

The Sourdough

S E N T I N E L

July 2, 2004

Elmendorf Air Force Base, Alaska

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Arctic Thunder 2004



-- Pages 12-13



STAFF SGT. PRENTICE COLTER

Retreat ceremony

Arctic Warriors perform the first of this summer's retreat ceremonies at Heritage Park Monday. Throughout the summer, each group in the 3rd Wing will take turns in performing a retreat ceremony every Wednesday at 5 p.m. at Heritage Park. The ceremony will include a fly over when possible. To show proper respect for the flag and the National Anthem, each individual on base, including civilians, contractors, family members, and servicemembers, should do the following: personnel outside in uniform must face the flag and salute during the raising and lowering of the flag; upon the first note of the National Anthem or "To the Colors," personnel in uniform, who aren't in formation, should stand and face the flag (or the sound of the music if the flag is not visible) and salute until the last note of the music is played; vehicles in motion should come to a stop at the first note of the music and the occupants should sit quietly until the music ends. When outside in civilian clothes, face the flag (or the sound of the music if the flag is not visible) and stand at attention with the right hand over the heart.



Play it safe on July 4th

The Fourth of July is the time for celebration, and many people celebrate it in different ways.

The following are some guidelines for preventing mishaps, and what to do in case of emergency:

- Avoid falling asleep at the beach — even if the day is gloomy, severe sunburn can occur. Make sure that the sunscreen is not older than one year, as it may have become ineffective.

- Never add lighter fluid to already lit charcoal. The safest fire starters are chemical in cake form or electrical charcoal igniters.

Keep grills away from buildings, and never cook with a grill under any combustible cover or overhang.

- Control access to fireworks, no matter the size. Small fireworks called "poppers" can explode in a child's pocket and set the child's clothes on fire, resulting in serious burns.

Be sure to purchase only those fireworks that are legal in your area or state. Most stores will have a listing of these rules.

Make sure the ground within the fireworks radius is clear of debris and is level and hard.

Never set off fireworks if it is windy.

If a fireworks device misfires, stop immediately and back away from it to a safe distance.

Do not attempt to relight the same fireworks.

(Courtesy of the Base Safety Office)

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

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:

Col. Richard Fryer, 3rd CES/CC
552-3007
Lt. Col. Gary Dzubilo, 3rd SVS/CC
552-2468
Maj. Robert Garza, 3rd SFS/CC
552-4304

Women's softball

Q: As an avid softball player and member of the 3rd Medical Group Softball Team, I would like to know why the women's softball league was cancelled this year.

We have been informed that due to scheduling conflicts, the league had to be cancelled — yet the men's softball program has two leagues and continues to play several nights a week.

When we asked why the league was cancelled, we were not given a

straight-forward answer.

All we want to know is why the women's league was cancelled instead of one of the men's leagues. Thank you for looking into this matter.

A: Thank you for your interest in intramural sports. We want to make sure everyone has a chance to participate in physical fitness activities.

In order to ensure a competitive league, our Sports Constitution states that, "At least six teams must participate to have the program."

However, only five teams expressed interest in the women's

softball league this year.

The constitution is reviewed every year by the Elmendorf Sports Advisory Council and voted on by unit sports representatives.

As an alternative to the league, the Fitness Center staff is willing to conduct some form of tournament this summer if there is enough interest, perhaps in a double elimination format.

Please call the director at 552-9890 by noon July 9, if you are interested or if you have more suggestions to improve current programs.

Commander's shadow

This week's commander's shadow is **Airman 1st Class Aaron Heliker**, 3rd Civil Engineer Squadron.

3rd Wing History Moment

June 29, 1950:

The 3rd Bombardment Group launched an attack against the Han River bridges near Seoul. The attacks tore up the flooring on the three parallel railroad bridges, which the North Koreans had installed. The 8th Bombardment Squadron reported two crewmembers missing in action when their B-26B crashed into a mountainside during a second strafing attack.



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

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Editor

116 technical sergeants, 190 staff sergeants putting on stripe

E-6, E-7 promotion rates nearly same as last year

AIR FORCE PERSONNEL CENTER — The Air Force has selected 6,217 of 23,956 eligible technical sergeants for promotion to master sergeant, a 25.95 percent selection rate; and 9,114 of 42,248 eligible staff sergeants for promotion to technical sergeant, a 21.57 percent selection rate.

The final tally will increase as AFPC receives score tests for those members currently deployed, said officials. As usual, each of those Airmen has from 30-60 days after they return home to test.

“We have roughly 3,000 warriors who haven’t tested yet because they’ve been deployed. They will be allowed to test when they return, and we’ll automatically consider them for promotion,” said Chief Master Sgt. Mark Billingsley, enlisted promotions branch chief here. “We do this as quickly as possible and announce supplemental promotions on a monthly basis until everyone has been considered.”

The master sergeant selection rate rose .39 percent from last year, while this year’s technical sergeant rate dropped .32 percent from last year.

“This year has proven to be another banner year in terms of the number of people who have been able to earn promotions. The Air Force had predicted we’d see rates start to stabilize and that’s what is happening here,” the chief said.

“The rates this year are almost identical to last year’s rates, but we are actually able to promote several thousand more people to each rank than we did initially last year,” Chief Billingsley said. “That’s because we’re getting a better handle on testing folks before they deploy — trying to get in sync with the AEF battle rhythm.

“The higher number of people selected is very good news for those Airmen who are showing through performance and preparation the potential for more responsibility and the higher rank to go with it. The message is clear, there is opportunity for those who want to step up to the challenge,” he added.

The complete list of selectees is posted at www.afpc.randolph.af.mil/eprom.

People who tested are expected to receive their score notices in early July, allowing them to see just how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against others within their Air Force Specialty Code. Individuals can also get an electronic copy of their score by going to the virtual Military Personnel Flight at www.afpc.randolph.af.mil.

The average master sergeant selectee score for the master sergeant test cycle was 340.73 points, based on the following:

- 134.33 Enlisted Performance Reports
- 64.01 Promotion Fitness Exam
- 64.86 Specialty Knowledge Test
- 28.30 Time in Grade
- 36.10 Time in Service
- 21.21 Decorations

The average master sergeant selectee has 3.64 years time in grade and 17.22 years in service. Those selected will be promoted to master sergeant from August to July 2005.

The average selectee score for the 04E6 technical sergeant test cycle was 317.55 points, based on the following:

- 133.02 Enlisted Performance Reports
- 62.35 Promotion Fitness Exam
- 55.66 Specialty Knowledge Test
- 33.72 Time in Grade
- 25.19 Time in Service
- 5.91 Decorations

The average technical sergeant selectee has 4.55 years time in grade and 11.46 years in service.

Those selected will be promoted to technical sergeant from August to July 2005.

Master sergeant

The following Elmendorf technical sergeants have been selected for promotion to master sergeant:

- Bradley Levesque, 11th OWS
- Gary Sweet, 11th OWS
- Sean O’Neil, 3rd AMDS
- Curis Bates, 3rd AMXS
- Gary Willis, 3rd AMXS

- Patricia Davies, 3rd AMXS
- John Ives, 3rd AMXS
- Billy Kerr, 3rd AMXS
- Michael Molinelli, 3rd AMXS
- Thomas Shie, 3rd AMXS
- David Szybicki, 3rd AMXS
- Paul Thiel, 3rd AMXS
- Iran McIntyre, 3rd CES
- Jeffrey Dunaway, 3rd CES
- Kerry Bakker, 3rd CES
- Robert Anderson, 3rd CES
- Trenton Bare, 3rd CES
- Richard Carmichael, 3rd CES
- Shannon Fortune, 3rd CES
- Michael Hunter, 3rd CES
- Leon May, 3rd CES
- Kimberly Perry, 3rd CES
- Christopher Roth, 3rd CES
- Michael Sabol, 3rd CES
- Douglas Bittinger, 3rd CES
- Mark Cruz, 3rd CES
- Chad Curtiss, 3rd CES
- John Schmitz, 3rd CES
- Price Seim, 3rd CES
- Brooks Stark, 3rd CES
- Wendy Swails, 3rd CONS
- Thomas Souza, 3rd CPTS
- David Bright, 3rd CS
- Scott Dishman, 3rd CS
- James Jones, 3rd CS
- Joseph Lotz, 3rd CS
- Michael Patz, 3rd CS
- Dana Rogers, 3rd CS
- John Roxbury, 3rd CS
- Derek Madison, 3rd DS
- Stephen Spencer, 3rd DS
- William Johnson, 3rd EMS
- Timothy Foster, 3rd EMS
- Derek Madsen, 3rd EMS
- William Rainer, 3rd EMS
- Brian Sas, 3rd EMS
- Mitchell Schalk, 3rd EMS
- Andrew Shepard, 3rd EMS
- David St. John, 3rd EMS
- Craig Yares, 3rd EMS
- Jeffrey Arnold, 3rd LRS
- Thomas Desantis, 3rd LRS
- Adam Hutchinson, 3rd LRS
- Leon Sutton, 3rd LRS
- Bradley Vanasse, 3rd LRS
- Vennette Zambrano, 3rd LRS
- John Liswig, 3rd MDOS
- Kevin Hartsock, 3rd MDSS
- Katherine Steinhauser, 3rd MDSS
- Janet Fahmi, 3rd MDSS
- Anthony Vaughn, 3rd MDSS
- Marc Konyndyk, 3rd MOS
- Scott Shaw, 3rd MOS
- Terry White, 3rd MSS
- Charles Reese, 3rd MXG
- Brian Henn, 3rd MXG
- Shawn Luellen, 3rd MXG
- William Myles, 3rd MXG
- Vivian Bolden, 3rd OSS
- Brian Druckenmiller, 3rd OSS
- Matthew Taylor, 3rd OSS
- Timothy VanHouten, 3rd OSS
- Jeffrey Lockhart, 3rd SFS
- Timothy John, 3rd SFS
- Raymond Vanenwyck, 3rd SFS
- Juan Benavidez, 3rd MSG
- John Berube Jr., 3rd MSG
- Martin Barr, 3rd SVS
- Eric Wellman, 3rd WG
- Jose Enriquez, 3rd WG
- William Hayward, 3rd WG
- Shannon Payne, 3rd WG
- Rusty Compton, 372nd TRS/DET 14
- Thomas Sewitsky, 372nd TRS/DET 14
- William Boyles, 381st IS
- Lisa Kinnunen, 381st IS
- Marlin McFeeters, 381st IS
- Sherry Halls, 517th ALS
- Bruce Lund, 517th ALS
- Jeffrey Baxter, 611th ACS
- Trampas Kilpatric, 611th ASUS
- Keith Westphal, 611th ASUS
- Jason Frigon, 611th CES
- Tony Turner, 611th CES
- Danny Morris, 611th COF
- Walter Bevens, 703rd AMXS
- Gregory Birnschein
- Jeffery Kusz, 703rd AMXS
- Marcus Maschhoff, 703rd AMXS
- Jason Morgan, 703rd AMXS
- Kevin Kriek, 703rd AMXS
- Pamela Schultz, 703rd AMXS
- Robert Burgess, 732nd AMS
- Charles Chapman, 732nd AMS
- Russell Halsema, 732nd AMS
- Robert Helpling, 732nd AMS
- Shawn Lavoie, 732nd AMS

- Jason McIntosh, 732nd AMS
- Sabrina Roquemore, 732nd AMS
- Thomas Williams, 732nd AMS
- Gary Lawrence, 962nd AWACS
- Rodney Creed, 962nd AWACS
- Kory Rivera, 962nd AWACS
- Joe Stroud Jr., 962nd AWACS
- Anthony Walker, 962nd AWACS
- Jeffrey Manley, AF Band PACIFIC

Technical sergeant:

The following Elmendorf staff sergeants have been selected for promotion to technical sergeant:

- Alison Duffy, 11th AF
- William Everett, 11th OWS
- Danita Coons, 12th FS
- Antwan Newsom, 19th FS
- Scotty Matthews, 3rd AMDS
- Michelle Lange, 3rd AMDS
- Linda Griffinhaddox, 3rd AMDS
- Jennifer Williams, 3rd AMDS
- Richard Caron, 3rd AMDS
- Dathan Brown, 3rd AMDS
- Joseph Alberico, 3rd AMDS
- Casey Campbell, 3rd AMDS
- Scott Centobene, 3rd AMDS
- Bradley Collins, 3rd AMDS
- Amanda Deskins, 3rd AMDS
- Dale Deskins, 3rd AMDS
- Justin Elam, 3rd AMDS
- Craig Farless, 3rd AMDS
- William Foreman, 3rd AMDS
- William Frost, 3rd AMDS
- Brian Hall, 3rd AMDS
- John Harrison, 3rd AMDS
- Robert Kirkpatrick, 3rd AMDS
- David Kramp, 3rd AMDS
- Charles Lippert, 3rd AMDS
- Anton Pranke, 3rd AMDS
- Carl Rhames, 3rd AMDS
- Jeffery Sander, 3rd AMDS
- Michael Shuler, 3rd AMDS
- Kendall Smoak, 3rd AMDS
- Dane Vanpelt, 3rd AMDS
- Matthew Williams, 3rd AMDS
- Lee Zelinka, 3rd AMDS
- Mark Cornell, 3rd CES
- Claude Jacques, 3rd CES
- Kevin Bertetto, 3rd CES
- Mark Cunningham, 3rd CES
- Danny Davila, 3rd CES
- Michael Laskowski, 3rd CES
- Sabrina May, 3rd CES
- Peter Alfredson, 3rd CMS
- Shawn Arnold, 3rd CMS
- Whitney Drake, 3rd CMS
- Jeffrey Judge, 3rd CMS
- Steven Kinard, 3rd CMS
- Steven Merida, 3rd CMS
- William Neff, 3rd CMS
- Robert Owen, 3rd CMS
- Dennis Trinklein, 3rd CMS
- Steven McDonald, 3rd CONS
- Delicia McSweeney, 3rd CONS
- Gregory Passig, 3rd CONS
- Tammy Miller, 3rd CPTS
- Kelly Pearson, 3rd CPTS
- Walter Taggart, 3rd CS
- Adrian Cadiz, 3rd CS
- Brian Craig, 3rd CS
- April Culwell, 3rd CS
- Robert Heckman, 3rd CS
- Israel Logan, 3rd CS
- Michael Renken, 3rd CS
- Michael Rogers, 3rd CS
- Karl Smith, 3rd CS
- Lucas Spring, 3rd CS
- Richard Tankersley, 3rd CS
- Lloyd Cross, 3rd DS
- George Puterko, 3rd EMS
- Brandon Hooten, 3rd EMS
- Scott Arnold, 3rd EMS
- Richard Belford, 3rd EMS
- Donald Fanning, 3rd EMS
- David Frank, 3rd EMS
- Tanya Frisbie, 3rd EMS
- James Irwin, 3rd EMS
- Jon Johnson, 3rd EMS
- Lloyd Moore Jr., 3rd EMS
- Edwin Perezcortes, 3rd EMS
- Jessee Price, 3rd EMS
- Larry Rhodes, 3rd EMS
- Jeremy Sinclair, 3rd EMS
- Daniel Stair, 3rd EMS
- Preston Stucky, 3rd EMS
- Steven Thomas, 3rd EMS
- Chad Wolfe, 3rd EMS
- Roscoe Youngblood, 3rd EMS
- Brenna Winiecki, 3rd LRS
- Tate Thomas, 3rd LRS
- Timothy Brott, 3rd LRS
- Dwayne Brunelle, 3rd LRS
- Willard Bryant, 3rd LRS
- Sherone Cephas, 3rd LRS
- Juan Diazavilla, 3rd LRS
- William Goff, 3rd LRS
- Walter Haden Jr., 3rd LRS
- Michael Helmick, 3rd LRS
- Clinton Miller, 3rd LRS
- Guy Soliday, 3rd LRS
- David Graf, 3rd MDOS
- Charity Green, 3rd MDOS
- Jim Land, 3rd MDOS
- Tara McCraw, 3rd MDOS
- Ryan McNeel, 3rd MDOS
- David Provost, 3rd MDOS
- Meachelle Ross, 3rd MDOS
- Victor Srams, 3rd MDOS
- Dane Tackitt, 3rd MDOS
- Allison Weeks, 3rd MDOS
- Maria Wichert, 3rd MDOS
- Clarence Williams, 3rd MDOS
- Danielle Dunnivant, 3rd MDSS
- Phillip Barnett, 3rd MDSS
- Ladarick Lucas, 3rd MDSS
- Kimberly Marshall, 3rd MDSS
- Cynthia Melella, 3rd MDSS
- Timothy Schultz, 3rd MDSS
- Lisa Williams, 3rd MDSS
- Douglas Capps, 3rd MOS
- Jorge Felix, 3rd MOS
- Samuel Maglio, 3rd MOS
- Gary Murdock Jr., 3rd MOS
- Lisa Payne, 3rd MOS
- Howard Rothstein, 3rd MOS
- Rodney Tuttle, 3rd MOS
- Lee Greger, 3rd MXG
- Eugene Quigley, 3rd MXG
- Michael Schmidt, 3rd MXG
- Matthew Spunaught, 3rd MXG
- Louisa Veith, 3rd MXG
- Michael Burroughs, 3rd OSS
- Jeffrey Arbogast, 3rd OSS
- Lori Hayworth, 3rd OSS
- Derrick King, 3rd OSS
- David Silvas, 3rd OSS
- Joseph Barden, 3rd SFS
- Anthony Formell, 3rd SFS
- Eric Corriveau, 3rd SFS
- Jason Norton, 3rd SFS
- Joseph Catalani, 3rd WG
- Alexandra Gamiere, 3rd WG
- Antonio Infante, 3rd WG
- Brian Cantrell, 3rd WG
- Julie Zimmerman, 353 CTS/DET 1
- Christopher Smith, 381st IS
- Jonathan Deane, 381st IS
- Dave Guess, 381st IS
- Lisa Hoff, 381st IS
- Patrick McMunn, 381st IS
- Dan Robinson Jr., 381st IS
- Amy Solis, 381st IS
- Mark Wassberg, 381st IS
- Samuel Evans, 517th ALS
- Alvin Nickson, 517th ALS
- Dave Rea, 517th ALS
- Michael Rice, 517th ALS
- Jonathan Ryal, 517th ALS
- Michael Schuler, 517th ALS
- Timothy Singer, 517th ALS
- William Thomas, 517th ALS
- Kevin Wooley, 517th ALS
- Shakila Grate, 611th ACS
- Nathaniel McElroy, 611th ACS
- Scott Jackson, 611th AIF
- Fred Armand Jr., 703rd AMXS
- John Kent, 703rd AMXS
- Roy Bouchet II, 703rd AMXS
- Richard Cardiel, 703rd AMXS
- Michael Collins, 703rd AMXS
- Scott Freed, 703rd AMXS
- Jerry Howard, 703rd AMXS
- Brian Palmer, 703rd AMXS
- Richard Pate, 703rd AMXS
- Lester Richardet, 703rd AMXS
- Cory Smith, 703rd AMXS
- Jeffrey Sorensen, 703rd AMXS
- James Tkacik Jr., 703rd AMXS
- Armando Soria, 732nd AMS
- James Dickey, 732nd AMS
- Eric Hadsall, 732nd AMS
- Michael Hill, 732nd AMS
- David Kuether, 732nd AMS
- Robert Lewis, 732nd AMS
- Jeramie Riddle, 732nd AMS
- Basilio Tavares, 732nd AMS
- Ryan Veith, 732nd AMS
- Sheldon Williams, 732nd AMS
- Michael Jackson, 90th FS
- Kayla Apau, 962nd AWACS
- Charles Giltner, 962nd AWACS
- Jerry Kelley II, AF Band PACIFIC

Sergeant gets court-martial for cocaine use

■ Staff Sgt. Leland Cunningham, 517th Airlift Squadron, was found guilty at a court-martial last week of illegally using cocaine. The court sentenced Sergeant Cunningham to one month confinement, two months hard labor without confinement, reduction to airman basic, and a bad conduct discharge.

The court-martial was a result of a random urinalysis test, which tested positive for cocaine.

“This case is a validation of the integrity of the Air Force Drug Testing Program,” said lead trial counsel, Capt. James Blakeman, 3rd Wing Judge Advocate.

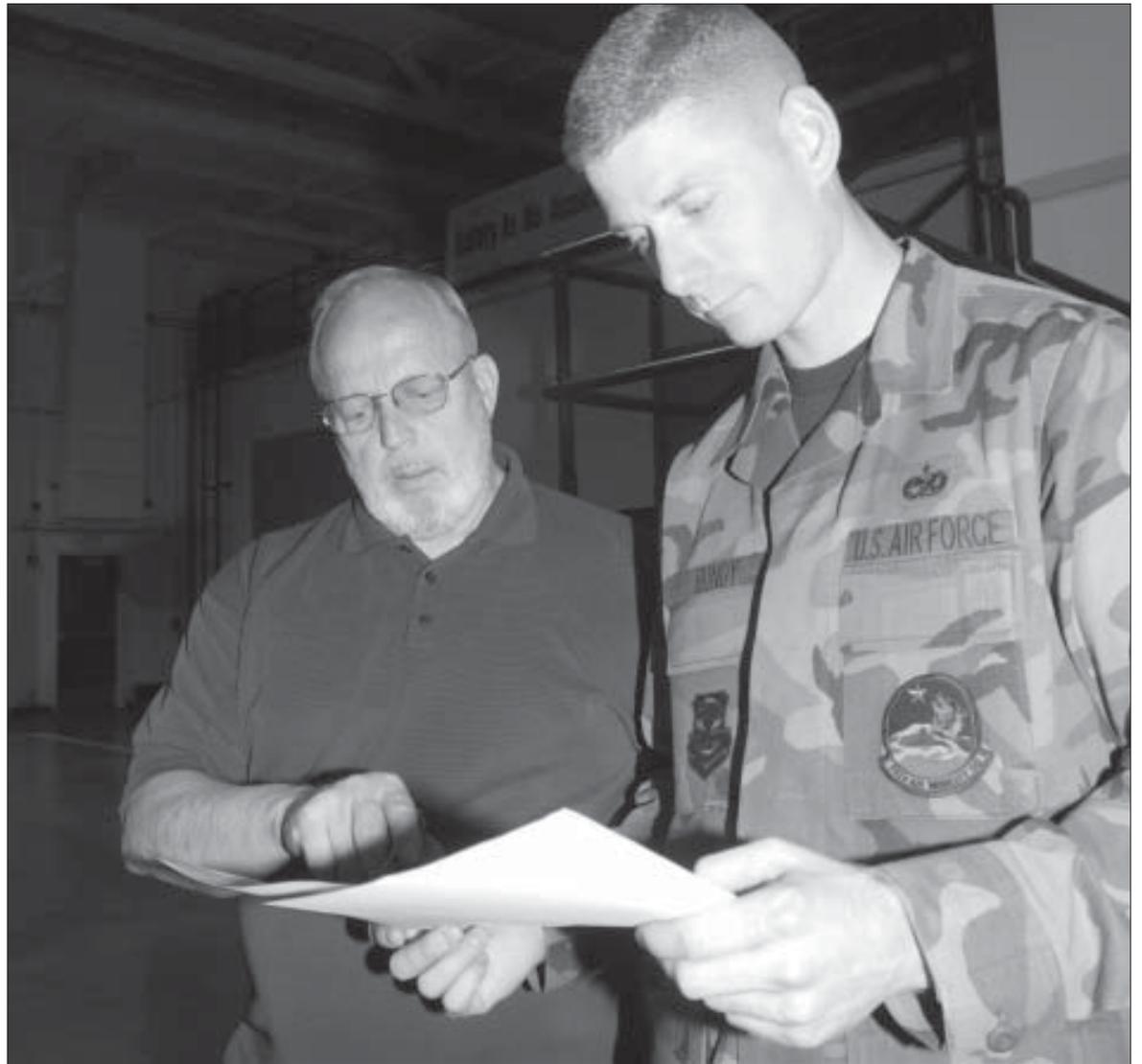
Sergeant Cunningham pled “not guilty” at arraignment, but was found guilty by a court-martial comprised of officer and enlisted members.

■ Airman 1st Class Ian Haase, 3rd Civil Engineer Squadron, was convicted at a summary court martial of a charge of being absent without leave for more than 30 hours.

As a result of his AWOL, his punishment included 21 days confinement, reduction in grade to airman basic and a reprimand.

“His actions not only impacted his unit, they were in complete disregard to the mission of the 3rd Wing,” argued trial counsel, 1st Lt. Chelsea VanBeusekom, 3rd Wing Judge Advocate. The confinement included credit for the seven days of pre-trial confinement he served prior to trial.

(Courtesy of the 3rd Wing Legal Office)



STAFF SGT. RHIANNON WILLARD

Outstanding service

Mr. George Burns (left), 732nd Air Mobility Squadron aerial port operations officer, reviews freight operations with Staff Sgt. Jeffrey Bundy, 732nd AMS. Mr. Burns retired last week after devoting more than 45 years to government service. Mr. Burns served 30 years as active-duty Air Force and retired as a chief master sergeant. Following, he worked 15 years as a civil servant at Elmendorf's 732nd AMS.

Dress and appearance

General revises clothing policy for Airmen deploying to SWA

By Staff Sgt. Todd Lopez
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — All Airmen deploying to the Central Command area of responsibility must now ensure the clothing they pack is in step with a recent dress and appearance policy revision now in effect.

The most significant change requires Airmen to wear either desert camouflage uniforms or physical training gear while on an Air Force installation in Southwest Asia, said Lt. Gen. Buck Buchanan, U.S. Central Command Air Forces commander.

When the Air Force physical training uniform is made available, it and DCUs will be the only authorized clothing for Airmen assigned to units in theater, unless they are specifically authorized to wear something else, the general said.

General Buchanan's new policy ensures the Airmen's attire portrays a positive military image and supports the area's force-protection posture.

"As a military community, we are increasingly taking on the role of U.S. ambassadors," General Buchanan wrote in the policy letter. "We must also ensure protection of our forces.

Accordingly, I have reviewed proper order and discipline requirements and force-protection policies, in regards to dress and appearance, to ensure every possible step has been taken to portray a positive military image and to protect the personnel assigned to this command."

At Army installations in the region, the Army dress and appearance requirements, which parallel the new CENTAF policies, will be the standard for deployed Airmen.

Because the Air Force PT uniform is still in development, Airmen are authorized to wear civilian-style PT gear as long as it is conservative, professional and with only minimal and appropriate decoration.

Civilian-style PT shirts must have sleeves and be predominantly a solid color.

Shorts must reach to the mid or lower thigh and can not be made of spandex, the general said.

For duty-related tasks that require civilian clothing, for military travel in and out of the theater, and for locations where Airmen are authorized to leave the installation for cultural or recreational activities, they must wear conservative clothing.

The policy defines "conservative"

The most significant change requires Airmen to wear either desert camouflage uniforms or physical training gear while on an Air Force installation in Southwest Asia.

Lt. Gen. Buck Buchanan

U.S. Central Command Air Forces commander

as sleeved shirts and dress pants or jeans, which fit properly and are a solid, dark color and are in good repair.

Shoes should also be conservative and sturdy.

Well-maintained sneakers or hiking boots are recommended while open-toed shoes, sandals and "flip-flops" are prohibited.

The policy gives installation commanders the leeway to authorize people to wear civilian clothing for specific official duties or visits, special activities and specialized PT such as swimming, weight lifting, basketball and volleyball.

The clothing authorized in these instances will be conservative as defined and posted by installation commanders.

A new policy letter specifically states that Airmen deploying to the AOR should bring only a "minimum amount of civilian clothing," defined

as no more than two dress outfits and/or two casual outfits, which isn't including standard or specialized PT gear.

"How military members present themselves both on and off duty continues to be an important part of the effect our presence has at locations across the globe," General Buchanan said.

"This policy ensures our Airmen's dress and appearance give the same professional impression that their tireless accomplishment of the mission does every day. And as importantly, the conservative, low profile it creates reinforces our force-protection goals and operations in the theater."

Arctic Warriors deploying can get more information or a copy of the policy letter from the Military Personnel Flight Customer Service Section.

(Courtesy of Air Force Print News)

Subsidy will lower child-care rates

By Staff Sgt. Melanie Streeter

Air Force Print News

WASHINGTON — A new Air Force Services family member program initiative has changed how some family child-care rates are set.

The family child-care subsidy program helps working parents find high quality and affordable child care, said Mrs. Kim Jackson, Air Force family member programs specialist.

Parents seeking full-time child care may now pay the same rates in FCC homes as they would at an Air Force child development center.

Those seeking care often face long waiting lists at installation centers and are forced to pay higher rates elsewhere.

Under the new subsidy program, fees for full-time care in FCC homes will be set in one of six categories based on the family's annual income, Mrs. Jackson said.

This mirrors the way Air Force child development centers and school age programs determine rates.

For most FCC customers, this will significantly reduce the child-care fees currently paid to home providers, Mrs. Jackson said.

Fees for care in FCC homes now range from \$80 to \$165 per week, per child. Costs to parents could drop by as much as \$100 per week, per child, under the subsidy program.

Air Force family member program officials will

pay the home providers the difference.

"Providing quality, affordable child care for working parents is a priority for Air Force Services," said Mr. Tony Koppen, family member programs chief. "This program is yet another way to help installations meet their mission requirements, while improving the quality of life for active-duty members and (Department of Defense) civilians."

Home providers will additionally see an incentive in the program, Mrs. Jackson said.

Many FCC homes are not operating at full capacity. Under the new program, more parents will be able to afford high-quality care in a home environment.

"The parents will receive a high-quality product at a reasonable cost," Mr. Koppen said. "The providers will receive a worthy wage for their services, and the installations will benefit from the affordable child care made available so members could focus on their duties."

Initially, families eligible for the subsidy include those with children under 3 years old, children with special needs, and children needing care during swing and midnight shifts at installations with waiting lists for CDC care, Mrs. Jackson said.

As additional funds become available and waiting lists continue at installation centers, other age groups will be added.

For more information, call the FCC office at 552-4664.

"The family child-care subsidy program helps working parents find high quality and affordable child care."

Mrs. Kim Jackson

Air Force family member programs specialist

Students' immunizations should be up to date

Beat the back to school physical exam crunch — start planning now for the following school year.

The Elmendorf Pediatric Clinic is encouraging patients to plan ahead for upcoming sports and kindergarten physicals.

Group appointments will be available this summer.

Sports physical days are July 22 and July 28. Kindergarten physical days are Aug 11, 18 and 25; and Sept 1.

Call Central Appointments at 580-2778 to schedule a physical. Remember, bring a child's shot record to the clinic on the appointment day.

All physicals are valid for one calendar year.

The physical exam requirements for school entry are as follows:

■ Anchorage School District (including base schools): Kindergarteners need a physical exam dated within the previous 12 months, or within 90 days of enrollment or start of school; new students in all grades don't need a physical — a health assessment is done by a school nurse

■ Anchorage Christian Schools: Kindergarteners need a physical exam dated within the last 12 months; new students in all grades need a physical exam dated within the last three years

Note: If your child had a recent physical that meets the requirements above, a copy of the exam can be given to you. Please stop by the Pediatric Clinic front desk.

(Courtesy of the 3rd Medical Group)

PACAF commander retires, shares thoughts with Airmen

By Capt. David Faggard
Pacific Air Forces Public Affairs

HICKAM AIR FORCE BASE, Hawaii — After a distinguished 36-year-career in the Air Force and three years as the commander of Pacific Air Forces, Gen. Bill Begert retires today. Letting go will be difficult. Serving as commander of Pacific Air Forces has been “the greatest experience of my career,” he says.

“I’ve absolutely loved every assignment I’ve ever had, but commanding PACAF was icing on the cake.”

To reach his “greatest experience,” the general traveled a long and interesting path. After graduating from the Air Force Academy in 1968, he became — among other things — an evaluator pilot, and later a student of French at the Defense Language Institute; a forward air controller with more than 300 combat missions over Vietnam; and the Air Force assistant vice chief of staff. He’s truly “been there, done that.”

As he prepares for retirement, the general looks back at what he has accomplished here. His priorities for PACAF have been to maintain and improve readiness; to prepare the command for the future; and to enhance PACAF’s quality of life.

“Readiness is Job Number One, but it’s fragile. It requires vigilance and focus,” he says, maintaining readiness has never been more important than it is today with an ever-increasing operations tempo.

Aging resources continue to be a concern. “We need to keep looking at the age of the force,” the general says. Some of PACAF’s airframes are among the oldest in the Air Force, but the command continues to address the concern by introducing new technology — including the C-17, due to arrive in 2005 — into PACAF’s inventory.

Readiness means more than up-to-date equipment. “Being fit — physically as well as mentally — is critical to the Aerospace Expeditionary Force concept,” the general says.

To augment new Air Force fitness standards, the general instituted the computerized fitness-tracking program Fitlinxx at all PACAF bases to help Airmen monitor their progress. Mandatory enrollment in the program ensures that even reluctant Airmen will take part — for their own good and the Air Force’s.

In addition to enhancing PACAF’s readiness, the general has also made great strides in ensuring that PACAF is prepared to meet the future.

“My strategy has involved reaching out to our neighbors in the Pacific region,” he says. “We have allies and friends whom we haven’t engaged with in quite some time.”

In addition to re-establishing ties with long-time allies, he also made overtures to other friendly nations. India in particular was one new focus, and the general was the driving force behind the establishment of the Cope India exercise in 2002.

Such exercises have been beneficial to both nations and will continue to be scheduled in future years. PACAF needs to build relationships with other nations in the Pacific region because, “the 21st Century will focus more on Asia than any other part of the world,” he says. “Trade between Asia and the U.S. has increased significantly. It’s even higher than that between the U.S. and Europe. And, when you look at some of the potential flashpoints in the region, you have to watch and wonder what will happen in the Pacific.”

A strong and ready U.S. military force will be the key to stability in the region, he says. “I’m hopeful that all nations in the Pacific will work together toward peace. But we still need to remain ready and capable. The more ready we are, the more likely we are to have peace.”

Maintaining a force that’s fit to fight and ensuring its importance to stability in the Pacific region wouldn’t be possible without teamwork, however. The general is quick to express his appreciation for the vital contributions of PACAF’s Airmen. People are the Air Force’s greatest asset, he says, and their quality of life has also been one of his ongoing priorities.

“We need to maintain the high-caliber people we currently have in the Air Force. We need to ensure our facilities, housing, infrastructure and work centers are among the finest in the world, because that’s what our

Airmen deserve.”

A duty tour at a PACAF base is better now than in the past, the general points out, because of new fitness centers, dormitories, and other facilities. Military housing at Hickam, for example, dating back more than 60 years, is in the process of being renovated or replaced. Such initiatives here and at bases PACAF-wide will also serve as an enduring tribute to the man who made them happen.

His legacy secure, General Begert still can’t quite bring himself to think about retirement. After 36 years of service in the Air Force — 40, counting his years as an Academy cadet — what will he do with his time? “I’m not even thinking about that right now,” he says. “I’ll be focused on the mission until July 2nd. Ask me on the 3rd.” First on his agenda is spending at least two months relaxing at his lake house in Maine.

As he prepares to bid farewell to Hickam, PACAF, and a distinguished career of military service, he remains grateful. “Every day in the Air Force has been a blessing. Leading troops gave me the ability to wake up every morning and be thankful. I’ve experienced so many great things in my career, but probably the best experience has been leading Airmen.”

In parting, he shares a little advice: “You are what you are. Be yourself, all the time. And remember to have fun.”

(Courtesy of Pacific Air Forces News Service)



SENIOR AIRMAN AMY MORRISSETTE

Previously stationed at Eielson AFB, Tech. Sgt. Sonny Dean, 611th Air Control Squadron, Alaska Air National Guard, has spent the last two years leading a crew that has maintained 100 percent mission capability for the Joint Surveillance Computer System. Alaska NORAD Region Air Operations Center uses JSCS to track, identify and control all aircraft in 1.3 million square miles of air space 24 hours a day, seven days a week. This ensures the ability of Arctic Warriors to train for and conduct successful real-world air sovereignty and Operation NOBLE EAGLE missions. "Sergeant Dean has absolutely no peers, exhibits outstanding leadership and consistently displays the skills of a senior noncommissioned officer," said Master Sgt. Edward Vannatta, 611th ACS noncommissioned officer in charge of computer maintenance and Sergeant Dean's supervisor.

According to Sergeant Dean, the best part about being in Alaska is its huge diversity in everything from the people, geography, to the weather and outdoor activities. Besides, where else can you play softball or have a barbecue at 2 a.m. in the sunlight. Originally from Astoria, Ore., he enjoys biking, softball, camping and technology. Sergeant Dean has been in the Air Force for 15 years.



SENIOR AIRMAN AMY MORRISSETTE

Originally from Lima, Ohio, Staff Sgt. Christine Garver, 3rd Comptroller Squadron, joined the Air Force five years ago. Since arriving at Elmendorf two-and-a-half years ago, Sergeant Garver has been busy managing the customer service counter and ensuring customers are serviced promptly, paid accurately and treated professionally. "We can always depend on Sergeant Garver to give superior finance support to the base populace and her even-tempered, jovial disposition are shining examples for our young Airmen," said Tech. Sgt. Karen Leufroy, 3rd CPTS and Sergeant Garver's supervisor. When not at work, Sergeant Garver enjoys school, softball, exercising and spending time with friends. She also says the best part about being in Alaska is the people she works with and the long days of summer.

Arctic Warriors of the Week are selected by unit first sergeants and commanders.

Change of Command

The 3rd Contracting Squadron will have a change of command Wednesday, 10 a.m., at the Susitna Club Ballroom. Lt. Col. Stephen Blizzard will assume command from Lt. Col. Russell Shaw Jr.

Holiday hours

The 3rd Medical Group will observe the 4th of July with modified services. From today through Monday only, Emergency Room services will be available 24 hours a day. Outpatient clinics and the pharmacy will not be open for routine business, but will re-open Tuesday.

Power outage

Due to a power outage, the Arctic Oasis Community Center and Teen Center will be closed July 10. For more information, call Mr. Karl Croft at 552-8529.

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.

Airman's Attic

The Airman's Attic is open all summer. Located in Denali Hall across from The Polar Bowl, the Airman's Attic is open to all ranks. It provides free items to those who need them. It has a variety of items to offer such as clothing (all sizes including baby, military and maternity), shoes, and household goods.

The Airman's Attic is open every Monday, Wednesday, Friday and on the

first Saturday of each month from 10 a.m. to 2 p.m. Donations are accepted during business hours. The Attic is currently in need of volunteers. For more information or to volunteer, call 552-5878.

Town hall meeting

Elmendorf is making final preparations for the second phase of its Private Sector Financed Housing project. Town hall meetings are designed to help inform, provide lease packages and forms and alleviate any fears residents may have about the transition. The briefings have been scheduled at the base theater for July 7, 6 p.m.; and July 9, 2 p.m.

These briefings are mandatory only for military family housing residents or members who might be moving into government housing in the near future. Residents currently in privatized housing do not need to attend.

Skills classes

■ The Skills Development Center is offering an Introduction to Stained Glass class. The class will be offered every month on Monday nights for four weeks from 6-8:30 p.m. The next class is Monday. Cost is \$65 and supplies are provided. Class size is limited, so please sign up at the Skills Development Center in advance, first-come first served. For more information, call Mr. Will Bellucci at 552-2031 or 552-7017.

■ The Wood Skills Development Center offers bowl wood turning instruction every month. Class hours are flexible based on customer needs. Cost is \$65 for the class and \$15 for materials.

For more information, call Mr. Will

Bellucci at 552-2031 or 552-7017.

Men's bible study

Beginning July 20 at 11:30 p.m., the Protestant Men of the Chapel are starting a new men's bible study at the Chapel 2 Annex.

The first study will be titled "No More Excuses." Bring a sack lunch and a Bible. For more information, call Ch. (Capt.) Michael Goecker at 552-4422.

Airmen's Ball

The Airmen's Ball is July 17 at the Sustina Club. A social hour begins at 6 p.m., and the ball is from 7 p.m. to midnight. Dress is semi-formal or mess dress.

This year's ball will feature dinner, dancing, guest speaker, a photographer and the famous "Grog Bowl."

For tickets contact: Airman 1st Class Lauren Garbenis at 552-9512; Airman 1st Class Aisha White at 552-3077; Airman 1st Class Dianet Santos at 580-5010; or Senior Airman Laura Johnson at 552-6830.

AAFES yard sale

There is an AAFES yard sale July 9 from 10 a.m. to 4 p.m. at 4241 Finletter Drive. Items for sale include commercial restaurant items such as ice makers, stainless steel tables, microwaves, food court style tables and chairs, storage/display racks, retail shelving parts, fixtures, computer accessories (no hard drives), used Tokheim gasoline dispenser's and other odds and ends. Cash and carry only, however; if you are a military ID card holder, checks and credit cards will be accepted.

Call Mrs. Linda Sparks, by Wednesday, at 753-6145, ext. 3, for installation access if needed.



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

- Vacation Bible School is Aug. 9-13.
- Everyone is welcome.

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

4th of July: America's Birthday

By Gen. Bill Begert
Commander, Pacific Air Forces

Hotdogs and baseball, fireworks and sparklers, music and the American flag. What better traditions for celebrating America's birthday?

As we prepare to commemorate this special holiday with family and friends, we should also be mindful of the reasons why Americans feel joyful and proud on the 4th of July.

On this day 228 years ago, our democracy began with the signing of the Declaration of Independence from England. Each year, we remember the birth of our republic with festivities and ceremonies.

By celebrating the day that marks our nation's freedom, we celebrate our families, our great nation, our diversity, our spirit, our strength and ourselves.

In our country, many people take for granted the liberties we enjoy.

As members of the greatest military in the world, we who choose to serve in the U.S. Air Force understand the importance of our commitment.

Even now, Airmen assigned to Pacific Air Forces are stationed all over the world, in Iraq and Afghanistan and elsewhere — placing themselves in harm's way to fight terrorism, defend our freedom, and bring freedom to others.

On this 4th of July, many American families are separated from loved ones who have deployed.

Their sons, daughters, fathers, and mothers perform often-dangerous duties on a daily basis — proud Airmen, Soldiers, Sailors, and Marines.

On this Independence Day, we honor the courage and resolve of all who keep our nation strong.

We also honor the sacrifices of those who have given their lives in service, past and present.

This July 4th, Jody and I begin to explore a different kind of independence: retirement. Being part of the Pacific Air Forces family has been such a privilege that saying goodbye will be difficult.

But in uniform or out, we wholeheartedly join all Americans as we celebrate the blessings and benefits of freedom.

We have every reason to stand up and cheer.

Happy Birthday, America. Happy birthday to you!

(Courtesy of Pacific Air Forces News Service)

Arctic Life

Great living in the great land



PHOTOS BY STAFF SGT. RHIANNON WILLARD

Special Needs Day

Above: Ms. Pat Ground (left) and Mr. Walter Fournier, Anchorage Pioneer Home residents, watch the U.S. Navy's Blue Angels during the Special Needs Day Air Show June 25. A record-breaking 520 people attended the special preview of the Arctic Thunder 2004 air show, which was designed to accommodate those who might have difficulty getting through the crowds during the scheduled air show.

Right: Jefferey Brown, 5, Wasilla resident, wears hearing protection during an Alaska Joint Forces demonstration.

Below: Ms. Barbara Scott (middle), Anchorage resident, gets her lunch at one of the food booths during the air show.



▶ spotlight

▶ fri



U S A F Information Tickets & Travel

By Mrs. Mary M. Rall
3rd Services Marketing

The biggest state in the country has a lot to see, and the Information, Tickets and Travel Office can be your gateway to it all this summer.

There is no better way to explore Alaska than by taking a leisurely trip by rail to experience glacier-sculpted valleys, deep gorges, vast landscapes, historic bridges, and snow-covered peaks that can be reached no other way. Those who plan an Alaska Railroad trip now at the ITT office will save 10 percent on rail tickets and 5 percent off rail packages.

A surefire way to grasp the state's vastness is to experience Alaska from a bird's-eye view by purchasing Alyeska Tram Tickets for \$10 for adults and \$5 for children ages 4-17 through ITT. The tram transports passengers hundreds of feet

to the top of the mountain to take in a view that has to be seen to be believed.

Also, patrons won't want to miss the chance to experience Denali National Park, which is a shining gem in America's national parks system. The staff at ITT can assist you with travel plans to include rail or motor coach tickets, accommodations, park tours, and more.

ITT is booking trips with Gray Line of Alaska this year, which gives patrons many options to include Katmai Brown Bear Adventures and a flight to King Salmon where you can enjoy a historical tour, visit a working cannery, and an overnight stay as well. There are even two-day trips via jet boat to Katmai National Park to view the bears "fishing" at Brooks Falls.

A breathtaking experience can also be enjoyed by booking a magnificent flight to within miles of Mt.

McKinley's summit. This trip will allow participants to see how the ice has shaped the land, rugged high mountain peaks, and wide glacier-filled valleys, the Sheldon Amphitheatre, beautiful Ruth Glacier, and the Great Gorge, which is the world's deepest natural gorge.

Individuals can also take in the scenery via a Horse Trekkin' wagon ride and journey through a pristine forest and enjoy a wrangler skillet meal for up to eight passengers.

Also, patrons can keep informed by stopping by ITT at the Arctic Oasis Community Center and picking up visitors guides from throughout Alaska, cruise brochures, tour package brochures, information for local attractions, and lower 48 amusement parks guides. The staff can even assist with airline, rental car, and hotel quotes. For more information, call 753-2378.

PATRIOTIC SAVINGS: Celebrate the savings at an Independence Day Sale today through Sunday at Eagle Glen Pro Shop. 552-3821

MOVIE: *Van Helsing* (PG-13) Van Helsing, the legendary vampire hunter, is on an ongoing battle to rid the world of vampires and other ghoulies. He travels to Transylvania to bring down the powerful Count Dracula and joins forces with Anna Valerious to rid her family of an old curse. 7 p.m.

▶ sat

FLOAT AWAY: Spend your weekend afloat on a Chulitna Raft Weekend Trip Saturday and Sunday for \$125 with the Outdoor Adventure Program. 552-2023

MOVIE: *Mean Girls* (PG-13) Raised in the African bush country, Cady thinks she knows about "survival of the fittest." But the law of the jungle takes on a whole new meaning when the home-schooled 15-year-old enters public high school for the first time and falls prey to the psychological warfare and unwritten social rules that teenage girls face today. 7 p.m.

▶ sun

TEE OFF: Show your independence by teeing off at the Red, White, and Blue Tournament Sunday from 7-11 a.m. at Eagle Glen golf course. 552-3821

▶ fyi

MAGIC MONEY: The clubs will be giving a special thank you to its members through the Magic of Membership promotion. All members who sign up before Aug. 1 will qualify for \$50 cash drawings at club events Aug. 1-21. Call 753-3131 to find out how to become a member or for more information.

GET ORGANIZED: Learn how to stop the madness of day-to-day life by taking organization classes at the Arctic Oasis Community Center. Topics are Organizing Your Paper, Get Organized, Organize Before You Move, Organize Your Meals, and Organize After You Move are all being offered Tuesday, Thursday, July 27 and 29. Classes are limited to 10 people. For more information, call 552-8529.

▶ inside the fence

Fly Tying Part 1-2, Today and Saturday at 5 p.m. for \$30 with the Outdoor Adventure Program. 552-2023

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

Powerline Pass Bike Ride, Monday at 9 a.m. for \$5 with the Outdoor Recreation Center. 552-2023

Summer Reading Program Begins, Tuesday at 10 a.m. at the Library. 552-3787

Ladies League Golfing, Tuesday at 5:30 p.m. at Eagle Glen. 552-3821

Russian River Fishing Trip, Tuesday and Thursday from 6 a.m. to 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

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

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

Oil Painting Personal Instruction, Wednesday from 5-9 p.m. for \$40 at the Skills Development Center. 552-7012

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

Pottery Hand Building Texture and Technique, Wednesday, July 14, 21, and 28 from 6-8 p.m. for \$60 at the Skills Development Center. 552-7012

Pottery on the Wheel Glazing and Orientation, Thursday, July 15, and 22 from 6-8 p.m. for \$45 at the Skills Development Center. 552-7012

Ceramic Pouring Certification, Thursday from 6:30-9 p.m. for \$25 at the Skills Development Center. 552-7012

Beginning Fantasy Drawing, Thursday from 5-7 p.m. for \$17 at the Skills Development Center. 552-7012

Mountain Bike Ride,

Thursday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

Acrylic Landscape Northern Lights, Thursday from 1-3 p.m. for \$40 at the Skills Development Center. 552-7012

Wilton Cake Decorating III, July 9, 16, 23, and 30 from 6:45-9 p.m. for \$35 at the Skills Development Center. 552-7012

Super Friday, July 9 at 5:30 p.m. at the Cave and the Kashim Lounge. 753-3131

Crow Pass Hike, July 9 for \$25-50 with the Outdoor Adventure Program. 552-2023

Give Parents a Break, July 9 from 7-11 p.m. at the Sitka Child Development Center. 552-6403

One-Stroke Rose Painting, July 9 from noon to 2 p.m. for \$25 at the Skills Development Center. 552-7012

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

Team effort fuels success in Iraq

By Maj. Rich Doyle

Air Education and Training Command Office
of the Inspector General

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Like many of my Air Force teammates, I recently returned from a four-month deployment to Iraq where we are helping to rebuild a nation ruined by a tyrant and to transform it from a bastion of terror to a free democracy.

I consider my experience supporting Operation Iraqi Freedom to be one of the most worthwhile endeavors of my career, so I was very surprised by the pessimistic attitude regarding OIF among my family, friends and co-workers.

After a couple of weeks of watching the news, I realized why the bleak attitude exists. The news we hear concentrates on the tragic setbacks and perceived shortfalls of our efforts, while minimizing our successes.

I realize my experiences as an Air Force safety officer in southern Iraq differ vastly from Army and Marine counterparts in Baghdad and other cities. I don't pretend to know the dangers and hardships they have experienced to ensure our security, but I saw plenty to be encouraged about.

We are winning this phase of the war on terror. We are not fighting this war alone. Progress is being made every day, and we are doing the right thing.

We are not alone in trying to give the Iraqi people a reasonable chance at a stable, peaceful and democratic future, a future that rejects tyranny and terrorism. There are dozens of nations involved in OIF. I personally worked with or met troops from Italy, the Netherlands, Korea, Japan, Poland, United Kingdom, Romania, Ukraine, Spain, Nicaragua, Singapore, Estonia, Fiji and Portugal. I realize the United States is providing the vast majority of the manpower, but other countries are doing what they can.

When a small country like Nicaragua sends more than 700 troops, a significant portion of their entire military, you know the mission is multinational. When Romanian and Ukrainian troops provide security in southern Iraqi cities, that demonstrates unprecedented cooperation with former Warsaw Pact adversaries and shows an effort to work as a team.

When the Dutch send three CH-47s, 25 percent of their heavy helicopter fleet, that demonstrates unity and resolve. When the Japanese air force delivers humanitarian aid, their first overseas military deployment in almost 60 years, it is clear other countries are committed to the cause.

Our allies are doing what they can militarily, politically and economically and their contribution should not be dismissed as token or insignificant, especially when they are dying

alongside our own troops.

The overall situation in Iraq continually improves because of the sacrifices of coalition military members. Every day electrical power generation and distribution improves. Every week oil production capacity improves. Every month more trained Iraqi police hit the streets to improve security. Commerce is increasing, infrastructure is being rebuilt and healthcare systems are being established.

The country has an interim constitution and is in the process of establishing a judicial system. None of this would be remotely possible without the security and assistance provided by coalition troops.

There have been recent setbacks, but those pale in comparison to the progress that has been made over the past year. We cannot allow a few hundred or even a few thousand religious extremists or regime loyalists to deter us from keeping 25 million people free and allowing a stable democracy to take hold in that turbulent part of the world.

“We are winning this phase of the war on terror. We are not fighting this war alone. Progress is being made every day, and we are doing the right thing.”

The vast majority of Iraqis are better off today than they were a year ago. Most appreciate our efforts and want us to finish the job of helping to establish a democratic government. You can't expect a country that has been at war for a generation and led by a cruel dictator for decades to change in a matter of months. To cut and run would only embolden terrorists world-wide and cost more lives in the long term. A stable democratic Iraq enhances the entire world's security.

Together we have made significant progress in Iraq and must not let setbacks weaken our resolve.

On an individual basis, every American can be a part of this battle. We can support the families of those who are deployed, and we can stand alongside those who know the loss of a loved one. We can visit the wounded, recovering in stateside military hospitals or at least contribute to several funds that support them.

And we can all pray that America will be delivered from the scourge of terror, whatever its source.

American Independence

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

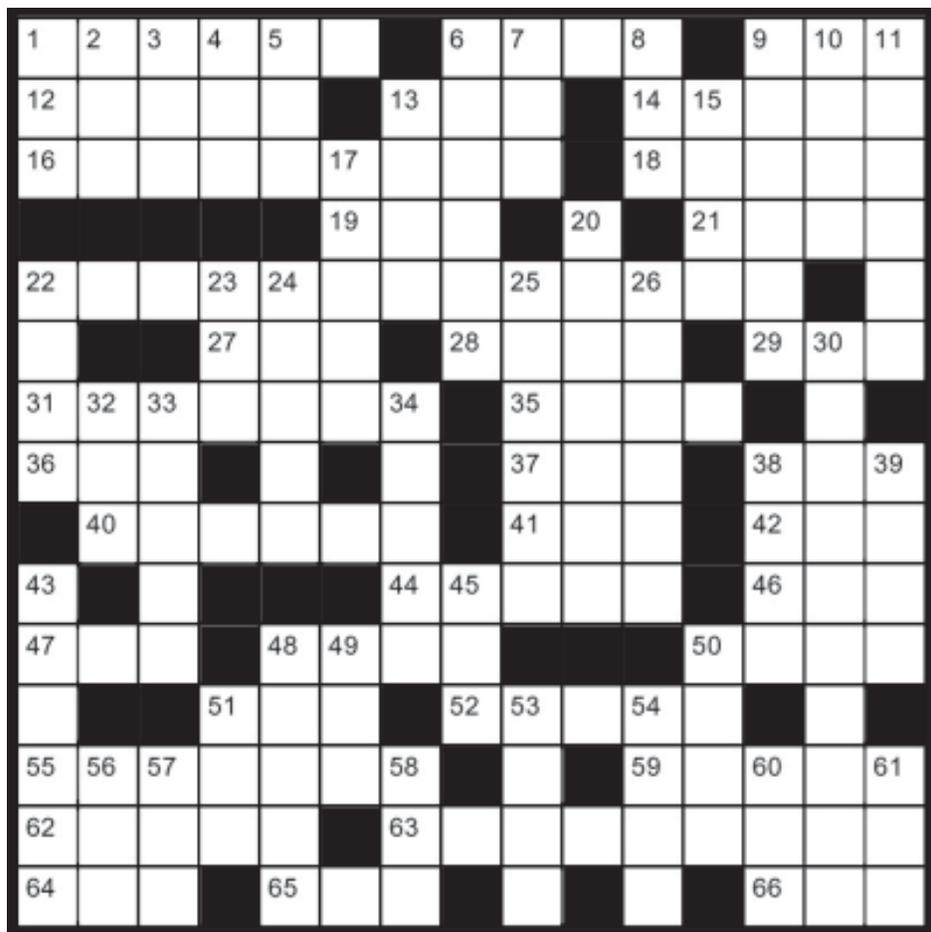
ACROSS

1. American Revolution hero, 5th president
6. Assist, as in criminals
9. Pie ___ mode
12. Actress Dunn of *My Favorite Wife*
13. Arid
14. Tall-growing, annual vegetables
16. Faintheartedness
18. Treaty of ___ ended American Revolution
19. Dine
21. *Point Break* actress Petty
22. Group organized against British rule
27. Summer drink
28. Navy ship attacked in Yemen: USS ___
29. Possess
31. Site of "shot heard 'round the world"
35. Rescue
36. "Path of virtuous conduct" to

- Confucians
37. Italian three
38. Handles special security needs (acronym)
40. Cause
41. Possessive form of we
42. Unit of resistance
44. *Common ___*; essay by Thomas Paine
46. 52 in old Rome
47. Greek goddess of the dawn
48. Away from the wind, nautically speaking
50. Bluster
51. Football scores
52. Relaxed
55. Goes back over
59. Italian food mainstay
62. Shine
63. Lead writer of the Declaration
64. Santa helper
65. Body of water
66. Tolkien character

DOWN

1. What Eisenhower warned against (abbrev.)
2. Rio de ___, region in SW Sahara
3. Unused
4. Basic cell material, briefly
5. Army equivalent of officer performance report
6. Region of the North Pole
7. Farewell
8. Uppermost
9. Philippine President Gloria Macapagal-___
10. Den
11. With funds, to apportion
13. Knob
15. German cold?
17. Delay
20. European country near Russia,



Last week's solution

- Poland
22. Cult
23. Vesicle
24. Scents
25. Site of Bunker Hill battlefield
26. Midnight rider who warned of British invasion
30. Revolutionary general in charge of all forces
32. Paddle
33. Christmas songs
34. Thick
38. Cola
39. Forget

43. King ___ III during American Revolution
45. Snakelike fish
48. His agitations spurred 51 DOWN
49. Hallucinogenic drug
50. Type of admiral
51. British import dumped into sea
53. Galoots
54. Raced
56. Former measure of about 45 inches
57. Ump
58. Air Force legal advisor, briefly
60. Compass direction
61. Picnic crasher

Sports News

Fitness Test Standings

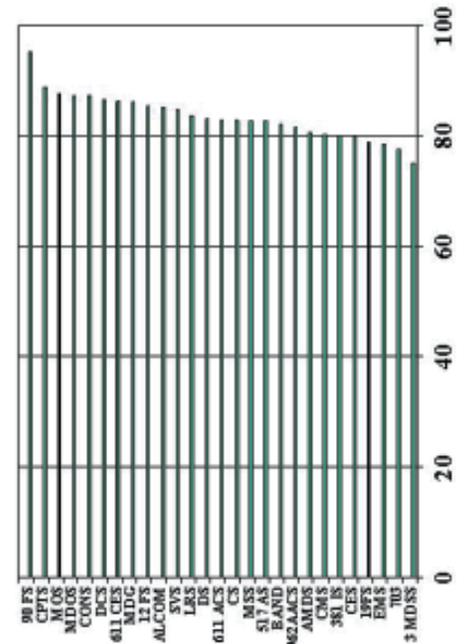
Commander's Challenge

Col. Michael Snodgrass, 3rd Wing commander, has issued a fitness challenge to all wing members and units. Anyone scoring at least 44.55 points on the 1.5-mile run receives a one-day pass (10 percent more than the commander's total of 40.5 points). Also, any male who beats the colonel's push-up total (76) or crunch total (64) receives a day off, as well as any female who beats her max by at least one push-up or crunch.

For the unit challenge, the squadron having the best overall average will receive \$10,000 from the 3rd Wing operations and maintenance account for squadron upgrades. Second place will receive \$8,000 and third place \$7,000. All UFPMs are directed to forward their unit's overall average and top five performers in each category to the HAWC weekly for publication in the *Sourdough Sentinel*.

The following are Air Force Fitness Test averages for the primary units on base and individuals, courtesy of the HAWC:

Unit average score:



Last week's top performers:

Women

1.5-mile run:

10:48, Andrea Kringle, 90 FS
10:58, Rebecca Lee, 3 WG/CCP
11:50, Lorraine Kmiec, 3 MOS
12:17, Martha Ault, 90 FS
13:12, Yolanda Edmonds, 90 FS

Push-ups:

60, Rebecca Lee, 3 WG/CCP
52, Lorraine Kmiec, 3 MOS
50, Sherry Matthews, 3 CES
45, Erin Billie, 90 FS
45, Jessica Hernandez, 3 MOS

Crunches:

59, Jennifer Healy, 90 FS
53, Lorraine Kmiec, 3 MOS
49, Martha Ault, 90 FS
49, Erin Billie, 90 FS
45, Jessica Hernandez, 3 MOS

Men

1.5-mile run:

8:04, Timothy Moser, 90 FS
8:43, Jon Shaffer, 90 FS
8:54, Jonathan Powell, 3 MOS
8:57, Preston Keating, PACAF Band
8:57, Kevin Gonyea, 3 CES

Push-ups:

100, Jon Shaffer, 90 FS
94, Richard Lee, 3 MOS
92, Willis Drew Shivers, 3 CES
89, Johnny Blakely, 3 CES
84, Jonathan Powell, 3 MOS

Crunches:

70, Richard Lee, 3 MOS
69, Joseph Kunkel, 90 FS
69, Tapan Sen, 90 FS
67, Jon Shaffer, 90 FS
67, Chris Butler, 3 CES



STAFF SGT. SUE NUCKOLLS

Torch run

Left to right: Ms. Jennifer White, Special Olympics representative, Mr. Jay Carey, Special Olympics supervisor and torch run coordinator, Lt. Paul Honeman, Anchorage Police Department and torch run director, present this year's Special Olympics Law Enforcement Torch Run trophy to Airman 1st Class Scott Roy, 3rd Security Forces Squadron wolverine flight representative, at the People Center Monday. The Wolverine Flight was recognized for raising the most money in the squadron, which also won the Torch Run for Alaska. Each year, Special Olympics sponsors a Law Enforcement Torch Run during police week. This year, the Torch Run was June 23. The main participants are law enforcement agencies across Alaska. A traveling trophy is presented to the largest group that raises the most money. This is the second year in a row that the 3rd SFS has won the trophy. This award is open to all law enforcement agencies in Anchorage and surrounding communities.

Sports Shorts

Hillberg challenge

The Hillberg Ski area is hosting the annual Hillberg Challenge July 16 at noon. This is a 4-plus mile cross-country run. There is a free T-shirt giveaway for the first 30 who sign up. Refreshments will be available and many prizes will be up for grabs.

Couple's golf tournament

There is a couple's golf tournament at Eagle Glen July 16. This event is \$25 plus green fees per couple and is limited to the first 30 teams. Tee times are available from 4-6 p.m. for this nine-hole event, which will feature a potluck supper immediately following play.

Entry includes the potluck dinner, longest drive and closest to the pin prizes, and other special prizes.

For more information, call 552-3821.

Triathlon

The fitness center is hosting a triathlon July 24 at 8 a.m. The triathlon involves a 500-yard swim, 18.6-mile bike ride and a 5K run. Registration will begin at 7:30 a.m. on race day.

Volunteers are also needed to help with the time clock, counting laps and other activities. If interested in volunteering, call 2nd Lt. David Oakland at 552-9277 or send an e-mail to david.oakland@elmendorf.af.mil.

Additional information about the triathlon is available at http://www.elmendorfservices.com/Pages/fitness_new/fitness-main.htm.

Basketball tourney

There is a three-on-three basketball tournament at the Youth Center July 31. The tournament will begin at 3 p.m. and will be offered for \$9 per team at a cost of \$3 per team member. This will be a single elimination tournament with age brackets from 13-14 and 15-18. Participants will have a chance to win prizes for first, second, and third place in each

division. For more information, call 552-8336.

Martial arts class

The summer hours for the Tang Soo Do Class are 5-6 p.m. for youth (beginners) and 6-7 p.m. for advanced (adult). Some Saturday classes will still be planned. Spots are still open in both classes.

The classes are at the Youth Center and are for ages 5 and up, including adults. Cost is \$35 a month.

For more information, go to www.musawarrior.com or call Brian Crawford at 333-3361.

Swimming lessons

Sign-ups for the July swimming session are under way at the Fitness Center.

For dates, times and levels, call the front desk at 552-3622.

Kids field day

National Kids Day and Fit to Win Field Day Festival is July 30 from 11 a.m. to 3 p.m. at Paxton Park.

Fit to Win participants will receive 20 participation points for this event, which will include relay races, a three legged race, a water balloon toss, an egg and spoon relay, arts and crafts, face painting, music, refreshments, game booths, entertainment from the School Age Program's Shakers and Movers Drill team.

For more information, call 552-2266.

Skateboard competition

There will be a skateboard competition at the Teen Center July 30. This event will feature youth from ages 5-8 at 3 p.m., ages 9-12 at 4 p.m., ages 13-15 at 5 p.m. and ages 16-18 at 6 p.m. There is a \$5 fee per entrant, and prizes will be awarded to the first, second and third place winners in each division.

For more information, call 552-8336.