

The Sourdough

S E N T I N E L

Aug. 20, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 33

Keeping memory of WWII veterans alive



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*Ceremony celebrates
memorial wall*

-- Pages 10-11



COURTESY PHOTO

517th AS deploys

Maintainers from the 517th Airlift Squadron prepare final checks on a C-130 prior to takeoff Sunday. Approximately 100 servicemembers from the unit deployed with associated aircraft and equipment to support Operation Enduring Freedom. This deployment is anticipated to last four months.



■ **Airman 1st Class Jeffrey Mason**, 517th Airlift Squadron, served as a host and escort for 23 Indian Air Force distinguished visitors.

His actions directly contributed to the overall success of exercise Cooperative Cope Thunder '04, Pacific Air Forces' largest multi-national combat scenario.

Airman Mason's tireless efforts reflect greatly upon himself, the Firebirds and the 3rd Wing.

■ **Staff Sgt. Whitney Drake**, 3rd Component Maintenance Squadron, quickly responded to a Japanese F-15 aircraft with in-flight emergency.

The aircraft was determined as having a utility system hydraulic failure.

Guiding a team of Japanese technicians, Sergeant Drake isolated and rebuilt a faulty main landing gear brake bushing assembly.

His superb technical ability vastly minimized downtime and returned the aircraft to service in two hours, maximizing critical training during Cope Thunder.

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 Upperle, 3rd SVS/CC
552-2468

Maj. Robert Garza, 3rd SFS/CC
552-4304

Painting problems

Q: Sir, I recently went to the Auto Hobby Shop to ask about renting the paint booth and I was informed that they do not have one. I was wondering why that is?

I have been to a lot of bases and this is the first time in my career that I have been to a base that does not have a paint booth at the Auto Hobby Shop.

Considering the climate here in Alaska with the long winters and the fact that a lot of people work on cars as a hobby, this is a real inconvenience.

It is very expensive to get a car painted downtown.

If we had a paint booth on base it would save people a lot of money, plus be profitable for the Air Force.

Is there anyway that we could get a paint booth put into the Auto Hobby Shop?

Thanks for your time.

A: We appreciate your interest in the Automotive Skills Facility. An automotive paint booth was included in the original construction of the facility.

A study was conducted to justify the replacement of the existing unit.

It was determined that less than one percent of those personnel using the Automotive Skills Facility actually used the paint booth.

In addition, painting facilities,

painting equipment and supplies, paint booth maintenance, and hazardous material disposal costs amounted to nearly 10 percent of the operational costs of the Automotive Skills Facility.

Over the course of a two year period, the paint booth was used an average of less than two times per month.

For every dollar taken in as fees, the Automotive Skills Facility was spending nearly \$3 to maintain the paint booth.

We appreciate your need for a facility such as this at Elmendorf.

However, the cost of this facility far outweighs the benefit derived from this unit.

Create holiday video greeting for family Sept. 13

Wish your family and friends happy holidays during the upcoming holiday season by sending them a video greeting.

The Hometown News Holiday Greetings team will visit the 3rd Medical Group Sept. 13. People can record a greeting between 7 a.m. and 5 p.m. near the rear entrance of the 3rd MDG. The event is free for all who are stationed here or who will be deployed during the holidays. Call 552-8014 for more information or to schedule a time to create a greeting.



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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

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Chief, Public Affairs

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NCOIC, Internal Information

Senior Airman Amy Morrisette

Editor

3rd Wing History Moment



Emblem approved

Feb. 14, 1924

Aug 20, 1917:

The Army organized the 90th Aero Squadron at Kelly Field, Texas. The squadron deployed to France in November 1917 to participate in World War I. It has been assigned to the 3rd Wing since July 1, 1919.



COURTESY PHOTO

**He's been a 17-year 3rd CES
veteran and conservation
chief, but now he's moving on**

Mr. Allen Richmond, 3rd Civil Engineer Squadron conservation and planning chief, removes a collar from a bear Aug. 12 on Fort Richardson. Elmendorf's conservation agents and wildlife bear response team are currently working to replace all defective bear tracking collars.

By Mr. Jon K. Scudder
3rd Wing Public Affairs Environmental

This year the fall bird migration is taking one of its friends with them — a 17-year veteran civil engineer responsible for those creatures on Elmendorf with fur, fins and feathers.

Although warmer weather factors into the move, Mr. Allen Richmond, the 3rd Civil Engineer Squadron conservation and planning chief, has found a career opportunity in Air Education and Training Command too hard to pass up.

As AETC's natural resources chief, the Virginia Tech graduate will draw on his years of experience here to succeed in his new role monitoring these programs at the 13 bases.

The experiences include his share of close encounters with wildlife, especially during bear monitoring and collaring studies.

"Approaching a bear den during the middle of winter and looking at a bear awake and staring at you while you're reaching in trying to tranquilize it will get your blood flowing," said Mr. Richmond.

Another similar occasion was when he was darting a pair of nuisance juvenile brown bears who were entering the flight line area adjacent to the horse stables.

"The 250-pound female brown bear bluff-charged me twice, only to stop 15-yards away," said Mr. Richmond. "It'll put the hairs on the back of your neck straight up." Even so, he feels that working with bears was the most enjoyable part of his job.

However, not all of his experiences at Elmendorf have been so fond.

Specifically, the 1995 crash of the Yukla 27, an E-3B Airborne Warning and Control System aircraft. The Yukla 27 crashed upon takeoff after ingesting geese into its engines, killing its 24-

"After coming up to Alaska in 1973 as a young Army second lieutenant and deciding to stay, it will be hard to leave ... Alaska has been my home for 31 years."

Mr. Allen Richmond

3rd Civil Engineer Squadron conservation and planning chief

member aircrew — and it still haunts him.

"That was a traumatic event for the whole base, and because it involved wildlife, I often wondered if there was something that I could have done to prevent it," said Mr. Richmond. "It was a long time before I was able to visit the crash site, because I knew several people on the flight, including two volunteer military conservation agents."

As a result of the crash, the natural resources staffing was increased to provide more attention to bird management around the flight line.

This eventually led to the establishment of the current Bird Aircraft Strike Hazard dispersal program.

"Now, the base has the people to do the job," said Mr. Richmond, referring to his staff which is involved with wetlands, game enforcement, cultural resources and environmental planning.

He remembers the early days of his job, when he was the only full-time professional with a staff of two enlisted personnel from the Snow Barn to accomplish everything.

Now, everything is done with a staff of six.

"We've been able to concentrate on developing plans like our integrated natural resources plan, which looks five years into the future," Mr. Richmond added. "We're doing a lot more than treading water."

According to Mr. Richmond, this is a good time for him to explore a new opportunity. "I think it's now time in my life to move on," said the Fort Belvoir, Va., native. "I have been able to do what has interested me since my childhood and now I'll be able to do it on a larger scale."

However, he does have some regrets upon leaving.

"After coming up to Alaska in 1973 as a young Army second lieutenant and deciding to stay, it will be hard to leave," he said. "Alaska has been home for 31 years."

"Pam and I will miss the Alaskan hospitality, wide open spaces and outdoor activities," Mr. Richmond added, referring to his wife, Pam, who is a contract specialist for the 3rd Contracting Squadron. "We'll be back to visit," he said.

Mr. Richmond is the father of four children, two of whom will remain in Anchorage.

Although it will be tough to see him go, his supervisor, environmental flight chief Mr. Danny Barnett understands and said Mr. Richmond will be missed.

"The natural resources and environmental planning program is nothing like when he took over. From fish and game enforcement and the volunteer programs associated with it, to environmental planning, the base owes a huge debt to him for the improvements he and his staff have made."

Aircraft face FOD threat

Base looks for ways to eliminate preventable, dangerous conditions

By Staff Sgt. Mike Edwards

3rd Wing Public Affairs

Warning!

Elmendorf is facing a serious threat. It is one common to Air Force bases and airports worldwide. If we don't take steps to counter this threat immediately, we run the risk of losing millions of dollars worth of aircraft and quite possibly, hundreds of innocent lives.

The threat is foreign object damage, otherwise known as FOD.

This type of damage typically occurs when an aircraft engine ingests some type of foreign object. This can cause parts of the engine to break or malfunction and can lead to serious consequences.

This year alone, Elmendorf has spent \$132,000 in FOD costs.

"FOD can result in anything from minor damage to catastrophic events," said Master Sgt. Reynaldo Morales, 3rd Wing FOD noncommissioned officer. "Damage is usually very expensive and can cause extensive workloads for everyone involved. More importantly, it puts the aircrew and passengers at risk."

Some of the damage to which Sergeant Morales refers could result in anything from a mission delay because the engine simply won't work, to a possible explosion. This problem is worsened when you consider the bombs, missiles and thousands of gallons of jet fuel which are commonly found in the flight line area.

"I've seen things like pins, streamers, fasteners and even ice cause damage to an aircraft," said



SENIOR AIRMAN AMY MORRISSETTE

Even an item as small as a screw could potentially create a serious FOD incident. It is imperative to keep the flightline free of all debris and loose objects.

Sergeant Morales, a 15-year Air Force veteran.

Other items that could cause FOD include: tools, pavement fragments, sand, coins, badges, hats, paper clips, trash and even wildlife.

"Preventing FOD is everyone's business. If you see a bird anywhere near the flight line or in the bird exclusion zone, call 552-BIRD immediately," Sergeant Morales said. "We want to make sure we don't have an accident due to a bird strike."

He also suggests people keep their work areas clean, dispose of trash properly, and keep a good inventory of tools and equipment as a way to prevent debris from interfering with aircraft.

"Currently, in the Pacific Air Forces, Elmendorf ranks third in FOD costs and fifth in FOD rates," said Sergeant Morales. "We would like to eliminate this type of damage completely. With everyone's help, we can come much closer to achieving this goal."

Change in HIV testing affects member's Physical Health Assessment status

Compiled from staff reports

In order to reduce the incidence of the Human Immunodeficiency Virus in military members, the HIV testing requirement has changed recently. Members will now have to be screened for HIV infection every two years instead of in five-year intervals.

Since the completion of the Operational Readiness Inspection, there has been a marked increase in overdue Physical Health Assessments across the wing, however the increased deployment tempo has dramatically increased the significance in Individual Medical Readiness.

"The importance of the PHA is to ensure all military members are medically ready to deploy," said Master Sgt. Jeff Warner, superintendent of public health at the 3rd Medical Group. "Although keeping your PHA up-to-date is not just to fulfill a mobility requirement — it's for your own health and well-being."

According to Sergeant Warner, PHAs are an individual medical responsibility. "Our team sends rosters to the base unit health monitors and deployment managers with the requirements for their people, and it's up to the individual to schedule an appointment to get their PHA," he said.

To schedule an appointment or for questions, call 580-2936. For people empaneled to Flight Medicine, call 580-4006. For questions and additional information, send an e-mail to Timothy.Hutter@Elmendorf.af.mil. People should bring their dog tags, IDs and eyeglasses if applicable to their appointment.

'BASHing' birds

Elmendorf's feathered friends can spell disaster

By Mr. Jon K. Scudder
3rd Wing Public Affairs Environmental

The children will be back at school in the coming weeks. Leaves are beginning to fall and the hours of sunlight are quickly dwindling. Fall is coming; and the semi-annual flight of thousands of our feathered friends to their warm, winter homes is beginning.

Although, many of us would like to join our feathered friends, we can't.

As Arctic Warriors, we must remember that preventing Elmendorf from becoming their Holiday Inn is critical to mission safety.

These flocks pose a threat to aviators and aircraft operations here.

Mid-August begins the start of Wing awareness and preparation for the nine-week-long bird migrations period. Some birds leave as early as July. However, waterfowl and raptors, the largest and highest risk, fly south from mid-August through mid-October.

Unfortunately, Elmendorf has seen the impact of birds first-hand. Sept. 22, 1995, 24 American and Canadian servicemembers were killed when an E-3B Sentry, assigned to the 962nd Airborne Air Control

Squadron, crashed on takeoff after striking a flock of Canada geese.

To help prevent a recurrence of such a disaster, the Bird Aircraft Strike Hazard program or BASH as it's commonly known as, kicks in its afterburners during these critical periods.

The program is comprised of a group of military and civilian professionals who make it their job to deter birds from entering Elmendorf's airspace.

"Everyone who works, lives or passes through Elmendorf can help reduce the risk to our aircrews by some simple steps," said Maj. William Browne, 3rd Wing flight safety officer, who manages the BASH program.

First, Arctic Warriors can help reduce the attractiveness of the base to transiting birds by keeping debris and potential food sources out of reach. In particular, ensuring dumpster lids are down and garbage cans are covered.

"We've seen an increase in bird activity, especially ravens and gulls around dumpsters where the covers were left open," added Major Browne. "If you see a dumpster left open, please close it."

Also, base residents can help. If a



ILLUSTRATION BY STAFF SGT. MARK GREEN

bird, any bird, is spotted near the flight line, call 552-BIRD.

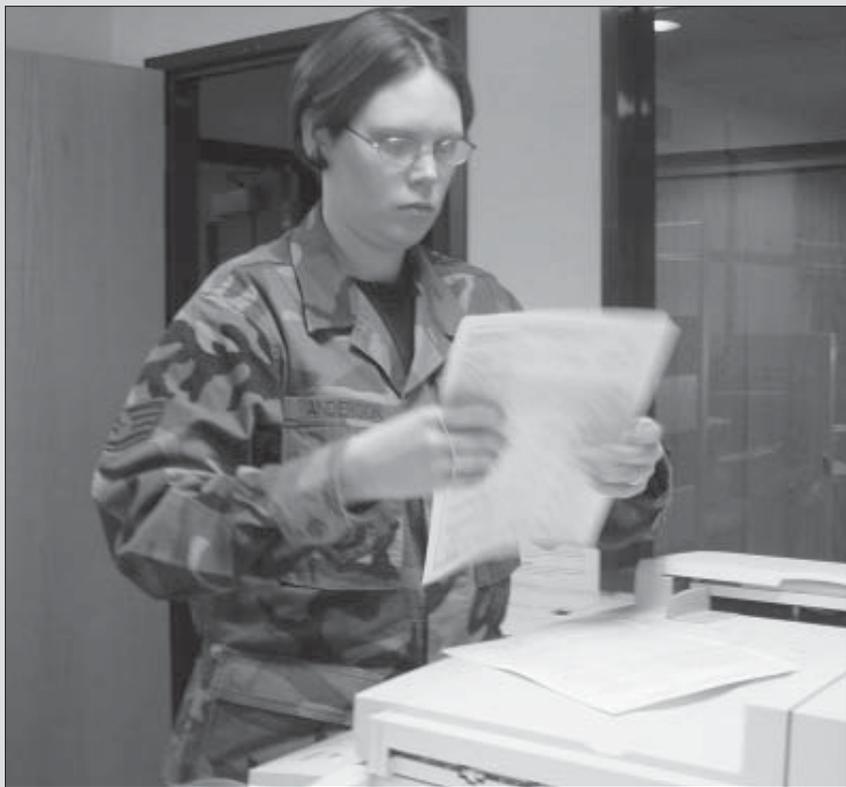
If an individual is away from the flight line and a large bird is seen, like a goose or eagle, people should call the hotline he said.

"All you have to do is call, tell us where you saw the bird, how many, and what type if possible," said Major Browne.

The call will warn nearby aviators

and dispatch a team of U.S. Department of Agriculture professionals who are on duty 24-hours a day to chase the birds away from the airfield.

"It's that simple and just takes a few seconds of your time," said Major Browne. "Your call could mean saving thousands of dollars in damage, and more importantly, the lives of our fellow Airmen."



STAFF SGT. MIKE EDWARDS

Name: Staff Sgt. Kelley Anderson

Duty title: Command Chief Master Sergeant's executive assistant

Hometown: Louisville, Ky.

Hobbies: Spending time with her husband, reading, hiking, taking pictures and traveling.

How she contributes to the mission: She schedules appointments for 3rd Wing Command Chief, runs the Wing Commander's Shadow Program, Breakfast with Airmen, Team Elmendorf Quarterly and Annual Awards, Deployed Spouse Town Hall Meetings and sets up enlisted calls.

Time at Elmendorf: Two years.

Best part of being in Alaska: The summer season.

Supervisor's Comments: "Staff Sgt. Anderson has served the 3rd Wing Command Chief and all Group leaders unconditionally and with distinction." Chief Master Sgt. Robert Tappana, 3rd Wing Command Chief



AIRMAN DE-JUAN HALEY

Name: Senior Airman Amalfi Beasley

Duty title: 3rd Wing Command Post, noncommissioned officer in charge of information management

Hometown: Anchorage, Ak.

Hobbies: Reading, writing and painting.

How she contributes to the mission: She is the workgroup manager and information management specialist for the Command Post

Time at Elmendorf: Four years.

Best part of being in Alaska: Being close to family and friends.

Supervisor's Comments: "Staff Sgt. (sel.) Beasley is an incredible addition to the Elmendorf Command Center. Her superb organizational skills and exceptional job knowledge have already had a great impact on our work center. Amalfi's attitude and professionalism make her a true joy to work with." Chief Master Sgt. Raymundo Garcia, 3rd Wing Command Post deputy director

Change of command

The 517th Airlift Squadron will have a change of command ceremony Wednesday at 3:17 p.m. in Hangar 18 at the 517th AS. Lt. Col. Paul "Otto" Feather will assume command from Lt. Col. Patrick "Hoot" Hollrah. Call Capt. Craig Smith at 551-1889 for more information.

New hours

The Military Personnel Flight, Finance Office, Legal Office, and Pass and ID Office will have new operating hours.

The new hours of operation are as follows: Mondays, Tuesdays, Thursdays, and Fridays from 7:30 a.m. to 3 p.m.; and Wednesdays from 6 a.m. to 6 p.m. This change was instituted to better accommodate shift workers by having services available for a 12-hour period each Wednesday.

Home buying seminar

Elmendorf's Housing Office offers a home purchasing seminar Monday at 1 p.m. at the Housing Office, located at 6346 Arctic Warrior Drive. The class runs between two and three hours. Seating is limited. Call for seat reservations at 552-4439/4328.

MFH residents

All Military Family Housing residents need to visit the Dallas Housing Community Center, located south of the Shoppette on the Government Hill side of base, to sign and submit all their privatization documents.

People can stop by between 10 a.m. and 7 p.m. on Tuesday, Thursday, or

Aug. 27. If you cannot come at this time, stop by the Aurora Military Housing Office at 3774 Provider Dr. between 8 a.m. and 4:30 p.m. Monday-Friday.

For people signing on behalf of anyone else, bring their Special Power of Attorney.

All documents must be submitted by Sept. 15.

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

NCO retraining

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

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

Some restrictions apply, depending on grade and AFSC.

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

Prescription drop-off

The 3rd Medical Group pharmacy now offers a drop-off service for patients who don't need their medication immediately.

Patients can drop off their prescriptions from 8 a.m. to 6 p.m. in the "Prescription Drop-Box," located in the pharmacy lobby.

Prescriptions in by 10 a.m. will be ready by 2 p.m.; those in between 10 a.m. and 2 p.m. will be ready after 4 p.m.; and those in after 2 p.m. will be ready the next duty day.

When picking up prescriptions, go directly to the refill window.

The drop box is for new prescriptions only.

Family Support Center

■ The Spouse Connection Potluck is Saturday from 3:30-5:30 p.m. at the Family Support Center. Meet new friends, and receive information and friendly support with others going through family separations and reunions. Children are welcome. Call 552-9290 for more information.

■ 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.

■ Bundles for Babies is Thursday at 9 a.m. for new parents and parents-to-be. Find out what resources are available and receive a gift for your baby. Call 552-4943 to sign up.

Scholar program

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

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



Chapel Schedule

Catholic Parish

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

Protestant Sunday

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

Religious education

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

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

Return to AF base proves delightful

By Staff Sgt. Mike Edwards
3rd Wing Public Affairs

My head is spinning. As a new arrival to Elmendorf, these past few weeks have been quite interesting to say the least. It has been six years since I was last stationed on an actual Air Force base, and I'm starting to appreciate all of the amenities offered.

My wife of six months is also enchanted with what Elmendorf has to offer. We regularly use the library. The amount of resources it has available is staggering. Internet and e-mail access, study guides and a friendly staff — they make me feel like a kid in a candy store.

Our first weekend here, we visited Outdoor Recreation to equip ourselves with everything needed for a trout expedition to one of the numerous lakes on base. (The trout by the way are quite tasty.) Just make sure you stop by the Joint Military Mall for your fishing license before you chase after those beautiful rainbows.

I've been to the Education Center and have received a great deal of help in my pursuit to finish my degree. In fact, I already have a couple of College Level Examination Program tests scheduled.

We have signed up for one of the free train trips and plan to sign up for more activities in the future.

The bowling alley is a lot of fun and the lanes are in really good shape. I had been accustomed to a six-lane bowling alley with warped floor boards and technology that was current almost 50 years ago.

The movie theater, while obviously isn't the newest facility on base, is still nice and you really can't beat the price. Of course, as this past weekend was my wife's first visit to a base movie theater, she was a bit surprised by the playing of the National Anthem prior to the beginning of the movie; but she thought it was a nice touch.

When it comes to food, the Iditarod is the best I have ever seen. The food quality and the atmosphere is second to none.

It is obvious to me the folks who work on Elmendorf take a great deal of pride in their work and try to make this place as enjoyable as possible. Perhaps not having access to all of these services for so long has caused me to forget how wonderful the Air Force can be; or perhaps Elmendorf is simply a very special place. Either way, I plan to take full advantage of as many programs as possible. I encourage everyone to do the same. You never know, you may not have these amenities at your next assignment.

Arctic Life

Great living in the great land



PHOTOS BY STAFF SGT. SUE NUCKOLLS
Capt. Scott Hudson, 90th Fighter Squadron pilot, discusses flight safety with Senior Airman Melanie Rubio, 3rd Medical Operations Squadron and Mr. John Dibbs, author/photographer, before an incentive ride recently.

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

For a non-flyer, racing vertically from the end of Elmendorf's east-west runway is typically a once-in-a-lifetime experience. But it's also one of the Air Force's best ways to educate and inform the public about their military's warfighting capability — and if you ask those who had the experience, it's also likely the best reward for standing out among their peers.

Incentive and media rides are more than the "world's greatest amusement park rides" and for the pilot, it's not just another chance to hone their combat skills.

Media rides are designed to familiarize reporters with the rigors of flight, and the 3rd Wing's incentive flight program allows non-flying Airmen to get a better understanding of how their work contributes to the Wing's mission.

"Communicating is a crucial part of your mission," according to the U.S. Air Force Strategic Communication Plan. "It's the only way our Air Force can develop the public support we need to perform our mission. Every media encounter is a valuable opportunity that we must take advantage of to convey who we are, what we do, and the resources we need to do the job our nation expects of us."

With the exception of operators and maintainers, few people really know and understand what the 3rd Wing's fliers endure on any given day.

By flying the media, the Wing is able to reach more people than is possible in any other way. At the same time, the media can broadcast Elmendorf's and the Air Force's military capabilities to the American public.

Beyond that, a well informed

reporter can greatly contribute to the Air Force's deterrent capability by showcasing the nation's superior warfighting capability.

According to Mr. John Dibbs, an author and photographer who recently flew on a media flight with the 90th Fighter Squadron, "If the Royal Air Force in England continues on the track they're on, they won't exist in the minds of the general public."

"Before coming to Alaska, I flew with the RAF, and they actually charged me for the ride. Of course, I can't afford to do that very often and that means they won't be appearing in any books or magazines, and no one will see them," he said.

It's Mr. Dibbs' job to take and then sell pictures of military aircraft. And his work appears in many different and perhaps even unusual places. "The pictures I'm taking here of the Dicemen will appear in five separate publications," said Mr. Dibbs.

"I think what will fascinate my readers most is how well the U.S. Air Force Airmen-maintainers prep their jets for the pilots to fly," he said. "I have seen other air forces around the world and none of them show the pride in ownership that your Air Force Airmen do. All the checklists and general care for the jet is incredibly different than what you see in other nations."

And that's also the basis for the incentive ride program, which awards people for their hard work and commitment to excellence.

Senior Airman Melanie Rubio, 3rd Medical Operations Squadron, is one of those people. She doesn't work on the flightline, but she is part of the Wing's

support structure that keeps the planes flying and the freedom around the world protected.

Airman Rubio was the 2003 11th Air Force Airman of the Year and was rewarded with a ride in the F-15 Strike Eagle.

"It was such an unbelievable experience," she said. "I've earned a much clearer understanding of what our pilots go through. Just getting dressed is a little exhausting and all the briefings and planning take up so much of the day, the flight is really short compared to the amount of work that goes into making it happen. But without a doubt it was the most awesome thing — and I've got pictures to prove it."

The day of the flight was exhausting for both Mr. Dibbs and Airman Rubio.

Arriving just a few minutes after 6 a.m., their pilots were already involved in the planning process, reviewing weather conditions and studying reports to determine if smoke from Alaska's wildfires would be an issue. And while the smoke did become a limiting factor, Mr. Dibbs and Airman Rubio took images to publish with articles around the world, and send to close friends respectively.



Airman 1st Class Eric Isaacs, 90th Fighter Squadron, helps Mr. John Dibbs with his gear.

▶ spotlight

▶ fri

Polar Bowl strikes discount deals for all

By Mrs. Mary M. Rall
3rd Services Marketing

The Polar Bowl will welcome the fall with the crashing of pins and activities for everyone from families to the single Airman.

Youth ages 3-21 can learn everything from proper bowling techniques to bowling etiquette by joining the Youth American Bowling Alliance.

The YABA bowling season begins Sept. 11.

Sign-ups for YABA will be held at the Polar Bowl, Saturday and Aug. 28, from 1-4 p.m. There is a \$30 sign-up fee, which includes \$18 for the YABA sanction fee, and the first and last two weeks of bowling. There will be an additional fee of \$6 per week for bowling.

League play isn't limited to just youth. Adult leagues will be offered as well to include the Monday Nite Madness Women's League.

Those interested are invited to attend a 6:30 p.m. league meeting Aug. 30 at the Kashim Club. The women's league begins Sept. 13 at 6:30 p.m.

Those interested in bowling at the Polar Bowl without being a league can enjoy a variety of specials offered throughout the week.

Beginning in September, daily bowling will be offered for 75 cents a game, Mondays through Thursdays from 11 a.m. to 5 p.m.; and Friday from 11 a.m. to 3 p.m.

Monday nights will feature an Airmen's Special where E-4s and below and their families will receive a 50 percent discount on all open bowling and shoe rentals from 5-9 p.m.

The sponsor must be present for this discount to be valid.

The Bowler Appreciation Night will be offered Tuesdays with games for \$1.50 each from 5-9 p.m.

Also, players can enjoy unlimited bowling at Wednesday Night Madness from 5-9 p.m. for \$15 per lane for up to five people.

Red Pin Bowling will be featured Thursdays from 5-9 p.m., which will allow bowlers to have the chance to win a free game of



bowling for each strike made with a red head pin.

In Red Pin Bowling, participants can get one free game for every paid game bowled.

The weekends will continue to glow with Xtreme Bowling Friday and Saturday from 9 p.m. to 1 a.m.

Family Xtreme Bowling will continue to be featured Sundays. The special will include two hours of Xtreme Bowling and a pitcher of soda from 1-8 p.m. for \$18 per lane for up to six people.

For more information on the Polar Bowl's fall schedule of activities, call 552-4108.

CORNER POCKET: Bring your best game to the table tonight at a 9-Ball Pool Tournament at the Arctic Oasis. Participants can register for this event by calling 552-8529 or at the door at 6 p.m. tonight for \$10. This double-elimination tournament is open to players ages 16 and older and will feature a pool cue for the first-place prize.

MOVIE: *Spiderman 2* (PG-13) Two years have passed, and the mild-mannered Peter Parker faces new challenges as he struggles with "the gift and the curse," desperately trying to balance his dual identities as the web-slinging superhero Spiderman and his life as a college student. 7 p.m.

▶ sat

FAMILY MAGIC: Every one is welcome to the "Magic by Jania Show" tonight for free at 7 p.m. This show is open to all ranks and ages at the Susitna Club. Club members may be eligible for the Magic of Membership jackpot cash drawing. 753-3131

MOVIE: *Spiderman 2* (PG-13) See above for details. 7 p.m.

▶ sun

DELICIOUS DISH: Dig into sumptuous treats at the Sunday Brunch from 10:30 to 2 p.m. at the Susitna Club. 753-3131

MOVIE: *Sleepover* (PG) Julie and her friends have a supercharged sleepover on their hands: they've been challenged to a scavenger hunt by the "popular" girls, and the winners get dibs on the coveted cool lunch spot once they start their freshman year in high school. Meanwhile, the losers have to dine al fresco ... adjacent to the dumpster and far from popularity. 7 p.m.

▶ fyi

FAIR PLAY: Visit the Information, Tickets and Travel Office in the Arctic Oasis Community Center and pick up discounted State Fair tickets held Thursday through Sept. 6. Tickets are \$7 for adults; \$4.50 for youth ages 6-12; and \$4.50 for seniors 60 and older. Call 753-2378 for additional information.

▶ inside the fence

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

CGOC Night, tonight at the Cave. 753-3131

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

Aerobics Training Clinic, today-Sunday starting at 9 a.m. at the Fitness Center. 552-5353

Airmen's Xtreme Special, E-4's and below get an Xtreme package for half off when they buy one at the regular price today at the Polar Bowl. 552-4108

YABA Bowling Registration, Saturday from 1-4 p.m. for \$30 at the Polar Bowl. 552-4108

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

Whittier Kayaking, Saturday-Sunday for \$125 with the Outdoor Adventure Program. 552-2023

Family Xtreme Bowling, Get two hours of bowling, a large pizza, a pitcher of soda and shoe rental for up to six people for \$30 Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

Two-For-One Bowling,

Monday-Wednesday from 11 a.m. to 4 p.m. at the Polar Bowl. 552-4108

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

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

Matanuska Glacier Field Trip, Tuesday from 10 a.m. to 5 p.m. for \$8 with the Youth Center. 552-2266

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

Portage Glacier and Crow Creek Mine Trip, Tuesday from 10 a.m. to 6 p.m. for \$12 with the Young Adult Center. 552-8336

Intramural Bowling Meeting, Wednesday at 3 p.m. at the Kashim Club. 552-4108

Fish Smoking Clinic, Wednesday from 6-7:30 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

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

Skateboard Camp, Wednesday-Aug. 27 from noon

to 3 p.m. for ages 5-12 with the Young Adult Center. 552-8336

Mystery Night, Get discounts and free games from the "mystery jar" Wednesday at the Polar Bowl. 552-4108

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

Seward Sea Life Center Field Trip, Thursday from 7 a.m. to 6 p.m. with the Youth Center. 552-2266

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

Dollar Bowling, Bowl for \$1 per game Thursday-Aug. 27 from 11 a.m. to 4 p.m. at the Polar Bowl. 552-4108

Berry Picking Trip, Aug. 27 from 10 a.m. to 4 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

Skateboard Competition, Aug. 27 for \$5 with the Young Adult Center. 552-8336

Wood Turning Class, monthly at the Skills Development Center with class hours based on customer needs. Cost is \$65 and \$15 for materials. 552-7011

Sign up for art classes at least three days in advance.

The Xtreme

National Aviation Day

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

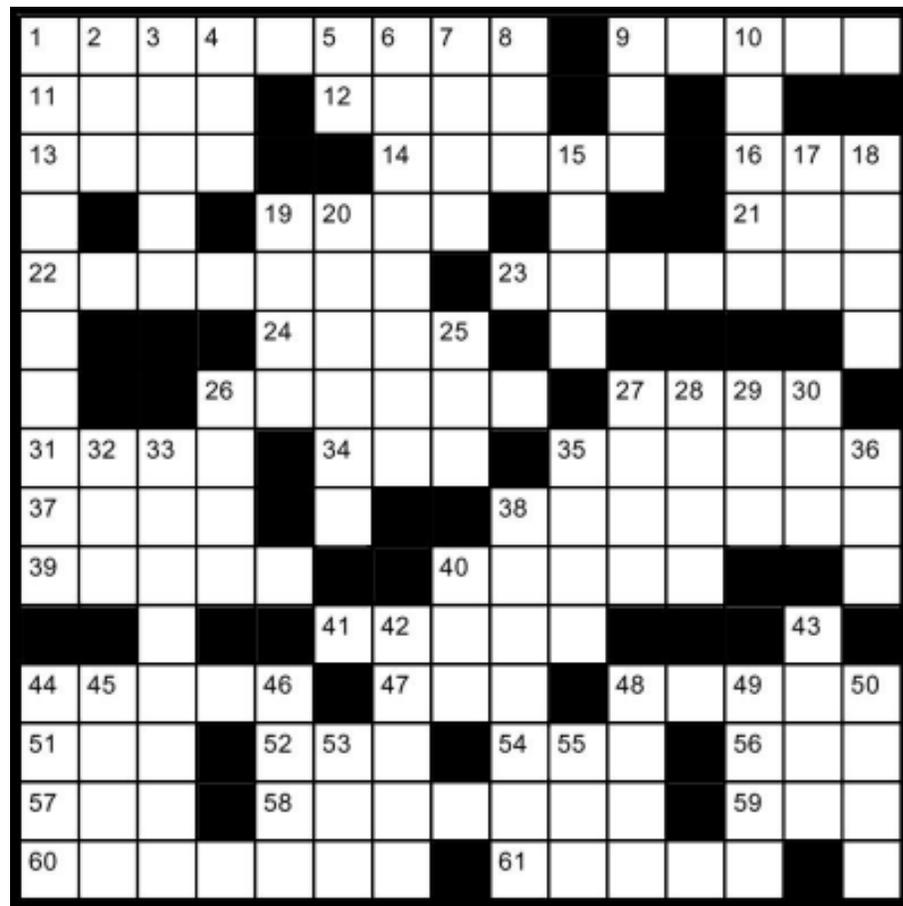
ACROSS

- 1. First to fly solo across Atlantic (1927)
- 9. First in helicopter flight (1907)
- 11. Middle name of American helicopter pioneer
- 12. Group on same side, as in game
- 13. Helen of Troy's mother
- 14. Dr. Brown of *Back to the Future*
- 16. Lair
- 19. "___ the night before Christmas ..."
- 21. Pub drink
- 22. First woman to fly solo across Atlantic (1928)
- 23. Made first space flight (1961)
- 24. Zodiac animal
- 26. Yankee baseball player (1891-1900) and manager (1902-1932)
- 27. They raise money to give to politicians
- 31. Fog
- 34. NASA telescope, in brief
- 35. William Samuel ___; experi-

- mented with model gliders
- 37. French aviation engineer and inventor (1841-1926)
- 38. Made first seaplane flight in America (1911)
- 39. *Gigli* actress
- 40. Made first successful helicopter (1936)
- 41. Single bag (two words)
- 44. Sanctify
- 47. To express triumph
- 48. Victor ___; French aviation theorist (1843-1913)
- 51. Earthlink competitor
- 52. Pie ___ mode (two words)
- 54. Baseball stat
- 56. Exploit
- 57. War fought 1914 to 1918, "War to end all Wars"
- 58. Made first powered flight (1952)
- 59. Cat's noise
- 60. Merciful
- 61. Christmas carols

DOWN

- 1. Made first controlled heavier-than-air flight (1894)
- 2. "___ Got A Secret"
- 3. Pioneer in field of consumer protection
- 4. Building block of life?
- 5. 1982 Spielberg movie
- 6. They establish connections
- 7. Women (old-fashioned)
- 8. Medical corporation
- 9. Important food fish from Atlantic waters
- 10. Used to detect distant objects
- 15. 365 days
- 17. Cotton gin Whitney
- 18. Hawaiian goose
- 19. Soft mineral
- 20. Made first controlled, pow-



Last week's solution

- ered, heavier-than-air flight (1903)
- 25. American singer and pianist King Cole
- 26. Being nothing more than
- 27. Benefit
- 28. Bet
- 29. CBS TV show
- 30.
- 32. Commotion
- 33. Made first controlled, powered, rigid-body flight (1901)
- 35. Twain character Finn
- 36. Agency considered "nation's cryptologic organization"
- 38. Headed Women's Air Force

- Service Pilots
- 40. Federal org. concerned with flight safety
- 42. Richard Roundtree role
- 43. Man considered the "Father of American Aeronautics"
- 44. Cry
- 45. Pioneering balloonist Thaddeus ___; used balloons in Civil War
- 46. Has wisdom and calm judgment
- 48. Neap or ebb?
- 49. Antacid
- 50. Information about recent events
- 53. Vietnam War Memorial architect
- 55. Sis' sibling

Sports News



PHOTOS BY TECH. SGT. KEITH BROWN

Running for daylight!

Above: Eric Macgregor, 3rd Contracting Squadron, scrambles against defensive linemen from the 19th Aircraft Maintenance Unit during intramural football action Tuesday. The 19th AMU whooped the 3rd CONS, 20-0. Elmendorf's Monday/Wednesday and Tuesday/Thursday football leagues began recently and continue through September. Nineteen squadrons and units are participating in the league. Right: Kevin Harrington, 19th AMU, heads for the end zone.



Sports Shorts

FitLinxx

According to a Pacific Air Forces directive, military members are required to log their workouts on FitLinxx a minimum of 10 workouts per month.

People can log onto FitLinxx at anytime and from anywhere in the world by going to Web site <https://pacaf.fitness.base.af.mil> to access.

Physical training leaders are responsible for getting their member's registered.

If you are not registered in FitLinxx or you have questions about how to use the software, see your PTL.

Swim lessons

Registration for September swimming lessons begins Monday at the Fitness Center. All interested people should stop by the Fitness Center or call 552-3622 for more information.

Master's swim team

The Buckner Master's Swim Team is a swimming program ranging from lap swim to international competition, and anyone aged 18 or older can join.

The team meets at 5:30 a.m. Mondays, Wednesdays and Fridays at the Buckner Fitness Center pool on Fort Richardson. Swimmers of all levels are welcome. For more information, call Maj. Jeff Campbell at 552-0087.

Golfing

■ The 3rd Wing Golf Tournament is Thursday with a 1 p.m. shotgun start for \$22 per person, plus green fees and cart. The tourney is a scramble format with prizes awarded for longest drive and closest to the pin. A commander's trophy will be given to the first place team. For more information, call Tech. Sgt. Michael Mullins at 552-3000.

■ The Base Golf Championship is Aug. 28 and is open to all active-duty members. It will feature 36 holes of medal play; 18 holes at 8 a.m. and 18 holes at 1:30 p.m. No handicaps are needed.

Basketball and cheerleading

Basketball and cheerleading registration is under way through Sept. 17 at the Youth Center for \$45. The season runs Oct. 25-Dec. 17 and is open to children ages 5-18. All players must have a physical exam with current immunizations prior to participating. Participants will receive T-shirts and plaques. For more information, call 552-2266.

Bowling

Youth American Bowling Alliance for youth ages 3-21 begins Sept. 11. Sign-ups are at the Polar Bowl Saturday and Aug. 28 from 1-4 p.m. for \$30, which includes \$18 for the first and last two weeks of bowling. Bowling will be \$6 per week. Parents interested in coaching may call the Polar Bowl at 552-4108 or Ms. Joyce Herr at 622-8708.

Fitness Test Standings

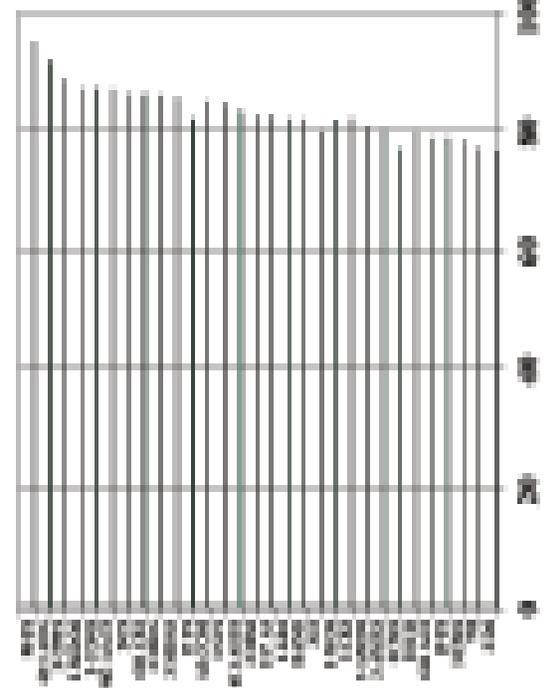
Commander's Challenge

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:

15:28, Sarah Lott, 3rd CMS
15:44, Morgan Rhodes, 12th FS
16:18, Lamicka Larson, 12th FS
16:30, Nicholle Mills, 12th FS

Push-ups:

40, Morgan Rhodes, 12th FS
26, Lamicka Larson, 12th FS
17, Nicholle Mills, 12th FS

Crunches:

48, Sarah Lott, 3rd CMS
46, Lamicka Larson, 12th FS
24, Nicholle Mills, 12th FS
20, Morgan Rhodes, 12th FS

Men

1.5-mile run:

9:19, Jorge Ferree, 3rd CES
9:22, Richard Growney, 3rd CMS
9:27, Gordon Hohman, 3rd CES
9:28, Claude Phillips, 3rd CMS
9:38, Ross Dotzlaf, 3rd CES

Push-ups:

97, Jorge Ferre, 3rd CES
90, Robert Roe, 3rd CES
84, Anthony Edmondson, 3rd CES
82, James Demarcus, 3rd CES
80, Caleb Fairchild, 3rd CMS

Crunches:

81, Richard Lundie, 3rd CES
79, James Demarcus, 3rd CES
75, Robert Roe, 3rd CES
71, Jorge Ferree, 3rd CES
65, Ross Dotzlaf, 3rd CES