

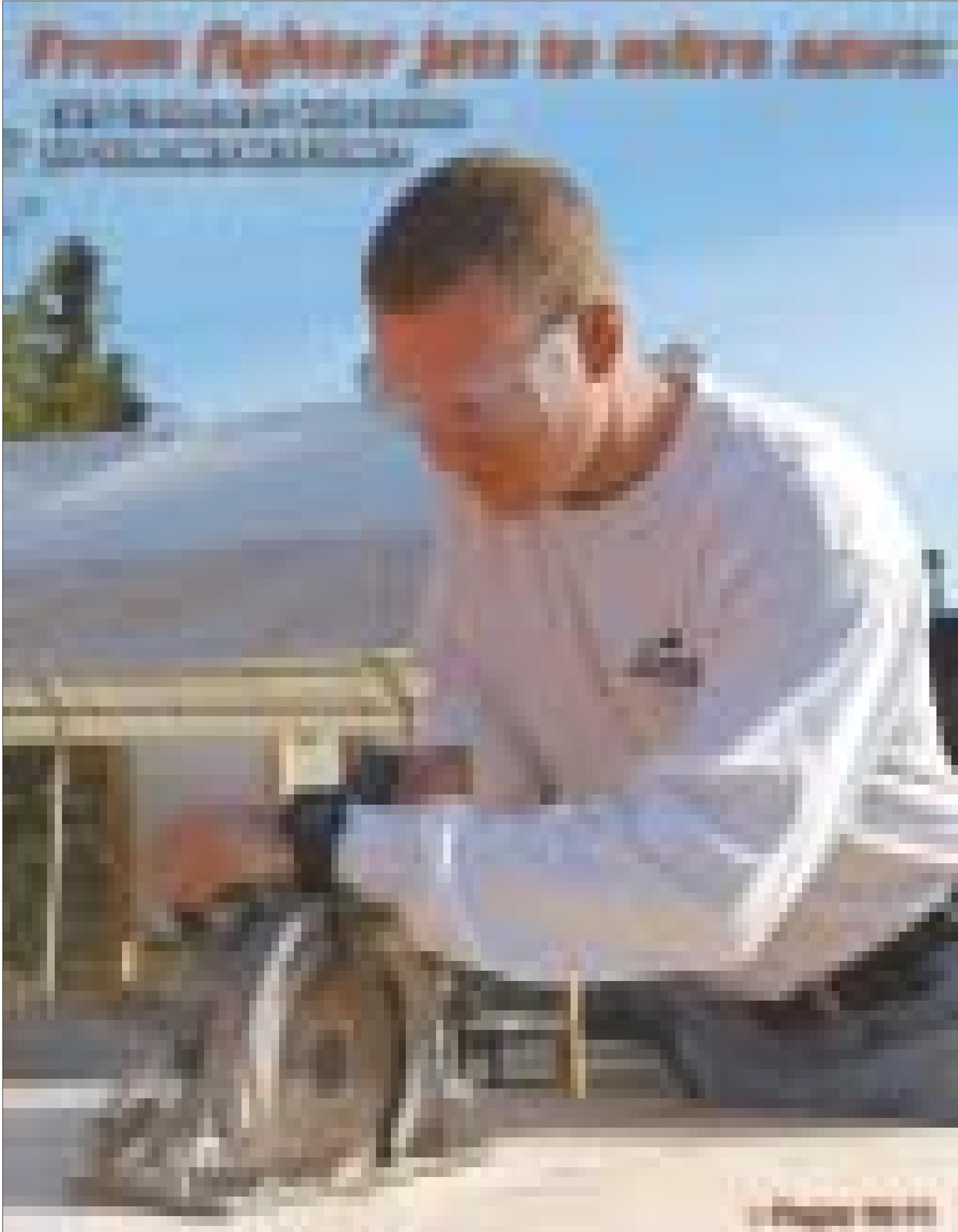
The Sourdough

S E N T I N E L

Sept. 17, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 37





SENIOR AIRMAN AMY MORRISSETTE

Armed Forces Voting Week

Senior Airman Lishey Brown, 3rd Mission Support Squadron, assists Senior Airman David Fernandez, 3rd Logistics Readiness Squadron, as he registers to vote, while Tech. Sgt. Jodi Harrison, 3rd Aircraft Maintenance Squadron, looks on Sept. 10. Voting representatives and volunteers set up a table at the Joint Military Mall to assist people with their voting questions during Armed Forces Voters' Week, which was Sept. 3 through Saturday.



■ **The 3rd Communications Equipment Recovery Team**, 3rd Communications Squadron, demonstrated superior performance during the recent flooding at Elmendorf.

Thirty-three personnel came together to help recover and relocate several million dollars in computer and networking equipment from a flooded workcenter.

Their efforts were instrumental in saving equipment which will be used for the Pacific Air Forces' directed NIPR/SIPR base infrastructure upgrade.

■ **Senior Airman Nathan Simmons**, 3rd Logistics Readiness Squadron, is the "go-to" computer expert in the unit.

When the 3rd Operations Support Squadron workgroup manager was deployed, Airman Simmons capitalized on his in-depth computer knowledge and stepped up to the plate, working diligently to keep the unit's computer systems up and running.

By initiating network accounts for newcomers and troubleshooting computer malfunctions, he prevented mission degradation.

■ **Tech. Sgt. Michael Reid**, 3rd Equipment Maintenance Squadron, displayed outstanding leadership while processing 48 pieces of Aerospace Ground Equipment through the processing line for the AEF 1 deployment.

His technical expertise ensured all items were 100 percent air worthy with zero delays in cargo upload.

In addition, Sergeant Reid coordinated combining the squadron's entire back shop mobility assets into a single unit, which provided 120 square feet of extra aircraft floor space.

■ This week's commander's shadow is **Airman 1st Class Joshua Contreras**, 381st Intelligence 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

Saturday marks 57 years for Air Force

By Gen. Paul Hester
Pacific Air Forces commander

HICKAM AIR FORCE BASE, Hawaii — When President Harry S. Truman signed the National Security Act of 1947, establishing the U.S. Air Force, it was as much a right of passage as it was the birth of a new and separate service.

The value of independent air power had been trumpeted during the 1920s and 1930s by a small cadre of Army aviation theorists from the old Air Corps Tactical School at Langley Field, Va., and later Maxwell Field, Ala. They were junior officers with names like Doolittle, Arnold and Chenault, influenced by airpower theorists, such as Mitchell, Trenchard and Douhet. Independent air power was

a concept validated by the Royal Air Force during the Battle of Britain in 1940, bolstered by the overwhelming success of American Airmen during World War II, and finally debated and approved within the national political process in 1947. So Sept. 18, when the Air Force celebrates a 57-year legacy, I urge the men and women of Pacific Air Forces to pause for a moment — not only to acknowledge those bold pioneers who established our foundation of independence and excellence, but to also take pride in the role you play in making today's Air Force second to none!

From our humble beginnings in 1947, the U.S. Air Force has transformed into the world's dominant air and space power — and PACAF Airmen have led the way. From our days as the Far East Air Forces,

flying the "Hump" over the Himalayas during World War II, to the first jet-age dogfights over "MIG Alley" during the Korean War, to missions over the Ho-Chi-Min trail during Vietnam, PACAF Airmen have fought bravely. Today, PACAF Airmen are deployed around the globe, prepared to give what President Abraham Lincoln once called "the last full measure of devotion" for freedom.

Happy Birthday to each of you — America's Airmen, past and present! From generation to generation, you have proven that an independent Air Force makes the entire team of America's freedom fighters more lethal, more agile and more effective. I couldn't be prouder to serve with the men and women of the world's greatest Air Force!

The Sourdough SENTINEL

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Best in DoD 2000

Best in Air Force

1999, 2000 & 2001

Best in PACAF

1998, 1999, 2000 & 2001

Editorial Staff

Col. Michael Snodgrass

3rd Wing Commander

Lt. Col. Michael Halbig

Chief, Public Affairs

Staff Sgt. Mike Edwards

NCOIC, Internal Information

Senior Airman Amy Morrisette

Editor

3rd Wing History Moment



Sept. 13, 1921:

The 1st Surveillance Group was redesignated the 3rd Group at Kelly Field, Texas, by War Department General Order No. 33. The 3rd Group continued to fly the Dehavilland DH-4.



PHOTOS BY MASTER SGT. TOMMIE BAKER

Members of the Municipality of Anchorage's Fire Station 1 display the basket they received as a donation through the 9/11 Cookie Bake Project. The project was organized by Mrs. Matty Wilson, military spouse, after the 9/11 terrorist attacks to say "thank you" to the local firefighters. Each of the 12 local fire stations received one patriotic, goody-filled basket.

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

Courage, service and sacrifice are just a few of the words that come to mind when Mrs. Matty Wilson, spouse of Staff Sgt. Ryan Wilson, 703rd Aircraft Maintenance Squadron, thinks of firefighters, emergency medical technicians and police officers. For many of us, these three professions were thrust into the limelight immediately following the Sept. 11, 2001 tragedy.

As a way of saying "thank you" to these professionals, Mrs. Wilson has supplied the local fire stations with baskets of treats for the past two years and again this year on September 11th.

Though she and her family were stationed here at Elmendorf when the World Trade Centers were struck, the events of that day are as vivid for her as if she were home in New York City.

"I was born and raised in the shadows of the World Trade Centers," said Mrs. Wilson. "The events of September 11 will forever hold a special place in my heart. I know I can't say 'thank you' to everyone that helped that day or the days following, but I can, and will continue to do what I can to say 'thank you' to the members of local fire stations wherever we happen to be stationed.

In 2002, Mrs. Wilson baked a few batches of cookies and took them to the base fire stations. The next year, she expanded her generosity to the Anchorage fire stations.

"I thought that it would be nice to treat the firefighters to a few home-baked goodies," said Mrs. Wilson.

This year, Mrs. Wilson decided to enlist the aid of volunteers.

Nearly two dozen volunteers baked cookies, brownies and other treats to be delivered to local firefighters. Many of the volunteers were spouses of active-duty service members, as well as active-duty service members themselves.

Mrs. Amie Bowles, one of the volunteers that

baked goodies and helped stock the baskets to be given out this year, and wife of Senior Airman William Bowles, 3rd Logistics Readiness Squadron, understands sacrifices. Like many others, her husband is currently deployed, fighting the war on terrorism.

Another one of the volunteers, Mrs. Nikki Daudt, spouse of Senior Airman Kenneth Daudt, 19th Aircraft Maintenance Unit, said "We love our country and this is a small way of saying thank you to some of the people that are not in the military."

"We received more than 60 dozen baked goodies to deliver to the 12 local fire stations," said Mrs. Donna Baker, spouse of Master Sgt. Tommie Baker, 3rd Wing Public Affairs. "We easily had more than five dozen goodies in each basket. We had contacted the main fire station and knew how many firefighters were at each station and filled the baskets accordingly."

At 8:46 a.m. Saturday, Mrs. Wilson, her son Brian and Mrs. Baker were at Anchorage Fire Station 1 at the corner of 4th Avenue and Barrow Street. They stood in silent vigil alongside the firefighters as, city-wide, all the fire stations lowered their flags and observed a moment of silence.

As the day progressed, each off-base fire station was visited and presented a basket of goodies.

From Station 10 on Rabbit Creek Road to Station 11 in Eagle River, and Station 7 on Jewel Lake Road to Station 8 on O'Malley Road, Mrs. Wilson and Mrs. Baker made their way around town.

One of the most telling comments came from Mr. Greg Groeneweg, at Fire Station 8, "This will really cheer up the rest of the squad, they're out on a call right now. This is the first thing or word of 'thanks' we've received today."

The firefighters at each of the stations were very appreciative of the baskets and gave Mrs. Wilson, Brian and Mrs. Baker tours of their work areas.

Both Mrs. Wilson and Mrs. Baker have a lot of respect and admiration for firefighters, which is why they donated their time and effort to the Cookie Bake Project.

Mrs. Wilson was born and raised in New York



Mrs. Wilson and her daughter Kathleen, 5, arrange the cookies before placing them in the baskets.

City and used to work in the World Trade Centers. Mrs. Baker was born and raised in Oklahoma City, Oklahoma, and has many friends and relatives affected by the Alfred P. Murrah Federal Building bombing, which was rocked by an explosion on the morning of April 19, 1995, killing 168 people.

"This is part of our healing process," said Mrs. Wilson. "I plan to continue to do this every year and I hope that my children will carry it on when I'm no longer able to."

On Dec. 18, 2001, President George Bush signed Public Law 107-89, designating September 11th as "Patriot Day." As addressed by the new law, the people of the U.S. are asked to observe this day with appropriate ceremonies and activities, including remembrance services and candle-light vigils. Also, all U.S. governors and the Commonwealth of Puerto Rico, as well as appropriate officials of all units of government, are called upon to direct that the flag be flown at half-staff on Patriot Day.

Furthermore, all Americans are asked and reminded to display the flag at half-staff from their homes on that day and to observe a moment of silence, beginning at 8:46 a.m. eastern daylight time, or another appropriate commemorative time, to honor the innocent victims who lost their lives as a result of the terrorist attacks of Sept. 11, 2001.

"This is part of our healing process ... I plan to continue to do this every year and I hope that my children will carry it on when I'm no longer able to."

Mrs. Matty Wilson

Air Force spouse and organizer of the 9/11 Cookie Bake Project



TECH. SGT. KEITH BROWN

Homecoming

Staff Sgt. Michael Helmick, 3rd Logistics Readiness Squadron, is welcomed home by friends and family Saturday. Sergeant Helmick returned to Elmendorf after he was injured in the line of duty in Iraq.

Conference helps to improve military response to terrorism, natural disasters

Earthquakes, volcano eruptions and terrorist attacks are devastating events that could stretch thin Alaska's emergency response agencies.

In such major emergencies, the federal government and Department of Defense can be asked to assist; however, prior coordination is required to ensure the smooth integration of military assets in support of state and local emergency management agencies.

The Shaker Support 2004 Conference, held Tuesday through Thursday at the Alaskan Command headquarters here, delineated the military's role in support of state and local governments and their emergency response to natural disasters and potential terrorist attacks.

The conference brought together more than 60 people from nearly 20 different local, state and federal agencies to discuss consolidated responses to catastrophic emergencies.

"That's why we get together — to improve our effectiveness if we are ever needed," said Capt. Robert Sterling, ALCOM's director for operations, plans and policy.

The three-day conference focused on training middle management military personnel working in various disaster planning areas that could

assist local communities following a catastrophic disaster.

The conference title, "Shaker Support," refers to the possibility of a major earthquake in Alaska.

"Alaskan Command has been conducting these yearly conferences for at least six years and has continued to maintain strong partnerships within Alaska," said Cmdr. Kim Butler, ALCOM plans officer and Shaker Support coordinator. "The majority of the speakers for the conference were from the local community, where many of our Soldiers, Sailors, Airmen and Marines reside."

The conference featured discussions and briefings led by leaders and representatives from the Anchorage Emergency Operations Center, Alaska's Division of Homeland Security and Emergency Management, National Guard, State Troopers, U.S. Army Corps of Engineers, U.S. Departments of Interior and Energy, Federal Bureau of Investigation, Federal Aviation Administration, and several Department of Defense units.

"... A conference like Shaker Support goes a long way in ensuring we, the military, are prepared to assist the great state of Alaska."

Capt. Robert Sterling

ALCOM director for operations, plans and policy

The sessions explained to participants how the military assistance inter-agency process works.

Captain Sterling said that during this summer's wildland fire season, military base and garrison commanders provided immediate assistance to local communities when the fires threatened nearby neighborhoods.

Additionally, due to memorandums of agreement between the military and local firefighters, military firefighters were able to backfill local firefighters as they left their communities to fight the wildland fires.

"Most natural disasters in the state of Alaska do not require federal military assistance, and that's a testament to the tremendous efforts of state and local emergency managers," he said. "As a resident myself, I am very happy with the great job they do. But, if military support is ever needed, a conference like Shaker Support goes a long way in ensuring we, the military, are prepared to assist the great state of Alaska."

(Courtesy of Alaskan Command)

Travel bills, vouchers are each person's personal responsibility

The Defense Travel System doesn't send a notification to people indicating that they have started a travel voucher.

People are responsible for checking on their voucher and letting their approving official know that they have a voucher en route.

Doing this will ensure timely payment of Government Travel Card bills.

DTS gives people the option to split disburse their payment to the Bank of America, which is a free, no-hassle way to pay their bill. To do this, just identify the amount of the bill needed to pay in DTS.

The best way to get a current balance without waiting and possibly getting charged a \$29 late fee, is to call the Bank of America and ask a representative.

The Finance Office can help people who are going TDY pay their GTC bill while they are away.

This can be done by visiting the Finance Office before or after departure.

(Courtesy of the Finance Office)



AIRMAN DE-JUAN HALEY

Mr. Jack Lefforge

Duty title: 11th Air Force range manager

Hometown: Woodland Hills, Calif.

Hobbies: Skiing, golf, tennis and football

How he contributes to the mission: Responsible for modernization and improvement of the Alaskan Range Complex for air-to-air, air-to-ground and electronic warfare training for our combat war fighters

Time at Elmendorf: Three years and one month

Best part of being in Alaska: The scenery and fishing

Supervisor's comments: "Mr. Lefforge brought a wealth of knowledge and experience to the Alaska range improvement process. In his tenure, his knowledge of the budget process has helped to obtain over \$140 million in range upgrades, making the Alaska ranges truly world-class now, and for the future." Maj. Gene McCabe



TECH. SGT. KEITH BROWN

Airman 1st Class Jessica Blessing

Duty title: 3rd Medical Group medical administrator

Hometown: Festus, Mo.

Hobbies: Swimming, running and playing guitar

How she contributes to the mission: Manages the operating room schedule as manning assistant; coordinates peer reviews of 750 surgery/urology patient records annually; and identifies, tracks and submits delinquent patient billing encounters

Time at Elmendorf: One year and four months

Best part of being in Alaska: The scenery

Supervisor's comments: "The pride and devotion Airman Blessing displays on-and-off duty separates her from all her peers. Her vigilance for patient satisfaction, excellent work ethic, and professional demeanor are lauded daily by patients and staff. She is an extremely valuable asset to the 3rd MDG and the Air Force." Staff Sgt. Dane Tackitt

POW/MIA

A POW/MIA Ceremony is today from 4-5 p.m. at Heritage Park. Take a few minutes out of your day to pay a special tribute to recognize those who have sacrificed and those that are still missing in action.

Rolling Thunder will be presented by the Vietnam Veterans Motorcycle Club. Following, Col. Michael Snodgrass' remarks, they'll perform the Fallen Warrior Ceremony. A wreath will be laid in honor of those who remain unaccounted for and will conclude the ceremony.

Jewish holidays

The most important Jewish holidays are called the High Holy Days. Supervisors are encouraged to allow their Jewish personnel to take leave during the High Holy Days if the members want to.

Yom Kippur is the Day of Confessions/Atonement. It begins Sept. 24 at sundown and ends Sept. 25 at sundown.

For information about High Holy Days services, please call Capt. Laurie Wax at 552-4876.

Back to school sale

The Community Center's Back-to-School Garage Sale is Saturday from 9 a.m. to 3 p.m. in the Youth Center gym. For more information, call 552-8529.

Free tire change

With winter quickly approaching, it's time to put on those studded snow tires. The Protestant Men of the Chapel in conjunction with a host of other volunteers from around base are offering anyone whose spouse is deployed a

free tire change Sept. 25 from 10 a.m. to 2 p.m. at the Auto Hobby Shop. This event is part of "Operation AEF Tire Change." More details to follow. For more information or if you would like to volunteer, call Chaplain (Capt.) Michael Goecker at 552-4422.

Mock deployment

The base Integrated Delivery System team sponsors a mock deployment for children Sept. 25 from 2-4 p.m. at the Old Commissary Building. The event is to give children of deployed or soon to be deployed parents an opportunity to see what their parent experience as they get ready to deploy. Free T-shirts and dog tags will be issued, as well as food courtesy of the Armed Forces YMCA. For more information, call Mr. Al Bartz at 552-8148.

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 is necessary.

■ The Spouse Connection Potluck is Sept. 25 from 3:30-5:30 p.m. at the Family Support Center. This is an opportunity to meet new friends, and receive information and support with others going through family separations and reunions. Children are welcome. Call 552-9290 to sign up.

Airman's Attic

The Airman's Attic is a non-profit organization sponsored by the Enlisted Spouses Group, which gives away donated items to military members.

The attic is now open for E-4s and

below Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m.; for E-5s and E-6s Fridays from 10 a.m. to 2 p.m.; and for all ranks on the first Saturday and last Friday of each month from 10 a.m. to 2 p.m. For further information, call 552-5878.

Gate reopening

Elmendorf's Government Hill Gate is slated to reopen Sept. 27. For more information, call Mr. Brian Dohman at 552-5445.

Dorm managers wanted

Two positions are open for military members interested in being dormitory managers on Elmendorf. Members must be staff, technical or master sergeants and have at least two years left on station. Packages must be submitted by Monday.

For more information, call Master Sgt. Martin Lease at 552-9960 or Master Sgt. Edward McComb at 552-1774.

Food drive

There will be a food drive to benefit the Food Bank of Alaska at the Joint Military Mall and the Value Village store located on Northern Lights Oct. 2. Visit either of these sites and show your support. For more information, call Airman 1st Class Karen Johnson at 552-7938.

Bargain Shop

The Bargain Shop is now open from 10 a.m. to 2 p.m. Mondays, Wednesdays and Fridays; and from 10 a.m. to noon Mondays and Fridays to drop off consignments. Donations are also accepted during regular hours.

For more information, call 753-6134.



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. Saturdays 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.

Have goals to give life more meaning

By Senior Airman Amy Morrisette

3rd Wing Public Affairs

This past weekend, when it seemed that I had everything figured out in my life, a real eye-opening experience swept over me.

Caught up in some readings about the Air Force doctrine — basically, its main goals and reason for existence — I lost sight of what I was reading and began thinking about my own doctrine.

I asked myself: what is the war that I am fighting for? (In other words, what is that main thing I hope to achieve in this lifetime?)

When I came into the Air Force a little over two years ago, I wanted nothing more than a minimum enlistment. I just wanted to save up some money to apply to law school and do some traveling. Since then, of course, matters have become more complicated — I realized there's something about the Air Force that I love.

The daily challenges at work, the relentless attention to detail and the various taskings for additional duties hardly let up. Just as active as I was as a freshmen in college four years ago, and continuing with my obsession with self-improvement — it's for these reasons, that I plan to reenlist in the Air Force.

Through all the enthusiasm of having found someplace to call "home," as "Airman" has become part of my identity and I have a new framework in which I organize, train and sustain myself — I think I lost sight of the main reason I joined the Air Force in the first place.

What opened my eyes to this is when I read the doctrine and felt like I was looking into the Air Force to its core. I thought about the usefulness of such a doctrine and how it keeps its same purpose over the years, and gets added on to from time-to-time. I now think humans should have doctrines of their own. Written or unwritten, it's important to have goals and to want to do that one thing that you think you cannot do.

I know that my goals will certainly expand over time and there's nothing wrong with that. I can still be in the military and continue on with my education. In fact, the military encourages education and offers us many educational benefits.

This revelation gives me purpose and keeps me operating anytime and in any place. It keeps me searching for the good in every day and wanting to improve — because as impressive as being a member of the Air Force is ... I know that this is just my beginning.

Arctic Life

Great living in the great land



STAFF SGT. DAVID DONOVAN

Art classes

Above: Ms. Rachel Roberts, spouse of Capt. Adam Roberts of the 611th Civil Engineer Squadron, uses a lathe to turn a bowl during a wood turning class at the Skills Development Center, while an instructor, Mr. Will Bellucci, spouse of Capt. Launa Bellucci of the 3rd Mission Support Squadron, looks on. Wood turning classes are available based on customer needs. To sign up at a date and time of your convenience, call 552-7011 or 333-1416.

Left: Capt. Launa Bellucci, 3rd MSS, solders pieces of stained glass together. Captain Bellucci and her husband teach stained glass classes. The next class begins Oct. 4. Classes run for four weeks every Monday, beginning each first Monday of the month. Class hours are from 6-8:30 p.m. The cost is \$65, which includes materials. To sign up, visit the Skills Development Center or for more information call 552-7011 or 333-1416.



STAFF SGT. SUE NUCKOLLS

27 Arctic Warriors graduate from NCOA

The following staff sergeants graduated from the Noncommissioned Officer Academy Class 04-6 recently:

Gregory Birnschein, 703rd AMXS
Kevin Riek, 703rd AMXS
Tony Johnson, 703rd AMXS
Walter Bevens, 703rd AMXS
Brian Druckenmiller, 3rd OSS
Jason Frigon, 611th CES
Jeffrey Dunaway, 3rd CES

Joseph Singian, 3rd CES
Paul Adams, 3rd CES
Isaac Newberry, 3rd CS
Dana Rogers, 3rd CS
Frank Softa, 3rd CS
Justin Lunde, 3rd CS
Carl Sweeney, 381st IS
Gary Sweet, 11th OWS
Charles Chapman, 732nd AMS
Sherry Halls, 517th AS

Craig Hinger, 3rd MSG
Shawn Campbell, 3rd MSG
Richard Piltz, 3rd MOS
Kenneth Bailey, 3rd MOS
John Schmitz, 3rd CMS
Price Seim, 3rd CMS
Mitchell Schalk, 3rd EMS
Wendy Swails, 3rd CONS
Kent Vincent, 3rd AMXS
Robert Winiecki, 3rd LRS

::: spotlight

::: fri

Many savings, adventures at Arctic Oasis

By Mrs. Mary M. Rall
3rd Services Marketing

Figuring out what to do on the weekend doesn't have to be a struggle when you can rely on the Arctic Oasis Community Center to do it for you.

Individuals from throughout the base can get a start making room for winter gear by participating in a Community Yard Sale Saturday from 9 a.m. to 3 p.m. at the Youth Center.

Those interested in adding a little adventure to their weekend can participate in a Scavenger Hunt Saturday from 10 a.m. to 2 p.m.

The search for items will be conducted at several Services facilities. This event is open to families, individuals, and groups who will compete to solve riddles and look for treasure throughout the base. The ultimate goal will be finding the secret to unlocking the chest of prizes.

People seeking less organized play can stop by the center for Micro Golf for \$12 for youths 12 and under, and



STAFF SGT. ADRIAN CADIZ

Dexter Aikey takes a swing as his friends look on at the Micro Golf course in the Arctic Oasis Community Center.

\$3 for adults.

More advanced play can be experienced at the facility's Full Swing Golf stations, featuring 26 different courses and difficulty levels. Two hours of play is \$20 for four players, \$10 for single players and \$5 for club rentals.

Golfers up for a little competition can also take on the Full Swing Golf Challenge Course. The course and settings will be posted at the reception counter. Players may make a reservation for \$10 to play the course and

have their score recorded by a staff member.

A prize will be awarded at the end of the month to the player with the best score. The course changes monthly.

The fun of the facility can be experienced through a host of activities offered for free on a daily basis as well, such as the indoor playground, skate park, climbing wall, various table games and much more. The center is open to all ages, but an adult must supervise those under 13 at all times. For more information, call 552-8529.

::: inside the fence

Basketball and Cheerleading Registration Ends, today at the Youth Center. 552-2266

One-Stroke Painting Sunflowers, Roses, Fuchsia, and Pansies, today and Sept. 24 from 6:30-9 p.m. for \$25 at the Skills Development Center. 552-7012

CGOC Night, today at the Cave. 753-3131

Eklutna Trail Ride, Saturday at 9 a.m. followed by a spaghetti dinner for \$10 with the Outdoor Recreation Center. 552-2023

All Night Xtreme Bowling, Saturday bowl from 9:30 p.m. to 1 a.m. for \$15 per person at the Polar Bowl. 552-4108

Give Parents a Break, Saturday from 1-5 p.m. at the Sitka Child Development Center. 552-6403

No Tap Tournament, Saturday from noon to 6 p.m. at the Polar Bowl. 552-4108

Kids Corner Working in Pottery Clay, Saturday from 1-3 p.m. for \$20 at the Skills Development Center. 552-7012

Airmen's Special, Monday from 5-9 p.m. E-4s and below and families save 50 percent on open bowling and shoe rentals at the Polar Bowl. 552-4108

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

Tutoring Assistance, Monday-Thursday from 6-7 p.m. with

reservations at the Youth Center. 552-2266

Nine-pin No Tap Tournament, Monday-Wednesday from 11 a.m. to 5 p.m. daily at the Polar Bowl. 552-4108

Football Frenzy, Monday at the Kashim Club qualify for a trip to the Super Bowl, Pro Bowl, and weekly prizes. 753-3131

Bowler Appreciation Night, Tuesday from 5-9 p.m. bowl for \$1.50 per game at the Polar Bowl. 552-4108

Preschool Story Hour, Tuesday at 10:30 a.m. for children age 5 and under at the Library. 552-3787

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

Family Child Care Orientation, Tuesday-Sept. 24 from 9 a.m. to 4 p.m. in Bldg. 5091. 552-3995

Wednesday Night Madness, Enjoy unlimited bowling for \$15 per lane for up to five people from 5-9 p.m. at the Polar Bowl. 552-4108

Otter Lake, Wednesday from 3:30-7 p.m. for \$8 with the Young Adult Center. 552-8226

Children's Make It and Take It, Wednesday pick up a complete children's art project at the Library. 552-3787

Eagleglen Customer Appreciation Day, Thursday beginning at 8 a.m. with free tee times, food, drinks and prizes at the

Eagleglen. 552-3821

Red Pin Bowling, Win free games when you get a strike with a red head pin Sept. 23 from 5-9 p.m. at the Polar Bowl. 552-4108

Homeschool Program Ceramics A-Z, Thursday from 2-4 p.m. for \$15 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

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

Beginning Beading Bracelet, Thursday from 6-8 p.m. for \$30 at the Skills Development Center. 552-7012

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

Airmen's Xtreme Bowling, Sept. 24 get one Xtreme bowling package for half off when you buy one at the regular price. 552-4108

Surf and Turf Specials, Sept. 24-25 at the Susitna Club. 753-3131

Family and Teen Talent Show Sign Up Deadline, Sept. 24 at the Arctic Oasis. 552-8529

Xtreme Bowling, Sept. 24-25 from 9 p.m. to 1 a.m. at the Polar Bowl. 552-4108

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

BOWL AWAY: The action is at Xtreme Bowling tonight and Saturday from 9 p.m. to 1 a.m. at the Polar Bowl. 552-4108

MOVIE: I Robot (PG-13) Will Smith stars in this action thriller inspired by the classic short story collection by author Isaac Asimov and brought to the big screen by director Alex Proyas. In the year 2035, robots are an everyday household item and everyone trusts them, except one slightly paranoid detective (Will Smith) investigating what he alone believes is a crime perpetrated by a robot. The case leads him to discover a far more frightening threat to the human race. 7 p.m.

::: sat

CLOSET CLEANERS: With the winter season fast approaching, some people are already looking to buy winter sporting equipment. Make room for that ski gear by cleaning out your closets and purchasing sporting gear and a variety of other items at a Community Yard Sale from 9 a.m. to 3 p.m. at the Youth Center. 552-8529

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

::: sun

DINE IN: Take a taste of more than 20 breakfast and lunch items at Sunday Brunch from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

MOVIE: Harold and Kumar go to White Castle (R) Harold and Kumar Go to White Castle follows two likeable underdogs who set out on a Friday night quest to satisfy their craving for White Castle hamburgers and end up on a mind-altering road trip of epic proportions. 7 p.m.

::: fyi

BREAKFAST PARADISE: The Paradise Café at the Arctic Oasis Community Center is now serving breakfast sandwiches to get your day off on the right bite. You can also enjoy lunch sandwiches, shakes and smoothies, as well as a variety of other snacks. 753-3131

The Weekend

Happy b-day, AF

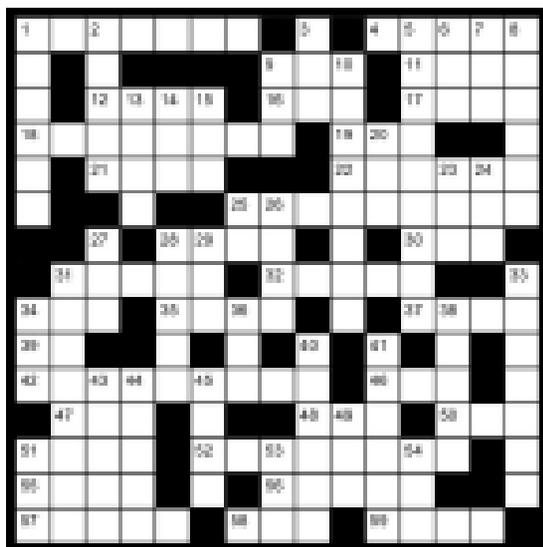
By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. First USAF officer to serve as CJCS
4. Basilica
9. Actress ___ Marie Saint
11. Shrek was one
12. Ship
16. Aloha gift
17. Bill Parcell nickname
18. Year of USAF independence (on Air Force Seal)
19. abc ... ghi ...
21. Places
22. Singer/songwriter King
25. Sport reporter (2 words)
28. War in South Africa
30. Dine
31. What combat aircrews "sat" during Cold War
32. Central Asia country
34. Org. that secures federal products, services
35. Capital of Norway
37. Tardy
39. America, informally
42. First SECAF of the USAF
46. Golf score
47. Airman Medal of Honor recipient Henry E. Erwin's nickname
48. SE regional power provider
50. Snakelike fish
51. Location
52. Only three-time recipient of Mackay Trophy
55. Seat of Irish kings in ancient times
56. Type of Navy officer?
57. USAF plane that dropped first atomic weapon; ___ Gay
58. Actress West
59. Ambition



Last week's solution



DOWN

1. President who signed EO 9877 to create separate USAF
2. Long-range nuclear missiles controlled by USAF
3. St. alternative
5. Airman who made first free back-type parachute jump
6. School located in Be'er Sheva, Israel (abbrev.)
7. Sea bird
8. USAF pilot to first break sound barrier
9. Inventor Whitney
10. Name prior to USAF: Army ___
13. Steers
14. Model Carol
15. Boob-tubes
20. Actor Mineo
23. Gametes of animals
24. Allow
25. Gym class
26. River in Tuscany
27. Pie ___ mode (two words)
28. Eighth SECAF of the USAF
29. USAF commissioning source
31. Person from ancient empire
33. First airman to receive Medal of Honor after USAF established
34. First USAF astronaut to fly; Virgil I. "___" Grissom
36. Object used in making choice at random
38. First CMSAF of the USAF
40. Main dish
41. First CSAF of the USAF
43. Subway system
44. Model
45. Prey
49. Airman in service during time of war, briefly
51. Sault ___ Marie
53. Accountant, in brief
54. Stain

Dealing with people you can't stand

By Senior Master Sgt. Karen Harris

36th Expeditionary Comptroller Squadron

Have you ever wondered why some people you can get along with from the first meeting and others just "rub" you the wrong way? Do you know anyone you "just can't stand?"

After serving in the military for 19 and a half years, I had a boss that recommended the book *Dealing with People You Can't Stand*. I started reading it and realized I could have used this book years ago. With that in mind, I borrowed the title from the book for this article.

As a young Airman, I was always prone to speak my mind. Somewhere along the way, I learned this only led to more confrontation and conflict. It's okay to disagree and voice your opinion and most people will agree it's okay. But, what they are really saying is, "it's okay to disagree, but not with me."

Someone once told me I could get his support if I ran everything by him first. Somehow, I knew this would lead to conflicts. Over the years, I've learned some techniques and methods on how to disagree.

Too often we unconsciously provoke those we can't stand. Instead of feeding that difficult person with more hostility, why not find the good in that person.

When I was a staff sergeant, I worked with another staff sergeant who outranked me by a few months. We definitely couldn't stand each other, and not a day went by we didn't let each other know. However, I realized that the more I went to him for advice or said how helpful he was, the better co-workers we became.

There is nothing wrong with stroking someone's ego. We need to look for the best in our subordinates and superiors and give them the benefit of the doubt. This doesn't mean we become a "yes" person. Sometimes, we do need to offer constructive criticism. This is not the same as telling someone they are wrong. Remember, give them the benefit of the doubt.

How many times have you made suggestions on a project only to be told, "It'll never work," or "That's a dumb idea." How many times have you used these same words? Think back to how you felt and how productive you were afterward. Before giving a negative response, why not make it something positive. It's amazing how far a little encouragement and a "thank you" will go.

By no means am I an expert on dealing with people I can't stand. I'm sure many of you have your own stories to tell. Just remember: you never fight fire with fire because at some point you both go down in flames.

Sports News



STAFF SGT. RHIANNON WILLARD

YABA-dabba do!

Mr. George Herr, retired military member, and his son, Jake, 2, get a ball rolling during the Youth American Bowling Alliance Saturday at the Polar Bowl. The bowling league runs through March and is open to youth ages 3-21. Currently, about 160 children are registered for the event. Some YABA bowlers will go on to participate in the state and monthly scholarship tournaments. Parents interested in signing up their children for YABA can still do so by stopping by the Polar Bowl on any Saturday. For more information about YABA, call Mrs. Joyce Herr at 622-8708.

Sports Shorts

Swimming

Registration for the October swimming session begins Monday at the Fitness Center. For more information, stop by the Fitness Center or call 552-3622.

Fit pregnancy class

If you are pregnant and interested in improving your fitness and health during your pregnancy, the Fitness Center offers a fit pregnancy class Tuesdays and Thursdays at 6 p.m. in the Yoga Room. To get approval for participation check with your Health Care Provider prior to attending.

For more information, call Leyla Kelter at 552-8890.

Skateboarding

■ A skateboarding camp for youth ages 5-12 is Sept. 27-30 from 4-6 p.m. for \$20 at the Indoor Skate Park at the Arctic Oasis Community Center.

■ A skateboard competition is Oct. 1 at the Arctic Oasis Community Center at 4 p.m. for youth ages 5-8 years old; 4:45 p.m. for ages 9-12; 5:30 p.m. for ages 13-15; and 6:15 p.m. for ages 16-18. The cost is \$10 per person. Prizes will be awarded for first, second and third places.

For more information, call 552-8336 or 2371.

Youth employment program

Children of active-duty members in grades 9-12 can participate in the Youth Employment Skills program, which gives children an opportunity to assist the Youth Sports director by preparing the gym for games, running the clock during games and much more. By volunteering, youth will earn volunteer dollar credits to be placed directly into a college fund. A maximum of \$1,000 or up to 250 hours over the course of a child's high school career can be accumulated.

For more information, call 552-5347.

Punt, pass and kick competition

The "Punt, Pass and Kick" competition is Saturday and Sept. 25 from 1-5 p.m. for free at the Anchorage park strip on 9th Avenue for youth ages 8-15.

Visit the Youth Center to pick up registration forms that can be turned in at 11 a.m. before the event. This event gives each youth an opportunity to punt, pass, and kick for prizes. Winners will be given the chance to compete in the Alaska Sectional Championships. First, second and third place winners will receive medals.

For more information, please call Andrew Mosby at 349-0401.

Fitness Test Standings

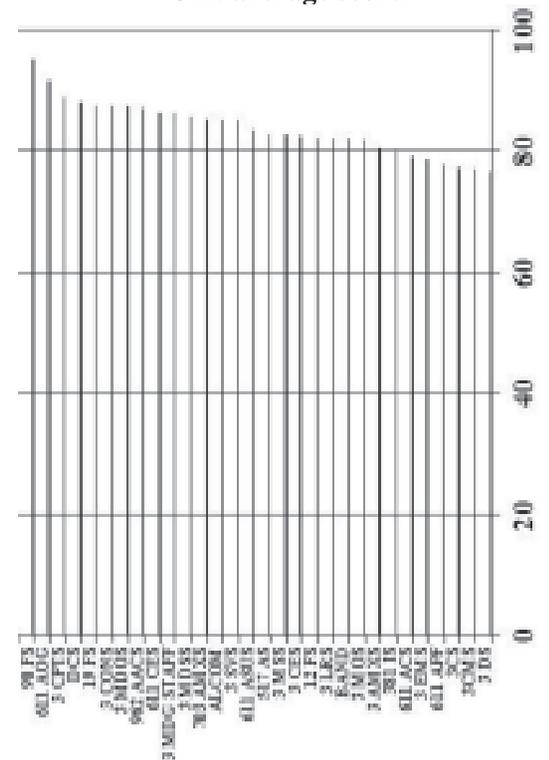
Commander's Challenge

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:

11:15, Tracy Cooper, 19th FS
12:28, Kristin Huston, 3rd CS
12:46, Amanda Bryce, 3rd CS
13:35, Melissa Young, 3rd CES
13:40, Nicole Plummer, 3rd CS

Push-ups:

55, Amanda Bryce, 3rd CS
42, Kristin Huston, 3rd CS
42, Darcy Miller, 3rd CS
34, Nicole Plummer, 3rd CS
24, Rhonda Howanski, 19th FS

Crunches:

70, Amanda Bryce, 3rd CS
53, Nicole Plummer, 3rd CS
50, Kristin Huston, 3rd CS
50, Tracy Cooper, 19th FS
47, Melissa Nava, 19th FS

Men

1.5-mile run:

8:28, Joseph Zingaro, 19th FS
8:55, Dave Skalicky, 19th FS
8:56, Timothy Rockwell, 19th FS
8:56, Grant Lewis, 19th FS
9:24, William Denham, 19th FS

Push-ups:

90, Branden Shaw, 3rd CES
78, Robert Devens, 3rd CES
71, Chad Waters, 3rd CES
65, John Scott, 3rd CS
62, Travis Hazeltine, 19th FS
62, Joseph Zingaro, 19th FS

Crunches:

65, Adam Yundt, 3rd CS
62, Mark Goddard, 19th FS
62, Joseph Zingaro, 19th FS
61, Chad Waters, 3rd CES
60, Dave Skalicky, 19th FS
60, Chris Tyson, 3rd CS