Craig Snyder, 552-3258.

### 3 AMXS

Tech. Sgt. Billy Kerr, 552-1884; Master Sgt. Kevin Hagen, 552-1107; Master Sgt. Clayton Kitchin, 552-8380; Staff Sgt. Aaron Stoneking, 552-3009; Staff Sgt. Brian Hall, 552-8380; Staff Sgt. Jeffrey Sander, 552-9047 and Tech. Sgt. Jodi Harrison, 552-9115.

### 703 AMXS

Capt. John Thomas, 551-4109; Tech. Sgt. Kevin Riek, 552-4710; Staff Sgt. Corey Backzkowski, 552-4670; Staff Sgt. Maurice Cazabat, 552-4670; Staff Sgt. John Dobmeier, 552-4670; Staff Sgt. Gary Janes, 552-4670; Staff Sgt. James Reynolds, 552-4670; Staff Sgt. Jon Richards, 552-4670; Staff Sgt. Brian Schettler, 552-4710; and Staff Sgt. Jeffrey Sumner, 552-4670.

### 3 EMS

1st Lt. Eugenia Edwards, 552-1269; Master Sgt. Alan Freeman, 552-1949; Staff Sgt. Jeremiah Frye, 552-2482; Master Sgt. Kenneth Covington, 552-3306; Tech. Sgt. James Greening, 552-3306; Tech. Sgt. Shane Roe, 552-4491; Tech. Sgt. Ted Ulibarri, 552-2320; Tech. Sgt. Jeremy Lee, 552-2017; Staff Sgt. Tanya Frisbie, 552-2017; Staff Sgt. Robert Griffie, 552-7380; Tech. Sgt. Michael Clark, 552-8520; and Tech. Sgt. Roberts Pemberton, 552-1324.

### 3 CMS

Master Sgt. Russell Joyner, 552-7159; Staff Sgt. Michael Webb, 552-5503; Staff Sgt.

Karalyn Irvin, 552-1182; Staff Sgt. Matthew Atkinson, 552-3375; Staff Sgt. Sara Chism, 552-4054 and Staff Sgt. Robert Adamson, 552-4249.

### 3 MOS

1st Lt. Heather Fennel, 552-2798; Master Sgt. Randy Fait, 552-1520; Staff Sgt. George Baker, 552-1045; Staff Sgt. Kelly Callender, 552-5516; Staff Sgt. Douglas Capps, 552-2852 and Staff Sgt. Lyle Gill, 552-4773.

### 3 CES

1st Lt. Lamoni Yazzie, 552-2813; Master Sgt. Anthony Edmondson, 552-2884; Master Sgt. Don Nielson, 552-4179; Master Sgt. Eric Williamson, 552-5232; Staff Sgt. Eric Salisbury, 552-3085; Tech. Sgt. Michael Hunter, 552-8555; Staff Sgt. Jason Apalategui, 552-2454; Master Sgt. Melvin Bledsoe, 552-9607; Mrs. Audrey Watters, 552-4362; Tech. Sgt. Eugene Hubbell, 552-9575; Tech. Sgt. Christopher Roth, 552-2175; Staff Sgt. Kelly Kaiser, 552-4309; Tech. Sgt. Kevin Carter, 552-2994; Mr. Jim Barnett, 552-4328; Ms. Yolanda Thanskersly, 552-2777 and Mr. Marvin Thomasson, 552-3376.

### 3 CONS

Master Sgt. Anthony Rutherford, 552-5590 and Staff Sgt. Kristina Benca, 552-5363.

### 3 CS

2nd Lt. Kathleen Westfall, 552-1073.

### 3 LRS

2nd Lt. Craig Straight, 551-5440; 2nd Lt. Shaun Parker, 551-7631; Staff Sgt. Octavius Duffey, 552-2525; and Staff Sgt. Brenna Winecki, 552-6605.

### 3MSS

1st Lt. Eric Tatum, 552-0281.

### 3 SFS

Master Sgt. Delbert Lahti, 552-7001; Tech. Sgt. Clement Lipscomb, 552-9863; and Staff Sgt. Larry Parks, 552-4444.

### 3 SVS

2nd Lt. Thomas Cox, 552-2159; 2nd Lt. Rebecca Lee, 552-1245; and Staff Sgt. Chris Gepford, 552-2528.

### 3 CPTS

Master Sgt. Allen Graham, 552-2882.

### 3 WSA

1st Lt. Matthew Hill, 552-1678; 2nd Lt. Michael Sheley, 552-8937; Tech. Sgt. William Hayward, 552-3000 and Capt. Byron Shibata, 552-3046.

### 3 WG/SE

Maj. Glenn Rybacki, 552-6859.

### 3WG/XPP

Mr. Keith Williams, 552-8940.

### 3 MDOS

Capt. Jon Geno, 552-8034; Master Sgt. Michael Campbell, 552-1734; Senior Master Sgt. Dave Craig, 552-2344; Tech. Sgt. Sherri Dietrich, 552-2601; Tech. Sgt. Richard Dill,

552-1802; Staff Sgt. Douglas Ferdarko, 552-2546; Staff Sgt. William Hunter, 552-1305; Staff Sgt. Zachary King, 552-2060; Master Sgt. Curtis Kinnick, 552-1420; Master Sgt. Kyle Liswig, 552-1148; Staff Sgt. Ryan McNeel, 552-1910; Tech. Sgt. Jean Minugh, 552-5005; Master Sgt. Pamela Rhude, 552-2181; Tech. Sgt. Jamie Richardson, 552-1305; Staff Sgt. Kati Jo Russell, 552-5812; Tech. Sgt. Dane Tackitt, 552-1242; Tech. Sgt. Richard Valone, 552-1910; Staff Sgt. Steven Walsh, 552-2345 and Staff Sgt. Andrew Zavala, 552-2510.

### 3 MDSS

Master Sgt. Anthony Vaughn, 580-6228 and Tech. Sgt. Jaime Allwood, 580-6671.

### 3 DS

Tech. Sgt. Leonard Simmons, 580-5146 and Staff Sgt. Kara Carney, 580-5010.

### 3 AMDS

Capt. Nathan Maertens, 552-6738 and Senior Master Sgt. David Sowers, 552-2384.

### ALCOM

Maj. Scott Katz, 552-3704.

### 11 AF

Master Sgt. Robert Hudson, 552-7823.

### 381 IS

1st Lt. Matt Gould, 552-8277; Senior Master Sgt. James Lane, 552-5365; Tech. Sgt. Marilyn Johnson-McGee, 552-1625; Staff Sgt. Brandy Glenn, 552-2061 and Staff Sgt. Donald Rhude, 552-4536.

### 63 FIS

Special Agent Megan Hember, 552-2256.

### Band

Senior Airman Craig Bowman, 552-6729.

### 611 AOG

Senior Master Sgt. Terry Rethamel, 552-7455.

### 353 CTS

Capt. Shane Hupp, 377-1400; Master Sgt. Gloria Holloway, 552-1152 and Staff Sgt. John Cohrone, 552-8907.

### 611 ACF

Master Sgt. Brian Meadows, 552-7681 and Senior Airman Zandra Teodosio, 552-6073.

### 611 APF

Capt. Stephen Hunter, 552-1710 and Master Sgt. David Rafferty, 552-1710.

### 611 AOS

Mr. Ronald Williams, 552-8688.

### 611 AIS

Tech. Sgt. Kristi Briggs, 552-2637.

### 611 ASUS

1st Lt. David Ems, 552-8417; Master Sgt. Timothy Muennich, 552-1814; Master Sgt. Chris Bodziony, 552-5169 and Master Sgt. Luke Quirion, 552-4355.

### 611 CES

Capt. KayLynn Meeker, 552-7442 and Senior Master Sgt. Dale Littles, 552-6669.

## ▶ spotlight

## ▶ fri



SENIOR AIRMAN AMY MORRISSETTE

Ms. Beth Matlock, Base Library aide, assists a customer sign out a book Aug. 20.

## Info-Quest contest to begin Wednesday at Library

By Mrs. Mary M. Rall  
3rd Services Marketing

Those willing to do the research can prove access is power, or at least the key to getting prizes through the Library's Info-Quest 2004 challenge.

The challenge runs Wednesday through Sept. 30 and offers people the chance to use Library resources, such as electronic books, e-journals and virtual library materials to answer 40 trivia-type questions.

Participants can begin their quest by picking up the first list of questions at the Base Library.

Players will earn Quest Points as they pick up lists and correctly answer questions, which will be corrected

by a Library staff member.

One "Quest Point" and a pen will be awarded to the first 50 people who pick up the initial list of questions.

Further Quest Points and incentive prizes, such as compact disc cleaners, address books and neck wallets, will be awarded for each additional list of questions picked up.

Also, two Quest Points will be awarded for each question answered correctly, for a possible total of 80 points for answering them all.

Quest Points will be given in the form of coupon tickets, which will immediately be deposited in the "Best of the Quest Box." Each coupon will include the player's name and phone number so they can be notified in the event

they're chosen to win a prize.

The grand prize for individual competitors will be a portable DVD player, and the runner-up prize will be an MP3 player. The winning team competitors will win an analog clock, certificates and a trophy.

Competitor's compete individually or as a part of a team and may join the quest at anytime. Eligible participants include active-duty military, DoD civilians, members of the National Guard, reservists, retirees and family members who are at least 16 years old.

Teens may participate in a team event, upon the approval of the Library director.

For more information, stop by the Library or call 552-3787.

**TASTY TRIP:** Fill your basket to overflowing at a berry picking trip from 10 a.m. to 4 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

**MOVIE:** *Anchorman* (PG-13) Set in 1970s San Diego, this is the story of a local television anchorman named Ron Burgundy (Will Ferrell), who thinks he is God's gift to the ladies, and the area's most respected newsman. However, he soon discovers that his position is challenged by an ambitious female newscaster (Christina Applegate) who, unlike Ron, actually knows something about journalism. 7 p.m.

## ▶ sat

**YABA DABA BOWL:** Get children into bowling by registering them for the Youth American Bowling Alliance from 1-4 p.m. for \$30 at the Polar Bowl. 552-4108

**MOVIE:** *Anchorman* (PG-13) See above for movie details. 7 p.m.

## ▶ sun

**CLAM UP:** Learn how to dig, clean and prepare your own clams during a clamming trip from 5:30 a.m. to 7 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

**MOVIE:** *King Arthur* (PG-13) As the Roman Empire crumbles (circa 450 A.D.), the British Isles are thrown into a loose anarchy as errant knights are entrenched in years of territorial battle. Then, one king emerges to unite them, Arthur (Clive Owen) with his concept of a round table of united knights. 7 p.m.

## ▶ fyi

**'GET IN ON IT':** Current club members and those who join Wednesday through Nov. 30 can qualify for a variety of prizes during the "Get In On It" 2004 Club Membership Drive. Prizes include a drawing for \$3,000; two drawings for \$1,000; and three drawings for \$500. Also current members who sign up new members throughout the drive can earn a \$10 cash reward. 753-3131

## ▶ inside the fence

**One Stroke Painting**, today from noon to 2 p.m. for \$25 at the Skills Development Center. 552-7012

**Xtreme Bowling**, tonight-Saturday from 8 p.m. to 1 a.m. at the Polar Bowl. 552-4108

**Membership Mania 2-4-1 Dining**, Saturday at the Susitna Cafe. 753-3131

**Lion's Head Rafting**, Saturday from 6:30 a.m. to 5 p.m. for \$60 at the Outdoor Adventure Program. 552-2023

**Anchorage Trails Bike Ride**, Saturday from 10 a.m. to 2 p.m. for free at the Outdoor Recreation Center Program. 552-2023

**Beginning Oil Painting**, Saturday from 1-5 p.m. for \$40 at the Skills Development Center. 552-7012

**Golf Championships**, Saturday at Eagle Glen. 552-3821

**Sunday Brunch**, from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

**Family Xtreme Bowling**, Sunday get two hours of Xtreme Bowling, a large pizza, a pitcher of soda, and shoe rental for up to six people for \$30 from 1-8 p.m.

at the Polar Bowl. 552-4108

**Road Bike Ride**, Monday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

**Eagle River Rafting**, Monday at 5:30 p.m. for \$25 at the Outdoor Recreation Center. 552-2023

**Two For One Bowling**, Monday-Tuesday from 11 a.m. to 4 p.m. at the Polar Bowl. 552-4108

**Kayak Pool Training**, Tuesday at 8 p.m. for \$25 at the Fitness Center. 552-2023

**Evening Hike**, Tuesday at 5:30 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

**Alaska State Fair**, Tuesday from 9 a.m. to 5:30 p.m. for \$12 with the Young Adult Center. 552-8336

**Info-Quest Begins**, Wednesday at the Library featuring a portable DVD player as the grand prize. 552-3787

**Indo Skate Park**, Wednesday from 3:30-7 p.m. for \$8 with the Young Adult Center. 552-8226

**Wednesday Night Madness**, Wednesday enjoy unlimited bowling for \$15 per lane for up

to five people from 5-9 p.m. at the Polar Bowl. 552-4108

**New Parent Orientations**, Wednesday at 10:30 a.m. at the Sitka and Denali CDCs. 552-6403

**Kayak Lake Training**, Wednesday at 5:30 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

**Red Pin Bowling**, Thursday win free games when you get a strike with a red head pin from 5-9 p.m. at the Polar Bowl. 552-4108

**Ceramics Certification**, Thursday from 6:30-9 p.m. for \$20 at the Skills Development Center. 552-7012

**Tutoring Assistance**, Thursday from 6-7 p.m. with reservations at the Youth Center 552-2266

**H2Oasis Trip**, Thursday at 9:30 a.m. for \$9 per person with the Youth Center. 552-2266

**Family Night Buffet**, Thursday at the Susitna Club. 753-3131

**Surf and Turf Specials**, Sept. 3-4 at the Susitna Club. 753-3131

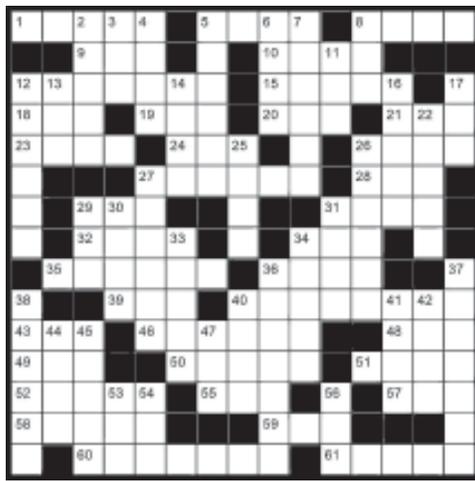
*Skills Development Center classes must be signed up for three days in advance.*

# In the Field

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

## ACROSS

1. Part of discipline to avoid enemy attention (AFMAN 10-100)
5. Used to prevent openings, as in doors/vaults
8. Vest worn by deployed troops
9. Father
10. X marks the spot?
12. Item worn by food preparer
15. Swears
18. Bother
19. Model Carol
20. Attention, with regard to loved ones, briefly
21. Field ration, in brief
23. Duty, in the Navy
24. Body of water
26. Dues
27. Anchorage
28. Popular Algerian music form
29. Air carrier, briefly
31. Euphemism for d—d
32. Singing group Kingston
34. Tag carried by deployed military people
35. Deployment positions for troops to depart
36. Mountain lion
39. Each
40. Bags given to deploying troops
43. Center of a hurricane
46. North or South state?
48. Fuel type, in short
49. Actor Stephen of “Michael Collins”
50. Links SW Asia with NE Africa
51. Indian princess
52. Impudent
55. Capture, as in crooks
57. Sault \_\_\_ Marie
58. French pancake
59. Backtalk slang
60. Deployment bathroom site
61. Escape capture from the enemy



## DOWN

2. Dolt
3. Acronym for rescuing downed pilots
4. American poet \_\_\_ Saint Vincent Millay
5. Part of discipline to avoid enemy attention (AFMAN 10-100)
6. Talk
7. Material in helmets of deployed troops
8. Limited
11. Mythical bird with huge size and strength
12. Protect shelters against weapons
13. Oklahoma town
14. Italian-born fashion designer Schiaparelli
16. Slander
17. Pay statement needed for deployment, briefly
22. Needed to control horse
25. Competent
26. Thrifty
27. Saluted
29. To the \_\_\_ degree; infinity
30. Covering
31. Maple Leaf enforcer Tie
33. Tall annual plants used in soups and stews
34. Sheikdom of eastern United Arab Emirates
36. Type of water deployed troops should drink
37. Deployment necessity to prevent illness and improve morale
38. Deployment team that handles Personnel Accountability Kits
40. “\_\_\_ Lisa”
41. Retirement accts.
42. Made of canvas fabric over support poles (GP)
44. 365 equals 1
45. Art stand
47. Relative
53. Health resort
54. Still
56. Mock



Last week's solution

# Perception is everything, communication is key

By Col. Jim Hougas, Jr.  
5th Medical Group commander

MINOTAIR FORCE BASE, N.D. — Have you ever been in a conversation where all was going well, then all of the sudden another’s eyes glare at you as if you had just insulted their mother?

I had one of those “Maalox moments” while deployed to Prince Sultan Air Base, Saudi Arabia.

New to the area of responsibility, in the middle of morning stand up, the wing commander noticed the “pegged fun meter” patch on my flight suit. I was asked to remove it on the spot and sternly reminded that no one, especially one in a leadership position, should ever wear a morale drainer like that.

Offline, he explained my patch conveyed to him a malignant attitude of “if you think today is bad, don’t expect it to improve anytime soon.” No wonder he hit me with that laser cannon stare. Embarrassed, I explained my genuinely intended sentiment was “Bring it on! I’m primed and eager to tackle any challenge.” One patch, two diametrically opposed interpretations.

How often do you think this type of miscommunication occurs in your unit?

Effective communication is a

two-way street. When speaking, is your intended message getting through? Do you have mannerisms that detract from or confuse that intent? When listening, do you focus on the speaker, or are the words just going in one ear and out the other? Do you ask for clarification when not sure of what was just said? More importantly, if offended by something just said, do you take the initiative to ask that person what he or she really meant, or do you just stew about what you think you heard?

Here a few tips that helped me become a more effective communicator and leader.

■ Start with your own winning attitude. Be a source of “positive waves.” Every day is a great day, but recognize some days are more fun than others.

■ Smile genuinely. A warm, engaging smile shows people you’re ready to listen.

■ Don’t take yourself too seriously. Good-natured humor helps keep the shop loose, but never at another’s expense.

■ Address an individual by name and shake his or her hand when you can. Open, receptive body language is critical.

(Courtesy of Air Force Print News)

