

The Sourdough

S E N T I N E L

July 30, 2004

Elmendorf Air Force Base, Alaska

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2004 Elmendorf Triathlon



-- Pages 10-11



STAFF SGT. PRENTICE COLTER

Aloha!

Ms. Judy Atkins, Armed Services YMCA program and service coordinator, blends a strawberry-banana smoothie for an Airman at the "Fun in the Arctic Sun" at the Park Pavilion Saturday. The Hawaiian-themed event was hosted by the ASYMCA for E-4s and below and their families. It featured free BBQ food, a volleyball tournament, a \$50 cash giveaway and a DJ.



■ **Staff Sgt. Anthony Tsamardinis**, 3rd Equipment Maintenance Squadron, displayed outstanding technical ability while performing in-depth F-15E armament system test-set modification.

Sergeant Tsamardinis overhauled several internal circuit cards and rewired numerous weapons tester cables.

His efforts greatly enhanced mission effectiveness of the F-15E Strike Eagle with the state-of-the-art Joint Direct Attack Munition and increased the lethality of the 3rd Wing combat arsenal.

■ **Tech. Sgt. Matthew Taylor**, 3rd Operations Group, single-handedly reorganized two separate offices, acquired four unused, surplus computers, software and equipment.

The culmination of his efforts doubled the aircrew testing capabilities, eliminated testing computer scheduling problems and ensured the timely testing of more than 400 aircrew members.

■ This week's commander's shadow is **Airman 1st Class Joo Lee**, 703rd Aircraft Maintenance Squadron.

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:

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

shop existed was to assist Airmen and their families.

Since they do charge for these services, please post the charges so everyone will know before asking questions or getting assistance from them.

A: Thank you for your questions and concerns regarding our Auto Hobby Shop.

The shop does not normally charge for advice to patrons performing their own work within the shop.

When questions are asked, the technician will locate the requested information in the shop library and provide a printed copy to the individual.

In some cases the technician will also provide a hands-on demonstration of a procedure that is not too complicated or time-consuming.

However, if the technician is asked to perform the work or provide hands-on assistance, the patron is then informed that the posted shop rate will be applied.

This policy is in line with other Air Force Auto Hobby Shops that are staffed with NAF technicians.

If at anytime there are questions regarding this policy, bring them to the attention of the shop supervisor, Mr. Rich Miesowitz at 552-3473 or the Skills Development director, Mr. Roger Feuge at 552-2031.

Deployed Spouse's Town Hall Meeting

The 3rd Wing is hosting a Deployed Spouse's Town Hall Meeting Thursday at 7 p.m. at the Kashim Club Ballroom.

Col. Jim Sturch, 3rd Wing vice commander, will give welcoming comments and a short overview of the wing's commitment to support our families during deployment.

Following, there will be a question and answer session for all attendees.

Handouts will be provided by various base agencies, which will be tailored to help the spouses of deployed members.



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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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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



July 27, 1953:

Senior negotiators met at Panmunjom and signed an armistice agreement at 10:00 a.m. calling for cease-fire at 10:01 p.m. The crew of "Bye Bye Bluebird," a B-26C assigned to 3rd Bombardment Wing, dropped the last bombs of the Korean Conflict minutes before the armistice began.



COURTESY PHOTO

Lt. Col. Dave Ennis, Detachment commander, Det. 1, 353rd Combat Training Squadron, reviews correspondence at his desk.

It's not just a fighter world anymore

A conversation with Lt. Col. Dave "Motors" Ennis

By Maj. Eric Hilliard
Cooperative Cope Thunder Public Affairs

"What I would like to see comes in phases. The first phase is bedding everyone down. The second phase is the employment phase and the third phase is the redeployment."

Lt. Col. Dave Ennis

Detachment commander, Det. 1, 353rd Combat Training Squadron

Ahhh ... there's nothing like the sound of freedom and the roar of the F-15 Eagle's twin engines as it departs the runway in full after burner enroute to engage the enemy.

Of course, since we are in the middle of a multinational training exercise, the proverbial enemy in this case is more than likely one of the participating allied nations who have come to Alaska to practice and improve their combat tactics and skills during exercise Cooperative Cope Thunder.

Though the F-15s and the other fighter aircraft participating in the exercise are seen daily by onlookers and are key players in the exercise, one should not forget that there is more to conducting an exercise of this magnitude than merely launching fighters and shooting bad guys.

With more than 1,800 participants divided among 11 different nations, CCT is the largest multinational combat training exercise in Pacific Air Forces.

In a conversation with Detachment commander for Det. 1, 353rd Combat Training Squadron, Lt. Col. David Ennis, this writer learned a little more on what CCT is all about and how some of the unseen things that do not necessarily involve flying an aircraft still have a huge impact on mission accomplishment.

A major part of Colonel Ennis' job is providing support to 3rd Wing training and deployed aviation assets who come to Alaska to train with the local F-15 units.

In the case of CCT, the deployed assets are coming from around the world in order to participate in what has become the largest aviation exercise in PACAF. Their mission is to survive and to train the way they would fight as if in actual

combat.

Colonel Ennis explained that CCT is really a high fidelity training environment that prepares new pilots and crews to make it through their first 10 combat missions. "They simulate getting shot at and attacking different targets to include air to air threats. Each time they go out, each training mission builds upon the last. Their training is increased to the point to where the likelihood of their success in real conflicts when real bullets are flying is also greatly increased," he said.

Since the beginning of Cope Thunder in 1976, the exercise has grown in size and the type of forces that participate in the exercise. "It's not just a fighter world anymore," said Colonel Ennis. "... We have airlifters, C2 assets, close air support and Army support on the ground. It has really evolved into a realistic training opportunity for our forces," he said.

As the detachment commander, a major part of Colonel Ennis' responsibilities centers around taking care of the people ... getting them in and getting them out.

When asked about what are some of his key objectives for the exercise, Colonel Ennis responded, "What I would like to see comes in phases. The first phase is bedding everyone down. The second phase is the employment phase and the third phase is the redeployment.

"If we can get through (the first phase) without any failures in airlift, tanker support, ramp issues etc. ... that is a success. Part of that is getting through any communication issues. As you know, we have many nations working together here and when you get a lot of different languages together

just being able to communicate can be challenging," he said.

According to Colonel Ennis, the employment phase happens after everyone is bedded down. It usually goes pretty smoothly especially since most of the aviation world speaks a similar language, he said.

The redeployment phase is the "get everyone out of town" phase according to Colonel Ennis. Like the bedding down phase, he said that success is determined by effective communication and having the required airlift assets to pick up cargo and passengers and get them moved out.

"Establishing a good communication base between all the functions, local base agencies and the participating countries with full cooperation in all three phases...that will be a success," he said.

Colonel Ennis placed an equal — if not greater value on keeping safety first.

"I do not want any safety incidents either on-duty or off-duty. If we can do that and the forces are able to effectively employ and learn how to work with each of the other countries so that if they are called to deploy together as a coalition in a real world situation, they can say ... 'we have done this before — this is easy' ... then that's a success," he said.

The two-week long exercise will end today. At that time, Colonel Ennis will begin executing phase three and start sending exercise participants, support crews and their cargo back to their appropriate destination.

All this will be done just in time to begin receiving inbounds for the next exercise beginning in two weeks.

PACAF vice commander discusses Cooperative Cope Thunder '04

By 1st Lt. Elizabeth Paul

3rd Wing Public Affairs

The largest training exercise in Pacific Air Forces ended today.

With multiple nations flying the Alaskan skies in the annual Cooperative Cope Thunder exercise, PACAF's second in command took time to reflect on the importance of international cooperation.

Lieutenant General Victor Renuart, PACAF vice commander, spent a few days in Alaska observing Cooperative Cope Thunder, which kicked off July 15.

Cope Thunder is a realistic, 10-day air combat training exercise that takes place over Alaskan and Canadian airspace. The entire airspace is made up of 17 permanent military operating areas and high altitude training areas, plus two restricted areas, for a total airspace of more than 66,000 square miles.

"When (Cope Thunder) moved from the Philippines to Alaska it came to a phenomenal training facility," said General Renuart. "The ranges here in Alaska provide really unmatched training for our air crew and our tactical air control parties. It provides a broad variety of both air to air and air to ground training that's really unmatched anywhere."

The General sees Cooperative Cope Thunder as an excellent opportunity for the U.S. to learn from and share with coalition partners from all around the world.

"For this exercise, we have participants from Germany and the United Kingdom but also from places like Mongolia, Japan, India and other nations in the Pacific region," added General Renuart. "We bring them together and allow opportunities to share ideas, to share common practices and to

understand how we can be more interoperable. That's the real value for us."

Cooperative Cope Thunder also provides Air Force members with the training they need to deal with the changing world where integration is the key.

"(Integration is) a very important benefit of this exercise and one that we've learned through Operation Enduring Freedom and Operation Iraqi Freedom is critical to the United States," said General Renuart. "One of our strategic imperatives is that we build a coalition for combat, and we've seen through the support of the coalition nations that have participated in the Global War on Terrorism and in Operation Enduring Freedom that they bring a unique capability whether it's a small element like a bomb dog team from Slovenia or a surface to air missile team from Mongolia each of these nations has a valuable contribution to make. But more importantly they bring the resolve of their nation to the coalition and that allows us to form a unified team against the enemy."

During the employment phase of the exercise, aircrews are subjected to every conceivable combat threat. But aircrews are not the only ones who benefit from the Cope Thunder experience.

The scenarios are shaped to meet specific training objectives.

The exercises provide an operations training environment for all participants, including intelligence experts, maintenance crews and command and control elements.

By providing generic, unclassified scenarios using common worldwide threats, and simulated combat conditions, Cope Thunder gives everyone an opportunity to make the tough calls combat often requires.



Exercise Polar Force 04-6 Phase II begins Tuesday — be ready!

The following are some tips to prepare for the upcoming Phase II exercise:

- Make sure your gas mask is cleaned and inspected. Inspections should be completed at least every six months during peacetime; and every seven days during wartime.

- Remember Operations Security. It prevents the disclosure of unclassified, but sensitive information. Never discuss this information using unsecured equipment.

- Be vigilant, watch for anything or anyone that looks suspicious.

- Make sure to stay properly hydrated. Ensure canteens are filled with water only — no caffeine or energy drinks.

Special duty briefing is Aug. 12

Have you ever been interested in becoming a recruiter, military training instructor, military training leader, technical training instructor or professional military education instructor?

If so, the Air Education and Training Command Special Duty Assignment Team is offering the opportunity you have been seeking.

The AETC team will host a Special Duty Assignment briefing Aug. 12 in the Chapel One Annex from 10 a.m. to noon.

Senior airmen with at least 36 months time in service through master sergeant with less than 17 years total active federal military service, are invited by the AETC Special Duty Assignment Team to attend a briefing.

The briefing will provide more information about these challenging careers.

Enlisted military members from all Air Force Specialty Codes that meet the previously identified criteria are eligible to apply for these positions and are encouraged to attend the briefing.

Spouses of potential applicants are also invited.

Members of the Recruiter Screening Team and the MTI Recruiting Team will conduct the briefing.

"Recruiters are responsible for the number and quality of young men and women who enlist and begin



COURTESY PHOTO

A recruiter briefs a potential applicant. A Special Duty Assignment briefing will be held Aug. 12 in the Chapel One Annex from 9:30-11:30 a.m. for eligible active-duty members.

their Air Force careers. We are the first to touch the lives of our future airman," said Master Sgt. Richard DeLacy, non-commissioned officer in charge of the Recruiter Screening Team. "One of our best entitlements is the opportunity to choose your own recruiting assignment from more than 1,100 possible locations."

"Everyone remembers their MTI," said Master Sgt. Edward Bradley, MTI Recruiting Team superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards for those who want to have a hand in

molding our future airman. Besides these intangible benefits, we also are entitled to Special Duty Assignment pay and an annual supplemental clothing allowance."

The team can expedite the processing of an applicant's special duty application if they bring the completed application with them to the briefing.

To obtain a copy of the AETC special duty application, call the Team Elmendorf career assistance advisor, Master Sgt. Dan Chadwick or Master Sgt. Tom Spangler at 552-STAY (7829).

(Courtesy of Air Education and Training Command Public Affairs)

2005 Selection Board schedule

The schedule for selection boards convening in 2005 is the following:

- Jan. 4-14, Special Selection Boards.

- Jan. 31-Feb. 18, Senior Master Sergeant Evaluation Boards.

- March 22-24, First session of the Colonel Federal Recognition Review Board.

- May 2-6, Senior NCO Supplemental Boards.

- May 16-27, Special Selection Boards.

- July 6-21, Lieutenant Colonel Line/JAG/BSC/MS/NC Boards.

- July 25-29, Senior NCO Supplemental Boards.

- Aug. 15-26, Command Screening Boards.

- Sept. 12-23, Colonel Line/JAG/BSC/MS/NC boards.

- Sept. 26-30, Special Selection Boards.

- Oct. 11-21, Chief Master Sergeant Evaluation Boards.

- Oct. 25-27, Second session of the Air National Guard Colonel Federal Recognition Review Boards.

- Nov. 14-18, MC/DC Boards.

- Dec. 5-16, Major Line/Chap/JAG/BSC/MS boards.

Note: This schedule is subject to change.



AIRMAN JONATHAN THRASHER

Originally from San Antonio, Airman Rose Margaret Quintanilla, 3rd Aircraft Maintenance Squadron commander's support staff, is administratively responsible for personnel programs for 750-plus troops in the squadron. "She's a hard charging personnel warrior with a great attitude and is already doing fantastic work in the wing's largest squadron," said Staff Sgt. Angela Forbes, 3rd AMXS and Airman Quintanilla's supervisor. Since arriving at Elmendorf three months ago, Airman Quintanilla says the best part about being in Alaska was seeing snow for the very first time. She also enjoys photography, bowling and watching movies. Airman Quintanilla has been in the Air Force for six months.



AIRMAN JONATHAN THRASHER

Since being assigned to Elmendorf more than two years ago, Capt. Andrea "Stogie" Kringle, 90th Fighter Squadron, has been busy as a flight lead F-15E pilot and the chief of inspections. As a flight lead she's an expert in aircraft systems, air-to-air and air-to-ground conventional weapons, precision-guided munitions, and enemy threats. As Chief of Squadron Inspections, she is responsible for the inspection and effectiveness of all unit functional areas, as well as maintaining the squadron's self-inspection program.

"Captain Kringle was the 90th FS's project officer for Northern Edge, which focused on honing our maritime interdiction tactics and skills," said Lt. Col. Larry "LB" Bowers, 90th FS commander and Captain Kringle's supervisor. "Thanks to her involvement it was a big success for everyone." Originally from Superior, Wis., Captain Kringle enjoys hiking and running and mountains. She has been in the Air Force for more than eight years.

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

Road closure

■ Arctic Warrior Drive will be closed for repairs until Sept. 26 from Pease Avenue to Kenny Avenue.

For more information, call Staff Sgt. Robert Roe at 552-7444.

Party committee

The 3rd Wing Holiday Party Committee is looking for volunteers. The first meeting is Aug. 6 at 10 a.m. in the 3rd WG/MO Conference Room located at 10441 Kuter Avenue on the 2nd floor.

For more information, call 2nd Lt. Kelly York at 552-2605.

Chapel carnival

The base Chapel will have a Chapel Carnival Sunday from 12:30-4 p.m. at Hangar 5.

There will be a Protestant Unity Service at 10 a.m. followed by an Ecumenical Devotional at 11:45 a.m. A pig roast and picnic with carnival games will follow.

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

Family Support Center

■ Education Opportunity counseling is Monday at 3 p.m. Take the Strong Interest Inventory and discover career fields best for you. Register to test, then return Aug. 16 for test results.

■ 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.

■ There is a resume class Wednesday at 9 a.m. Learn to develop and

write a resume and the various types of resumes employers require.

■ The Hearts Apart First Friday Dinner is Aug. 6 at 7 p.m. This month enjoy an "Art Gallery Walk" and dinner at the Snow Goose Restaurant. Call Sheila at 552-9290 for information.

Y on Rails signups

The Armed Services YMCA has a list of free train trips offered to servicemembers by the Alaska Railroad. There are 1, 2 and 3 day trips to destinations like Seward, Talkeetna and Denali. Signups are going on now with priority signup for junior enlisted and families with deployed members.

Call Mrs. Taryn Perez at 552-9622 for more information.

Bargain Shop hours

The Bargain Shop is now open Monday and Wednesday from 10 a.m. to 3 p.m. Bring in your items to sell (consignment) both days from 10 a.m. to 1 p.m. until Sept. 1. Donations are accepted anytime during business hours and by appointment after hours.

Volunteers needed

Need to attend a medical appointment or get lab work done without kids? Teddy's Child Watch allows you to do so by offering free child care.

If you would like to volunteer a couple of hours of your time during the week, call Mrs. Melissa Helmick at 580-6455.

Air Force Ball

Any private organizations interested in donating to this year's Air Force Ball

should call 1st Lt. Laurie Wax at 552-8008 or Capt. Tess Clark at 580-4595.

Association meeting

Chapter 1473A of the Air Force Sergeants Association is a nonprofit professional military organization representing all Air Force enlisted ranks on active duty, Guard, Reserve, and retired.

The chapter provides its membership with legislative updates on issues that affect military life.

The general membership meets monthly on the fourth Thursday of every month. All meetings start at 7 p.m. in the Arctic Oasis. All members and prospective members are encouraged to attend.

For more information call Deanna Menzel, Auxiliary President Chapter 1473A, at 753-0104 or by e-mail at tdmenzel@gci.net.

Bible school

Vacation Bible School is Aug 9-13 from 5:30-8:30 p.m. at Mt. Spurr Elementary for youth ages four years old up to sixth grade. Volunteers are needed.

For more information, call Ms. Erlinda Thomas at 552-6493.

Veterinary clinic

The Fort Richardson Veterinary Clinic will be at the Elmendorf BX/PX doing a vaccine/microchip clinic Friday from 11 a.m. to 7 p.m. and Saturday from 9 a.m. to 4 p.m.

For more information, e-mail at zachery.wright@us.army.mil.



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.

A simple diagram of life's priorities

By Lt. Col. Perry Fitzgerald
Air Warfare Center Safety Office

NELLIS AIR FORCE BASE, Nev. — In my 20-plus years in the Air Force, I've run across a lot of people with their own secrets to success, and believe me, they are always willing to share their thoughts.

One strategy for success that a 10-foot-tall lieutenant general shared with me years ago has stayed with me. His simple strategy called for prioritizing your life.

In this prioritization, he set forth three simple priorities: No. 1 is your health; a close second is your family; and last is your job. Let's look at them separately, but in reverse order.

Though I've listed your job as the No. 3 priority, it seems we have to push it up the priority scale to at least No. 2 or even No. 1 in these trying times. I find a quote from retired Col. Steve Arrington useful in this instance: "No one should put anything before their family, unless the flag is falling — that's a different story. Then freedom comes first."

So, it is easy to see the importance of your job, but now let us look at that No. 2 priority, your family.

Being in an expeditionary Air Force makes it inherent that you are going to have to spend time separated from the ones you love. You had better enjoy the time you do have at home with your family, because these separations are, and will get, longer.

Recently, the standard air and space expeditionary force tour length increased from 90 to 120 days. Our air reserve component brethren spend as much or more time deployed as we active-duty Airmen.

But who are the ones there to see you off for each deployment? Who are the ones that send you those packages, letters and e-mails throughout your deployments and during the holidays you miss? And who are the first ones to greet you when you return? It is your family.

But what good are you to your family or to your fellow Airmen if you're in poor health? Your health is so important that sometimes when you let it go, it's very hard to get back.

The key will be to figure out how to balance your health, your family and your job as you face the rest of your life and your remaining Air Force career. Even if you don't use this simple method, find your own method to help prioritize your life. Hopefully, it won't take a 10-foot-tall lieutenant general to get you started.

(Courtesy of Air Force News Service)

Arctic Life

Great living in the great land

Cable Dawgs keep Kirkuk communicating

Five-man team connects town to rest of world

By Airman 1st Class John Calvano
506 Expeditionary Communications Squadron

KIRKUK AIR BASE, Iraq — Laying fiber and copper, installing NIPRNET and telephones, digging trenches, laying conduit and pulling wires day after day doesn't sound much like a dog's life.

Good thing the "Cable Dawgs" are on the job.

Within the 506th Expeditionary Communications Squadron the Cable Dawgs are a five-man team whose sole responsibility is to give communications support to every organization on base.

"When you pick up a phone, that line has got to go somewhere and we provide that path, to the network control center, through the phone switch and out the other end," said Staff Sgt. Joel Bickle, computer networking switching systems cytological journeyman. "We're jacks of all trades that come from many different shops, all working many issues around the base."

One of the jobs the Dawgs are currently digging into is Project Fighter Loop, a backup cable system that, when in place, will enable continued communication across the base in the event of a cut communication cable.

The Dawgs are also giving the RAPCON a hotwire line to the air traffic control tower that will enable



TECH SGT. JOAN ANDERSON-BROWN

Staff Sgt. Joel "Dill Dawg" Bickle, deployed Elmendorf member assigned to the 506th Expeditionary Communications Squadron at Kirkuk Air Base, Iraq, pulls cable down inside a man hole.

them to communicate with other bases over a secure network.

Sergeant Bickle said the team has one rule: mission first.

"I was really amazed at how well the crew has come together. Everyone is very mission oriented and no one gets hung up on rank; if it takes a Tech. Sgt. to dig a ditch, then it takes a Tech. Sgt. to dig a ditch," he said.

"We're here to give the base the communications support it needs to do the mission."

So when you think of Sergeant Bickle and his Dawgs outside roasting under the Iraqi sun, digging trenches and laying fiber, you may want to remember that without their hard work, we'd all just be yelling back and forth.



Dinner time!

Two moose calves feed from a moose cow spotted outside the 3rd Medical Group hospital recently. With cooler weather approaching, Arctic Warriors are reminded more moose will be in the area and to avoid getting between a cow and a calf. It's also dangerous and illegal to feed moose in Alaska. Drivers of motorized vehicles should remain vigilant as the moose will be crossing the roads.

MR. AJ BURKARD

▶ spotlight

▶ fri

Play to Win Pentathlon begins Sunday

By Mrs. Mary M. Rall
3rd Services Marketing

Whoever said, "The best things in life are free," may not have been talking about Pacific Air Force's 2nd annual "Play to Win" Pentathlon, but base residents very well could feel this way during the promotion from Sunday through Oct. 31.

The promotion features a virtual "pentathlon" made up of events occurring in the five prominent geographical areas in PACAF.

The promotion also includes a virtual board game played online at www.pacfive.com with game pieces acquired from specific Services programs and activities from the site's master events list.

Throughout the promotion, participants are challenged to complete the five pentathlon events while achieving the various skill levels of each by accessing the site from a personal computer or the designated computer at the Library.

Once an event is successfully completed, players earn a virtual "medal" and are entered to win a drawing for that event.

Prizes for the promotion vary, but include items such as a Hawaiian Cruise for two aboard Norwegian Cruise Lines (includes airfare), cash prizes of \$500,



COURTESY PHOTO

\$1,000, \$1,500 and \$2,000, notebook computers, mini DVD players, and other rewards — 15 big prizes in all.

Participants can even win "Pacfive" instant prizes for items like AAFES gift certificates and t-shirts, which will be awarded throughout the promotion.

As much fun as winning prizes may be, the featured activities for collecting game pieces are also opportunities for enjoyment.

Featured activities are at facilities such as the Aero Club, Polar Bowl, Child Development Centers, Kashim and Susitna clubs, the Arctic Oasis Community Center, Kenai and Iditarod dining facilities, Fitness Center, Eagleleglen, Information, Tickets and Travel, Library, Outdoor Recreation,

Skills Development Center, Youth Center and more.

There is something for everyone on base to check out and enjoy.

Further, participants who register within the five-day countdown prior to Sunday and also in the first month of the contest will be eligible for a \$500 shopping spree, courtesy of AAFES.

This aspect of the promotion is only open to those individuals who are authorized Base Exchange patrons.

This promotion is sponsored in part by Coca Cola, AT&T, LifeFitness, Norwegian Cruise Line, AAFES, and Pacific Air Forces Services.

No federal endorsement of sponsors is intended.

For more information, call the Services Marketing Office at 552-5900 or log on to www.elmendorfservices.com.

KIDSDAY: Celebrate with your children at National KidsDay today from 11 a.m. to 3 p.m. at Paxton Park. Enjoy food, entertainment and games. 552-2266

MOVIE: *Garfield (PG)* Garfield's owner takes in sweet but dimwitted pooch Odie, turning Garfield's world upside down. Garfield wants only one thing: Odie out of his life. But when the pup is kidnapped by a nasty dog trainer, Garfield feels responsible and springs into action to return the pup. 7 p.m.

▶ sat

DIG IT: Dine on some of Alaska's finest by making your catch at a clamming trip Saturday from 5:30 a.m. to 7 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

MOVIE: *Around The World In 80 Days (PG)* A Chinese thief steals a valuable jade Buddha and then seeks refuge of an eccentric inventor, who has taken on a bet with members of his gentlemen's club that he can make it around the world in 80 days. 7 p.m.

▶ sun

STARS & KIDS: Win big and extra credit at National KidsDay Bowl-ing, where you can get two hours of Xtreme Bowling, a large pizza, a pitcher of soda, and shoe rental for up to six people per lane for \$30 plus a double punch on your Stars and Strikes card Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

MOVIE: *The Terminal (PG-13)* An Eastern European immigrant is forced to live at Kennedy Airport when his former war-torn country's borders are erased, voiding his passport and leaving him without a home. 7 p.m.

▶ fyi

MISSOULA THEATER: The Missoula Children's Theater is making the rounds with its production of *Red Riding Hood*. Auditions are Monday at 10 a.m. at the Kashim Club. About 50-60 roles are available for youth in kindergarten through grade 12. There is no guarantee that all youth auditioning will receive a part. Those wishing to audition should arrive at 10 a.m. and plan to stay for the entire two-hour session. 552-0689.

▶ inside the fence

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

Half Century Bike Ride, Saturday at 10 a.m. for free with the Outdoor Recreation Center. 552-2023

Full Swing Golf Challenge Course Reservations Begin, Sunday for \$10 per game at the Arctic Oasis Community Center. 552-8529

Magic of Membership Cash Drawing, Sunday from 10:30 a.m. to 2 p.m. at the Susitna Club's Sunday Brunch. 753-3131

Introduction to Stained Glass, Monday, Aug. 9, 16, and 23 from 6:30-9 p.m. for \$65 at the Skills Development Center. 552-7012

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

Kayak Pool Training, Tuesday at 8 p.m. for \$25 at

Elmendorf's Fitness Center. 552-2023

Magic of Membership Cash Drawing, Tuesday through Aug. 6 at the Susitna Club from 11 a.m. to 1 p.m. 753-3131

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

Magic of Membership Cash Drawing, Wednesday at Kashim Club's Social Hour. 753-3131

Beginning Pottery Hand Building, Wednesday, and Aug. 11, 18, and 25 from 6-8 p.m. for \$60 at the Skills Development Center. 552-7012

Magic of Membership Cash Drawing, Thursday at the Susitna Club's Seafood Buffet. 753-3131

Beginning Pottery on the Wheel, Thursday, and Aug. 12 and 19 from 6-8 p.m. for \$45 at the Skills Development Center. 552-7012

Acrylic Landscape Painting,

Thursday and Aug. 12 from 2-4 p.m. for the two-day set at the Skills Development Center. 552-7012

Fall Preschool Registration, Thursday and Aug. 6 from 9 a.m. to 2 p.m. at Building 10480 in Room 109. 552-8228

Beginning Drawing Character Series, Thursday, Aug. 12, 19, and 26 from 5-7 p.m. for \$80 at the Skills Development Center. 552-7012

One Stroke Painting, Aug. 6 from noon to 2 p.m. for \$25 at the Skills Development Center. 552-7012

Magic of Membership Cash Drawing, Aug. 6 at the Kashim Club's and the Cave's Social Hour. 753-3131

Fly Fishing 2, Aug. 6 at 5 p.m. and Aug. 7 with the time to be announced for \$85 with the Outdoor Adventure Program. 552-2023

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

Among the stars...5 stars

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

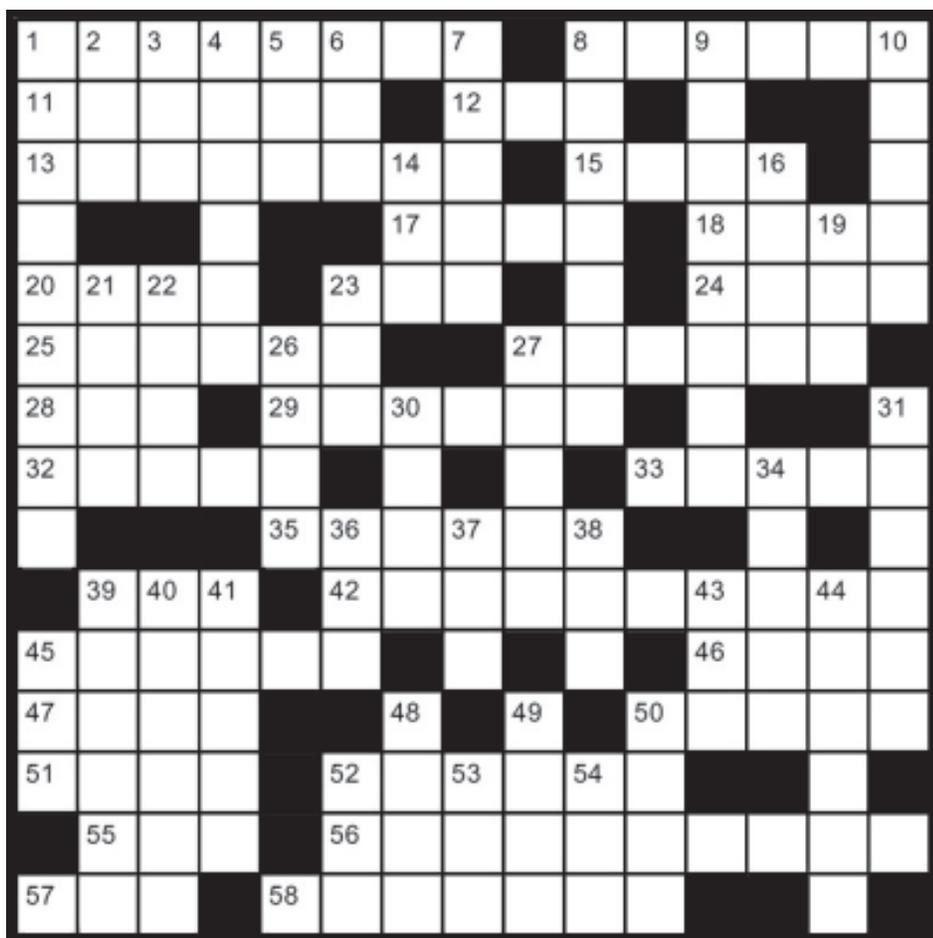
ACROSS

- 1. General of the Army
- 8. Detour
- 11. Articulated with the tip of the tongue
- 12. USAF enlisted report
- 13. North American silkworm moth
- 15. Televises
- 17. African country
- 18. Part of the leg
- 20. Lasso
- 23. Actress Susan
- 24. Supported
- 25. Meditation
- 27. Affable
- 28. Star Wars character Solo
- 29. Fleet Admiral of the Navy
- 32. Fanatic

- 33. USAF base home to Air Armament Center
- 35. Most senior
- 39. Professional b-ball league
- 42. General of the Army
- 45. Disaster
- 46. Fleet Admiral of the Navy
- 47. Hotel chain
- 50. Editorial
- 51. Great Pyramid home
- 52. General of the Air Force
- 55. Beige
- 56. First among all Officers of the United States Armed Forces
- 57. Israeli machinegun
- 58. Country of southeast Europe on the Adriatic Sea

DOWN

- 1. General of the Army
- 2. Emulate
- 3. Wrestler Flair
- 4. Movie need
- 5. Vietnamese currency
- 6. Swiss mount
- 7. Fleet Admiral of the Navy
- 8. General of the Army
- 9. General of The Armies of the United States
- 10. Endure
- 14. Frozen water
- 16. Mets home
- 19. Sick
- 21. Spoken
- 22. Wheeze
- 23. Federal org. concerned with drugs



Last week's solution

- 26. Thailand river formed by Nan and Ping rivers; ___ Phraya
- 27. Canadian birds?
- 30. California town
- 31. Enthusiasm
- 34. Heavyweight champion Lennox
- 36. Zodiac sign
- 37. USAF SFS quick reaction team
- 38. Explosive
- 39. Fleet Admiral of the Navy
- 40. A desperate attack by Japanese troops in World War II

- 41. Person from the Orient
- 43. Approves
- 44. Captivate
- 45. Haze
- 48. Grouch
- 49. An apostle
- 50. American Pulitzer Prize writer Ferber
- 52. Pointed tool for making holes
- 53. Federal org. concerned with security
- 54. 52 in old Rome

Sports News



TECH. SGT. JOHN GAHR

Softball champs

The 381st Intelligence Squadron team won the Intramural Softball Championship Monday against the 19th Fighter Squadron, 7-1. This marks five years in a row that the 381st IS has taken the championship.

Sports Shorts

Swimming lessons

Progressive swimming lessons for beginners ages six years and older begin Aug. 14 and run every Saturday through Sept. 4 at the Fitness Center.

Sign up at the front desk in the Fitness Center. For more information, call the Fitness Center at 552-3622.

Basketball tourney

There is a three-on-three basketball tournament at the Youth Center Saturday.

The tournament will begin at 3 p.m. and will be offered for \$9 per team.

This will be a single elimination tournament with age brackets from ages 13-14 and ages 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.

Golf tourney

The 3rd Mission Support Group Golf Tourney is Aug. 20 with an 8 a.m. shotgun start at Eagle Glen Golf Course. The tourney is a four-person scramble format.

Cost is \$25, which includes lunch. Greens fee and cart rental are based on rank.

There will be prizes awarded for the first, second and third place, as well as a prize for the longest drive and closest to the pin.

For more information, call 2nd Lt. Joseph Colella at 552-5175 or Master Sgt. Brian Cornelius at 552-2536.

Basketball, cheerleading

It's time to brush up on your basketball shots and cheers because basketball and cheerleading registration is Aug. 16 to Sept. 17 at the Youth Center.

Participants must be active members of the Youth Center.

Participants must also have paid their member-

ship fee, as well as the \$45 basketball and cheerleading registration fee.

The season will be Oct. 25 to Dec. 17 and is open to youth ages 5 to 18 years old who are the league playing age by Oct. 11.

All players must have a physical exam with current immunizations prior to participation in compliance with Air Force directives, although a physical exam completed within one year of the start date of the playing season will be accepted.

All participants will enjoy coaching by certified coaches through the National Alliance of Youth Sports, Elmendorf Youth Sports T-shirts and end of season plaques.

They will also enjoy a lot of fun and learning in a safe environment.

For more information, call the Youth Center at 552-2266.

Martial arts clinic

A martial arts clinic will be Aug. 7 from 1-4 p.m. with a grand master at the Youth Center gym. All are welcome to attend.

For more information, call Tech. Sgt. Brian Crawford at 333-3361.

Aerobics

Aerobics and Fitness Association of America is coming to the Fitness Center Aug. 20-22 for individuals interested in being certified as an aerobics instructor.

Certifications include an indoor cycling training course, primary group exercise certification and a step choreography and cardio circuit.

Pacific Air Forces will sponsor the first 15 people who register.

For all other people, there will be a 25 percent military discount.

Visit the Fitness Center for registration materials and further information or contact 2nd Lt. Rebecca Lee by e-mail at rebecca.lee@elmendorf.af.mil or 552-3210.

Fitness Test Standings

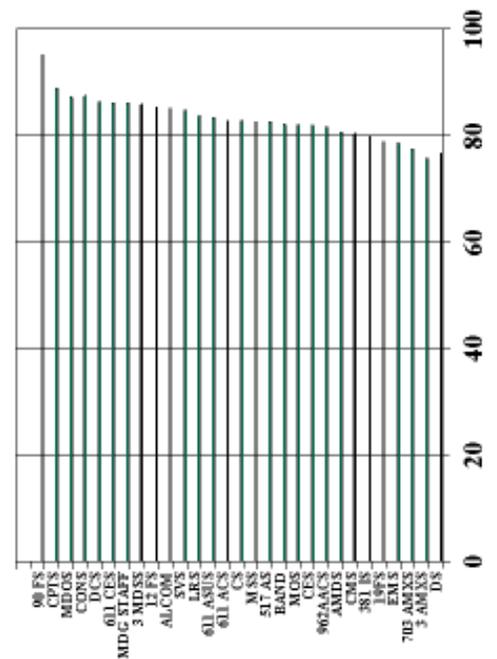
Commander's Challenge

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:

11:33, Stephanie Chrisman, 3rd CS
11:51, Shawna Stubbs, 3rd AMXS
11:52, Alicia Vernon, 3rd CS
11:50, Constance Bryant, 3rd CES
12:18, Suzanne Milburn, 3rd AMXS

Push-ups:

47, Amber Linscott, 3rd CS
45, Amanda Deskins, 3rd AMXS
45, Suzanne Milburn, 3rd AMXS
42, Tonya Evans, 3rd CS
42, April Culwell, 3rd CS

Crunches:

56, Catherine Logging, 3rd CS
55, Anna Boffo, 611th AIS
55, Amber Linscott, 3rd CS
53, Amber Johnson, 611th ACS
52, Lea Anne Musiol, 3rd CS

Men

1.5-mile run:

8:10, David Lantz, 3rd CES
8:52, Matther Roberts, 3rd AMXS
8:54, Eric Icenhower, 3rd AMXS
9:08, John Parry, 3rd CS
9:16, Kevin Sharpe, 3rd CS

Push-ups:

100, Chanh Lee, 3rd CS
92, Eric Icenhower, 3rd AMXS
90, Jason Huey, 3rd AMXS
84, Christopher Cabrera, 3rd AMXS
81, Jeffrey Stout, 3rd AMXS
81, Larry Boyd, 3rd CES

Crunches:

75, Eric Icenhower, 3rd AMXS
72, Marlon Robinson, 3rd AMXS
71, Kenneth Granville, 3rd AMXS
71, Matthew Roberts, 3rd AMXS
73, Nicholas Carrao, 3rd CS