

# The Sourdough

S E N T I N E L

Sept. 3, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 35

*Time to deploy*

A man in a desert camouflage military uniform is shown from the waist up, focused on packing a green duffel bag. He is wearing a matching bucket hat and has a name tag that reads "CADIZ" and a "U.S. AIR FORCE" tag. On his right sleeve, there is a patch of the United States flag. He is also wearing a black watch on his left wrist and a ring on his left hand. The background shows an airfield with several fighter jets parked on the tarmac under a cloudy sky. The overall scene suggests a soldier preparing for deployment.

*Arctic Warriors gear up  
for recent deployment*

*— Pages 12-13*



STAFF SGT. SUELLYN NUCKOLLS

### 'STEP'ing up to the plate

Staff Sgt. Ebony Stepp, 3rd Component Maintenance Squadron, is promoted to technical sergeant by Col. Michael Snodgrass, 3rd Wing commander Aug. 25. She received this promotion as part of the Stripes for Exceptional Performers program.



■ **The 3rd Wing Claims Division**, Office of the Staff Judge Advocate, was recognized by the Air Force Legal Services Agency as the Best Armed Forces Claims Information Management System User for the period of Oct. 1 to March 31.

The Claims Division was the most effective, efficient and accurate user of the system in the Air Force for this period.

■ **The 3rd Wing Office of the Staff Judge Advocate** was the Air Force Judge Advocate General's Large Office nominee for the American Bar Association Legal Assistance for Military Personnel Distinguished Service Award for 2003.

■ **The Fire Prevention Element**, 3rd Civil Engineer Squadron, distinguished themselves by training more than 547 hospital employees in "hands on" fire extinguisher use.

This valuable training prepared hospital personnel for fire emergencies.

In addition, the team sponsored the first-ever commercial kitchen exhaust system class in the state of Alaska in conjunction with the Alaska State Fire Marshall's Office, which involved the training of more than 40 personnel.

■ **Airman Brandon Perry**, 3rd Equipment Maintenance Squadron, discovered a BRU-47 bomb rack malfunction during a scheduled inspection.

Airman Perry's efforts revealed a broken swedge release spring with the potential to cause a catastrophic in-flight mishap due to an unsecured munitions load.

The replacement of the defective part ensured weapons security and increased reliability of the F-15E aircraft armament delivery system.

■ This week's commander's shadow is **Airman Bryan Schei** from the 3rd Comptroller 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](mailto: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

### Thank You

I just wanted to call and let the people on Elmendorf know how much we enjoy seeing and hearing the C-130 airplanes.

We live out in the Big Lake area,

and the C-130s fly over our house quite frequently.

We've grown to love them so much that we now watch for them and like to refer to them as "our planes."

They have become such a wel-

come sight that when our grandchildren come to our house, they also watch for "our planes".

My family and I would just like to take this opportunity to say, thank you.

Ms. Bonita Carroll



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

**Editorial Staff**  
**Col. Michael Snodgrass**  
3rd Wing Commander  
**Lt. Col. Michael Halbig**  
Chief, Public Affairs  
**Staff Sgt. Ryan Mattox**  
NCOIC, Internal Information  
**Senior Airman Amy Morrissette**  
Editor

### 3rd Wing History Moment

**Sept. 1, 1963:**

The 3rd Bombardment Wing went to inactive status and was later redesignated the 3rd Tactical Fighter Wing and reassigned without personnel to England Air Force Base, LA. Three B-57 equipped squadrons were reassigned and thus ended the history of the last active B-57 Bombardment Wing in the Air Force.



Parental involvement with teachers, volunteering can have great impact on your child's education now that it's ...

# Time to go back to school



SENIOR AIRMAN AMY MORRISSETTE

Marris Mattox, 4, and brother Russell, 8, children of Staff Sgt. Ryan Mattox, 3rd Wing Public Affairs, shop for school supplies at the BX/PX Monday.

## Take time off to bring children to school with Back-to-School policy

By Ms. Jena Bienia

Family Support Center flight chief

Our military leaders and educators strongly support parent's involvement with their children's schools. To encourage this, they developed the First Day of School policy for children in kindergarten through 12th grade.

The policy allows parents time off to take their children into the classroom on the first day of school to meet teachers and other students.

Parents who are military members are authorized time off to participate in the program; and civil service parents are authorized liberal leave time.

On the first day of school, military members are encouraged to wear their uniform as a visible sign of their dedication to their children's education.

Parent's involvement in their child's education may be critical to a child's success in school. From the first day of kindergarten to high school graduation, parents who establish a good relationship with their child's school and its teachers may be essential to a child's development.

It may also help ensure that parents are well informed about the school's policies and expectations.

In past years, the Back-to-School program received a lot of praise from both teachers and parents.

Participants like Ms. Kathy Cappone, 3rd Mission Support Squadron, who participated last year said, "The policy afforded me the opportunity to take both of my girls to school on their first day. It was fun sharing the experience with them and it lessened their anxiety and apprehension over starting a new school. My husband and I felt like

we were doing the right thing. It also made it easier to talk to the teachers and school staff throughout the rest of the year."

According to her, parents who visit the classroom on the first day of school take the first step in building a strong relationship with the teacher and familiarization with the school.

Those parents who need one-on-one time with a teacher to discuss their child's strengths, interests and areas where their child may need extra help, should make an appointment.

It's helpful for parents to provide teachers with as much information as possible, such as their name, home and cell phone numbers, e-mail address and best time of day or evening to be contacted.

Be sure to ask the teacher to keep you informed of your child's progress and needs as long-term parental support can be critical to making schools great.

There are numerous ways to provide support, such as getting involved with parent/teacher organizations and advisory councils, attending open houses, and looking for ways to volunteer in the school.

Elmendorf supports the national Partnership in Education volunteer program, which is designed to encourage both military and civil service employees to get involved in local education programs through volunteer work with community schools.

Schools can always use help in reading with children, assisting with special projects and field trips, sharing information about places your family has lived, playing an instrument, or doing any number of helpful things.

Volunteering in the classroom lets children know that parents value education and are committed to their success.

Col. Michael Snodgrass' 3rd Wing policy letter authorizes military personnel to volunteer four hours per month and civilian employees two hours per pay period with supervisory approval.

Being involved in your children's education also means being informed.

Besides doing volunteer work, you can support your child by playing an active role at home in the following ways:

- Find out what specific courses your child needs in order to apply to college or technical school and help with class selection.

- Talk with counselors and have them explain course work needed to meet your child's post high school plans.

- Check your child's homework.

- Make sure your child understands the assignments and completes them on time.

For more information about the Partnership in Education program or for more information about the First Day of School policy, call or visit the Family Support Center at 552-4943. The FSC is located on 8535 Wewak Ave.

## Be sure children are registered for school

Anchorage School District representatives have seen a marked decrease in the number of military children getting registered for school, especially at the Central Middle School.

There are individuals who may have just come back from a deployment and may be planning to take leave. However, it's very important for parents to register their child as soon as possible.

By registering, the school system can plan accordingly and have space for Elmendorf and Fort Richardson children for the start of school Sept. 7.

Parents who have not registered their child must contact their "home/designated" school immediately and register their children.

The Central Middle School can be reached at 742-5100.

# Armed Forces Voters' Week begins today

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

Today through Sept. 11, members throughout the Department of Defense are gaining a greater understanding of their role in the electoral process.

This week was designated Armed Forces Voters' Week by the Secretary of Defense to bring a greater awareness of upcoming elections and voting in general.

"Particularly with some of the recent vote-counting issues, this week is our opportunity to make the military vote count," said Capt. Byron Shibata, 3rd Wing assistant staff judge advocate. "We want to make sure our troops know how to register and the different options for casting a ballot, like absentee voting. Getting this information out will help ensure their votes are counted and that they get the chance to choose their future leaders."

In order to be eligible to vote in the upcoming Nov. 2 elections, an individual needs to be a U.S. citizen 18 years old or older, and needs to register with a state.

It is the registration process some find confusing.

"Some people think they can register through the military or federal government, or worse, they think they can just show an ID or drivers license on election day without registering first," said

Captain Shibata, who is the acting installation voting officer. "This is a big area of confusion for many people. You must register to vote with a state for your vote to be counted."

The registration process varies slightly by state.

Typically though, registration needs to be completed 45 days prior to the actual election.

"With all the travel we do in the military, voting can sometimes get confusing," said Captain Shibata. "But we have unit voting counselors who have volunteered to help; it's their job and mine to get you answers so that you can vote. The buck stops here for voting assistance," Captain Shibata said.

For those who wish to register and request an absentee ballot, fill out standard Form 76 and mail it to your state.

The state officials will register you and send you an absentee ballot.

Those who wish to register to vote in Alaska can stop by any Department of Motor Vehicles office or at the Elections Office, located on the top floor of the Dimond Center Mall.

Throughout the course of the week, further voting information and advice can be obtained at special tables set up at the Joint Military Mall, the Base Library, the 3rd Medical Group Hospital, the Iditarod and Kenai Dining Facilities and dormitories.



ILLUSTRATION BY AIRMAN 1ST CLASS GERARD SABIDO



STAFF. SGT. RHIANNON WILLARD

## Horsin' around

Ms. Melissa Summers, an experienced barrell racer, warms up her horse, Skip, for some exercise and training. Ms. Summers was recently named the National Horse Association State Champion after qualifying in Anchorage and winning the State Championship. Elmendorf's horse stables are currently being relocated to a new location near Hillberg Ski Area to accommodate additional horse stalls. Arctic Warriors who are interested in keeping their horses at the base stables should call Mr. Al Spurlin at 552-2805. Horse rental and riding lessons are slated to be offered beginning in summer 2006.

## Voucher advice for deployments over 45 days

Those individuals who are deployed 45 days or more may find it beneficial to file an accrual/interim voucher.

The first payment will be paid after 30 days, with subsequent payments made every 30 days, unless individuals request a one-time payment.

Interim vouchers can be used for reimbursement of lodging expenses, meals, rental cars, excess baggage, vehicle storage and travel.

When filing a travel voucher, it is mandatory to use the split disbursement option when using a government travel card.

There are several different ways people can submit their voucher, including contacting the finance office at your deployed location, bringing it to the processing line before you deploy, faxing it to DSN 317-552-2404 the Virtual MPF Web site at [www.afpc.randolf.af.mil](http://www.afpc.randolf.af.mil) or e-mailing to

[3cptsfso@elmendorf.af.mil](mailto:3cptsfso@elmendorf.af.mil) .  
(Courtesy of the Finance Office)



TECH. SGT. SHARON BALTAZAR

### Staff Sgt. David Fair

**Duty title:** Information management/quality assurance, Det. 1, 353rd Combat Training Squadron

**Hometown:** Fayetteville, N.C.

**Hobbies:** Working on computers, gaming and digital photography

**How he contributes to the mission:** Provides guidelines for administrative tasks; conducts in- and out-processing of assigned personnel; maintains unit databases; ensures information management systems are in compliance; and he organizes, administers, evaluates and coordinates a comprehensive quality assurance program.

**Time at Elmendorf:** One and a half years

**Best part of being in Alaska:** The abundant wildlife

**Supervisor's comments:** "Sergeant Fair was the driver behind our successful execution of computer and network requirements supporting Cope Thunder exercises. He coordinated the processing of more than 600 NIPRNET and SIPRNET access requests. He also created our long-range improvement plan for network computer and copier systems to ensure that our information management capability continues to meet requirements." Lt. Col. David Ennis



AIRMAN DE-JUAN HALEY

### Senior Airman Jonathan Packard

**Duty title:** Help desk technician, 611th Air Communications Flight

**Hometown:** Santa Clara, Calif.

**Hobbies:** Snowboarding

**How he contributes to the mission:** Supports Alaskan NORAD Region and Alaskan Air Defense Sector as system administrator and monitors the installation, operation, upgrade and maintenance of all NORAD Enterprise Network network equipment. Responsible for receiving, logging, tracking and reporting status of all trouble tickets and user account management.

**Time at Elmendorf:** One year

**Best part of being in Alaska:** The snow

**Supervisor's comments:** "Airman Packard's outstanding performance is reflected in his selection to represent the 611th ACF as Airman of the Quarter for the last three quarters. His constant efforts to increase his knowledge has direct impact on the unit's mission success. He volunteers without hesitation and excels in performing those duties. His recent selection for promotion to staff is a direct reflection of his professionalism throughout his career." Tech. Sgt. David Delozier

## Mandatory formation

Chief of Staff of the U.S. Air Force Gen. John P. Jumper will host an All Ranks Call today at 9:45 a.m. in Hangar 1, located behind 3rd Wing Headquarters.

This is a mandatory formation for everyone who is not involved in mission critical duties. Members are required to be in place by 9:15 a.m. Parking is limited, therefore six buses will run continuously from the Base Theater from 8-9:15 a.m. to transport members to Hangar 1.

## Memorial service

A memorial service will be held for Airman 1st Class Carl Anderson today at 2 p.m. in Chapel One. Airman Anderson, a member of the 3rd Logistics Readiness Squadron, was killed Sunday in the line of duty in Iraq.

## Disposition of effects

First Lt. Joseph Barber is authorized to make disposition of the personal effects of Airman 1st Class Carl Anderson of the 3rd Logistics Readiness Squadron as stated in AFI 34-244. Any person or persons having claims for or against the estate of the deceased, should contact Lieutenant Barber at 552-2118 or by e-mail at [joseph.barber@elmendorf.af.mil](mailto:joseph.barber@elmendorf.af.mil).

## Air Force Ball

The Air Force Ball 2004 is Sept. 17 at 6 p.m. at the Egan Center. For the first 100 tickets sold, prices will be the following: \$15 for E-1 to E-4; \$20 for E-5 to E-6; and \$35 for E-7 and up. After the first 100 tickets are sold,

prices will increase to \$20, \$25 and \$40 respectively. The guest speakers will be retired Chief Master Sergeants of the Air Force Paul Airey and Sam Parish. For tickets, call Master Sgt. Bruce Stanton at 552-0048.

## Bargain Shop

The Bargain Shop will be closed Monday for Labor Day.

Beginning Wednesday, the Bargain Shop will go to fall/winter hours and be open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. The new consignment hours will be Mondays and Fridays from 10 a.m. to noon.

For more information, call 753-6134.

## Back to school sale

The Community Center's Back-to-School Garage Sale is Sept. 18, from 9 a.m. to 3 p.m., at the Youth Center gym. The cost is \$10 per table. To reserve a table, visit the Arctic Oasis Community Center from 9 a.m. to 9 p.m. Monday through Saturday; or Sunday from noon to 6 p.m. The last day to sign up is Sept. 15. For more information, call 552-8529.

## Family Support Center

■ The Spouse Connection Coffee Break is Tuesday at 9:30 a.m., and is a great opportunity for spouses to meet new friends and learn about base resources. No reservation necessary.

■ 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.

## Banned books week

"Elect to Read a Banned Book" will be observed from Sept. 25 to Oct. 2 at the Base Library.

This annual event is to remind Americans not to take for granted their precious freedom to read what they want. Ask a librarian for a list of banned books or for more information by calling 552-3787 or visit the Base Library, located on 22nd Avenue.

## Holiday greetings video

The Hometown Greetings team will film holiday greetings for release to your hometown for free Sept. 13 from 7 a.m. to 5 p.m.

The filming will take place near the rear entrance of the 3rd Medical Group Hospital. Call 552-5756 or e-mail [theo.mcnamara@elmendorf.af.mil](mailto:theo.mcnamara@elmendorf.af.mil) for more information or to reserve your time to create a greeting.

## Youth mural project

Individuals interested in lending their creative flair to the base can volunteer to help with the Youth Center's new mural project. The design will be pre-selected.

For more information or to volunteer, call 552-2266.

## 9/11 volunteers needed

Since the tragedy of Sept. 11, Mrs. Matty Wilson has made cookies for local fire and police departments, and military members. If anyone is interested in baking, giving a donation or providing baskets this year, call Mrs. Wilson at 929-9069 or Mrs. Donna Baker at 868-1193.



## 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.

## Strive for gold-medal standard

By Lt. Col. H.B. Brual

91st Operations Support Squadron commander

MINOT AIR FORCE BASE, N.D. — Over the past week, I've been watching the world's best athletes compete in numerous sporting events at the 2004 Summer Olympic Games in Athens, Greece.

During the television coverage of the games and the post-event interviews, I noticed two common themes from the athletes' comments.

First, the competitors worked extremely hard to prepare for the Olympics, and second, they possessed the desire to be the very best in their respective disciplines.

These two themes bring to mind the phenomenal effort and work ethic of our own Airmen and how our people exemplify the third of our Air Force core values, excellence in all we do.

Similar to the world's best athletes, Airmen practice and work hard before they are ever called upon to perform their respective tasks.

Regardless of career field, we can see it in all of our work centers.

The second theme, the desire to be the best, is reflected in the numerous accolades and awards Airmen have received over the past year.

But it is important to note that we cannot sit on our past accomplishments, expecting to receive the same laurels and awards without the hard work and sacrifice necessary to be the very best.

Teddy Roosevelt was giving a speech at the Sorbonne in Paris and he said, "It is not the critic who counts; not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly."

It is Airmen who deploy, maintain our planes and missiles, and provide security for these great weapons.

It is Airmen who preserve our freedom and way of life. And unlike the Olympics, where athletes compete in fields of friendly strife, we serve in a more dangerous and exacting environment.

Our great nation expects — no, deserves — the very best from all of us, because we cannot afford to receive anything but the gold medal. Therefore, we must continue to improve and strive for excellence in all we do.

(Courtesy of Air Force Print News Service)

# Arctic Life

Great living in the great land



ILLUSTRATION BY AIRMAN 1ST CLASS MIGUEL LARA III



STAFF SGT. RHIANNON WILLARD

## Way to go!

Above: The 3rd Wing received a thank you card recently from some visitors to the 2004 Special Needs Day Air Show. The show, held June 25, was designed to accommodate those who might have difficulty getting through the crowds during the scheduled Arctic Thunder 2004 air show.

Left: A family enjoys lunch under the shade of an aircraft, while watching the aerial demonstrations during the air show.

## 43 Arctic Warriors graduate from ALS

The following senior airmen graduated Aug. 26 from Airman Leadership School Class 04-7:

**Blake McDowell, 732nd AMS**  
*John L. Levitow Award*

**Michael Whelan, 3rd AMXS**  
*Elmendorf PME Center Leadership Award*

**Jessica Schiller, 381st IS**  
*Academic Achievement Award*

**Chrystle McGee, 3rd CPTS**  
**Michael Whelan, 3rd AMXS**  
**Jessica Schiller, 381st IS**  
*Distinguished Graduates*

**Evan Goss, 3rd CES**  
**Chad Waters, 3rd CES**  
**Dionne Rogers, 3rd CES**  
**Adam Bowens, 3rd CES**  
**Stephen Jonas, 3rd AMXS**  
**Wesley Corroero, 3rd AMXS**  
**Marc Begay, 3rd AMXS**  
**James Harris, 3rd AMXS**  
**Vincent Oliver, 3rd CMS**  
**William Gouty, 3rd CMS**  
**Shawn Pardue, 3rd CMS**  
**Fernando Chavez, 3rd CMS**  
**Jolene Trappett, 11th OWS**  
**Matthew Robinson, 611th CS**  
**Jennifer Sandidge, 3rd CS**  
**Brian Rogers, 3rd CS**  
**Robert Seier, 3rd EMS**  
**Derek Stewart, 3rd EMS**  
**Eric Gagnon, 3rd EMS**

**James Holloway, Sr., 3rd EMS**  
**Joseph Lombard, Jr., 3rd EMS**  
**Raymond Loera, 3rd SFS**  
**Michael Nahmias, 381st IS**  
**Justin Mealy, 381st IS**  
**Artavious Polite, 381st IS**  
**Adam Howell, 19th FS**  
**Kaitlin Bugay, 611th AIS**  
**Bobby Cheek, Jr., 3rd DS**  
**Brent Sisson, 3rd LRS**  
**Kevin Bullock, 3rd LRS**  
**Raymond Becker, Jr., 3rd LRS**  
**Leonor Choi, 962nd AACs**  
**Curtis Stuart, 3rd MOS**  
**Danica Likens, 3rd MDSS**  
**Daisy Vyvial, 3rd MDOS**  
**Thomas Courtney, 703rd AMXS**  
**Travis Hudson, 703rd AMXS**  
**Justin Mauhar, 703rd AMXS**  
**Brian Rutherford, 703rd AMXS**

▶ spotlight

▶ fri

## Win trip to pro football game

Visit Kashim Club Mondays to play Football Frenzy, win various prizes

By Mrs. Mary M. Rall  
3rd Services Marketing

Club members again have the opportunity to win a trip to a regular-season National Football League game, the Super Bowl, and the Pro Bowl through "Football Frenzy 2004."

The season kicks off at the Kashim Club Sept. 13 and will feature games every Monday night throughout the season.

"This year's Football Frenzy expands club membership value by providing increased opportunities to win these incredible trips," said Mrs. Shyrel Mason, the club manager. "We have great prizes. Come visit us during Monday nights to watch the weekend games. It's fun and you could increase your chances to win some awesome prizes."

Participants can even pre-register at the Kashim Club and win half-priced appetizers every time their team plays.

Throughout the season people can also enter to win a plasma screen television and trips to take in the action firsthand.

Grand-prize winners will receive a trip for two to see either the Atlanta Falcons



play the Tampa Bay Buccaneers, the Super Bowl in Jacksonville, Fla. or the Pro Bowl in Honolulu.

Trips include round-trip airfare, hotel accommodations, local transportation and game tickets. Further, those who take in the game regularly can register for the Biggest Fan Award.

The award, a reserved table and a free deli tray for the Super Bowl party, will be given to the person who attends the most Monday night games at the Kashim Club.

"This is the 10th anniversary of the program and our

club members have an exclusive opportunity," said Mrs. Mason. "This will be a great Frenzy season for our members. Contact your club for additional information on Frenzy activities. Join some friends for football excitement in your club and a chance to win"

Football Frenzy 2004 is sponsored by Miller Brewing Company, American Airlines, and Double Tree Alana Waikiki (federal endorsement not implied.) Football Frenzy prizes are available to club members only.

For additional information, call 753-3131.

*"This year's Football Frenzy expands club membership value by providing increased opportunities to win these incredible trips."*

Mrs. Shyrel Mason  
Club manager

**DINNER DEALS:** Indulge your taste buds for fine food by enjoying surf-and-turf specials tonight-Saturday at the Susitna Club. 753-3131

**MOVIE:** *Catwoman* (PG-13) Patience Philips (Halle Berry) works for a cosmetics company. When she inadvertently happens upon a dark secret her employer is hiding, she finds herself in the middle of a corporate conspiracy. What happens next changes her life forever. 7 p.m.

▶ sat

**GET TEED:** Play on at the Eagleglen Open today-Sunday for \$100 plus green fees for active-duty servicemembers and \$125 plus green fees for all other individuals. 552-3821

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

▶ sun

**BRUNCH BUNCH:** Fill your plate high at Sunday Brunch from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

**MOVIE:** *A Cinderella Story* (PG) High school senior Sam Montgomery (Hilary Duff) lives at the call of her self-obsessed step-mother Fiona and her sinfully wicked step-sisters, who treat her more like a servant than a member of the family. With her sights set on attending Princeton, Sam finds her social life wonderful when she meets her prince charming on line. But when her cyber soul mate turns out to be her high school's popular quarterback, Sam makes a mad dash back to reality just before the clock strikes midnight. 7 p.m.

▶ fyi

**FOOTBALL FRENZY:** Football Frenzy begins Sept. 13 with all new prizes. Check out the game every Monday night at the Kashim Club. Pre-register your team and get half-priced appetizers when they play and enter to win a plasma screen television, a trip to the Super Bowl in Jacksonville, Fla., or a trip to the Pro Bowl in Hawaii. 753-3131

## ▶ inside the fence

**Super Friday**, tonight at 5:30 p.m. at the Kashim Lounge and the Cave. 753-3131

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

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

**Labor Day 100K**, Monday at 10 a.m. for free with the Outdoor Recreation Center. 552-2023

**Eagleglen Pro Shop Sale**, Monday-Sept. 10 at Eagleglen golf course. 552-3821

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

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

**Bowling Trip**, Wednesday from 3:30-7 p.m. for \$8 with the

Young Adult Center. 552-8226

**Pottery Handbuilding Texture and Technique**, Wednesday, Sept. 15, 22, and 29 from 6-8 p.m. for \$45 at the Skills Development Center. 552-7012

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

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

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

**Pottery on the Wheel Glazing and Orientation**, Thursday, Sept. 16 and 23 from 6-8 p.m. for \$45 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

**Back-to-School Celebration**, Sept. 10 from 4-6 p.m. followed by a dance from 6-8 p.m. at the Youth Center. 552-2266

**Give Parents a Break**, Sept. 10 from 7-11 p.m. at the Sitka Child Development Center. 552-6403

**Xtreme Bowling**, Sept. 10-11 from 8 p.m. to 1 a.m. at the Polar Bowl. 552-4108

**Surf and Turf Specials**, Sept. 10-11 at the Susitna Club. 753-3131

**Get In On It Membership Drive Kick Off Party**, Sept. 10 at the Kashim Club. 753-3131

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

**Stained Glass Class**, Sept. 13, 20 and Oct. 4 from 6-8:30 p.m. for \$65 at the Skills Development Center. 552-7011

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

The Weekend

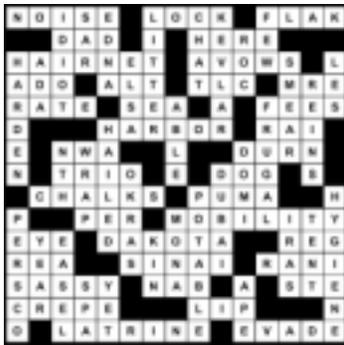
## Deploying Force

By 1st Lt. Tony Wickman

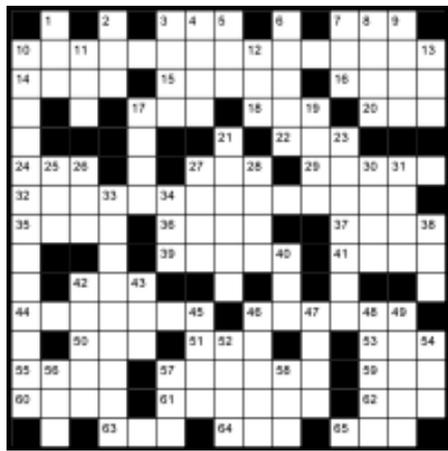
Alaskan Command Public Affairs

### ACROSS

3. Mascot for University of Georgia
7. One's fortune in life; fate
10. What a C-Bag is for (two words)
14. Capital of Norway
15. Honeydew or water
16. VIP
17. Person who interprets 3 DOWN
18. Dame
20. Mining goal
22. Sass
24. Order with motto 'For God and the Empire', briefly
27. Exclamation of discovery
29. Peninsula of southeast Asia
32. Necessity for deploying members to take care of families (3 words)
35. Pal
36. Snakelike fishes
37. Law to enforce during war
39. Queried
41. Sports channel
42. Diving sea bird of northern regions
44. MREs to deploying troops
46. Military org. concerned with deploying members' records
50. Alcoholic beverage made with rye and berries
51. Columbus, OH school
53. Picnic pest
55. At the home of; at or by
57. Loves
59. 3 in old Rome
60. Ripped
61. Concern of all deploying service members, commanders
62. Rules to observe during wartime
63. Primary, secondary or hasty; spots to fight from, in short
64. Part of a circle
65. Wear, as in a gas mask



Last week's solution



### DOWN

1. VCR tape
2. Military org. for moving household goods
3. Mil. law applicable at all times, everywhere
4. Mother Earth
5. Everything
6. Of, relating to, or prescribing punishment, as in 3 DOWN
7. Pay statement needed for deployment
8. Aware of, as in a criminal activity (two words)
9. Former Russian ruler
10. Rules to observe when captured (3 words)
11. Large North American deer
12. Tag given to service members
13. Previous to; before
17. Dirt
19. Hobble
21. Deployment assignments
23. Items used to move cargo on aircraft for deployments
25. Mil. pay entitlement on 7 DOWN
26. Flightless bird
27. Hole-in-ones
28. Rear end (British slang)
30. Country of southeast Asia
31. Catch a wink; take \_ \_ \_
33. What members must be before deploying
34. Vote of agreement
38. CSAF's naval equivalent
40. Name in legal proceedings to designate an unknown
42. Ire
43. Barbie's pal
45. Cola
46. Containing less extraneous than most
47. Having pink or red color
48. Capital of Egypt
49. Edible bulb vegetable
52. Accord between foreign gov't and US for handling troops
54. Even
56. Spicy
57. Cleopatra killer
58. And so forth, briefly

## Updating records ensures family safety, security

By Staff Sgt. Mike Edwards

3rd Wing Public Affairs

Most everyone agrees that taking care of your family and loved ones is a very important thing to do. While many people may say and feel this way, not everyone is doing what they should to show it.

What are you doing to take care of your family?

Have you made sure to take care of your family, even if you can't be with them?

There are a couple of things to keep in mind which may provide you with some piece of mind, knowing you have taken care of your family.

My last assignment was great, though punctuated with some rather dark moments. During my four years there, we had two suicides. That was tragic enough for the families and our squadron members, but the real tragedy continued long after their departure from this world.

Neither of these individuals had their insurance paperwork up to date, nor did they have proper wills.

One of the individuals still had his ex-wife listed as a beneficiary for his insurance policy. This left

his current wife and three children without a dime and no source of income. The second individual's will was written in a very generic way, which enabled his family to squabble for more than a year in the court system over who actually got what.

In the investigations, which ensued after their deaths, one of the conclusions was that these folks thought that their records were in order. The individual with the insurance problems had updated all of his other records with new information, and took it for granted that the insurance would be automatically updated.

The other guy had a will, but never bothered to take it to the base legal office for a review.

While I hope that no one ever has to face the tragedy involved with a suicide, it is important to stress keeping your insurance and will current. An annual review of all your records is a great idea, as is scheduling an appointment with the legal office to check the validity of your will.

By ensuring your records are up to date, you are making certain those you love will have some financial provisions in the event you can no longer be with them.

# Sports News



TECH. SGT. KEITH BROWN

## Intramural golf champs

J.P. Minugh, 3rd Medical Group, putts his ball across the green while J.P. Davis, 3rd MDG, watches during the Intramural Golf Championship Aug. 25 at the Eagle Glen Golf Course. It was a close battle for the 4-person 3rd MDG team, including Kyle Liswig and Sean O'Neil, but they managed to stay below the 3rd Services Squadron by three strokes for the win. The intramural golf season kicked off in June with forty teams competing for the title.

## Sports Shorts

### Tae Kwon Do

The Arctic Oasis offers Tae Kwon Do for children age five and older for \$40 per month. Classes are Tuesdays and Thursdays from 5-7 p.m. For more information, call 552-8529.

### FitLinxx

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

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

Physical training leaders are responsible for getting their member's registered. If you are not registered in FitLinxx or you have questions about how to use the software, see your PTL.

### Master's swim team

The Buckner Master's Swim Team is a swimming program ranging from lap swim to international com-

petition, and anyone 18 or older can join.

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

### Punt, pass and kick competition

The "Punt, Pass and Kick" competition is Sept. 18 and Sept. 25 at 1-5 p.m. for free at the Anchorage Park stop on 9th Avenue for youth ages 8-15.

Visit the Youth Center to pick up registration forms that can be turned in at 11 a.m. before the event.

This event gives each youth an opportunity to punt, pass, and kick for prizes. Winners will be given the chance to compete in the Alaska Sectional Championships. First, second and third place winners will receive medals.

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

## Fitness Test Standings

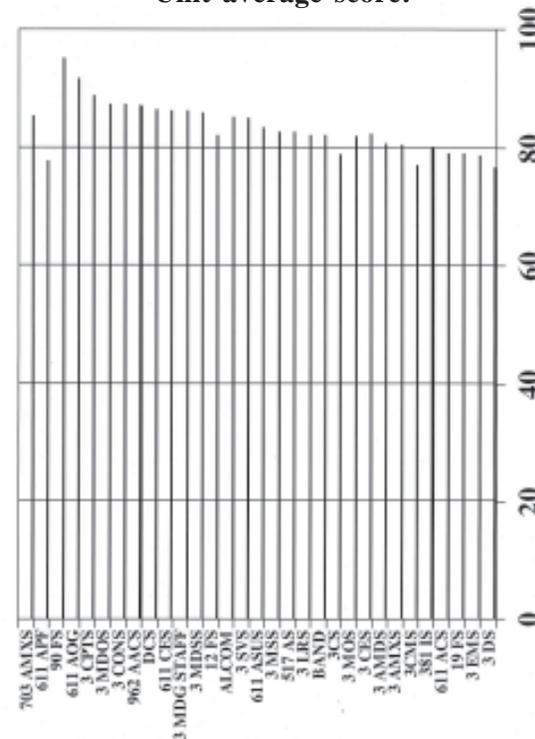
### Commander's Challenge

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

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

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

### Unit average score:



### Women

#### 1.5-mile run:

13:22, Lacashana Knight, 3rd CS

#### Push-ups:

44, Lacashana Knight, 3rd CS

#### Crunches:

53, Lacashana Knight, 3rd CS

### Men

#### 1.5-mile run:

9:09, Christian Bertholdt, 12th FS

9:47, Andrew Campion, 12th FS

9:55, Jared Conaboy, 12th FS

9:59, Tyler Gagnon, 3rd CS

10:02, John Campbell, 611th APF

#### Push-ups:

74, Tyler Gagnon, 3rd CS

67, Daniel Lane, 3rd CS

63, Jesse Grantland, 3rd CS

60, Patrick Garrett, 3rd CS

57, Jared Conaboy, 12th FS

57, Andrew Campion, 12th FS

#### Crunches:

70, Daniel Lane, 3rd CS

69, Tyler Gagnon, 3rd CS

64, Patrick Garrett, 3rd CS

60, Blaine Bish, 3rd CS

60, Joey Escalera, 3rd CS