

The Sourdough

S E N T I N E L

July 9, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 27

Independence Day celebration



-- Pages 10-11

STAFF SGT. PRENTICE COLTER



SENIOR AIRMAN AMY MORRISSETTE

Buckle up!

Airman 1st Class Cory Hoffman, 3rd Security Forces Squadron, conducts an ID and seat belt check on Airman 1st Class Crystal Enriquez, 3rd Contracting Squadron. During random compliance checks July 2 and Saturday, 36 people were found not wearing their seat belts. Everyone is reminded that both the driver and all passengers must wear a seat belt when in any moving motor vehicle on- and off-base, according to AFI 91-207. The PACAF Supplement to this states that if violated, the first offense is a one-week driving suspension; second offense within a 12-month period is a one-month suspension; and third offense within an 18-month period is a one-year suspension.



■ **Tech. Sgt. Jack Roskind**, 732nd Air Mobility Squadron, recently volunteered to obtain, train, and lead more than 50 volunteers to help with the Arctic Thunder 2004 Special Needs Day.

He recruited the help of Elmendorf's entire First Term Airman's Center and many individuals from other units.

The volunteers worked to escort cars, direct traffic, help people to their seats, distribute programs, park cars and clean up after the event.

Sergeant Roskind organized and executed the complicated plan without a hitch to help make this event a success.

■ **Airman 1st Class Aaron Cuffee**, 3rd Component Maintenance Squadron, displayed superior system knowledge during ejection seat removal and in-shop maintenance on an F-15E aircraft requiring time changes.

His technical ability and outstanding teamwork resulted in completion of two complex pitch stabilization control assembly overhauls, which was two days early.

Airman Cuffee displayed unequaled initiative by proactively reviewing the shop's stock and ordering the required hardware, preventing shortfalls for this rare task.

■ **Tech. Sgt. Kevin Buchanan**, 3rd Operations Squadron, executed the duties as acting 3rd Wing Advanced Programs Security Manager, a duty he was not originally trained to conduct.

He processed last-minute security clearance documents for a four-star equivalent civilian and the Defense Advanced Research Projects Agency team, so wing aircrews could voice current and future air and space warfare design issues.

■ This week's commander's shadow is **Airman 1st Class Lamicka Larson**, 12th Fighter Squadron.

Action Line



Col. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224

actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Richard Fryer, 3rd CES/CC
552-3007

Lt. Col. Gary Dzubilo, 3rd SVS/CC
552-2468

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

Self help center

Q: I think I may have a solution to the flower issue that would save money for privatized and non-privatized housing managers and enable them to respond to yearly requests for flowers from tenants.

Why not create a "self help" center for all housing residents? Initially, a horticulture society could be formed from volunteers and led by someone who is knowledgeable about the plants on our base. The group could gather plants and learn at the same time. These gatherings would provide the initial stock for the store. The plants would be perennials indigenous to the area, which would enhance the base and save money spent every year on annuals.

The society could operate a "greenhouse" through the winter. It would be low maintenance and surely there is a space somewhere it could be housed. How much would an irrigation system really cost with left over parts laying around the base?

Overhead would be minimal, with

both plants and soil coming from the base land. Seeds could be gathered and distributed through the self help store, and started in the greenhouse for the upcoming season. We could also probably get donations from seed companies, nursery suppliers, etc.

People could bring in plants when they needed to thin out their gardens or had too many of a certain type of plant, possibly in exchange for another type of plant in the store.

The bottom line is, Alaska is just so rich with wildflowers that it is a shame not to take advantage of this.

Please, let me know what you think.

A: Thank you for your thoughtful suggestion. I think you'll be pleased to hear that the Conservation Office already has a "self help" program in place that allows base personnel to transplant native flowers and trees from the north side of the base. It takes a permit issued at the Wildlife Museum in Bldg 8481 (552-2436). Permits can be obtained daily from 3:30-5 p.m. and are free of charge, with a limit of six trees per

year. There is no limit on flowers and shrubs. Conservation personnel are available to provide information on the types of wildflowers available on base and where to find them.

I wish we could implement your specific action line request, but it cannot be funded under current Conservation funding guidance. Your suggestion would have substantial startup and annual maintenance costs (between \$150,000-200,000 a year).

Under AFI 32-7064, Management of Natural Resources, Conservation funds can only be spent on maintaining the unimproved lands on the base. Environmental funds also are restricted to correcting conditions that are out of compliance with environmental regulations.

Unfortunately, landscaping is not a compliance issue. In these times of tightening budgets, the base can't justify this expenditure.

However, if you are still interested in forming a horticulture society as a private organization, please call our Private Organization Monitor at 552-4092.

The Sourdough

SENTINEL

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1999, 2000 & 2001

Best in PACAF

1998, 1999, 2000 & 2001

Editorial Staff

Col. Michael Snodgrass

3rd Wing Commander

Capt. Johnny Rea

Chief, Public Affairs

Staff Sgt. Ryan Mattox

NCOIC, Internal Information

Senior Airman Amy Morrisette

Editor

3rd Wing History Moment

July 8, 1986:

The first two E-3A aircraft arrived at Elmendorf. These aircraft were assigned to the 962nd Airborne Air Control Squadron. The 962nd AACS was activated the week before to support the rotational deployment of E-3 aircraft.



Fire! Fire! Fire!

Eareckson firemen put out flames



PHOTOS BY CHUGACH EARECKSON SUPPORT SERVICES

A wooden warehouse was burned to the ground at Eareckson Air Station on Shemya Island as part of a test demolition initiative. By conducting a controlled burn of the 12,200 square foot structure, the Air Force saved almost \$500,000 and provided the firemen at Eareckson Air Station a training opportunity.

Two buildings on Shemya go up in flames to save money

Two wooden buildings were demolished last week, but not in the standard way — they went up in flames.

“It was amazing to watch these two buildings come down,” said Ms. Kim Hopkins, 611th Air Support Squadron Eareckson deputy program manager.

At the end of the Aleutian chain, Shemya Island, also known as Eareckson Air Station, is maintained by an Air Force contractor, Chugach Eareckson Support Services, and supported by the 611th Air Support Group.

Part of the island maintenance includes regular clean-up and maintenance of buildings.

“We have over 80 buildings currently on our proposed demolition list. But demolition funds are often hard to come by,” said Capt. Matt Sandelier, 611th ASUS Eareckson program manager.

The two old warehouse buildings, which did not have concrete foundations, were identified as prime burn test candidates.

Instead of spending approximately \$500,000 to demolish each building, a recommendation was made to burn them instead.

“Typically, when we demolish a building it costs a lot of money not only to take the building down, but to transport the pieces off the island, usually by sealift,” Captain Sandelier said. “We just don’t have enough space for large material in the landfill.”

“Burning the buildings saved a lot of money, and we re-

“Our firemen don’t have many opportunities to practice their response procedures. These burn events provided them a chance to train.”

Capt. Matt Sandelier

611th ASUS Eareckson program manager



Firemen at Eareckson Air Station on Shemya Island prepare an old wooden building for demolition. Last week the Air Force contractor, Chugach Eareckson Support Services, and the firemen conducted a controlled burn of the two-story warehouse.

The burn provided the firemen on the island with an opportunity to practice using their personal protective gear as well as testing their equipment.

“Our firemen don’t have many opportunities to practice their response procedures,” Captain Sandelier said. “These burn events provided them a chance to train.”

Other government agencies also involved in preparation for the events included the Environmental Protection Agency and the Alaska Department of Environmental Conservation.

“The environmental person-

nel in the 611th Civil Engineer Squadron worked hard with outside agencies to prepare for this test burn,” Captain Sandelier said.

It was important for us to follow all the environmental laws and requirements.”

Before the buildings could be burned, the EPA required asbestos abatement, which was conducted by 611th CES.

ADEC reviewed the burn request to determine if these events would fall under the current air quality permit maintained by the group.

ADEC also required sampling for lead.

“Before the burn, samples were taken to test for lead in the buildings,” said Ms. Hopkins.

With the burn complete, the contractor will again test the ash for lead before it is placed in the landfill.”

(Courtesy of Alaskan Command Public Affairs)

Unattended cooking, candles top causes of base fires

Unattended, abandoned or inadequately controlled fires are the number one cause of fires in the home and home fire injuries. In 1998, there were 96,540 home fires associated with cooking and/or candles, resulting in 553 deaths; 5,762 injuries; and \$595.2 million in direct property damage.

While so many of our loved ones are deployed around the world and ensuring our freedom, the base Fire Prevention Office wants to ensure the families here are safe from fires.

Here are some home safety tips and basic home fire safety precautions for preventable fires:

Cooking fires

- Never leave food cooking on the stovetop unattended, and keep a close eye on food in the oven. Unattended cooking is the leading cause of residential fires and fire-related injuries. Also, three in every 10 reported home fires start in the kitchen — more than any other place in the home. The majority of these fires start with the ignition of common household items, such as pots, furniture, wall coverings, curtains and more.

- Keep cooking areas clean and clear of combustibles like potholders, towels, rags, drapes and food packaging.

- Keep children and pets away from cooking areas by creating a three-foot “kid-free zone” around the

stove. Turn pot handles inward so they can't be bumped and children can't grab them.

- Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire or knock a pot off of the appliance.

- Never use a wet oven mitt as it presents a scald danger if the moisture in the mitt is heated.

- Always keep a potholder, oven mitt and lid handy. If a small grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding the lid (a cookie sheet may also be used) over the pan then turn off the burner. Don't remove the lid or try to move the pot or pan from the stove, call the fire department.

- Never pour water on a grease fire and extreme care must be used when using a fire extinguisher onto a pan fire, the pressure from the extinguisher could blow the grease and fire from the pot and actually spread the fire.

- If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.

- For a microwave fire, keep the door closed and unplug the microwave. Call the fire department in both of the afore mentioned cases. Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved

food carefully to prevent steam burns.

Candle fires

In addition to the hazards associated with cooking fires, candles can also be dangerous. In fact, unmonitored candles is the leading cause of home candle fires, followed by candles left too close to combustibles, according to annual averages from 1994-98. Nine percent were started by children playing with candles, and almost half of home candle fires started in the bedroom.

Although December is the peak month for candle fires, with nearly twice the average number of incidents, here are some safety tips to follow every month:

- Extinguish all candles when leaving the room or going to sleep. Keep candles away from items that can catch fire, such as clothing, books, paper, curtains and more.

- Use candle holders that are sturdy, won't tip over easily, are made from a material that can't burn and are large enough to collect dripping wax.

- Don't place lit candles in windows, where blinds and curtains can close over them.

- Place candle holders on a sturdy, uncluttered surface, and don't use candles in places where they could be easily knocked over.

- Take extreme caution to keep candles and all open flames away from flammable liquids such as

gasoline, kerosene or lighter fluid.

- Keep candle wicks trimmed to one-quarter inch and extinguish taper and pillar candles when they get to within two inches of the holder or decorative material. Votives and containers should be extinguished before the last half-inch of wax starts to melt.

- Avoid candles with combustible items embedded in them as they can explode.

- Keep candles up high out of reach of children and never leave a child unattended in a room with a candle. A child should not sleep in a room with a lit candle nor should a child or teen have candles in their bedrooms.

- Try to avoid carrying a lit candle, and don't use a lit candle when searching for items in a confined space.

- Never use a candle for a light when checking pilot lights or fueling equipment such as a kerosene heater or a lantern. The flame may ignite the fumes.

- Store all candles, matches and lighters up high and out of children's sight and reach, preferably in a locked cabinet.

Education on these and other tips can aide in preventing the preventable fires — and ensure a safe and happy summer. Remember, if you have a pot or candle fire, always call 911.

(Courtesy of the Fire Prevention Office)



TECH. SGT. JOAN ANDERSON-BROWN

Operation Iraqi Freedom

Maj. Mitch Bird (right), deployed deputy commander for the 3rd Communications Squadron, takes the 506th Expeditionary Communications Squadron guidon from Col. William Brandt, 506th Air Expeditionary Group commander at Kirkuk Air Base, Iraq. Major Bird took command of the 506th ECS June 21.

Proud to be "HOME"

By Lt Gen. Paul V. Hester
Commander, Pacific Air Forces

"WELCOME BACK TO PACAF!"

Lynda and I were blessed to hear this often at the Change of Command ... and quite honestly, it put a HUGE smile on our faces.

We have immensely enjoyed our previous tours in the Pacific both at the personal and professional level. The cultural richness of the region has deepened our personal lives and the ability to serve professionally throughout the area with Soldiers, Sailors, **Airmen**, Marines and Coast Guardsmen has made it feel like "home."

"Home" is half of the earth ... 16 time zones ... over 105 million square miles ... 45 countries ... 30 territories ... 3.5 billion people ... 30 percent of American trade or \$500 Billion — yes, the "B" word. Thus, a stable and secure "Home" is important to the prosperity of our great Nation **AND** to the rest of the world.

History has proven that militaries can be an effective tool for keeping peace as well as making war. The current threat to our region's security puts a premium on your work with



Lt. Gen. Paul V. Hester

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**.

Lynda and I are fortunate to inherit the commitment of our previous commanders to improving readiness, preparing the command for the future and enhancing your quality of life. We will continue that work.

We are proud to be "Home." May God bless you and the Nation we serve.

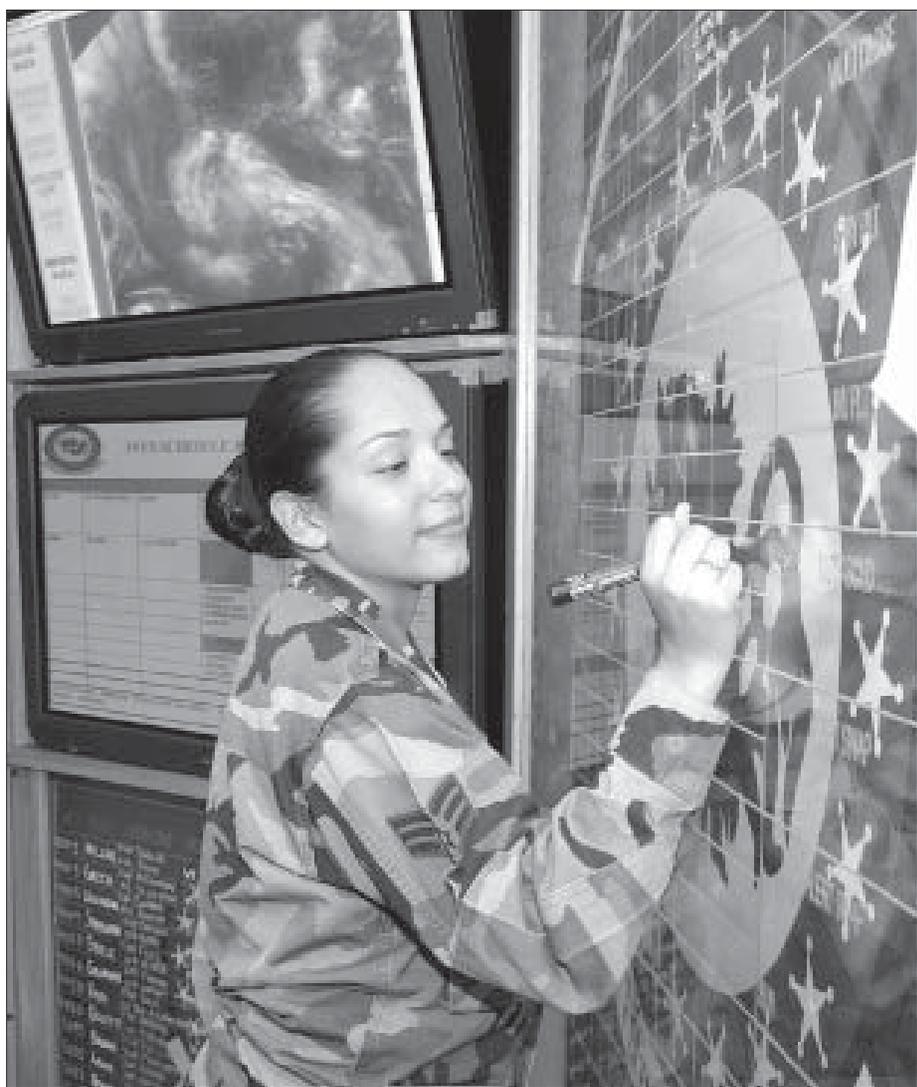
(Courtesy of PACAF News)

Airman's Ball

July 17 at the Susitna Club
7 p.m. to midnight for free!

Social hour begins at 6 p.m. Dress is mess dress or semi-formal. There will be dinner, dancing, guest speaker, photographer, and the famous "Grog Bowl."

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



AIRMAN JONATHAN THRASHER

Originally from San Diego, Senior Airman Melissa Nava, 19th Fighter Squadron, helps to ensure 19th FS pilots are qualified and current on all wing and unit training requirements. "She takes care of business, bottom line," said Tech. Sgt. Darien McCulloch, 19th FS, and Airman Nava's supervisor. Since arriving at Elmendorf in February 2002, Airman Nava has been enjoying her off-duty time and the Alaskan scenery by working with computers and running. Airman Nava has been in the Air Force for more than four years.



STAFF SGT. SUE NUCKOLLS

Since arriving at Elmendorf 11 months ago, Senior Airman Dana Brossard, 611th Civil Engineer Squadron construction inspection and engineering support section, has been busy as an AutoCAD draftsman, GeoBase technician, and GPS Surveyor, and deploying out to 18 active remote radar sites and forward operating bases in Alaska. Airman Brossard also reviewed and compiled airfield obstruction survey data for six remote airfields and provided the 11th Air Force Terminal Instrument Procedures Office with critical flight instrumentation data. "Senior Airman Brossard consistently exceeds all standards and expectations and is doing an outstanding job filling a staff sergeant's position," said Airman Brossard's supervisor, Staff Sgt. George Dollenger, 611th CES. When Airman Brossard is not working, he can be found taking advantage of the sunny days and all the camping opportunities that Alaska has to offer. He also enjoys working with the Boy Scouts, and playing with computers. Originally from Snohomish, Wash., Airman Brossard has been in the Air Force for more than four years.

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

Changes of Command

■ The 3rd Services Squadron will have a change of command Thursday, 9 a.m. at the Susitna Club Ballroom. Maj. David Aupperle will assume command from Lt. Col. Gary Dzubilo.

■ The 3rd Civil Engineer Squadron will have a change of command Wednesday, 11 a.m. at Heritage Park. Lt. Col. Christopher Thelen will assume command from Col. Richard Fryer, Jr.

■ The 3rd Maintenance Operations Squadron had its change of command Thursday. Maj. Edwin Mundt assumed command from Maj. Benjamin Alley.

Power outage

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

Hospital closure

The 3rd Medical Group will be closed July 16 at 11:30 a.m. for outpatient routine care and pharmacy services. Emergency services will be available. Normal operations will resume July 17 from 7:30 a.m. to 1 p.m.

Burger King closed

The Elmendorf Burger King will be closed July 23, 24 and 25 due to maintenance on the drainage systems.

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 July 19 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.

■ A resume class is Wednesday at 9 a.m. Learn to develop and write a resume and the various types of resumes employers require.

■ Sponsor training is Wednesday at 2 p.m. Learn the importance of effective sponsorship and unique ways to welcome newcomers to your unit. Call the Arctic Warrior Orientation Center at 552-6619 to sign up.

Airman's Attic

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

The Airman's Attic is open every Monday, Wednesday, Friday and on the first Saturday of each month from 10 a.m. to 2 p.m. Donations are accepted during business hours. The Attic is currently in need of volunteers. For more information or to volunteer, call 552-5878.

Town hall meeting

Elmendorf is making final preparations for the second phase of its Private Sector Financed Housing project. Town hall meetings are designed to help inform, provide lease packages and forms and alleviate any fears residents may have about the transition. The next briefing is at the Base Theater today at 2 p.m.

This briefing is mandatory only for military family housing residents or mem-

bers who might be moving into government housing in the near future. Residents currently in privatized housing do not need to attend.

Skills classes

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

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

For more information, call Mr. Will Bellucci at 552-2031 or 552-7017.

Men's Bible study

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

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

Road closure

Airlifter Drive will be closed to traffic just east of Building 15380 from 6 a.m. Tuesday to 11 p.m. Thursday. Traffic will be detoured around the excavation site on 35th Street. Any questions can be directed to 3rd Civil Engineer Squadron Utility Shop at 552-3024.



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.

Uniform board releases results

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON — Air Force officials recently released the results of the 96th Air Force Uniform Board. The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- Establish a standardized Air Force physical training uniform.

- Redesign the female lightweight blue jacket.

- Authorize the lightweight blue jacket to be worn indoors.

- Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.

- Offer the A-line skirt as an optional item.

- Redesign and revise maternity uniforms.

- Authorize the black scarf only with all Air Force uniforms, eliminating white, gray and olive drab options.

- Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.

- Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.

- Allow females to wear small, black spherical earrings when in uniform.

- Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.

- Remove the requirement to wear a tie/tab with short-sleeved shirt or blouse while traveling on a commercial airline.

- Authorize wear of a backpack over both shoulders.

- Authorize only a solid-color black backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.

- Redesign the security forces beret.

- Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.

- Allow males to cleanly shave their heads or have military high-and-tight haircuts; females are not authorized to shave their heads or wear high-and-tight haircuts.

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer.

Questions should be addressed to Elmendorf's Military Personnel Flight at 552-8080.

(Courtesy of Air Force Print News)

Arctic Life

Great living in the great land



COURTESY PHOTO

Mr. Dan Durkin (top left) Anchorage J.C. Penney store manager, presents Elmendorf children a check for \$5,000 to implement the base Boys and Girls Club Power Hour Program, in partnership with J.C. Penney Afterschool Fund. The after-school program is for ages 6 to 18 years old to help the youth through school. Participants must register for the program at the Youth Center front desk. For more information, call the Youth Center at 552-2266.

Youth Center receives \$5,000

Build children's homework muscle with Power Hour

Thanks to an innovative partnership between Boys & Girls Clubs of America, the Elmendorf Youth Center and the J.C. Penney Afterschool Fund, students now have Power Hour, a place and time to find tutoring, homework assistance and reinforcement of the subjects they learn in school.

Boys & Girls Clubs of America responded to concerns from its members' parents, who were seeking help in reinforcing better study habits for their children after school.

Power Hour was developed to meet that need, giving members ages 6 to 18 homework support and guidance in an interactive setting.

The Elmendorf Youth Center, a Boys & Girls Club, received \$5,000 to implement Power Hour.

This interactive after-school homework assistance program was developed by Boys & Girls Clubs of America for children ages 6 to 18 years old.

The program is based on the premise that youngsters can learn to view homework as an opportunity to

work independently — a practice that will help them successfully complete projects on time.

The after-school program will also enable them to feel positive about their accomplishments.

The J.C. Penney Afterschool Fund, a nonprofit organization and sponsor of the after-school programs, has made Power Hour possible by awarding nearly \$1 million in grants to Boys & Girls Clubs around the country in 2004.

"Power Hour gives kids homework help from adults qualified and familiar with their studies," said Mr. Dan Durkin, J.C. Penney store manager. "Children are our most valuable resource. They are the future leaders of our country. What better investment can we make in our future than in our children?"

"The J.C. Penney Afterschool Fund has provided us with the resources we need to create a comprehensive and effective curricu-

lum that positively impacts the way kids process and respond to their school work," said Ms. Jennifer Lamar, Youth Center recreation assistant and Power Hour director.

"We're responding to both parent and child when we develop programs that are fun with a purpose. It makes all those who are part of the circle of education conscious of the needs of our children.

"On Elmendorf we have parents who both work full-time and they are grateful to have this after-school support. They can feel less stress knowing that not only is their child in a safe and fun environment after school, but he is also developing positive learning skills and attitudes that will last a lifetime."

For more information about Power Hour or to schedule an interview with Ms. Lamar, call the Youth Center at 552-2266 or e-mail at Jennifer.lamar@elmendorf.af.mil.

(Press release from the Boys and Girls Club of America)

"Power Hour gives kids homework help from adults qualified and familiar with their studies."

Mr. Dale Durkin
J.C. Penney store manager

▶ spotlight

▶ fri

Theatrical Day Camp opens at Kashim

By Mrs. Mary M. Rall
3rd Services Marketing

It's time to start grooming the stars of tomorrow by checking out all the programming available through the Arctic Oasis Community Center for all those upcoming "Julia's" and "Brad's."

The acting out will begin with a Theatrical Day Camp Monday through July 16. This event will cover a variety of topics to prepare attendees for future auditions, to include the upcoming Missoula Children's Theater audition for "Red Riding Hood." There is a limit of 35 slots available for the day camp, which will be offered at the Kashim Club for youth in kindergarten through 12th grade.

The road to Grandma's house takes on a whole new spin as 50-60 youth from throughout the base get to experience the world of "Red Riding Hood" when the Missoula Children's Theater visits here Aug. 2-7.

The Missoula Children's Theater is the nation's largest touring children's theater, which has been traveling extensively from Montana to Japan for the last 30 years. The group's combination actors and directors will arrive here with a set, lights, costumes, props, and everything else necessary to put together a production except for the performers.

An open audition will be featured Aug. 2 at 10 a.m. at



MARY M. RALL

Members of the 2002 Missoula Children's Theater's production of "The Wiz of The West" cast portrayed roles as part of the Munch Kin in the musical fairytale.

the Kashim Club Ballroom for youth in kindergarten through 12th grade. Potential thespians that would like to sign up for the auditions may do so now through July 30 at the Youth Center, Arctic Oasis Community Center, and School Age Programs.

Available parts to be featured in this fairytale musical include the three little pigs, grandma, Red Riding Hood, raccoons, a woodsman, woefully nasty young wolves, a friendly neighborhood forest ranger big bad wolf, a boy who cries "wolf," and more.

However, although there are numerous parts available, there is no guarantee that everyone who auditions will be cast in the production.

Rehearsals for the production will be featured Aug. 2-6, and although all

cast members will not be needed at every session, those auditioning must be available for all the rehearsal dates. A detailed rehearsal schedule will be distributed at the conclusion of the auditions, and cast members should bring a sack lunch, supper, or snack to the rehearsals.

Once the rehearsals have concluded, the curtain will prepare to go up Aug. 7 at 3 p.m. and 7 p.m. when the youth will take to the stage at the Base Theater to perform for the Elmendorf community. While the performance will feature a portion of the base youth, individuals from throughout the area are welcome to attend the performance of these stars of tomorrow.

For more information, call 552-8529.

SUPER DAY: Tip your glass to the weekend by enjoying great deals and extra special social hour snacks at Super Friday today at 5:30 p.m. in the Kashim Lounge and the Cave. 753-3131

MOVIE: *Troy (R)* Set in ancient Greece, Paris the Prince of Troy, begins an affair with Helen, the Queen of Sparta. King Menelaus takes this as a terrible insult, both to him and his brother, Agamemnon. Agamemnon unites the populations of Greece to bring Helen back from Troy. 7 p.m.

▶ sat

PADDLE AWAY: Indulge your sense of adventure at a Whittier Kayaking trip Saturday from 8 a.m. to 5 p.m. for \$30 with the Outdoor Adventure Program. 552-2023

MOVIE: *Godsend (PG-13)* Following the death of their eight year old son, Jessie and Paul are befriended by a doctor on the forefront of stem cell research about bringing him back to life through an experimental and illegal cloning process. The experiment is successful and Adam grows into a healthy and happy young boy ... until his 8th birthday. 7 p.m.

▶ sun

DINE OUT: Treat yourself to the delights of the Susitna Club's Sunday Brunch Sunday from 10:30 to 2 p.m. 753-3131

MOVIE: *Breakin' All The Rules (PG-13)* Quincy gets dumped by his fiancée, but he then writes a best-selling book advising guys to avoid heartache by breaking up with their girlfriends before they can get hurt. Quincy's cousin enlists him to break up with his girlfriend for him, but while doing so, Quincy falls for her. 7 p.m.

▶ fyi

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

▶ inside the fence

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

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

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

Theatrical Day Camp, Monday through July 16 with the School Age Program and Community Center. 552-0689

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

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

Ladies League Golfing, Tuesday at 5:30 p.m. at

Eagle Glen. 552-3821

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

Senior Fun Day, Bowlers 55 and older can get up to three free games Wednesday from 11 a.m. to 4 p.m. at the Polar Bowl. 552-4108

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

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

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

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

Acrylic Landscape Northern

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

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

One-Stroke Carnation Painting, July 16 from noon to 2 p.m. for \$25 at the Skills Development Center. 552-7012

Couples Tournament, July 16 for \$25 plus green fees per couple from 4-6 p.m. at Eagle Glen. 552-3821

Flattop Hike, July 16 with the Outdoor Adventure Program. 552-2023

CGOC Night, July 16 at the Cave. 753-3131

Hillberg Challenge Fun Run, July 16 at noon bottom of Hillberg with the Fitness Center. 552-5353

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

The weekend

Self Aid and Buddy Care

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Used to hold 4 DOWN in place
7. Use this acronym on unconscious person
10. Task to help someone not breathing, briefly
12. Oak starter
13. Type of bleeding (most dangerous)
16. Bo of 10
17. Code for Pearl Harbor attack (repeated)
18. Crop of a bird
19. Timid
21. Drunkard
22. Together with further examples, in short
23. Taxis
25. Mil. quick
27. Shoe size
29. Skating arena
30. Pet food manufacturer
31. Horses classified by coloring

33. Long time
35. Pub order
36. Bump
38. Rap doctor?
39. Unit of resistance
41. Where injured personnel should go, briefly
42. ___ gin fizz
44. Experimental place?
45. Not many
46. Type of pressure applied to a bleeding wound
48. Pet food maker
51. Special tactics team for SFS
54. Great Lake
55. Last result to control bleeding
57. Grain; barley
58. South central German city
59. Tax examination
63. Chinese statesman Mao ___-tung
64. "The Greatest"
65. Dangerous state caused by pain, blood loss
66. He-Man's female alternate, ___-Ra
67. Essential for staying hydrated, cautious using for injuries
68. Calif. time

M	O	N	R	O	E	A	B	E	T	A	L	A
I	R	E	N	E	D	R	Y	O	K	R	A	S
C	O	W	A	R	D	I	C	E	P	A	R	I
E	A	T	B	L	O	R	I					
S	O	N	S	O	F	L	I	B	E	R	T	Y
E	A	D	E	C	O	L	E	D	O	W	N	
C	O	N	C	O	R	D	S	A	V	E	A	
T	A	O	R	E	T	R	E	S	S	O		
R	E	A	S	O	N	O	U	R	O	H	M	
G	L	S	E	N	S	E	D	I	I			
E	O	S	A	L	E	E	R	A	N	T		
O	T	D	S	L	O	O	S	E	G			
R	E	R	E	A	D	S	A	P	A	S	T	A
G	L	E	A	M	J	E	F	F	E	R	S	O
E	L	F	S	E	A	S	D	E	N	T		

Last week's solution

DOWN

1. Sinister
2. USAF "dog fight" pilot
3. Neither's partner
4. Used to cover a wound
5. Cruciform symbol
6. What an injured person shouldn't do
7. Used in a MARK I kit during a 23 DOWN
8. What a heart does
9. Tailmarking on a/c of 302nd AW
10. ___ blanche; free reign
11. Identify
14. Massif in the Pennine Alps

1	2	3	4	5	6	7	8	9	10	11		
12					13	14			15			
16					17				18			
		19		20		21			22			
23		24		25				26		27		28
		29					30					
31	32				33	34				35		
36				37		38			39	40		
41				42	43				44			
			45					46				47
48	49	50			51	52	53			54		
55							56					
57					58				59	60	61	62
	63				64				65			
66				67					68			

15. Item to help reduce swelling
20. Animal native to Tibet
23. Catastrophic events that necessitate SABC
24. Short, flat, slight-headed nails
26. Foreign objects in bloodstream
28. Do to legs when treating for 65 ACROSS
32. ___ Lady, title of the Virgin Mary
33. Tokyo, formerly
34. Mining goal
35. Frankincense
37. Compass dir.
40. Jackrabbit
43. Unit of currency in Angola

45. Specialty
46. Pesticide banned in '70s
47. Type of duty?
48. Cash machine
49. Averse
50. Check for this on unconscious person
52. Burly
53. Sheer machine-made net of silk; used for veils
56. Sultan
59. Cleopatra killer
60. Pauses
61. Speck
62. Ring result, briefly

Sports News

Arctic Warrior tops in Midnight Sun Marathon

By Senior Airman Amy Morrissette
3rd Wing Public Affairs

When Master Sgt. Lloyd Raines developed severe cramps in mile 17 of the Mayor's Midnight Sun Marathon — only seven miles shy of the finish line — he realized it wasn't possible to make his goal of finishing the marathon in less than three hours.

That was last August. He finished 63rd in the marathon with a time of three hours and 11 minutes. But then the next five months would change everything he knew about his running capability.

Sergeant Raines would put in approximately 146 plus hours, pound out 1,092 miles, drop 12 pounds then turn around and run the same event for the second time — but this time walk away a winner.

Sergeant Raines, a unit ground safety representative with the 381st Intelligence Squadron, completed the Midnight Sun Marathon in downtown Anchorage recently with a time of two hours, 53 minutes and seven seconds, good for an overall third-place finish in the men's competition and a first-place win in his age group (45-49).

"I felt great and adequately rewarded for all the hard training I put into preparing," he said. "I felt good the whole way through it, and I wasn't nervous (about the race) because I had done the proper training."

Not only that, the 45-year-old sergeant beat his expectations and personal goal of finishing the marathon in under three hours.

"To break three hours in the marathon was a lifetime goal I set for myself and on that day I accomplished my best time ever. I had complete trust in my training coach and that proved to be the right decision," he said.

Using a book as his training coach, the husband to Jane and father of two boys and two girls, made time to run most everyday.

"I started marathon specific training in February using a training schedule from a book I purchased. The plan was designed for experienced marathoners, taking a very scientific approach and included up to 70 miles a week of running (no cross-training)," he said.

Even through last winter's blistering arctic

winds, Sergeant Raines said he ran those miles outside.

"I used a GPS watch system designed for runners to provide me with feedback on my exact distance and pace. All my training is done outdoors," he said. "Even in January when the temperature was about 19 degrees below, I would go for a run of 90 continuous minutes once a week, as well as two to three other shorter runs. I got used to layering running clothes, wearing a ski mask, mittens and studded shoes."

However, his determination after the August 2003 marathon is what really resulted in a superhuman effort. In addition to his hard work, he said it was his disappointment in this race that motivated him to make a comeback and train at a much higher level — and he kept this determination until he crossed the finish line.

The Midnight Sun Marathon is his fourth marathon, and he has done quite well in the Air Force 1.5 mile fitness test, clocking in one of the top run times of seven minutes, 47 seconds.

Sergeant Raines said he continues to run each week. "Common knowledge in the sport says it takes about five weeks to fully recover from racing a marathon. I'm in a recovery period now. I run about 20 to 30 easy miles a week now dispersed over four or five days per week," he said.

Although it is not recommended to compete in multiple marathons within six months, he said he's planning for his next marathon August 15 where he'll run in the Humpy's Marathon in Anchorage. "In a couple of weeks, I'll be training up to 70 miles again. The next two weeks, I'll taper my training to be fully prepared to run a marathon again," he said.

In the future, Sergeant Raines said he hopes to compete in trail running and ultra running (or distances greater than a marathon). "I'd do it for the unique challenge and experience," he said. "Running is all about the training. As a popular runner's idiom goes, 'in a marathon, the race is determined at the moment the competitors step to the starting line.'"

Sergeant Raines keeps this saying in his heart, and in memory of his marathon victory, he has a three-dimensional bronze plaque in the shape of the Mayor's Marathon race logo on a bookcase in his home.

Sports Shorts

Kids camps

■ The first camp for cheerleaders is Monday through Thursday for children ages 6-12. Cost is \$10. There will be a morning session from 9 a.m. to noon and an afternoon session from 1-3 p.m. Registration is at the Youth Center and registrations can be taken by calling 552-2266. Payment for the clinic is due Monday. This camp will be instructed by two cheerleader instructors from Camp Adventure at the University of Northern Iowa.

■ The second camp is an all-sports camp which runs from July 19-22 for children ages 6-12. Cost is \$10. There will be a morning session from 9 a.m. to noon and an afternoon session from 1-3 p.m. Registration is at the Youth Center and registrations can be taken by calling 552-2266. Payment for the clinic is due July 19. This camp will be instructed by two sports instructors, one male and one female also from Camp Adventure at the University of Northern Iowa.

Hillberg challenge

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

will be available and many prizes will be up for grabs.

Couple's golf tournament

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

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

For more information, call 552-3821.

Triathlon

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

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

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

Fitness Test Standings

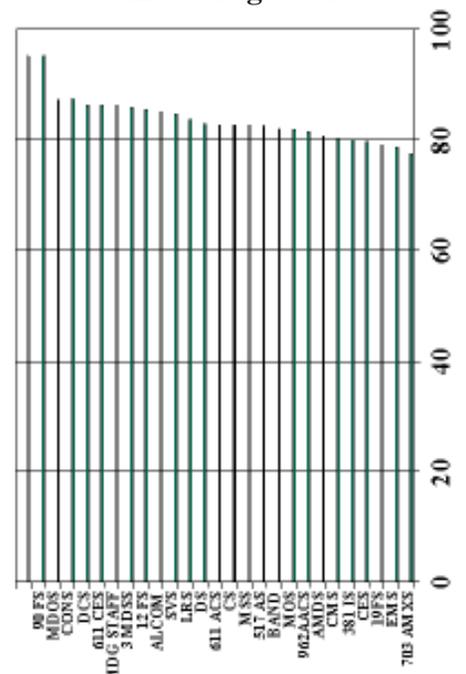
Commander's Challenge

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

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

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

Unit average score:



Last week's top performers:

Women

1.5-mile run:

11:13, Amy Carpenter, 3 MDSS
11:29, Shannon Waddy, 3 MDSS
12:00, Cynthia Melella, 3 MDSS
12:03, Kara Feldhausen, 3 MDSS
12:05, Brooke Matthews, 3 MDSS

Push-ups:

47, Amy Carpenter, 3 MDSS
41, Shannon Waddy, 3 MDSS
41, Cynthia Melella, 3 MDSS
39, Patricia Blakeslee, 3 MDSS
35, Brooke Matthews, 3 MDSS

Crunches:

59, Amy Carpenter, 3 MDSS
54, Shannon Waddy, 3 MDSS
53, Michelle Lebaron, 3 MDSS
52, Cynthia Melella, 3 MDSS
51, Brooke Matthews, 3 MDSS

Men

1.5-mile run:

9:02, Maurice James, 3 MDSS
9:06, Douglass McManus, 3 MDSS
9:51, Alan Tikalsky, 3 MDSS
9:55, Ed Lagrou, 3 MDSS
10:04, Omar Villa-Linares, 3 MDSS

Push-ups:

80, Eric Startz, 3 MDSS
79, Joshua Dancy, 3 MDSS
75, William Stockwell, 3 MOS
69, Jonathon Torres, 3 MDSS
60, Zachary Ross, 3 MOS

Crunches:

60, Luis Quijano, 3 MDSS
60, Jason Stroude, 3 MDSS
56, William Stockwell, 3 MOS
55, Brandon Guzman, 3 MOS
54, Roman Vyvial, 3 MDSS