

EF10

The Sourdough

S E N T I N E L



America's Premier Airpower Wing

May 7, 1999

Elmendorf Air Force Base, Alaska

Vol. 50, No. 18

In Brief

Studded tires

The 3rd Security Forces Squadron is giving drivers who still have studded tires on their vehicles until May 15 to have them removed. The Alaska deadline for removal was May 1. Drivers who don't have their studs removed by May 15 will be ticketed and denied entry to the base.

Inside

SIGNS OF EXCELLENCE:

The success and efficiency of the street name change shows what teamwork can accomplish, says the wing commander. **PAGE 2**

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A 54th Fighter Squadron pilot takes off in a Lakenheath F-15 from Cervia Air Base, Italy, for an Operation Allied Force mission. Life support troops from Elmendorf play a key role in making sure pilots get home safely.

In it for Life

3rd Wing airmen work to ensure Allied Force pilots come home safely

By SrA. Connie Etscheidt
501st Expeditionary Operations Group
and SSgt. Ron Reffegée
493rd Expeditionary Fighter Squadron

CERVIA AIR BASE, Italy—Three Elmendorf troops serving with the 493rd Expeditionary Fighter Squadron's

six-man life support team here are helping provide essential survival equipment that pilots of NATO's Operation Allied Force need to complete each combat mission safely.

The trio—SSgt. Keith Watson, SrA. Terrence Brimfield and SrA. George Anderson—has been supporting Cervia's pilots since they arrived last month with other members of the 54th Fighter Squadron.

The life support team services helmets, masks, survival vests, combat edge vests, anti G-suits, anti-exposure suits and parachute harnesses and helps pilots suit up with these before each mission.

517th takes off for Cobra Gold

By SrA. Korey London
3rd Wing Public Affairs

Three C-130 aircraft and 71 people from the 517th Airlift Squadron deployed to Korat Air Base, Thailand, Wednesday, to participate in Cobra Gold '99.

The two-week exercise is a regularly scheduled joint-combined exercise involving forces from the U.S. and Thailand.

The 517th is part of an estimated 17,000 U.S. Forces participating in the event, according to Capt. Vince Wild, 517 AS project officer.

Cobra Gold '99 is one of the largest exercises involving U.S. Forces in the Pacific Command this year. The exercise will include joint-combined land and air operations, combined naval operations, amphibious operation and special operations.

"The exercise provides joint-training opportunities that enhance the 517th's combat capability to perform day and

night airdrops of personnel and equipment with the aid of night vision goggles," said Wild. "The opportunity to deploy our troops and aircraft also validates our capability to mobilize safely and quickly."

The C-130 aircraft from the 517th will participate in the land and air portion of the exercise along with Army, Navy and Marine aircraft that include KC-130s, C-12Fs, F/A-18s, AH-1Ws, CH-46s, UH-1Ns, UH-60L Black Hawks and UH-60 medevacs from the U.S. Pacific Command.

Officials said the purpose of Cobra Gold '99 is to improve U.S. and Thai combat readiness and combined-joint interoperability, enhance security relationships and demonstrate U.S. resolve to support the security and humanitarian interests allies in the region.

One humanitarian interest effort calls for the U.S. and Thai Armed Forces to take civic action to set up humanitarian assistance programs to improve the general health, welfare and



The 517th Airlift Squadron will exercise both day and night airdrops during Cobra Gold '99 in Thailand.

quality of life of the civilian population in exercise areas.

Open house offers events for everyone

By SSgt. T.S. McNamara
3rd Wing Public Affairs

Elmendorf's 80th Anniversary Open House and Air Show July 3 promises to be an event the whole family will enjoy.



"We have made special efforts to ensure there are events to entertain every member of the family," said Col. Scott Gration, 3rd Wing commander. "But what really makes this year's show unique is the amount of flying—there will be an aerial demonstration every minute from noon to 5 p.m. To make that possible, the air show committee has worked hard to get commitments from 26 separate performers."

Highlighting the day are the U.S. Air Force Academy Jump and Glider teams, F-15 and F-16 aerial demonstrations and the Alaska Forces demonstration. The Alaska Forces demonstration is a simulated airfield attack featuring Air Force F-15s, A-10s and C-130s and Army paratroopers and UH-60A Blackhawk and CH-47D Chinook helicopters.

Many of the acts are geared specifically to children, including Brutus the skydiving dog. Youth-oriented displays will be featured in Hangar 7.

Other acts include the Sierra Aces Aerobatics team and the Drug Fighter's Pitts S-2B aerial demonstration. There will also be numerous modern and historic aircraft static displays.

The day prior to the Open House, 3rd Wing units will square off in competitive events during the Warrior Olympics. Families are encouraged to be a part of the day's activities.

"Family members are just as important to our 3rd Wing team as the people who wear uniforms," said Gration, "and I hope to see them all out there, whether they're cheering people on or competing themselves. This is a celebration of our proud heritage and that involves our families from the past and present," he explained.

To ensure a presence from the past, the committee has invited all former commanders, first sergeants and chiefs who've served in the 3rd Wing since its formation in 1919.

An evening gala event on July 2 will give 3rd Wing warriors—past and present—and their families, an opportunity to commemorate the wing's rich history. A Heritage Park dedication July 3 will round out the weekend's activities.

Elmendorf's open house July 3 is free and open to the public. Gates open at 8:30 a.m. For more information, call 552-SHOW.

Comment

Signs of excellence

By Col. Scott Gratton
3rd Wing Commander

Once again, the superb people of Elmendorf and the 3rd Wing have outdone themselves and proved the strength we enjoy as a unified military.

Our most recent building renumbering and street renaming is a fine example of how a team planning effort can make such a big difference for members stationed here.

Leading the way in the effort to provide some systematic, logical way of navigating the base was our 3rd Civil Engineer Squadron, the finest civil engineers in the Air Force.

While most of the 3rd Wing enjoyed April 30 as a down day, every member of the CE squadron turned out in full force to undertake the daunting challenge of renumbering all 960 buildings and putting up 500 new street signs.

The civil engineers had budgeted two days for the changeover, but went above and beyond their own expectations and accomplished the entire change within six hours. Elmendorf is really a city all to its own, and for a city our size to completely change the way it looks and feels in one day is a testament to the superior planning and execution that you, the military community, brings to the table.

As most of you recall, that Friday was overcast and rainy with temperatures hovering around the freezing mark. Not the ideal conditions to be out in all day, but our civil engineers stuck to their plan and executed it with pinpoint precision. By that afternoon the base had an entirely new look and had streets that made sound, logical sense.

Everyone in CE—from Col. Kevin Hansen right on down to the newest airman—deserves a big pat on the back from everyone who navigates this base now and in the future. They have made themselves part of the history of the 3rd Wing, making their mark on this base for everyone to see.

The Herculean efforts of the civil engineers just goes to show what we, as a military organization, can do when we plan the task, have clear goals and

"I am proud of every member of the 3rd Wing. While the street renaming effort was primarily a CE concern, it is just one of the many examples of pride and professionalism the military community exudes."



Col. Scott Gratton
3rd Wing Commander

objectives, and work together to get it done.

I am proud of every member of the 3rd Wing. While the street renaming effort was primarily a CE concern, it is just one of the many examples of pride and professionalism the military community exudes.

Where else in the world will you find people bound by a common thread, woven into the tapestry that provides security to all Americans? And why does the military get called upon to provide support for so many operations other than war?

It's because we can pull together regardless of the task, organize ourselves and execute any mission thrown at us—at home or abroad.

That's what the street renaming shows about each of you. That you can take what seems to be an impossible task, plan for it, organize it, and see it through with superb results.

My hat is off to all of you for a job well done. You are truly superb people doing great things supporting a worldwide mission.

Keeping the standards: it matters

Editor's Note: The following letter from an Air Force NCO to a junior officer was submitted anonymously to the Sourdough.

Sir,

Today on my lunch break I ran home to check my mail at the Eagle River post office. While inside I saw you leave the post office and walk to your truck in your flight suit without your hat. I couldn't catch you, and really didn't try. But for some reason driving back to base I couldn't stop thinking about it.

You see, sir, I have 23 years as an enlisted aircraft mechanic—I retire from "my Air Force" in six months. While I have waited for this day for a long time, I find myself reflecting on all I've seen and all the changes that have come and gone, and the direction that my Air Force is going in.

When I first joined in 1976, we wore old cotton fatigues, and at that time if you even thought of stopping at the corner store to get milk on the way home, and an officer or NCO saw you, you were in trouble. We tried and tried to change that rule—after all, we are proud of our work uniform and flight suits, we kept them clean and adhered to the standards of AFR 35-10—now known as AFI 36-2903.

The bureaucracy gave in. They first decided to let us make "brief stops" on the way home from work, as long as our uniforms were clean and serviceable. Then we could wear them to lunch as long as it was a fast-food restaurant.

But what used to be a rare occurrence of spotting an enlisted "young troop" out of regs now seems to be a common occurrence, and if you look around, you'll see more and more officers without hats, with flight jackets unzipped, and an array of other violations.

As I said, back in 1976, the "old hats" didn't want to let us wear our work uniforms in public for fear that standards might start slipping. Looks like they may have been right.

Sir, one day you will be a squadron commander, with many junior officers and airmen all looking at you to enforce standards and good discipline. You'll come across a parking lot one day, and an airman might forget to render you a salute, or he may not have his hat on. What will you do, sir? Will you correct him and ensure standards are kept, demand respect for your rank and position of authority? I certainly hope so.

But will you be able to do all this in good faith knowing that you don't hold yourself to the same high standards?

Sir, I am just a crusty old master sergeant whose time for retirement may be long overdue, but I worry very much about the direction of "my Air Force" and its leaders. Please, sir, keep the standards and set an example for others.

Action Line

As the wing commander, my goals are to maximize combat capability, improve readiness and strengthen our community.

When problems arise in any of these areas, we need to resolve them immediately.

If you have a problem you can't seem to get resolved, or want to recognize people who are doing good things, call the Action Line. Your call will get my personal attention,

and I will take swift action to make things right or pass on your kudos.

I want Elmendorf to be the best Air Force base in the world. Working together, we will be the best.

552-2224
action@elmendorf.af.mil



Col. Scott Gratton

The Sourdough
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Editorial content is edited and provided by 3rd Wing public affairs at Elmendorf Air Force Base, Alaska. For information about items used in the Sourdough Sentinel, call 552-2493 or e-mail to sourdough@elmendorf.af.mil. All photos are Air Force photos unless otherwise indicated.

80 YEARS
OF EXCELLENCE

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3rd Wing
History
Moment

May 8, 1987:

The 54th Tactical Fighter Squadron was reactivated at Elmendorf and assigned to the 21st Tactical Fighter Wing. The unit was originally formed Nov. 20, 1940.



Thank You

Base plans spouses' day activities

The following organizations have planned activities in recognition of Military Spouse Appreciation Day, which is May 14:

■ 3rd Civil Engineer Squadron: A tea for 3 CES spouses is Thursday at 9 a.m. at the family support center.

■ 3rd Contracting Squadron: A picnic is planned for May, though no date has been set. Call 552-3700 for information.

■ 3rd Component Repair Squadron: A squadron introduction briefing with a social is May 14 at 10 a.m. in the 3 CRS conference room. A tour of the squadron follows.

■ 3rd Logistics Support Squadron: A "Spouses Call" is planned, though no date has been set. Call 552-2917.

■ 3rd Mission Support Squadron: Child care will be provided at the youth center Thursday from 7 to 11 a.m. for 3 MSS families. Pizza and soda will be provided.

■ 3rd Transportation Squadron: A spouse open house day will be held the morning of May 14 followed by a barbecue at the main vehicle maintenance shop that afternoon.

■ 381st Intelligence Squadron: Certificates and flowers will be presented to spouses during the

"Breakup Party" May 15.

■ 611th Civil Engineer Squadron: Events for 611 CES spouses include a luncheon with the commander, mission briefing, and a drawing for prizes or gift certificates from local merchants. Also, 611 CES spouses will receive a flower, squadron coin and a certificate of appreciation. Call 552-5861 for time and location.

■ 632nd Air Mobility Support Squadron: A spouse appreciation day and family gathering is Saturday at the youth center.

■ American Red Cross: A free community first aid and safety class will be offered to the first 10 military spouses who come to the Red Cross office May 14 between 10 a.m. and 2 p.m. At the same time, spouses may enter a drawing to win a disaster preparedness kit, fanny-pack first aid kit or a Red Cross mug.

■ Armed Services YMCA: A drawing will be held May 14 for a guaranteed space on one of the Armed Service YMCA's "Y" on Rails trips on the Alaska Railroad this fall, and a polo shirt. Spouses may sign up at the main office May 10 to 14.

■ Base library: A free carnation will be given to the first 25 spouses who visit the library May 14.

■ Commissary: Free coffee, muffins, and doughnuts will be offered to spouses all day May 14.

■ Community activity center: Spouses can use the tennis court, batting cage and multi-purpose area free from 9 a.m. to 5 p.m. May 14.



■ Eagle Glen Golf Course: Spouses get a free bucket of balls for the driving range, half price on lunch and a free golf clinic May 14.

■ Education and military training flight: The annual picnic honoring spouses and families is June 11.

■ Family support center: Certificates of appreciation for spouses are available to organizations and individuals. Send certificate orders as a Microsoft Excel file via e-mail to GregoryW@elmendorf.af.mil or fax to 552-2677 by Tuesday. In addition, the center is hosting a luncheon for remote-tour spouses May 14.

■ Fitness center: Sign up for fitness month events and get a free water bottle May 14. There is free swim for all May 10 to 14.

■ Professional military education center: "Take Your Spouse to Dinner Day" for PME personnel is May 15.

■ Outdoor recreation center: Roller blade and mountain bike rentals and a bike tour are all just \$5 May 14.

■ Polar Bowl: Spouses bowl for 50 cents a game from 11 a.m. to 5 p.m.

May 14.

■ Skills development center: The Far North Frame Shop will offer 20 percent off on all materials and services, including custom framing and any do-it-yourself framing project. To receive this discount, custom-framing orders must be placed May 14. The Arts and Crafts Shop will present a free basic rubber stamping class from 9:30 to 11:30 a.m. Space is limited and participants must register in advance.

■ Auto hobby shop: A free vehicle orientation class covering all the essentials of maintaining vehicles, including what, how and when to check essential elements of vehicle maintenance is May 14. Class size is limited, so sign up early.

■ Susitna Club: Complimentary dessert with lunch or dessert and appetizer with dinner May 14.

■ Legal office: A preventive law checkup, including information on retirement planning, wills, powers of attorney and more is at 11 a.m. May 14 in the courtroom. Call 552-3046 for details.

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LIFE: Wing troops keep pilots safe

From Page 1

"Lurch," an F-15C pilot who allowed the use of his call sign for this article, said life support is vital to the mission because they prepare the jet's escape systems and ensure the pilot's personal survival gear is ready for immediate use.

"These things can mean the difference between living and dying in any given mission," he said.

"Our lives depend on them," agreed "Claw," another F-15C pilot.

The team inspects and maintains life-sustaining flight gear like parachutes, helmets, masks, survival vests and survival kits.

"Every piece of equipment we inspect has to be perfect," said Watson. "We can't make any mistakes whatsoever. If we give them a faulty piece of equipment, they could die."

As one of a pilot's last stops before each mission, life support functions as a locker room where the team prepares the pilots physically with equipment and the pilots prepare themselves mentally.

"There is mental preparation and resolving to make this the best flight possible," said Lurch. "Putting on the equipment and tying it down is just like lacing up your pads and shoes before a game."

Claw said it's like a Super Bowl where you have to have a game plan and stick with it.

"Life support ensures the game plan is strictly adhered to without any deviations," he said.

In Cervia's deployed environment, even though the ops tempo here is higher than at their home station and some of the equipment is different, the

"We can't make any mistakes whatsoever. If we give them a faulty piece of equipment, they could die."

SSgt. Keith Watson

Cervia Air Base Life Support Team

life support team has to stay focused on any situation that arises pertaining to life support.

"We have to be prepared for anything," said Brimfield. "These pilots are heading into a combat situation, and anything can happen there. We have to make sure they have all the equipment they need and that it's in optimal condition. Otherwise, they might not come home."

Communication and a close working relationship between the pilots and life support airmen is of the utmost importance when it comes to equipment, according to Claw and Lurch.

"A close working relationship with life support ensures each bit of gear is working correctly, fits correctly and comfortably, and helps us complete the mission successfully and safely," Lurch said.

"If there is a problem with our life support gear, we have to make sure life support personnel know about it," said Claw. "If there is a breakdown in communication with life support, there is a potential for failure, and we can't afford to lose any lives."

Air Force opens stop-loss hotline

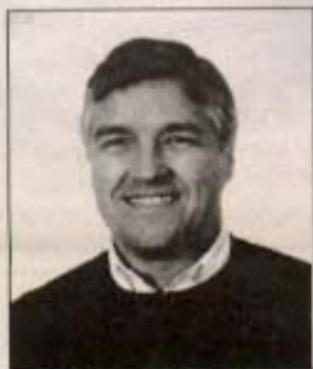
RANDOLPH AIR FORCE BASE, Texas (AFPN)—The Air Force Personnel Center call center has begun 24-hour operations to help answer questions concerning stop-loss.

Although stop-loss has not yet been implemented, there are many concerns and rumors about the program. If you have questions, please contact the call center at (800) 558-1404, DSN 665-2949 or commercial (210) 565-2949.

The Air Force is the only service that invoked the stop-loss program; personnel most affected will be pilots, air crews, aircraft maintenance personnel and those in other critical specialties.

Air Force Maj. Gen. Susan Pamerleau, director of personnel forces management on the Air Staff, said the service invoked stop-loss as a matter of fairness because of the large number of reservists being called up. She said, however, that stop-loss will specifically target those in critical specialties needed for Operation Allied Force.

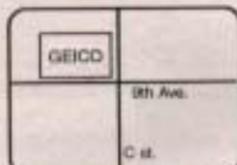
Stop-loss was authorized as part of a selected reserve call-up, which allowed the call-up of up to 33,102 reservists, signed by President Clinton April 27.



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Health promotions program Air Force's best

By SSgt. Jim Fisher
3rd Wing Public Affairs

The Elmendorf health promotion program was named the Air Force's best in 1998 by the Air Force Surgeon General's Office last week.

The award is a base-wide success story and the product of a simple strategy, according to Maj. Paul Mordini, the health promotion flight commander. Health promotion, under the 3rd Aerospace Medicine Squadron, coordinates the efforts of helping agencies and programs at Elmendorf.

"It's really a tribute to the folks running our programs—stress management, weight management and fitness programs, down to the monitors at the unit level," he said. "We've also been adept at working problems."

The program's success was driven by the 3rd Wing mission, according to Mordini.

"We tried to work our goals into the wing's and medical group's goals. Our goals were to optimize the warrior mission—to improve readiness capabilities," he said. "We focused on tobacco cessation, fitness, weight management and nutrition, and stress management. These areas were targeted through the preventative health assessment. All affect the warrior mission, because to be capable you must be fit." The sharply focused direction led to some unparalleled statistics, to include finishing the year with 98 percent of active

duty members within fitness standards, a tripled enrollment in tobacco cessation from 1997 to 308 participants last year; and 100 percent completion of health risk appraisals for all active duty members—about 6,500 people.

Conducting more than 800 follow-ups on cycle ergometry failures or invalid tests was an example of the persistence and problem solving approach behind the numbers.

"We don't try to do it all," Mordini said. "We manage the programs. If something's not happening, we try to get it where it should be. But agencies dealing with stress management, like mental health, the family support center and the chapel, and the weight management and fitness monitors in the units make or break us. The high success rate is a credit to the people who deal with health and wellness and are out there getting the job done."

Getting the job done means top flight assistance for arctic warriors looking to adopt healthier lifestyles. The array of solutions is comprehensive, according to reserve flight commander Maj. Jackie Brich.

"For every problem, we have a program," she said. "Whether it's a financial, fitness or heart problem, we've got something for everyone. When people want to change their lifestyles, we get them to the right place."

For more information on health and wellness programs, call 552-2368.



MSgt. Ben Crowder of the 611th Air Control Flight administers a cycle ergometry test to 2d Lt. Richard Jokinen of the 611th Air Intelligence Flight.

SSgt. Jim Fisher

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Arctic Life

Great Living in the Great Land

Asian
Pacific
Heritage
Month
—Page 8



Move Out!

Base agencies work to make your PCS move bearable

By SrA. Korey London
3rd Wing Public Affairs

Like it or not, moving from one place to another is a fact of life for active-duty military members and their families.

The family support center's Smooth Move Workshop is designed to make sure the acronym PCS translates into new opportunities for success and travel rather than headaches and hassles.

During the peak season of PCS travel, which is May to August, the center sponsors bi-weekly workshops where spokespeople from many of the organizations involved in outprocessing give participants information that can make the transition period less stressful.

"The idea is to get people educated on moving

and inform them of their rights and responsibilities," said Brent Snow, Elmendorf's Family Support relocation specialist. "By getting them informed they'll encounter less surprises because they'll be more knowledgeable on what needs to be done."

Representatives from housing, legal, the Air Force Aid Society, outbound assignments, the traffic management office, personal financial management and the career assistance program are all on hand to give informative briefings to participants and answer any questions they may have about preparing for their departure.

In addition to the Smooth Move Workshop, the center co-sponsors a Kids Move Workshop with Elmendorf Youth Services in the youth activities center.

Kids meet at the center for an afternoon of food, fun and relaxation while learning how to adjust to living in a new environment.

"We show a video tape about moving that kids can identify with," said Snow. "It talks about some of the fears common to kids moving to new places and shows how they can overcome those fears."

After discussing their initial concerns about the move staff members lead the youth in a box project. The youth decorate their own personal box to take home and pack their most valuable possessions in it so they have something to look forward to when they

reach their new home, according to Snow.

"This offers the kids some continuity through the move and some degree of control in what goes on," he said. "A lot of the kids really open up and talk about their fears with the other children who attend the program. Often times parents find out about concerns their children had about moving that they weren't aware of."

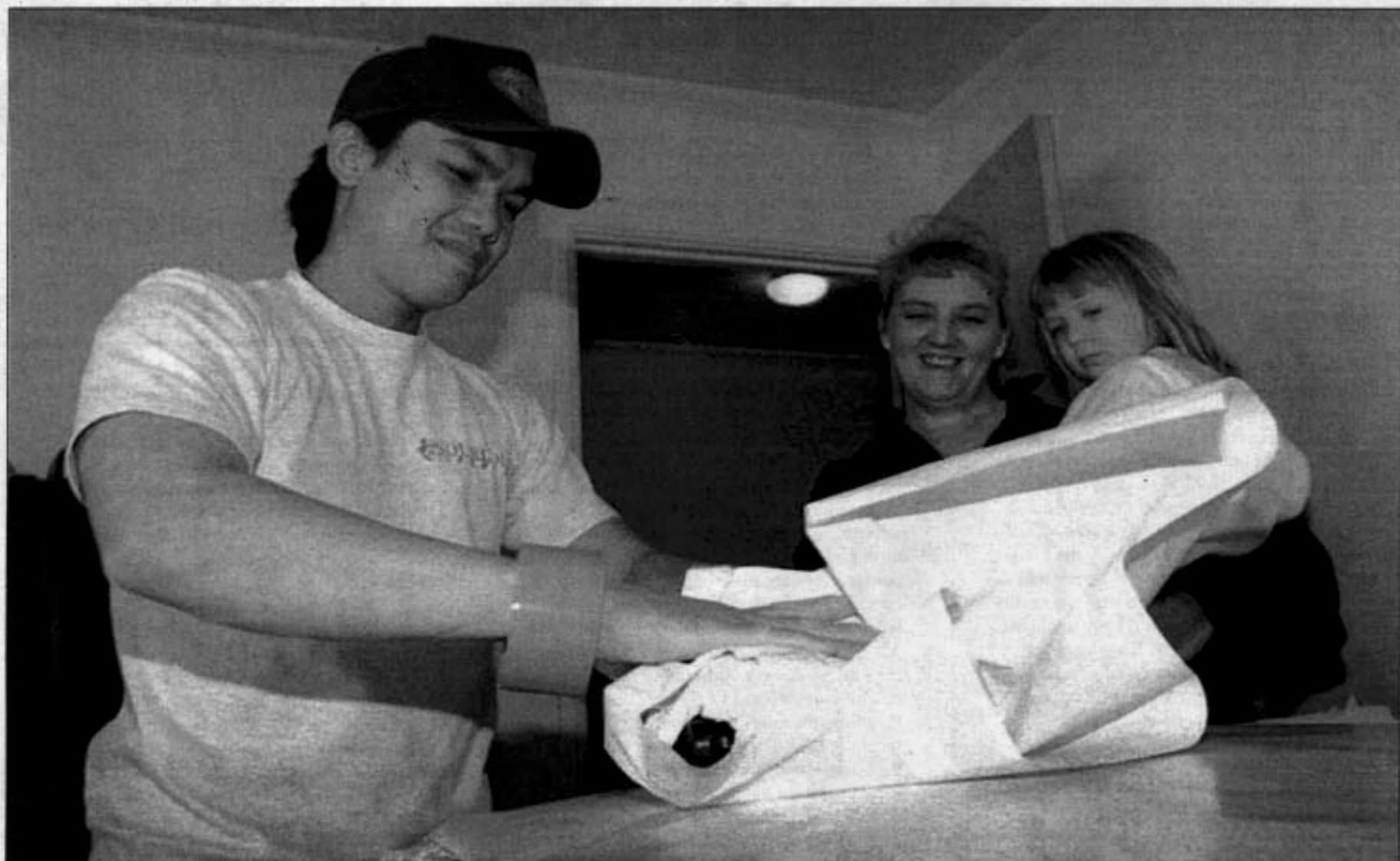
Picking up and leaving the only world they know can be a traumatizing experience for younger kids, according to Snow. But the workshop attempts to make them part of the move and give them an opportunity to express themselves and work through their fears and concerns.

At least one parent must accompany their child during the workshop.

Snow also encourages families to research their new bases on the Internet to find out what's available on base and in the surrounding communities.

"People don't have to wait until they get their assignments to begin preparation or enroll in the workshops," said Snow. "Everyone knows when their overseas return date is."

The next Kids Smooth Move Workshop is May 25. The next Smooth Move Workshop is June 3. The family support center will also offer an Overseas Smooth Move Workshop on June 17. To make reservations or for information, call 552-4943.



SrA. Shelley Shea (right) and her daughter, Kyra, watch as a mover packs up the family's possessions before a PCS move.

SrA. Jerome S. Taylor

Open Ranks

What can we do about irresponsible pet owners?

By SSgt. George Woodward
3rd Wing Public Affairs

My two older sons love to play in the dirt. They could spend hours digging around, moving piles of dirt from one part of the yard to another.

For the most part, my wife and I are supportive of this fascination with dirt. When they come bouncing inside covered in several layers of dirt, we accept it patiently and escort them directly to the bathtub. Childhood would lose a lot of its charm if kids weren't allowed to get dirty, you know.

Unfortunately, my sons are still too young to know the difference between *good* dirt and *bad* dirt. So every now and then, the trail of dirt they leave through the house will be accompanied by a pungent and unpleasant odor.

Now, I love dogs as much as the next guy. But I don't like the fact that for some of the local canines, my yard seems to be the popular spot for "business" meetings, if you catch my drift.

I don't blame the dogs for this. Our yard's a nice place, after all, and who wouldn't want to spend a few quality minutes with the Woodward family?

The humans associated with the pets, however, are a different lot. What possesses them to think I won't know or care that their pet is using my yard as a latrine?

How would they like it if I started tossing my kids' dirty diapers into their yard? Or dumped my garbage there? I can just imagine the phone call from my first sergeant.

But, of course, there's a better way to do things. The best way, of course, is to go directly to the source and talk about the problem—something, incidentally, housing residents should do more of. Most of the time, two reasonable, grown-up people can settle disagreements and neighborly strife quickly and easily if they just talk about it.

But because not everyone over 18 is a reasonable, grown-up person, the housing office has rules and regulations in place to deal with irresponsible pet owners.

Pet owners are required to clean up after pets regularly, and any time their pet does its business outside of the pet's domicile, the owner is required to clean it up immediately.

When these rules aren't followed, neighbors have a responsibility to notify the housing office. Pet owners found to be irresponsible will be cited. Continued irresponsibility could mean the owner would have to choose between their pet and their housing.

So pet owners, do the rest of us a favor and clean up. Pet ownership has a price—don't make your neighbors pay it.

Got a question? Let us know!

Phone: 552-2493

Fax: 552-5111

E-mail: woodwardg@elmendorf.af.mil

Asian Pacific Heritage Month celebrated in May

Since 1992, May has been the month the Department of Defense has celebrated Asian Pacific Heritage Month.

"It seems fitting to blend in May flowers with the colorful cultural celebration of Asian Pacific Americans," said SMSgt. Kevin Chouinard of the Asian Pacific Heritage Month committee.

Chouinard has spent some time researching the purpose of the observance, and, more specifically, who was being celebrated.

"I finally found what I've been looking for; a complete list of all the Asian Pacific countries and territories that qualify as Asian-Pacific," said Chouinard. "According to the international organization called Asian Studies, there are 62 of them."

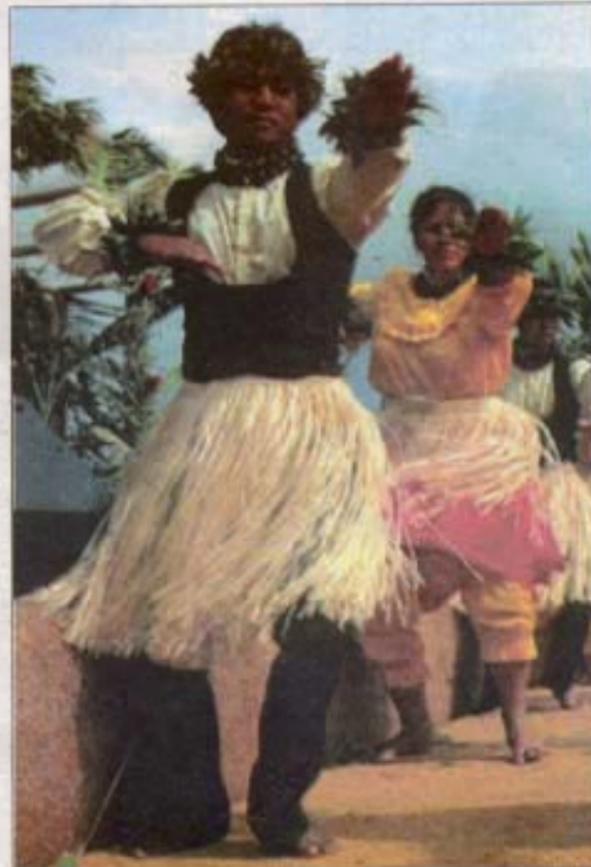
Besides Hawaii, the Pacific islands, and the continent of Asia, here is a partial list of countries that might surprise you:

- Afghanistan
- Iran
- Lebanon
- Australia
- Iraq
- New Zealand
- India
- Saudi Arabia
- Russian Far East

Here at Elmendorf, the theme for 1999 is "Celebrating the Legacy." The Asian Pacific Heritage Committee has planned several events:

■ **Asian Pacific American Heritage Festival:** Free food, cultural dances and martial arts exhibitions. It will be held at the base community center May 22 from 10 a.m. to 5 p.m.

■ **Storytime:** Volunteers will read to preschoolers



Stock photo

from 10:30 to 11 a.m. Tuesday and May 18 and 25 at the base library.

■ **Asian Pacific cuisine:** Get a taste of the east at either dining facility during May. Both the Iditarod and Kenai facilities will feature Asian Pacific food throughout the month.

HealthBeat

Special care for expectant mothers

by Lt. Col. Andrea R. Neuerburg
OB/GYN Flight Commander

If you're expecting a baby in the near future and need an outpatient referral for certain high-risk indications, you may be referred to Madigan Army Medical Center at Fort Lewis, Wash.

Because the risk of delivering an infant with a chromosomal abnormality increases significantly with maternal age, the American College of Obstetricians and Gynecologists recommends special prenatal services for women who will be 35 years old or older at the time of delivery.

These services include genetic counseling and may include other diagnostic procedures such as early amniocentesis and a special targeted ultrasound to diagnose specific genetic anomalies. All this requires the expertise of a specialist in maternal-fetal medicine—a perinatologist.

During the period from September 1998 through February 1999, the 3rd Medical Group's demand for outpatient perinatology services increased 500 percent over previous months. The recent trend to delay childbearing into a woman's 30s is the major reason for this dramatic increase.

The Anchorage community had adequate resources to support Department of Defense beneficiaries needing perinatology services until recently. While the 3rd Medical Group's demand for these services has increased significantly, local resources have decreased 33 percent.

Therefore, due to Anchorage's limited perinatology resources, the 3rd Medical Group recently began referring mothers needing these

During the period from September 1998 through February 1999, the 3rd Medical Group's demand for outpatient perinatology services increased 500 percent

specialized services to Madigan Army Medical Center.

Obstetrics patients who need a referral to a perinatologist for outpatient services travel to Madigan via the aeromedical evacuation system. Flights normally depart every Saturday and return the following Friday. The baby's father may travel as a non-medical attendant if the referring provider determines that his presence is medically indicated, such as for genetic counseling.

The 3rd Medical Group is working several initiatives to make perinatology services more accessible. We understand that for many families the current process requires advance planning for child care and other special arrangements. We deeply regret any inconvenience to our patients during this temporary situation.

We encourage patients who have questions to discuss them with their obstetrics provider or to contact Capt. Tina Anliker at the Women's Health Center at 552-1379.

Chapel News

Catholic

■ First communion will be celebrated May 16 at the 10:30 a.m. Mass. The Catholic community welcomes these children and youth. A reception will follow at the Kashim Club.

Interfaith

■ Find out what summer fun is all about while enjoying a new Bible story adventure each day from Aug. 2 to 6 at Chapel One. Crafts, games, Bible exploration and "Chadder's Theater" make for a faith-filled and exciting program at this year's Vacation Bible School. More than 177 children attended last summer's school. Call 552-4422 for more information.

■ Elmendorf's 13th Annual Gospel Music Workshop is Monday to May 15. Nancy Smith will lead a children's workshop Monday and Tuesday at 7 p.m. in Chapel One. Gospel music recording artist and Dove Award winner Greg O'Quinn will lead the adult workshop Wednesday through Friday at 7 p.m. in Chapel One. Workshop participants will present a concert at Abbott Loop Community Church at 7 p.m. Saturday. For more information, call Quincy Bird at 333-1468.

Education Center

■ The education center closes at 11 a.m. Friday for spring cleanup. It reopens Monday. Call 552-2198 for details.

■ The following CLEP study video tapes will be shown Monday to Thursday: English at 8 a.m.; mathematics at noon; and social studies at 3:30 p.m.

■ The next study skills class is Wednesday and Thursday from 8 a.m. to 4 p.m. Call 552-2198 or 552-3164 to register.

■ The English with Essay CLEP exam will be given May 20 at 8 a.m. Call 552-2198 or 552-3164 to register.

■ A new degree completion class begins in early May at Alaska Pacific University. There are three different majors from which to choose: organizational management, human services and accounting. Call Diane Purvis at 552-3461 for details.

■ Community College of the Air Force graduation is Wednesday at 2 p.m. in the Kashim Club.

Family Advocacy

■ An anger management

Employment

- The services squadron is hiring for these positions: cashier; child development program assistant; custodial worker; food service worker; laborer; personnel clerk; recreation aid; recreation assistant; sales clerk; and school age program assistant. Call 552-4563.
- Family advocacy is seeking an outreach manager. Call 552-5858.

This Week at Elmendorf



A1C. Spencer McGivra

Sign, sign, everywhere a sign

Workers from the 3rd Civil Engineer Squadron install new signs April 30. The squadron put up 500 new street signs and 960 new building number signs in just one day. The effort was the culmination of the plan to reorganize and refine the layout of the base under a more logical system.

class is held Wednesdays from noon to 1:30 p.m. Call 552-5858 for more information.

■ All About Babies, a two-part class covering infant care, parenting, infant communication and more, is held the last two Mondays of each month at 4 p.m. Call 552-5858 to register.

■ A series of classes on positive parenting for parents of children under 12 and expectant parents meets Thursdays from 2:30 to 4:30 p.m. Call 552-5858 for details.

■ Learn to communicate with your partner more effectively at a couples communication workshop Tuesdays from noon to 1:30 p.m. Call 552-5858 for information.

■ The Single Parents Education Coalition Involving Active Learning is a support group designed to meet the special needs of single parents. Call 552-5858 for information and meeting schedules.

■ A workshop for people recently separated or divorced meets Tuesdays at 6:30 p.m. The group explores the experience of grief over a lost relationship, making the transition and letting go. Call 552-5858 for details.

Family Support Center

■ Learn how to write high-impact resumes guaranteed to get you a job interview. The resume class is scheduled for Monday at 9 a.m. Call 552-4943 to make reservations.

■ The Hearts Apart Coffee Break is set for Tuesday at 9:30 a.m. Spouses of remote or deployed active-duty members are invited to drop by for information and snacks. No reservations are required.

■ Parenting Teens and Preteens is a workshop offered Wednesday at 6:30 p.m. offering effective strategies for improving teen-parent relations. Call 552-4943 to make reservations.

■ The Prevention and Relationship Enhancement Program class begins Wednesday at 6:30 p.m. Co-sponsored by the chaplains' office, this program offers couples instruction on communicating effectively, working as a team to solve problems, managing conflict and enhancing relationships. Call 552-4943 to schedule attendance.

■ A mutual support group leaders' meeting is set for Thursday at 1 p.m. Call Karen Colman at 552-8068 for more information.

Armed Services YMCA

■ Reservations for slots at the YMCA's Camp Peggy Lake, near Talkeetna, are being offered to military family member 8 to 15 years old at greatly reduced rates. Campers may participate in canoeing, hiking, riflery, archery and more. Registration began April 26 and slots are going quickly. Physicals are required, so make your appointments now. For more information, call 552-9622.

Middle Tier Association

■ The Middle Tier Association is seeking volunteers to support the Airman's Attic. Individuals are needed from 9:30 a.m. to 1:30 p.m. Mondays, Wednesdays and Fridays. Volunteers are also needed to serve as sorters; there are no set times for these volunteers. For information, call SSgt. Jay Grove at 552-2115 or SSgt. Marcia Burroughs at 552-4803.

Red Cross

■ The Red Cross is seeking volunteers at the new 3rd Medical Group hospital. Volunteers are needed to manage the information centers at the new hospital. This position is for people with strong customer service backgrounds or attitudes. It is also a high-visibility position, so professionalism is a must. Duties will include directing people to different areas of the hospital and answering the telephone. For more information on this position, contact the Elmendorf Red Cross office at 552-8522.

■ There will be a joint military and Red Cross blood drive May 25 and 26 at the new hospital annex—the small building located behind the new hospital. For details, call 1st Lt. Sarah Bloodworth at 552-3264.

About your street name...

Maj. Richard I. Bong (Bong Avenue)

Maj. Richard I. Bong (1920-1945) was America's top fighter ace in World War II, shooting down 40 enemy aircraft. Born in Poplar, Wisc., he enlisted as an aviation cadet May 29, 1941, and earned his wings Jan. 9, 1942, at Luke Field, Ariz. In the fall of 1942, Bong was the first pilot picked by Gen. George Kenney for a new P-38 Lightning squadron planned to strengthen the 5th Air Force in the Pacific. By Christmas, he was in Port Moresby, New Guinea, and on Dec. 27 he scored his first two kills. Less than a month later, he was an ace. Bong earned the Medal of Honor for his actions from Oct. 10 to 15, 1944, when he shot down eight enemy planes despite being assigned to non-combat instructor duty.

At the MOVIES

All movies play at 7 p.m. unless otherwise noted.

At Elmendorf

- Today—"The Corrupter" (R)
- Sat—"Saving Private Ryan" (R)
- Sun—"Cruel Intentions" (R)

At Fort Rich

- Today—"The Other Sister" (PG-13)
- Sat—"8 mm" (R)
- Sun—"Affliction" (R)

Services



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Seward Air Force Recreation Camp

Seward Air Force Camp is 130 miles south of Anchorage. It is adjacent to Resurrection Bay just inside the city limits of Seward. The camp is open from May 21 to Sept. 7. All guests must check in at the front desk upon arrival. There are 12 cabin rooms at \$99 per night. Each room can sleep up to six people. The newly sound-proofed cabin rooms include one double bed, one bunk bed, one double pull-out couch, a kitchen sink, refrigerator, and microwave. There are 35 recreational vehicle and trailer spaces. Guests are limited to seven consecutive days, with possible extensions depending upon space availability. Electricity and a central water and dumping station are available. There are 47 camper and tent spaces available with grills and picnic tables. One tent and vehicle is permitted per site. Spaces are \$10 each, with a charge of \$5 per extra tent and second vehicle.

The camp also has an Army Air Force Exchange where Alaska fishing license, tackle, bait, food, camping and sundry items are available. Call the Information, Tickets and Tours office at 753-2378 for information or 552-5526 to make reservations.

Outdoor Recreation Center

Outdoor recreation boasts a wide variety of outdoor recreational sports equipment at inexpensive rental prices. The center carries a large selection of retail items including: fishing tackle and bait; trailer hitch balls; mountain bike clothing; helmets; and accessories.

Attendance at the boater safety course is required to rent boats, canoes and motors. Summer classes are Monday through Friday at noon and Saturday at 9 a.m. For more information, call 552-2023.

The outdoor recreation center's hours of operation are as follows:

Monday, Tuesday, Thursday and Friday-9 a.m. to 6 p.m.

Wednesday -10 a.m. to 6 p.m.

Saturday-8 a.m. to noon

Sunday-noon to 6 p.m.

The outdoor recreation center open house is May 15 in Building 7301. The entrance to the center is near the totem pole. For more information, call 552-2023.

New garden plot reservations can be made now by calling 552-2023.

Outdoor Adventure Program

The Outdoor Adventure Program is seeking volunteers. For more information, call 552-5026.

A Fly-Tying clinic will be open to the community Wednesday from 5:30 to 7:30 p.m. The cost is \$5.

A Basic Wilderness First Aid class is scheduled for May 14 from 5:30 to 7:30 p.m. The cost is \$5.

A clam digging trip is planned for May 16. Departure time from the outdoor recreation center is 5 a.m. The cost is \$20.

Fitness Center

The fitness center invites you to shape up for the

Eagle Glen Golf Course

The driving range and the course are now open from 9 a.m. to 6 p.m.

Start the season off right by taking golf lessons with Ken and Pete Doty. Clinics, group and individual lessons are available. Call 552-3821 or stop by the golf course to get a complete list of times and dates or to set up an appointment.

Sign ups for Junior Golf begin May 15. Classes are for youth ages seven to 17. The weekly class begins a week after the school year finishes and lasts eight to 10 weeks. Class space fills up fast so sign up today at the pro shop, or call 552-3821 for more information.

Relax at the Eagle's Nest after a long day at work or a short round of golf. Patrons can sample



a wide variety of items from a newly revamped menu while watching the game on one of three cable television or a big screen TV.

millennium by participating in fitness month activities throughout May.

Community members are encouraged to participate in the triathlon through May 30. Anyone who completes three of five events, including running 50 miles, swimming 15 miles, cycling 90 miles, stepmills or StairMasters 1,000 floors and 15 aerobic classes, by the end of the month receives a T-shirt.

In recognition of Spouses Appreciation Week, Monday through May 14, the fitness center will have free swimming.

Families, pets and the like are encouraged to participate in the worldwide 5k run and walk or the 1.5-Mile walk. The event begins at noon May 15 at the fitness center.

Double Miles credit will be given to individuals participating in swimming, running, stairstepping and cycling fitness programs.

Skills Development Center

A May painting contest is open to all eligible patrons. Participants may use any painting media, such as acrylics, oil or watercolors. There is a \$1 fee per entry and each participant is limited to three entries. Entries must be received by close of business May 15. For more information, call 552-2031.

Home School Kids Crafts day is today and May 14 from noon to 2 p.m.

Children's Crafts day is scheduled for Saturday. Make Mother's Day Cards from 10 a.m. to noon, Bubble Wands from noon to 2 p.m., Sand Candles from 2 to 4 p.m. and May Baskets from 1 to 3 p.m.

Kids Art Camp is set for Saturday from 11 a.m. to 4 p.m.

Scrapbook class is Monday from 6 to 8 p.m.

Part three of the Stained Glass Windows class is Tuesday from 5 to 8 p.m.

Watercolor Rubber Stamps class is Tuesday from 9:30 to 11:30 a.m.

A course in fresh flower arranging in a vase is for May 11 from 1 to 3 p.m.

Part two of the cake decorating course is Tuesday from 6:15 to 8 p.m.

A ceramics basics class will be offered Wednesday from 6:30 to 8:30 p.m.

Tole Painting will be held Wednesday from 6 to 9 p.m.

Part four of the Stained Glass Windows course is Wednesday from 5 to 9 p.m.

Learn to Rubber Stamp on velvet Wednesday from 9:30 to 11 a.m.

Learn about Scrapbook Layers and Backgrounds Wednesday from 1 to 3 p.m.

Check out the Beeswax Candle class Thursday from 9:30 to 11:30 a.m.

Learn how to make a Rubber Stamp Shaker Card Thursday from 1 to 3 p.m.

The next Sign Language class is planned for Thursday from 6:30 to 8 p.m.

In honor of Spouse Appreciation Day, on May 14, the center is offering a free basic stamping class from 9:30 to 11 a.m.

Save 25 percent on all custom framing during the month of May. This offer is not valid with any other discount offers. Call 552-7017 for more information.

The Far North Frame Shop is accepting entries for free picture framing classes in June, July and August. There will be two winners for each month. If you would like to know more or would like to register for the drawing, stop by the frame shop, or call 552-7017.

Family Child Care

Family child care providers have openings for children ages two and up. Please call 552-4224 if you need assistance in finding care. Providers offer full and part-time care, as well as care to volunteers.

Information, Tickets and Tours

Alyeska Ski Lift passes are only \$15 for the last three weekends in May.

Alyeska Tram passes are \$8 for adults and \$5 for children.

Portage Glacier Cruise passes are \$23 for adults and \$11 for children.

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In Focus

A look at the people of Elmendorf Air Force Base



U.S. Air Force photo

BEHIND THE MISSION

SrA. Tanya Balyeat receives a Northern Lights Volunteer Award from 3rd Support Group Commander Col. Joel Peterson. Balyeat has donated more than 80 hours of personal time at the Airman's Attic.

Spouse earns first runner-up honors in Mrs. Alaska pageant

Janet Stevens, wife of SSgt. John Stevens, was named first runner-up in the 1999 Mrs. Alaska pageant April 24. "A lot of people have misconceptions about so-called beauty pageants," Stevens said. "This one is really different—it focuses on marriage, family and community." Her goal in participating, in addition to calling attention to the importance of marriage, was to promote fitness. "Fitness isn't just about doing aerobics," said Stevens, who teaches aerobics at the base fitness center. "It can be taking a walk with your husband or playing with your kids. Fitness is about fun and togetherness. I want to go out and show people you can be fit and enjoy life—that fitness is fun."



Courtesy photo

90th crew named load crew of quarter

The 90th Fighter Squadron's Weapons Load Crew 11—SSgt. Charles L. Breed II, SrA. Mackenzie W. Moses and SrA. Douglas Jones—was named 3rd Operations Group Load Crew of the Quarter April 23.

The crew scored 1,965 points out of a possible 2,000 and performed a perfect load in 30 minutes and 50 seconds—a phenomenal time, according to the judges.

The trio was also the 90th's Load Crew of the Quarter for October to December 1998 and January to March 1999.

"This is truly an outstanding team that has set the standard for 90th Fighter Squadron weapons loaders," said squadron commander Lt. Col. Darryl L. Roberson.

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Sunday Worship 11:30am Evening 6:30pm
Wednesday Bible Study: 6:30pm
Saturday Witness: 11:00am

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Worship 11:00am
Evening Worship 6:00pm

WEDNESDAY
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Weekly Services:
Sunday 9:00am - Prayer
9:30am - Sunday School
11am - Morning Worship
6:30pm - P.M.W.

Wednesday 7:00pm - Prayer & Bible Study
Sunday 7pm - Close Relations
Friday 7:30pm - Youth & Sunrise Band

Bishop C. D. Williams
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Mark 11:22-24

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ID# 57

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ID# 57-5/28

1992 GMC Jimmy. 4DR, 4WD, red, loaded, power everything, great condition, winter & summer tires. \$8900. 694-7839.
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VEHICLES

1994 Chevy S10 Blazer SUV. V-6, 4.3L, AT, A/C, PS, PW, 4WD, ABS, 4DR, CD player, luggage rack. 51,000 miles. Bluebook \$14,800 asking \$14,000. 694-9137.
ID# 57-5/14

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ID# 57

1989 Dodge Caravan. 73k miles, 5-speed, CD player, includes studded tires with rims, runs excellent. \$6000. 696-8804.
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1988 XEROX 5028 copier with all trays, stand with paper storage, repairable or good for parts. Best offer! 384-6300

Car seat: Century Brevara, brand new, used 1 month \$35. 333-8566.

Beanies: Bessie \$65, Valentina \$25, Sammy \$10. 333-8566.

Beanies: '97 Teddy \$45, Snowball \$30, Goldie \$40. 333-8566.

FREEBIES

China hutch \$150; 8 place China set \$250; Computer hutch w/mahogany finish \$150; Stained glass equipment. 338-7453.

2 Studded tires, P195-60 R15, less than 500 miles, \$60 both; Panasonic microwave \$50. 384-2124.

Tires: 155 80 R12 (4ea) \$40; 185 70 R14 (4ea) \$75. 552-7303 or 694-8644.

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Studded Tires: (4) P205-75-15 M/S Power King \$95; (4) P185-70-14 M/S Uniroyals \$95. Both sets are like new. 753-7425.

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Garage Sale (multi-family) - several misc items, PCSing. Sat. May 8th 8-3, 4071 Bullard Ave (old Lemon Ave).

Wanted!!! Like new, used playpen. 333-8566.

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Alaska Bird Club presents Layne Dicker Behaviorist Seminar, 6/12/99, Campbell Science Center 35 Advance 50 at the door, P.O. Box 101825, 99510.

Snowblower, Murry Ultra 8HP, 27" w/electric start, 6 speed, 2 revers used 2 winters, paid \$899, sale for \$500. 753-0439.

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3BR/1BA, near ball fields on Debarr, close to bases. Completely remodeled with all new appliances including washer, dryer and dishwasher. New lawn, large fenced back yard. NO SMOKING/PETS. \$945 per month + gas & elec. \$750 sec dep. 338-7458.
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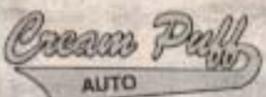
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