The Sourdough SENTINEL

Aug. 6, 2004 | Elmendorf Air Force Base, Alaska | Vol. 55, No. 31

TECH. SGT. SHARON BALTAZAR

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SNCO induction ceremony

Master Sgt. (select) Jeffrey Manley, Pacfic Air Forces Band, walks through the saber arch with his guest during the senior noncommissioned officer induction ceremony July 29 at the Susitna Club. The guest speaker was Chief Master Sergeant Rodney McKinley, 11th Air Force command chief.

PACAF celebrates 60 years of service

By Gen. Paul Hester
Commander, Pacific Air Forces

This year, as we celebrate the 60th anniversary of the founding of Pacific Air Forces, it's an occasion for each Airman to step back and reflect on the command's proud heritage as America's provider of air and space power in the Pacific theater. Founded during the trying days of World War II (Aug 3, 1944), PACAF's role and mission continues to evolve as we now support a continuous bomber rotation from Guam and will soon welcome the C-17 into our inventory.

Sixty years after being activated to plan for the invasion of Japan, PACAF Airmen continue to demonstrate that our Air Force is relevant to the war fighter — from Korea to Afghanistan to Baghdad, you continue to make a difference. Lethal weapons and advanced technologies provide us advantages, but professional warriors ultimately determine victory in combat. PACAF is strong, and this strength comes from our greatest asset: you, our Airmen, whose courage, compassion, and determination form the bedrock upon which our victories depend.

The events of the past year have called for great sacrifices from many Airmen and their families. While the Global War on Terrorism clearly demands the best from each of us, it is important that we join with our fellow Airmen, families and friends to celebrate PACAF's many achievements and warrior spirit.

We are proud of you, our PACAF family—Airmen, civilians, retirees, veterans, and your families, and you are always foremost in our prayers and in our actions. Thank you for your service and for your steadfast devotion to duty.

May God always bless each and every one of you.

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

Club membership

Q: My concern is that my husband is unable to have a membership at the club without a credit card. Because of my husband's job, he has to get a membership to the club, but he cannot do this without a credit card. It is already causing problems.

We struggle with credit cards so we purposely choose not to have or use them.

I can't imagine that we are the only people who face this problem and have opted to do without credit cards. That's why I'm wondering why it is not an option for people to have a membership to the club without having a credit card.

I'm hoping you can address this subject in the newspaper and hopefully change the requirement to have a credit card in order to be a club member. Thank you.

A: Thank you for your inquiry — it is one that has come up several times before.

Club cards are issued at the base clubs in accordance with Air Force policy, which states that a standard Air Force-wide club membership card is issued to all members through the services of a contracted financial institution.

However, you do have flexibility in which type of card and credit limit is best for you.

In accordance with the terms of the contract, *Bank One* determines the type of card to issue commensurate with the credit score of the individual applicant.

Ordinarily, the member receives either a MasterCard or Platinum MasterCard with varying credit limits. However, when the credit score is low, the member receives a Proprietary Card with a credit limit of $500 to be used only in certain Services activities.

Although there must be some level of credit since dues are posted to each member's account monthly, *Bank One* has been very cooperative working with members desiring a lower credit limit.

Members should call 1-800-759-0294 and discuss this with a Member Services representative. If you have any other questions concerning your club, please contact the Elmendorf Club Manager at 753-3131 or 2345.

The Sourdough SENTINEL

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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3rd Wing Commander
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Chief, Public Affairs
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NCOIC, Internal Information
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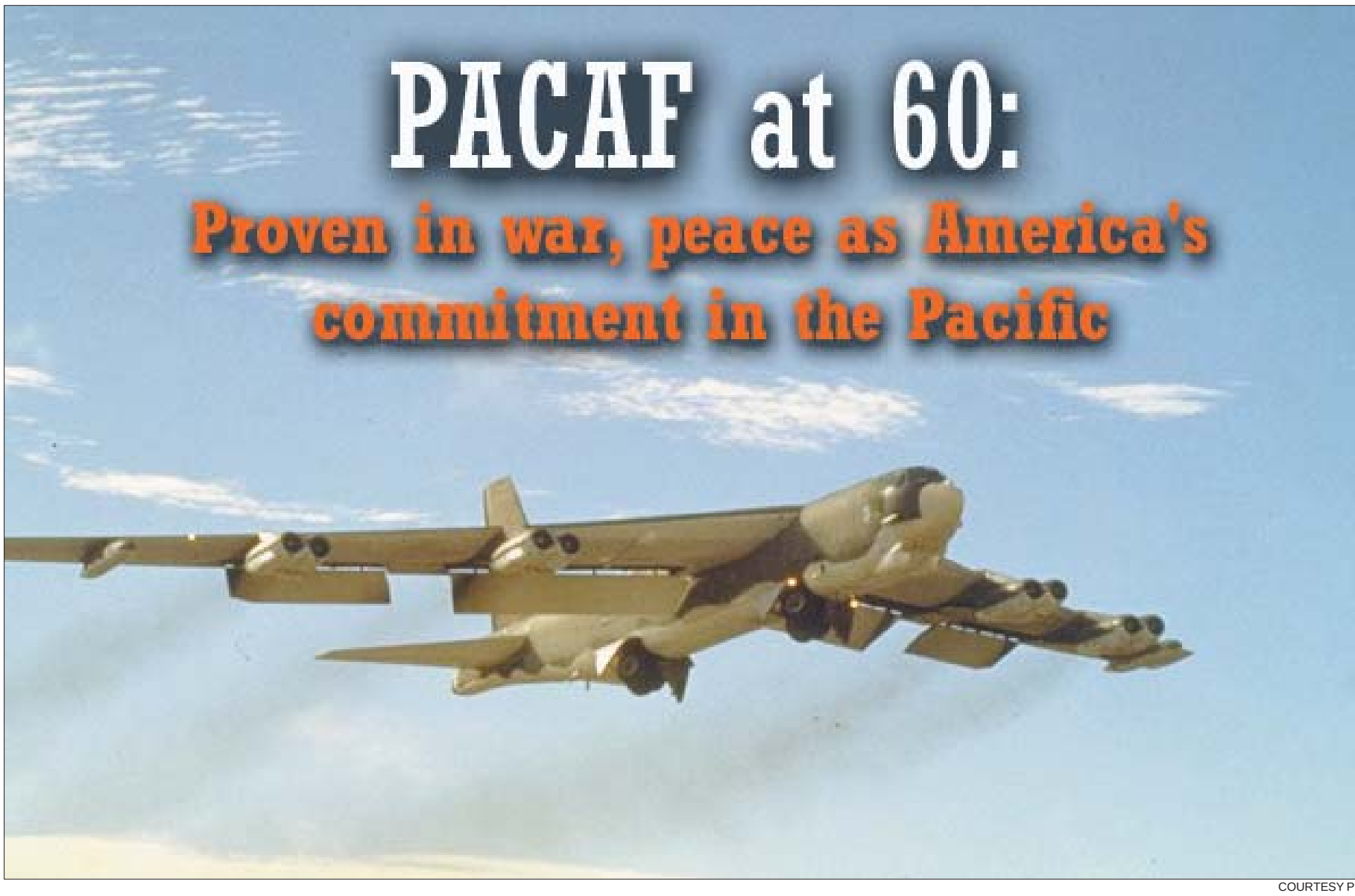
Editor

3rd Wing History Moment

Aug. 4, 1942:
First Lieutenants Kenneth Ambose and Stanley Long became the first P-38 pilots to down enemy aircraft in combat. They each destroyed a Japanese Kawanishi HGK "Mavis" Patrol Plane over the Aleutians.



COURTESY PHOTO

PACAF plays leading role in world events

Despite the normally grim news of war, Americans had reason to hope in August 1944. In Europe, the Allies had crushed the German 7th Army, and would liberate Paris before month's end. And in the Pacific, Allied forces had captured the islands of Saipan, Tinian, and Guam, which would become bases for B-29 Superfortresses which would soon reach the Japanese homeland.

Amid the drama of those times, today's Pacific Air Forces was born.

PACAF traces its roots to the activation of the Far East Air Forces on Aug. 3, 1944, at Brisbane, Queensland, Australia.

FEAF, which was subordinate to the U.S. Army Forces Far East, served as the headquarters of all the allied air forces in the Southwest Pacific.

By 1945, three numbered air forces — 5th, 7th and 13th — were supporting operations in the Pacific as part of the largest and most powerful military organization ever fielded by any country in the world.

Legends of military aviation graced FEAF — Major Richard I. Bong, America's all-time top scoring ace with 40 victories, along with his 9th Fighter Squadron "Flying Knights" mates, ravaged their foes in the skies over the Pacific. Col. Charles A. Lindbergh was in the Pacific in August 1944, assigned to teach fuel economy for maximum range of the P-38.

After World II, FEAF and 5th AF remained in Japan, while 7th Air Force operated from Hawaii, and 13th Air Force from the Philippines.

In the post-war years, FEAF was designated the theater air force for the Far East Command. All air forces in the Far East and Southwest Pacific were placed under one Air Force commander for the first time.

When the North Koreans crossed the 38th parallel on June 25, 1950, FEAF consisted of 5th Air Force, 13th Air Force and 20th Air Force and the Far East Materiel Command. Four years after the Korean War armistice, FEAF was redesignated Pacific Air Forces and transferred its headquarters to Hickam.

By 1960, PACAF maintained a combat-ready deterrent force of some 35 squadrons, operating from 10 major bases in a half-dozen countries.

In the early 1960s, communist military strength and firepower in Vietnam increased. As a result, PACAF began a buildup in the area with the addition of troops and better arms and equipment.

During the height of the war in Southeast Asia PACAF operated more than 20 different types of aircraft and flew over six million combat and support sorties.

Combat aircraft of PACAF flew their last strikes in Cambodia Aug. 15, 1973, writing the final chapter to the long and costly history of active American participation in the Vietnam Conflict.

The post-Vietnam era found the command focusing on improving its readiness.

PACAF's organizational structure saw a marked period of rapid and extensive changes. Andersen Air Base was reassigned from Strategic Air Command in 1989, and 11th Air Force became a part of the command in late 1990.

Following the volcanic eruption of Mount Pinatubo, Clark Air Base, the Philippines, was closed and 13th Air Force relocated to Andersen in 1991.

In 1992, changes took place in force structure within PACAF as the command assumed control of theater-based tactical airlift wings, theater C-130 aircraft and crews, and associated theater C-130 support. PACAF also gained control of all operational support aircraft and all aeromedical airlift assets in the Pacific.

Throughout its history, PACAF has played a vital role in world events. In addition to its key combat role in World War II, Korea and Vietnam, PACAF units fought in Desert Storm in 1991 and participated in operations over the Former Yugoslavia and Kosovo.

Today, the command continues to provide expertise, aircraft, personnel and equipment to facilitate the new Expeditionary Air Force, especially as it applies to successful airbridge operations spanning the vast Pacific Ocean.

Following the Sept. 11, 2001 terrorist attacks on the United States, PACAF again demonstrated its intrepid spirit through its units deployed in support of Operations Noble Eagle, Enduring Freedom and Iraqi Freedom.

Since 1944, the command has participated in more than 140 humanitarian operations within its area of responsibility and beyond. In these operations, PACAF people quickly and efficiently airlifted food, medicine and other supplies to areas devastated by storms, floods, earthquakes, volcanoes and other natural disasters.

Additionally, the command supported three of the largest evacuations ever undertaken by the Air Force: the Newlife evacuation of Vietnamese in 1975, the Fiery Vigil evacuation of Clark Air Base, Philippines, after the 1991 volcanic eruption of Mount Pinatubo, and the Pacific Haven operation to support and resettle Kurdish evacuees from 1996-1997.

On August 3rd, PACAF turned 60 years young and remains one of two forward-based commands in defense of the nation. Today, PACAF spans half of the earth, 16 time zones, more than 105 million square miles, 45 countries, 30 territories and 3.5 billion people.

At 60, its mission remains as vital today as ever, according to General Paul Hester, PACAF commander.

"History has proven that militaries can be an effective tool for keeping peace as well as making war," General Hester noted.

"The current threat to our region's security puts a premium on our work with the militaries of Asia. Forging these close relationships — family and military — sends a powerful message ... America's commitment in the Pacific is real ... strong ... and lasting.

(Courtesy of PACAF History Office and PACAF News Service)

"History has proven that militaries can be an effective tool for keeping peace as well as making war."

Gen. Paul Hester
Pacific Air Forces Commander

SENIOR AIRMAN AMY MORRISSETTE

CGOC seminar

First Lt. Darryl Buck (back left), 611th Air Communications Flight, and Capt. Nathan Maertens, 3rd Medical Group, are briefed by Capt. Eileen Kirkland, 3rd Wing Manpower Office, during a professional development seminar sponsored by the Company Grade Officers Council at the Susitna Club June 30. The two-day event included briefings by speakers from around the wing on various topics, including officership, deployments, ethics, force development and much more. For further information about the organization or how to become a member, e-mail or call the CGOC president, Lieutenant Buck, at 552-1120.

COURTESY PHOTO

AETC special duty briefing Thursday in base Chapel

Individuals interested in the opportunity to recruit sharp people into the Air Force as a recruiter, or to mold civilians into Airman as a military training instructor, can have their questions answered by an Air Education and Training Command special duty briefing team Thursday.

The AETC team will brief individuals about these opportunities from 10 a.m. to noon in the Chapel One Annex.

Spouses are highly encouraged to attend.

Senior airmen with more than 36 months time in service through master sergeants with less than 17 years total active federal military service are invited to attend and are eligible to apply for these special duty assignments.

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

For applications, call Master Sgt. Dan Chadwick or Master Sgt. Tom Spangler at 552-STAY (7829).

Phase II: Exercising the art of war

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

Exercise, exercise, exercise — it's a phrase we heard repeatedly over the past few days.

As we prepare to enter the next Air Expeditionary Force cycle, we continue to train the way we'll fight, with Operational Readiness Exercises. "These exercises are not just to prepare us for inspections," said Lt. Col. Barry Johnson, 3rd Wing inspections chief. "AEF preparation is one of the key reasons we continue to have these exercises."

Training is paramount to the success of military operations.

"If we should have to fight, we should be prepared to do so from the neck up instead of from the neck down," said Gen. Jimmy Doolittle.

"Exercises, such as Polar Force 04-05, help prepare us not only physically, but also mentally, for the way we will perform our duties when called to do so — whether in war-time, contingency, or AEF situations," added Colonel Johnson.

"Our ability to survive and operate in any scenario is exactly why we train to the level that we do," said Colonel Johnson. "Each time we have an exercise, we not only get to hone up on the way we do our daily jobs, we are also exposed to various aspects of warfare, to include the Law of Armed Conflict, Rules of Engagement, the Code of Conduct, and Ability To Survive and Operate. Training for and understanding each of these areas of warfare makes each of us a better warrior.

"Training is a never-ending endeavor; whether militarily, personally or professionally," said Colonel Johnson.

From a military viewpoint, Sun-Tzu, an ancient Chinese military strategist, stated, "Those whose upper and lower ranks have the same desire are victorious." He also stated, "When superior and subordinate are in harmony, equally brave in battle, that makes for strength."

"As we continue to exercise and train to meet our war-fighting plans, we can all begin to better understand what is expected of us so we will be better prepared when confronted with just about any situation on the battlefield," said Colonel Johnson.

STAFF SGT. ADRIAN CADIZ

Capt. Jerrod Duggan (right), 3rd Aircraft Maintenance Squadron, reaches into his self-aid and buddy care kit as he cares for Master Sgt. Gregory Bjorgo, 3rd AMXS, during a simulated mortar attack in a Phase II exercise Tuesday.

Make a difference, register to vote

By Capt. Byron Shibata
3rd Wing Legal Office

Many people are unaware of how to vote, while some even wonder if their vote could make a difference. It can't be emphasized enough, however, that every vote counts.

Under the Constitution, the state governments have primary responsibility over voting and elections.

The states, not the federal government, register voters and run elections.

Therefore, people must register with a state government to vote if they are a resident.

A "resident" for voting purposes means that a person is physically present in the state and intends to reside in the state permanently.

Alaska, like many states, requires a physical address to register and/or get a voting ballot — a post office box isn't enough.

To register to vote in Alaska, use either the state application form or the "Federal Post Card Application" (Standard Form 76, a valid on-line version available on E-Pubs, but which is not postage pre-paid).

All states will accept the FPCA in addition to their own state form. However, many states require a few bits of information not specified in the boxes on the FPCA form.

For example, Alaska requires the applicant to declare whether or not

he or she is affiliated with a political party.

Alaska also requires some proof of residency for individuals who are mailing their applications, such as an Leave and Earnings Statement or Alaska driver's license.

Once a voter registration application (state or FPCA) is complete, a person can hand-deliver it to the Division of Motor Vehicles, Department of Health and Human Services, or the Division of Elections Offices (one of the state's regional offices is located in the Dimond Center Mall, Suite 3-580).

Applications can also be mailed to the Division of Elections Office, 800 East Dimond Blvd., Suite 3-580, Anchorage, AK 99515-2045.

An important point to remember is that the application must be received at least 30 days prior to the election a person wants to vote in.

People who will be away from Alaska during the Nov. 2 elections can vote by absentee ballot.

These people should apply for an absentee ballot to give voting officials enough time to receive the application, process it and mail it back. A rough rule of thumb is to apply 45 days prior to the election.

People can apply for an absentee ballot either with the Alaska state form or through FPCA.

Of course, not everything always runs smoothly.

What if a person properly applied for an absentee ballot and you think the election official received the application 30 days prior to the election, but you have not received the ballot?

If that is the case, and the elections are fast approaching, people can use the Federal Write-In Absentee Ballot (Standard Form 196, available on E-Pubs) to vote.

Since the names of the candidates an individual chooses aren't on the ballot, the names should be written legibly.

In Alaska, people can vote by absentee ballot up to 15 days prior to an election.

To send a ballot by mail, send it to the regional elections office at Region II Elections Office, Dimond Center Tower, 800 East Dimond Blvd., Suite 3-580, Anchorage, AK 99515-2045.

Ballots can also be faxed, although this method isn't preferred since a person's right to a secret vote will be waived.

For more information, call your unit voting assistance counselor or Capt. Byron Shibata at 552-3046, Elmendorf voting assistance officer.

Finance Office offers deployed pay, travel tips

In the event of deployment, the Elmendorf Finance Office offers the following information concerning military pay and travel entitlements:

■ **Accrual/interim travel voucher** can be filed if a deployment is 45 days or longer. The first payment will be paid after 45 days, with subsequent payments every 30 days. It is mandatory that people use the split disbursement option if the government travel card was used.

■ **Basic Allowance for Subsistence** is dependent upon TDY location and meal availability, and will continue while deployed. If on the meal card at home station, meal deductions will be refunded after a person's return.

■ **Hardship duty pay** may be paid to officers and enlistees when deployed 31 days or more. Rates range from $50 to $150 per month based on the deployed location. People will be notified prior to deploying if the location is a HDP area and which rate applies. This entitlement is included in a person's military pay.

PHOTOS BY MR. JON SCUDDER

CEB tours former artillery site

Left: Mr. Howard Hancock (center), Government Hill Community Representative, and Ms. Maria Coleman (right), Native Village of Eklutna resident, talk to Project Manager Ms. Ellen Godden, 3rd Civil Engineer Squadron, about "SS83," a former artillery battery that's located on the Knik Bluff near Green Lake. On July 30, the Elmendorf Community Environmental Board toured the site, which is currently undergoing environmental restoration. Historically, the soil-filled drums in the background provided protection for troops against a potential attack.

Above: A heavy equipment operator excavates the site where contaminated soil has been identified.

Arctic Warriors of the Week

PHOTOS BY STAFF SGT. MIKE EDWARDS

Since being assigned to Elmendorf more than three years ago, Staff Sgt. Melissa Baker, 962nd Airborne Air Control Squadron, has been busy as an air surveillance technician instructor for the E-3 Sentry. She also acts as her unit's primary security manager, public affairs non-commissioned officer, historian and is the assistant unit fitness program manager. "Sergeant Baker is a truly outstanding NCO who improved our Information and Personnel Security Program by 78 percent since her appointment as security manager," said Tech. Sgt. Rodney Creed, NCOIC of the Commander Support Staff. When she isn't working, Sergeant Baker enjoys fishing, running, camping and spending time with her husband Brad, her four-year-old daughter, Kelly, and one-year-old son, Kyle. Originally from Franklin, N.C., Sergeant Baker says she enjoys traveling, the benefits she and her family receive, and the career progression opportunities she has in the Air Force. Of all the places she has been stationed during her nine years of service, she says that she has grown to love this assignment best.

After her recent 100-day deployment in support of Operation Enduring Freedom, Airman First Class Angela Bieber, food service shift supervisor with the 3rd Services Squadron, has finally returned to Elmendorf. "Angela demonstrates the best attributes of today's Airmen," said Master Sgt. Federico Vidal, food service manager for the 3rd SVS. "She has a superior attitude, and her initiative is above all peers." She prepares and serves food for more than 1,400 Arctic Warriors daily. In her off time, this native of Tucson, Ariz. plays guitar, watches independent films and surfs the Internet.

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 today 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.

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 job interview and salary negotiation class Wednesday at 9 a.m.

■ Sponsor training is Wednesday at 2 p.m. For more information on any of these programs, call 552-0370.

Y-on-Rails sign-ups

The Armed Services YMCA has a list of free train trips offered to servicemembers by the Alaska Railroad. There are one-, two- and three-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.

ESOH Camp

The 2004 Environmental, Safety and Occupational Health Compliance Assessment and Management Program will be conducted Aug. 16-20. This is a base-wide audit that helps commanders ensure compliance with regulations. For more information, call 1st Lt. Lamoni Yazzie at 552-2813.

Volunteers needed

Need to attend a medical appointment or get lab work done without kids? The Teddy's Child Watch program allows parents 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

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 general membership meets the fourth Thursday of every month at 7 p.m. in the Arctic Oasis.

For more information, call Ms. 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.

Finance Closure

The Finance Customer Service Center will close Wednesday at 11 a.m. for an official function. In the event of an emergency between 11 a.m. and 5 p.m., call 952-0447.

Chapel Revival

"Revive us Lord" is the theme of this year's Chapel Revival. It will be held Aug. 18-20 from 7-9 p.m. at Chapel One. These services will be sponsored by the Chapel's Gospel Service.

The speaker is Chaplain (Maj.) Kent Johnson from Bolling Air Force Base, Md. For more information, call 552-4422.

Pre-teen Lock-In

The Youth Center will host a Pre-Teen Lock-In Aug. 13-14 from 8 p.m. to 8 p.m. Activities include games, food and prizes.

The registration cost is $25 per child before Wednesday and $30 afterward.

For more information, call 552-KIDS.

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.

Arctic Life
Great living in the great land

Wherever you are, your vote counts

By Gen. Robert H. "Doc" Foglesong
U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany — The most important privilege our nation provides its citizens is freedom. Our nation was built on democratic principles and one of our cherished constitutional rights is the right of each American to vote.

Today our men and women are globally engaged to help bring freedom, including the right to vote, to people around the world. By registering and voting you honor your fellow Airmen, Soldiers, Sailors and Marines who are sacrificing their personal freedoms to provide this staple of democracy. You also reaffirm the sacred value of this privilege to many who have yet to achieve it.

It is the right to vote that allows you to elect officials who reflect your views and will speak for you in government. Why would people choose not to exercise this right?

By not voting, you abdicate that right and responsibility of citizenship that has cost so many so much to earn. You allow others, with whom you may not agree, to select our future leadership.

The laws and policies enacted today can, and often do, influence the long-term health of our nation. And it is our nation's future — ours and our children's — that should concern you today.

Take the time leading into the 2004 elections to register to vote and request your absentee ballot.

The deadlines for completing and mailing a Federal Post Card Application or turning in a Federal Write-In Absentee Ballot are both fast approaching.

The Air Force goal is for everyone to complete and mail his or her application before or during Armed Forces Voters Week, Sept. 3 to 11, to allow applications to meet all deadlines.

America is the greatest democracy in the world.

We owe it to ourselves and our great nation to get out and vote. I urge each and every one of you to make your voice heard.

I encourage you to take advantage of a privilege that people around the world continue to fight and die for — whether you are at a geographically separated unit, a one-deep special duty position or deployed in support of an Air Expeditionary Force rotation — no matter where you are, your vote counts!

Memorial wall: Remembering our past

By Mr. John Cloe
3rd Wing Historian

There are 1,067 names on the wall of the Eleventh Air Force Memorial, located at Merrill Field, to honor those who gave their lives or suffered captivity in the defense of the American Homeland. They represent the pride of a nation who served in the difficult North Pacific theater during World War II as members of the Eleventh Air Force, Fleet Air Wing Four and the Royal Canadian Air Force.

Each name has a story, from the 19-year-old aerial gunner who bled to death in a jammed ball turret, to the bomber crew shot down over Kiska Harbor, to the 21-year-old fighter pilot hopelessly lost over the icy waste of the North Pacific.

The names represent courage and devotion to duty, like that of a downed Navy patrol bomber crew in the freezing waters off Attu Island who waved off their rescuer as he was trying to land his amphibian in the heaving swells.

The names also include one woman who died as a flight nurse on her way to evacuate the wounded in the aftermath of the campaign to retake Attu Island from the Japanese.

For years, those who died, were taken captive or who were interned in the Soviet Union have been remembered only by those who served with them and those they left behind. Many of the names, written down in mission reports and unit histories, are fading on aging paper. Some can only be discerned though computer enhancement.

The wall is an attempt to remember them, to teach Alaskans what they accomplished during the dark days of the war, when the Japanese occupied the western Aleutians and later when they flew the forgotten missions against the Kurile Islands.

The Edward J. Monaghan Chapter of the Air Force Association will honor them during a rededication ceremony at the Eleventh Air Force Memorial on the south side of Merrill Field at 10:15 a.m. Thursday. Mayor Mark Begich and Lt. Gen. Howie Chandler, 11th Air Force commander, will be participating.

Those interested can visit the site to remember those who gave their youth to the cause of freedom.

STAFF SGT. RHIANNON WILLARD

A wall engraved with the names of 1,067 World War II heroes, who served in the North Pacific Theater and gave their lives or suffered captivity, is located on the south side of Merrill Field.

PHOTOS BY STAFF SGT. ADRIAN CADIZ

2004 Family Carnival

Above: Ms. Stephanie Meyers paints a lizard on Matthew Hermes during the Chapel-sponsored 2004 Family Carnival Sunday in Hangar 5. More than 800 people attended the carnival. There were hamburgers and hotdogs, games and crafts, pony rides, face painting, and bouncy castles and slides. The day began with a Unity Service for all of the Protestant services followed by a joint service with Protestant and Catholic congregations. The event highlighted many chapel programs, including its Vacation Bible School, which begins Monday.
Right: Jordan Cadiz enjoys a pony ride.

The Weekender

spotlight

Seafood sizzles at Susitna

By Mrs. Mary M. Rall
3rd Services Marketing

COURTESY PHOTO

No one likes the same old fare to eat, so why not stop by the Susitna Club to taste all the many menu items offered.

The delicious meals become equally tempting deals when patrons take advantage of the Members First pricing only obtainable by those who are club members.

However, while club members do enjoy certain savings at the clubs, the dining programs are open for all to enjoy.

The temptation begins Thursdays at a Seafood Buffet for $19.95 at the regular price or $16.95 with the Members First discount. If seafood isn't your fare, you can always enjoy fried chicken or prime rib.

The taste temptations continue Fridays as the club serves up a steak and lobster special at a blow-out regular price of $24.95 and $21.95 with the Members First discount steak and king crab is available Saturdays.

Regular menu items will be featured as well, and reservations are accepted.

Individuals can also experience the taste sensations the Susitna Café is cooking up through its Friday Dinner Specials, featuring prime rib and St. Louis Barbecued Ribs.

Members can also enjoy a special night designed just for them at Member Mania 2-4-1 dining Aug. 28 at the Susitna Café.

This event features one free meal for each adult meal purchased.

Items offered as a part of Membership Mania are featured on the club's adult specialty menu.

Every Sunday can be an event at the Sunday Brunch offered at the Susitna Club from 10:30 a.m. to 2 p.m. The adult regular price is $17.95, the adult Members First discounted price is $14.95, youth 6-12 are $6.95, and children under 6 eat for free.

This brunch features specialty items and more than 20 breakfast and lunch items.

The club also allows youth to eat for free at the Susitna Café.

Receive one free youth meal from our children's menu or one child's buffet for those 12 and under with each adult dinner meal purchased at the regular price every Thursday, Friday, and Saturday.

For more information, call 753-3131.

inside the fence

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

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

ATV Day Trip, Saturday with the Outdoor Adventure Program. 552-2023

Beginning Crochet, Saturday and August 14 from 2-4 p.m. for $30 at the Skills Development Center. 552-7012

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

Magic of Membership Cash Drawing, Saturday at the Susitna Club's dinner. 753-3131

Portage to Hope Bike Ride, Saturday at 7 a.m. for $10 with the Outdoor Recreation Center. 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 per lane for $30 Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

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

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

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

Hatcher's Pass Hike, Tuesday from 10 a.m. to 6 p.m. for $8 with the Young Adult Center. 552-8336

Independence Mine Field Trip, Tuesday from 10 a.m. to 6 p.m. with the Youth Center. 552-2266

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

FCC Training and Orientation, Tuesday-Aug. 13 from 9 a.m. to 4 p.m. in building 5091. 552-4664

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

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

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

Kids Day Out Pony Bead Animals, Thursday from 2-4 p.m. for $15 at the Skills Development Center. 552-7012

Ultra Zone, Thursday from noon to 5 p.m. for $10 with the Youth Center. 552-2266

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

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

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

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

Dollar Bowling, Bowl for $1 per game Thursday and Aug. 13 from 11 a.m. to 4 p.m. at the Polar Bowl. 552-4108

Magic of Membership Cash Drawing, Aug. 13 at Kashim Club's and the Cave's Social Hour. 753-3131

One-Stroke Painting, Aug. 13 from noon to 2 p.m. for $25 at the Skills Development Center. 552-7012

Xtreme Bowling, Aug. 13-14 from 8 p.m. to 1 a.m. at the Polar Bowl. 552-4108

Beginning Beading Chandelier Earrings, Aug. 13 from 5-7 p.m. for $25 at the Skills Development Center. 552-7012

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

fri

CAST OFF: Put that elusive fish on your dinner table by taking Fly Fishing 2 classes tonight from 5-7 p.m. and Saturday from 10 a.m. to noon with the Outdoor Adventure Program. Cost is $85 for both classes. 552-2023

sat

MISSOULA THEATER: The Missoula Children's Theater is making the rounds with its production of Red Riding Hood. The production begins at 3 and 7 p.m. 552-0689.

sun

TASTE TREAT: Treat yourself today by enjoying more than 20 tempting breakfast and lunch items at Sunday Brunch from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

MOVIE: *DODGEBALL: A TRUE UNDERDOG STORY (PG-13)* When corporate workout center Globo Gym moves to town, a locally owned fitness center, "Average Joe's," loses so much business that its manager (Vince Vaughn) can't make the mortgage payment. In fact, to save the gym, $50,000 in 30 days is needed. Faced with going under, the crew from Joe's enters a high-stakes dodgeball tournament to save their cherished local gym. 7p.m.

fyi

PENTATHLON: Register yourself for the 2004 Pacific Air Forces Play to Win Pentathlon at *www.pacfive.com* and visit a variety of Services events and activities to qualify for hundreds of instant prizes, cash, trips, and more. The pentathlon kicked off Sunday and runs for 90 days. Participants have the opportunity to win more than $30,000 in prizes, including a Hawaiian vacation, cruise for two, case, notebook computer, mini DVD player and more. 552-5900

Know what cavities are, how to fight them

Capt. Bradshaw Stout
3rd Medical Group

As you are sitting in the dental chair, you may hear some strange phrases and words. You may wonder what these terms mean. Before I became a dentist, I remember being confused by dental terminology. But it's not as complicated as you might think.

The first thing to know is — there is a war going on in your mouth.

There are destructive bacteria and helpful bacteria that compete for control of your mouth. It's our goal to help you diminish the destructive bacteria in your mouth.

Cavities are caused by the bacteria that eat sugar and make acid.

The waste products of sugar-eating bacteria cause cavities. The acid eats holes in your teeth. The resulting holes are cavities.

After the holes have formed in your teeth, the bacteria move into the tooth and make more acid. The downward spiral of decay has begun. The decay will increase until the tooth is destroyed.

Now that you know what cavities are and what they need to grow, you will be better able to fight tooth decay.

There are three ingredients necessary to form a cavity: teeth, bacteria, and sugar.

If you remove one of these ingredients, cavities will not form. The ingredients least painful to remove are the bacteria and the sugar, thereby preventing cavities in the first place.

At your next dental exam, you will be placed in a caries risk classification of low, medium, or high. The term "caries" refers to cavities, so "high caries risk" means that you will most likely continue getting cavities unless something is done to disrupt the pattern.

Here are some simple ways that you can prevent tooth decay:

■ Brush after you eat, as it decreases the amount of food for the bacteria to convert to acid and the amount of harmful bacteria in your mouth.

■ Brush before bed because saliva flow decreases at night. Salivary flow washes bacteria and food from the teeth and dilutes acid.

■ Floss before bed for the same reason. It is important to floss because your toothbrush can not reach the areas between your teeth. If you do not floss you are allowing the germs to gain a foothold in your mouth.

■ Chew gum sweetened with xylitol. Xylitol gum has been shown to decrease cavities by 80 percent. Xylitol keeps plaque from forming.

■ Stop snacking between meals. Snacking is a supply line for the harmful bacteria in your mouth. It takes your mouth two to three hours to get back to normal after one snack. Likewise, sipping sweet drinks (soda, coffee with sugar, fruit juices) provides a constant food source for the bacteria.

■ Drink sweet drinks quickly and brush afterwards, or at least rinse well with water and chew some xylitol gum.

■ Sip a bottle of water during the day to keep your mouth moist and to wash away harmful bacteria if you are on medications that give you a dry mouth.

If you are at high risk for decay, we can help you at the dental clinic through the 3rd Dental Squadron's Caries Risk Program.

In addition to cleanings and any fillings needed, you are automatically given the following:

■ Increased knowledge of cavity prevention like nutrition counseling and hygiene instruction.

■ Four fluoride treatments, as well as a prescription for high dose fluoride toothpaste. Fluoride helps by killing harmful bacteria and strengthening the tooth against acid attacks.

TECH. SGT. SHARON BALTAZAR

Airman 1st Class Dianet Santos, 3rd Dental Squadron, performs a routine dental cleaning.

■ Once you have completed these steps, you will be given the option of entering a three month recall for cleaning and fluoride treatments until you are no longer at high risk for decay.

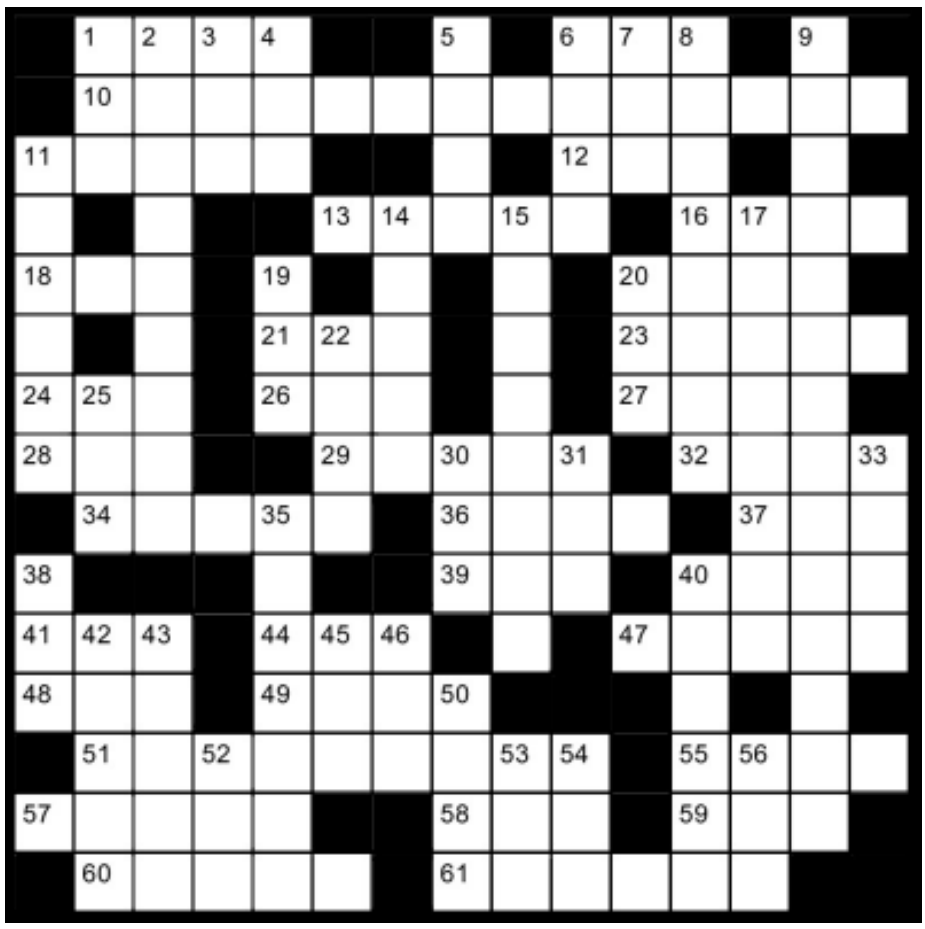
These tips will help you maintain a healthy smile for a lifetime.

We strongly urge our military families to participate in the United Concordia dental plan to be seen by providers in their community.

If you have any further questions, ask at your next appointment.

Badge of Honor

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs



ACROSS

1. Bite
6. ___ Alamos, N.M.
10. They may be 32E or 3E5X1
11. Large Central American plant used for rope
12. Neither's partner
13. Badge for a 13S or 1C6X1
16. Southwest grocery store chain
18. Wears a 35P badge
20. Shifts for 24-hour workers
21. AF inspection for readiness
23. Magnitude
24. Aloha gift
26. "Nash Bridges" actor Johnson
27. Short note
28. Affirmative vote
29. Trite
32. Slavic person
34. Foe
36. Badge for a 35B or 3N1X1
37. Lubbock, TX, school
39. Korean War "Alley"; site of famous air battles
40. Round vegetables
41. ___ the season to be jolly...
44. Unit for 31P and 3P0X1, in short
47. Genesis
48. Colo. time zone
49. LA problem?
51. Badge for a 21L or 2G0X1
55. Woodwind instrument
57. Board
58. Meadow
59. X
60. European standard of measure
61. One of the plagues of Egypt?

DOWN

1. 201 to Julius Caesar
2. Badge for an 84H or 3H0X1
3. Actress Marie Saint of *North by Northwest*
4. *Star Trek: Next Generation* actor Wheaton
5. Ancient Peruvian culture
6. Type of Air Force officer category
7. Singer Yoko
8. Badge for a 34M or 3M0X1
9. Badge for a 21T or 2T1X1
11. Badge for a 2S0X1
14. Stain
15. Badge for a 52R
17. Car gauge
19. Badge for a 3E8X1, briefly
20. Medal above AF Commendation
22. What Santa's cheeks were?
25. Shoe size
30. Badge for a 13B, briefly
31. School subject
33. Current POTUS
35. Badge for a 13S
38. Cash machine
40. Group of 11A, 11B, etc.
42. Religion
43. Actress Sharon
45. JP 1-02 acronym for selling to allies
46. Drunkard
50. Part of fish lung?
52. Acquire
53. Co. head?
54. Vesicle
56. Wager

Last week's solution

Sports News

PHOTOS BY STAFF SGT. DAVID DONOVAN

Skateboard competition

Above: Joel Bauer jumps from one ramp to the other at the indoor skate park at the Arctic Oasis during the Teen Skateboard Competition July 30. The Teen Center sponsored event was broken down into three age groups with pro-decks awarded to the first place winners; skate hats for the second place winners; and certificates for the third place winners. Prior to the competition, there was a skate camp taught by the Teen Center skateboard team. The next skateboarding camp, sponsored by Pacific Air Forces, is slated for the end of August. Pro-skaters will be teaching the camp. For more information or to sign up, call the Teen Center at 753-2371.
Left: Daniel Langdon ollies off the stairs.

Sports Shorts

Base soccer champs

The 3rd Communications Squadron won the Soccer Championship Monday against the 381st Intelligence Squadron, 4-3.

Swimming lessons

Beginner adult swimming lessons sign ups are available at the front desk in the Fitness Center. Registration for all other August swimming sessions are under way. For more information, call the Fitness Center at 552-3622 or inquire at the swimming pool.

Golfing

■ The 3rd Mission Support Group Golf Tournament is Aug. 20 with an 8 a.m. shotgun start at Eagleglen 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. Prizes will be awarded. For more information, call 2nd Lt. Joseph Colella at 552-5175 or Master Sgt. Brian Cornelius at 552-2536.

■ A Couple's Tournament is Aug. 20 for $25 plus a green's fee per couple and is limited to the first 30 teams. Tee times are available from 4-6 p.m. for this nine-hole event. Entry includes the potluck dinner, long-drive contest and prizes. For more information, call 552-3821.

■ The 3rd Wing Golf Tournament is Aug. 26 at 1 p.m. 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 in the morning and 18 in the evening. No handicaps are needed.

Basketball and cheerleading

Basketball and cheerleading registration is Aug. 16-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 participation. A physical exam completed within one year of the start of the playing season will be accepted. Participants will receive T-shirts, plaques, and a lot of fun and learning. For more information, call 552-2266.

Bowling

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

■ A "No Tap" Tournament is Aug. 14 from noon to 8 p.m. at the Polar Bowl for $10 per person. A minimum of 10 participants are needed. Scores will be accumulated all day, and the winner will receive a new bowling ball of their choice.

Fitness Test Standings

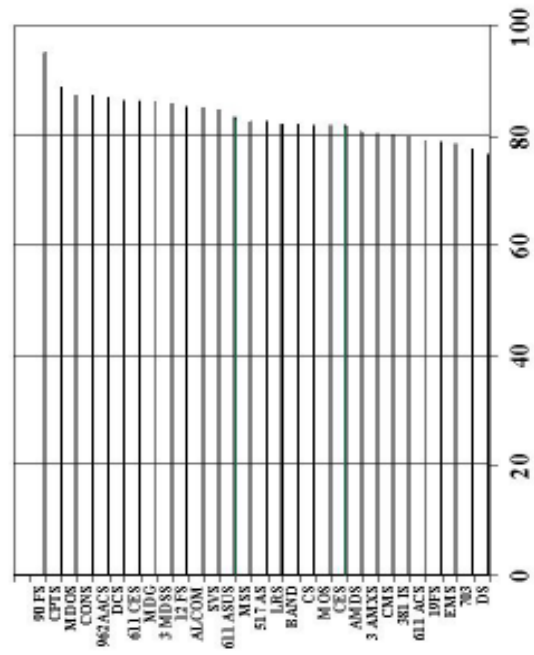
Commander's Challenge

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

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

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

Unit average score:



Last week's top performers:

Women

1.5-mile run:
10:22, Heidi Brennan, 611 AIS
10:51, Kaitlin Bugay, 611 AIS
11:05, Valencia Flowers, 3 AMXS
11:27, Erin Wahlin, 3 AMXS
12:35, Mariamne Mitchell, 611 AIS

Push-ups:
62, Kaitlin Bugay, 611 AIS
54, Erin Wahlin, 3 AMXS
49, Jessica Pena, 611 AIS
31, Heidi Brennan, 611 AIS
31, Mariamne Mitchell, 611 AIS

Crunches:
61, Christine Rojko, 3 CES
56, Jessica Pena, 611 AIS
53, Valencia Flowers, 3 AMXS
51, Kaitlin Bugay, 611 AIS
50, Heidi Brennan, 611 AIS

Men

1.5-mile run:
9:21, Kevin Hunter, 3 CES
9:32, Casey Campbell, 90 AMU
9:33, Paul Valley, 611 AIS
9:36, Albert Moseley, 611 AIS
9:37, Michael Weiss, 611 AIS

Push-ups:
100, Iran McIntyre, 3 CES
80, Alexander Collazo, 3 CES
80, Scott Hartill, 3 CES
57, Michael Weiss, 611 AIS
51, Paul Valley, 611 AIS

Crunches:
70, Albert Moseley, 611 AIS
67, Iran McIntyre, 3 CES
55, Paul Valley, 611 AIS
50, Michael Weiss, 611 AIS
50, Troy Witherington, 611 AIS