

Sortie scoreboard

as of Tuesday			
	Goal	Flown	+/-
35th Fighter Wing	456	135	-29

The scoreboard tracks the number of sorties the wing's F-16s are scheduled to fly in a given month. The figure may vary from week to week due to unexpected changes in the flying schedule.
source: 35th Operations Support Squadron's scheduling office

Inside

The rush is on as people at Misawa make plans to leave here during the base's peak moving season. See Page 5.



Misawa DUI hitboard

Total driving under the influence incidents at Misawa Air Base this year	10	Number of days since the last DUI at Misawa Air Base:	13
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Last Misawa unit with a DUI: 14th Fighter Squadron

source: 35th FW safety

Northern Light

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Serving the Misawa Air Base, Japan, community since 1948

May 12, 2000



photo courtesy of the Base Fire Department

Unattended cooking caused more than \$3,000 in damage to the kitchen of this home in the main base housing area May 3.

Fire damages base house

by Tech. Sgt. Brian Orban
Northern Light editor

Unattended cooking was linked to a fire that caused more than \$3,000 in damage to a home in the main base housing area May 3, according to base fire officials.

One person in the home was treated at the Base Hospital for smoke inhalation and treated on scene by ambulance medical technicians. The family is currently living in another housing unit on base while their home is repaired.

Although the flames were limited to the apartment's kitchen, smoke from the fire caused added damage throughout the unit, said Master Sgt. Vince Ferrell, fire department spokesman.

It took firefighter less than two minutes to extinguish the flames. According to Ferrell, the fire had spread to the point where extinguishers wouldn't contain it, prompting the rescue team to resort to fire hoses.

Since January, the fire department has responded to three house fires, all of them caused by unattended cooking, the sergeant said.

"Everyone should ensure they never leave their cooking unattended because this is the number one cause of home fires at Misawa," he added.

Meanwhile, Ferrell added military members found negligent in these types of cases face having their pay garnished to pay for the damage, which is why people at Misawa should seriously consider buying homeowners' insurance.



photo courtesy of the 35th Medical Group

EMT Rodeo competitors stabilize a patient during the wartime mass casualty exercise. The competition tested the skills of emergency medical teams from installations across the Pacific.

Sailors win EMT Rodeo

by Tech. Sgt. Brian Orban
Northern Light editor

Sailors from the U.S. Naval Hospital at Camp Lester, Okinawa, conquered challenges on a fictional battlefield then tackled a crisis in the aftermath of a major earthquake to win Pacific Command's fifth annual emergency medical technician rodeo April 20 to 30.

Seven Air Force, Navy and Japanese teams composed of hospital emergency room medics as well as fire department paramedics and rescue specialists competed here to gauge their abilities to find, stabilize and rescue patients during the seven "hands-on" scenarios.

The drills included natural disaster mass casualty and water rescue exercises, land navigation and basic medical skill tests as well as a trek through an obstacle course while toting a patient on a stretcher.

For the second straight year, Camp Lester's medics dominated the competition by winning three of the weekend's seven

EMT Rodeo event winners

Individual event winners

Wartime mass casualty exercise -- U.S. Naval Hospital, Camp Lester, Okinawa
Wartime land navigation exercise -- 35th Fighter Wing, Misawa
Litter obstacle course -- Towada City Fire Department,
Fitness run -- U.S. Naval Hospital, Guam
Civilian mass casualty exercise -- U.S. Naval Hospital, Camp Lester
Basic skills exercise -- U.S. Naval Hospital, Guam
Water rescue exercise -- U.S. Naval Hospital, Camp Lester

Overall winners

First place -- U.S. Naval Hospital, Camp Lester
Second place -- Towada City Fire Department
Third place -- 35th Fighter Wing, Misawa

events. Meanwhile, members from the Towada City Fire Department made their debut at this year's rodeo by winning one event and finishing second in total scoring. EMTs and paramedics from the 35th Fighter Wing took first-place honors in one event to place third overall.

According to Senior Chief Petty Officer Bob Hartzell, leading senior chief for the director of medical services at Camp Lester, the EMT Rodeo is a perfect opportunity to improve critical life-saving skills under the controlled stress of this training environment. Dealing with dozens of

casualties on the battlefield or after a major earthquake requires medics to make life-or-limb decisions on the spot, and the competition forces people to make these tough choices by relying on their medical training.

The chief added the mass casualty drills were the weekend's toughest events because of the uncertainty they involve. "We don't know what we're getting into until we get [on scene]. "We don't know the number of patients involved and the extent of their injuries. Then we have to triage all the patients and get them to appropriate definitive care."

DoD praises military spouses

by William Cohen
Secretary of Defense

I am pleased to designate today as Military Spouse Day. Each year since 1984, the services have set aside a special day to recognize the significant contributions of military spouses. These women and men are called on every day to go above and beyond the challenges of most citizens to support the mission or maintaining the peace and security that we enjoy in the United States of America.

Although the military way of life is rewarding and demanding, it is no small task for military spouses to cope with family separations, frequent moves and the dangers that accompany deployments. Throughout the history of our nation, military spouses have not only coped with these demands, but through their commitment and support, they have enhanced the readiness of the force.

It is with deep personal gratitude that I offer my heartfelt thanks to every military spouse. Their selfless dedication is a critical element in maintaining the finest fighting force on Earth. As part of the Military Spouses Day celebration, the Family Support Center and 35th Medical Group's family advocacy office host an information booth featuring free refreshments and prizes until 3 p.m. today in the Main Exchange mall.

Commander's Action Line (226-3700) Please Use It



The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose -- to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the lifeblood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa -- officer, non-commissioned officer and civilian -- who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.

Stephen G. Wood

Brig. Gen. Stephen G. Wood
Misawa Air Base installation commander

When to call

Base exchange manager	222-7410	Hospital	226-3506
Commissary manager	226-3823	Law enforcement desk	226-4358
Family Support Center	226-4735	35th Services Squadron	226-3008
AFN pager	172-236	Housing manager	226-2394
Fraud, waste and abuse hotline	226-4444	Chaplain	226-4630

Open the hangar please

Can sports teams use Hanger 949 for soccer practice when there's rain or snow on the ground?

The answer is yes and no. When it comes to using the hangar for sports events, safety becomes our primary concern. The floors are too slippery for running and sliding, and people run the risk of colliding into the steel beams along the walls.

Also, the hangar is often in high demand for

various activities, so it's tough to keep it open on a regular basis for activities like soccer practice.

However, that doesn't mean we can't use the hangar on a regular basis for other events, like teen dances and concerts.

To get the ball rolling, call Chris Kitt from the Lunney Youth Center at 226-3220 or Meckaela Smith from the Teen Center at 226-3170.



'In for 20 years? You bet!'

by Senior Airman
Michael Halbrook
Kelly Air Force Base, Texas

I recently spoke at a "Right Decision" seminar. It's a program that reminds first- and second-term airmen who are close to re-enlisting about the benefits they will lose if they decide to leave the service. It's also a forum for senior leaders to let these airmen know how important they are and that they care about their future.

As I watched people come through the door, I remembered the feelings I had when I first considered leaving the Air Force. Everyone asked, "Are you sure this is what you want?" and "Think of your benefits." Like many of the airmen in this seminar, I didn't want to hear it -- I was getting out. I separated from the Air Force in May 1999.

Many asked me why, but I really didn't have a definite answer. I guess I thought the grass was greener on the other side. I came up with a million excuses back then, but today I see that none of them were really valid. I learned some very hard and valuable lessons last summer. I also found

out the job I had in the Air Force wasn't as bad as I thought.

I started looking for a civilian job eight months before my separation date, but nothing ever panned out. I used every possible means I had, including every online resume Web site on the Internet. So with no job, my wife Stacey and I moved back home to Florida and settled in with my parents. It wasn't a bad experience, but going back to live with your parents is something you really don't want to do.

My wife is a travel agent and found a job right away, but it paid only half of what she made during my last Air Force assignment in Colorado. Meanwhile, I continued hitting the pavement in search of the right job. I finally had to take what I could get, and accepted a sales position at a local radio station. It's not a bad job, but if you don't sell, you don't get paid.

In July, my uncle suggested I go to Georgia to look for a job, so Stacey and I loaded up our car again. Like before, she found something right away that paid excellent money, so we were able to get an apartment. I on the other hand just about lived at the local labor department. In desperation, I

started dropping off resumes at local department stores along with any leads I got from the labor office.

When the phone finally rang, it was not the job I had hoped for. We needed the money, so I went for an interview and was hired on the spot. And that's how, after four years in the Air Force installing high-tech, complex computer systems for the North American Aerospace Defense Command at Cheyenne Mountain Air Station [Colo.], I ended stocking shelves at a local department store.

I'm not putting this job down, but I thought I could have found something better. I worked like a dog for four months unloading boxes, helping with inventory and working late nights and extra hours just to make ends meet.

The real turning point came when Stacey and I had about \$34 left to last us two weeks. If not for our families, I don't know what we would have done. I knew then that getting out of the Air Force was a terrible decision. I hadn't looked at the big picture or how this decision would affect my wife.

The next day, I called my local recruiter.

I have three points of advice for anyone thinking of getting out without having a job lined up.

One: Start saving now, just in case you end up like me with nothing to fall back on.

Two: Think of your family. Right now they have insurance, and so do you. It gets real expensive on the outside and most of the time, it takes awhile before the benefits kick in.

Three and most important: Get all the education you can and get that degree. It's the most valuable piece of paper you will ever receive.

I didn't come back into the Air Force just for the money, but having a job with security is an awesome feeling. I also missed wearing the Air Force uniform and all the perks that come with it.

This is not a feel-sorry-for-me story. I just want to let others know things are a little different on the outside and to keep what happened to me and my family from happening to them.

Many people have asked if I am in for good this time. I just smile back and say, "For the full 20!"
Note: Halbrook serves with the 690th Combat Support Squadron at Kelly.



photo by Senior Airman Karl Rishkolski

Clean sweep

Senior Airman Kim Moore from the 35th Aeromedical Medicine Squadron helps pick up litter off the flightline during the base's foreign object damage, or FOD, cleanup May 5. Hundreds of people from across the base joined forces to scour the runway and taxiways to remove loose bits of rock, litter and other debris which, if sucked in, can damage an aircraft's engine.

Panthers plan return

13th FS wrapping up its first EAF deployment

by Tech. Sgt. Brian Orban
Northern Light editor

The Panthers of the 13th Fighter Squadron are making plans to return to Misawa as they wrap up their first commitment to the Persian Gulf as part of the Air Force's Expeditionary Aerospace Force plan.

More than 270 people and eight F-16CJ fighters from the 35th Fighter Wing left Misawa in February to join other fighter, bomber, transport and support units serving in Southwest Asia in support of Operation Southern Watch.

Although the deployment involves a lot of hard work and long hours in the desert heat, the 13th has logged more than 970 flying hours and 430 sorties to date, said Lt. Col. Joel Malone, the squadron's deployed commander. The 13th flies regular missions in the Gulf region to enforce the U.N.-imposed "no fly" zone over southern Iraq.

"The folks here have done magnificently," Malone said. "They've done very well with launching aircraft and at performing all the other jobs that are required in southwest Asia."

Staff Sgt. Chris Blaklev, an F-16 dedicated crew chief serving on his fourth deployment to the Gulf, said plenty of quality of life improvements are making the desert expe-

rience more enjoyable. The biggest improvement was moving people out of tents and into new, air conditioned dormitories, he said.

The improvements also wowed people like Master Sgt. Ron Kent, squadron first sergeant, who last served in the region during the Gulf War. During the war, there was virtually nothing available for the troops -- the base didn't even have paved roads, he added.

Today, the troops have access to e-mail, a well-stocked gym with a pool, as well as a dining facility and library open 24 hours a day, the first sergeant said.

Also, people like F-16 crew chief Airman 1st Class Aaron Mooney use their off-duty time to write to family and friends at Misawa and in the States using the free e-mail service at the base's library. Marking his first deployment since he joined the Air Force, Mooney admitted he had a pretty good idea of what to expect because he talked to some of the seasoned deployment veterans before he left Misawa.

What hasn't changed between deployments is the separation between military members and their spouses and children. For example, Blakley said he missed the birthdays for his daughters, Amber and Sarah. However, the sergeant added these types of deployments come with his line of work.

Air Force picks two for officer training school

by James Murphy
Northern Light staff writer

Two sergeants from the 35th Fighter Wing are trading in their stripes for bars after they were recently selected to earn their Air Force commissions at the service's Officer Training School at Lackland Air Base in San Antonio.

Staff Sgt. Meredith Ortiz from the 35th Fighter Wing Legal Office and Tech. Sgt. Jarrod Suire of the 35th Supply Squadron became part of the handful of eligible noncommissioned officers the Air Force names each year to attend the 12-week school. During their training, both sergeants will keep their active duty pay status but wear the rank of an officer trainee.

In their quest to become officers, Ortiz and Suire faced a battery of tests, interviews and the struggles of obtaining their bachelor's degrees

while balancing the demands of their regular work schedule.

Facing the challenge of ending an enlisted career and starting over again in the commissioned corps doesn't bother Ortiz, who added the experience and benefits associated with being an officer will make her a more valued member of today's Air Force.

"This will be a great opportunity to learn a new job in the Air Force," she said. "I want to help lead and guide the younger troops so they may gain [the same] advancements as I have."

Becoming an officer means more responsibility with the chance to mentor junior officers and enlisted people and groom them into tomorrow's leaders, Suire added. With 11 years of active duty experience already under his belt, the decision to become an officer was a logical step, the sergeant added.

Both NCOs earned their bachelor's degrees through the Air Force's Bootstrap program, which allows selected enlisted members to go to college full time to complete their degree under permissive temporary duty status.

"I have always wanted to be an officer in the Air Force," said Ortiz, who becomes a personnel officer after OTS. "I did learn that it takes everyone around me to do it. It takes the love and support from my family as well as the support from my supervisor and the people I work with."

Suire, who is slated to become a contracting officer, said reaching this milestone is a matter of personal pride. The sergeant also credited his past supervisors as well as his family for giving him the support he needed to reach this goal.

Both sergeants are currently waiting word on when they will leave Misawa for Lackland.

Northern Light

35th Fighter Wing commander Brig. Gen. Steve Wood
Public Affairs chief Maj. Claudia Foss
Noncommissioned officer in charge of Public Affairs Master Sgt. Dan McCarthy
Northern Light editor Tech. Sgt. Brian Orban
Northern Light staff writer Senior Airman Marissa McDonald
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Photography 35th Communications Squadron visual information flight

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Smile, Misawa!

The Northern Light is published each Friday for people like Tech. Sgt. Mark Davis, 35th Security Forces Squadron. The sergeant led a group of defenders during a recent Commando Warrior air base defense competition. His efforts helped win various honors at the competition, said Senior Master Sgt. Roger Lightner, 35th SFS.



Davis

Got a story idea for the Northern Light? Call 226-3814 or e-mail brian.orban@misawa.af.mil

Briefly

Log pro' banquet set

Misawa's annual logistics professional banquet starts with social hour at 6 p.m. today at the Tohoku Enlisted Club. Dinner follows at 7 p.m. Brig. Gen. Michael Collins, Pacific Air Forces director of logistics, is the guest speaker. For tickets and more information, people should contact their unit representative or Master Sgt. John Bennett at 226-4203.

Gorge cleanup begins

Base environmental agencies, in conjunction with local environmental organizations, host the annual Oriase Gorge cleanup Saturday near Lake Towada. A bus leaves the Mokuteki Community Center at 8 a.m. with the cleanup scheduled to follow at 11 a.m. A free cookout follows the event.

During the afternoon, people may also watch a ferry boat ride of Lake Towada. The cost is 1,500 yen per person.

Buses will return people to the base after the cleanup and after the boat ride. For more information or to sign up, call the Mokuteki at 226-4128.

Farewell dinner planned

Brig. Gen. Steve Wood, 35th Fighter Wing and Misawa Air Base installation commander, and his wife, Denise, hold a farewell party at 5:30 p.m. May 25 at the Tohoku Enlisted Club. Dinner follows at 6 p.m. and includes an all-American meal featuring hamburgers, hot dogs and more.

Tickets are available from unit first sergeants and cost \$8 for people in the E-1 to E-6 pay grades and \$10 for those in the E-7 pay grades and up. Attire is very casual, and can include jeans, sneakers and tasteful T-shirts.

Reservations are due by May 16. For more information, call the 35th Fighter Wing Protocol Office at 226-4804.

American Day help sought

American Day organizers need volunteers to help run several events during the annual cultural event June 3 and 4. For more information, call 1st Lt. Jon Robinson at 226-5058 or 2nd Lt. Kimani Alston at 226-4118.

Safety fair scheduled

The 35th Fighter Wing Safety Office hosts the base's annual safety fair from 8 to 11 a.m. and 1 to 3 p.m. May 20 and 21 in Hangar 949. Attendance is mandatory for all active duty Air Force members. People from the base's associate units and family members are also invited.

For more information, call Tech. Sgt. Mike Williams at 220-2702.

Summer hire program begins

The 35th Mission Support Squadron's civilian personnel flight opens its summer hire program June 26 to give people a chance to earn money while working at for a variety of custodial, maintenance or clerical jobs. The program is open to family members ages 14 to 21 of active duty military or U.S. civilian employees attending high school or college. Participants work 20 hours per week.

Application packages are available at Edgren High School and the civilian personnel flight in Bldg. 653. For more information, call Deneise Cunningham at 226-4621.



photo by Tech. Sgt. Nelson James

Communing with nature

David Peters, son of Petty Officer 2nd Class Rebecca Peters from Naval Security Group Activity Misawa, gazes at the cherry blossoms in one of the trees surrounding Hirotsake Park during a tour of Hirotsake City last week. More than 400 people from Misawa took a train to visit the park as part of the city's annual cherry blossom festival.

Typhoon exercise hits base

Misawa joins other U.S. military bases across Japan to test its response during the U.S. Forces Japan-sponsored Typhoon Ready exercise, which starts here Wednesday.

During the exercise, a fictitious super typhoon named Ready will initially threaten military bases on Okinawa then follows a scripted track to put it on a collision course with other U.S. bases in Japan.

Misawa expects to face the mock typhoon from Wednesday to May 19.

Exercises like Typhoon Ready help prepare and train USFJ command posts and military forces for natural disaster preparation, response and recovery, said Master Sgt.

Sebastian Nieves, 35th Fighter Wing Inspector General Office. Locally, evaluators will rate the 35th Fighter Wing's survival and recovery center and unit control centers on their efforts to prepare and respond to this natural disaster.

"Most activities related to Typhoon Ready will remain transparent to most people on base populace, with the primary focus on ensuring the viability of planned actions," Nieves said.

Although most typhoons in the Pacific break up or weaken before they hit Misawa, Typhoon Kirk in 1996 stressed the need to practice natural disaster plans, said Master Sgt. Christopher Sells from the

inspector general's office. When Kirk hit Misawa, officials noted some shortfalls in the base's disaster response and recovery plans.

"The ultimate objective [behind Typhoon Ready] is to ensure the actions taken to correct these problems were adequate and permanent," Sells said. "We simply need to validate our capabilities to ensure the safety and security of Misawa's people and resources by responding to Ready as if it were the real thing."

Typhoon season normally affects Misawa from late August to early October. Information courtesy of the 35th Fighter Wing Inspector General Office.

Misawa hosts police week events

As a way to spread crime prevention awareness across the base, officials with the 35th Security Forces Squadron host a variety of events starting Monday as part of the U.S. National Police Week observance.

The squadron hosts the annual event to honor all law enforcement officers -- federal, civilian and military -- that made the ultimate sacrifice to protect and serve their communities, according to Senior Master Sgt. Roger Lightner, event organizer.

The observance started in October 1969 when President John F. Kennedy designated the week prior to May 15 as National Police Week while May 15 became Peace Officers' Memorial Day.

The following are some of the events scheduled on base during the week-long observance:

- Monday -- Misawa's first-ever ruck march, 6 a.m., base beach. The event is open to everyone on base. Four-person teams will complete a series of push-ups and sit-ups, carry 35-pound backpacks or rucksacks on a three-kilometer

march then shed the packs for a two-kilometer run.

- Tuesday -- Drug Abuse Resistance Education display, finger printing and security forces weapons and vehicle display, 2:30 p.m., Base Exchange mall and parking lot

- Wednesday -- "Jail and bail" fundraiser, Main Exchange mall. People make donations to have "arrest warrants" taken out against their co-workers, supervisors or friends. Security forces members will then apprehend these "felons" and hold them at the Mokuteki until they post bail or time expires.

- Thursday -- Security forces combat dining-in, 6:30 p.m., Hangar 949

- May 19 -- Installation readiness run, 6 a.m., Risner Circle; and National Police Week retreat ceremony, 4:30 p.m., Risner Circle

- May 20 to 21 -- National Police Week softball tournament, base softball fields. Information courtesy of the 35th Security Forces Squadron.

COUNTDOWN TO PCS

TMO prepares to tackle base's peak moving season

The rush is on. From now to September, hundreds of Misawans will pack their bags and move on to other overseas or Stateside assignments. To cope with this sudden spike in business, officials with the 35th Transportation Squadron's Traffic Management Office are advising people to plan ahead now to avoid unnecessary moving delays.

Traditionally, the peak moving season can impact outbound military members and U.S. civilian employees, especially if they move between June to September, according to Master Sgt. Tony Wright, TMO superintendent. His agency helps ease these moving strains.

"We help Misawans through what can be a stressful ordeal at times, whether they are moving to another base, moving within the community, retiring or separating. A good move depends largely on how much people get involved and how prepared they are on moving day."

The following are some ways people can help themselves get a head start on their move.

COUNTDOWN TO MOVING

People should contact TMO as soon as they get orders in hand, said Master Sgt. John Host, NCO in charge of the agency's personal property office. The earlier people call TMO, the better the odds people have to get their personal property packed up and shipped on the days they want. Before calling, people should already have a good guess on what types of shipments they need and a rough property weight estimate for each load.

"An easy way of making an estimate is to calculate 1,000 pounds per room -- not including storage rooms or bathrooms -- and add several hundred pounds additional weight for large appliances," Host said. People may ship professional books, papers and equipment at government expense but need to factor in a separate weight estimate.

Meanwhile, people who need property picked up from another private residence must write down the pick-up address and a name and phone number of the contact designated to release the property, Host added.

When arranging shipping dates during their TMO counseling appointment, members should remember their requested date is strictly that -- a request, Wright

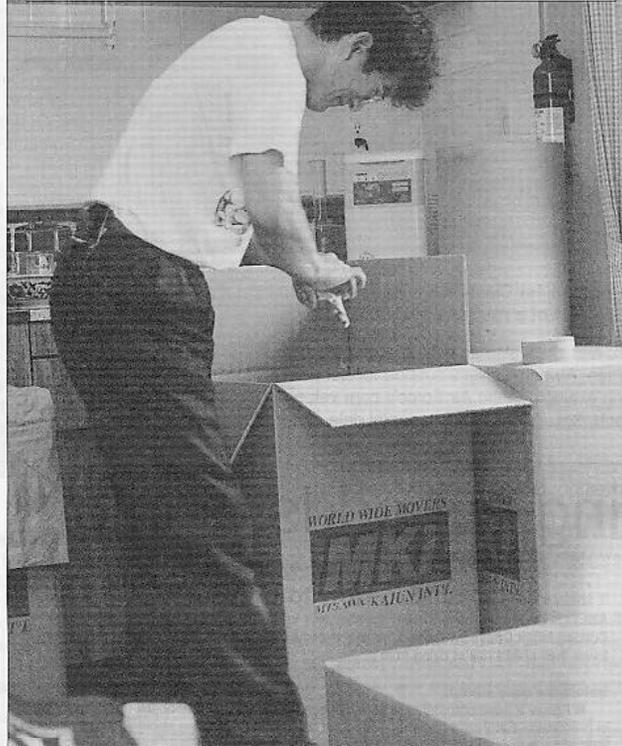


photo by Senior Airman Karl Rishkofski

A Japanese contractor prepares to pack up the personal belongings of an outgoing Misawa resident. Hundreds of base people are scheduled to pack up their belongings and leave here this summer.

said. Until the required shipping documentation gets signed and a moving company officially accepts the shipment for pack and pickup, all requested dates are negotiable.

"After arrangements have been confirmed, it's very important that the dates remain unchanged," Wright added. "Changing your pack and pick-up dates, especially during peak shipping season, could mean a lengthy delay in getting your move rescheduled. In some cases, it may require people to obtain a power of attorney to name someone else to release your property."

MAKING TRAVEL RESERVATIONS

Misawans make initial travel requests for themselves, their families and pets during a relocation assignment briefing at the 35th Mission Support Squadron's Military Personnel Flight. During the briefing, counselors ask for the member's desired departure window, the number of travelers and if they are taking pets, said Tech.

Sgt. Martin Molina, NCO in charge of TMO's passenger travel office. The military officially defines "pets" as dogs or cats.

"The passenger travel office must have all documents on file before the reservation process can start," Molina added. "Pet spaces aboard the Patriot Express are extremely limited, and applications are processed on a first-come, first-served basis."

To apply for pet spaces on the aircraft, members must fill out a pet application, which includes the passenger travel request form and completed pet letters. When traveling, people must keep pets in cages that allow the animals to comfortably stand up, turn around and lay down.

AVOIDING EXCESSIVE COSTS

When moving, members must remember that individual weight entitlements vary when moving property to and from overseas bases or even within the same country, Scott said.

"Japan is weight restricted, and the weight entitlement of your neighbor may not necessarily be yours. That's why it's imperative that, upon notification of an assignment, that you take inventory of your prized possessions and dispose of unwanted and unnecessary items. Excess transportation costs could exceed the value of the property if an excess condition exists."

Scott added it could take officials as little as two months or up to two years after a person's move before members get word of any extra moving charges. Also, people separating from the service must pay the excess shipping fees before their property gets moved.

"Excess weight can cost big bucks, so when in doubt, throw it out," Scott said.

SPECIAL-INTEREST ITEMS

Starting May 1, people may not ship or store propane tanks, even empty ones, in their household goods shipment. TMO officials said. The increased safety regulations come in the wake of several fires and explosions recently involving moving vans carrying these tanks in people's household goods.

TMO officials also highlighted the policy on duty-free exemptions on household goods. The exemption applies to items people bring overseas for their personal use or as a gift for others, said Staff Sgt. Darnell Miles, NCO in charge of TMO's quality assurance office.

"It doesn't apply to articles taken or shipped to the CTUS (customs territory of the United States) or any other overseas installation as an accommodation for others or for sale or barter," he said. "Large quantities of items and collectibles, like glass balls and brand-name items, are authorized for shipment as long as they are not for commercial resale."

U.S. Customs reserves the right to challenge any shipment entering the United States, so people may need to include additional documentation to validate their property's duty-free exemption status, Miles said.

Meanwhile, to import a pet, private vehicle, motorcycle or firearm into any country, owners must comply with the laws of the country they're moving to, including safety and emission control standards, Wright said.

For more information, call TMO at 226-3310 or 226-3525.

Information courtesy of the 35th Transportation Squadron.

Misawa warrior of the week**Airman 1st Class Michelle Collier**

Unit and occupation: Dental assistant apprentice with the 35th Dental Squadron

Hometown: Chico, Calif.

Time in the Air Force: Two years
Hobbies: Softball, snow skiing, working on computers and playing the guitar.

How does Airman 1st Class Michelle Collier exemplify the Air Force's core values? "Airman Collier is a key provider in our dental hygiene department. Her patients have given her numerous accolades for her sensitivity and professionalism. Described by co-workers as 'a vital component in the overall dental readiness mission,' Airman Collier exemplifies team spirit. She also finds time to fill numerous rolls within and outside her organization. She's currently treasurer and key organizer for the First Four Committee, she gave dental health presentations during National Children's Dental Health Month, and she's also a speaker at the life style choices seminar presented to incoming first-term airmen. Airman Collier's support for her peers, organization, base and Misawa community is a sterling example of the Air Force's core values."
-- Tech. Sgt. Tyronne Dales, dental data systems element chief



photo by Airman 1st Class Anne McCormick
Airman 1st Class Michelle Collier examines a patient as part of a routine checkup.

Misawa salutes...

The following members from the 35th Operations Support Squadron for earning various Air Force medals:

Air Force Commendation Medal -- Tech. Sgt. Moses Johnson Jr. and Staff Sgt. Mark Bradsher

Air Force Achievement medal -- Tech. Sgt. Paul Gaffold and Staff Sgt. Robert Jett Jr.

Misawa's information managers of the quarter: Airman 1st Class Sarah Riedlinger, 35th Supply Squadron, airman; Staff Sgt. Kelly Schell, 35th Mission Support Squadron, non-commissioned officer; Master Sgt. Kevin LeFlore, 301st Intelligence Squadron, senior NCO; and Chiaki Kojima, 35th Transportation Squadron, junior civilian employee.

The following graduates of the 301st Intelligence Squadron's Professional Development Course: Tech. Sgt. John H. Addie Jr., Tech. Sgt. Ariel Marcelino, Tech. Sgt. Britt Morrison, Tech. Sgt. Eric Sebastian, Tech. Sgt. Bryan Smith, Staff Sgt. Anthony Baird, Staff Sgt. Kimberly Dawson, Staff Sgt. Cortez Duncan Jr., Staff Sgt. Ronald Hodgkins II, Staff Sgt. Steven Holt, Staff Sgt. Robert Landrey, Staff Sgt. Isidro Marcos, Staff Sgt. Cheryl Sciandra and Staff Sgt. Gregory Townsend.

Efforts helping cut odds of infant 'crib death'

by Capt. (Dr.) Valerie Tigno
35th Medical Group

Research and an ongoing information campaign by organizations like the American Academy of Pediatrics are helping cut the odds of newborn children dying due to Sudden Infant Death Syndrome.

Approximately 1.4 out of every 1,000 newborns in the United States died each year due to SIDS, also known as "crib death" since these deaths often occur when the babies are sleeping in their beds. Doctors define the syndrome as the unexpected, unexplained death of a child under the age of 1.

SIDS is the second most common single cause of death for infants less than 1 year old, with most episodes affecting babies 1 to 4 months old. According to officials from the National Institute of Child Health and Human Development, African American children are two to three times more likely and Native American infants are about three times more likely to die from SIDS over the national average. Statistically, most episodes occur between the fall through early spring months and tend to strike more boys than girls.

It's not easy to diagnose infants who die from SIDS, according to medical experts. The diagnosis follows a complete investigation, which includes an autopsy, death scene examination as well as a review of the child's medical history to check for symptoms or illness

SIDS -- How to prevent it

Although there's currently no sure way to predict which newborns will fall victim to Sudden Infant Death Syndrome, medical experts offer several steps parents should take to lower their child's risk of dying from it.

Before the baby's born:

- Follow a good prenatal care plan by going to routine medical check-ups starting early in pregnancy. Early care may help prevent a baby from developing abnormalities that could increase the chances of premature birth, low birth weight or worse.
- Don't smoke during the pregnancy. Expecting mothers who smoke are three times more likely to have a baby die of SIDS.
- Eat healthy. Good nutrition is important for the mother-to-be as well as the baby.
- Never drink while pregnant, and never use drugs unless prescribed by your doctor.

After the baby's born:

- Don't smoke around the newborn. Exposure to passive smoke from parents or others in the household doubles an infant's risk of crib death.
- Place sleeping newborns on their backs versus their tummies. Babies who sleep on their stomachs have a higher tendency to die from crib death.
- Babies should sleep on a firm mattress or other firm surface. Don't let them sleep on a waterbed, sheepskin, pillow or other soft material.
- Never put fluffy blankets or comforters under the child, and leave pliable, stuffed toys out of the crib during the baby's first months. Babies can smother on these material if they're left in the crib.
- Keep infants comfortably warm and set the temperature in the child's room so it's comfortable to adults. Overheated babies and those overdressed in heavy clothing and blankets are more likely to fall into a deep sleep, making it harder to wake them.
- Take your children to regular well-baby check-ups and keep their shots current. Statistically, babies who receive their scheduled immunizations are less likely to die of SIDS.
- Immediately take the baby to the hospital if they have an incident where they stop breathing and turn blue and limp.

source: 35th Medical Group

leading up to their death.

Until 1992, 5,000 infants died from SIDS each year in the United States. Those figures made a change for the better that year when the American Academy of Pediatrics published a report recommending parents have their babies sleep on their backs versus their stomachs. Since then, the number of newborns dying from SIDS has dropped by at least 15 percent.

Meanwhile, officials formed the "Back to Sleep" campaign six years ago to help increase the visibility on how to prevent the syndrome from affecting more children. Through these combined efforts, medical experts estimate at least 16,000 families were spared the grief of losing a child to SIDS.

According to medical studies conducted in countries where newborns traditionally sleep on their tummies indicate that switching babies to

sleep on their backs cut the incidence of SIDS by roughly 50 percent. Although some parents feel putting babies on their stomachs helps prevent them from choking on vomit or spit-up while they sleep, studies haven't found evidence to support their claims.

Some babies may not like sleeping on their backs at first, but most will eventually grow used to it, experts said. Although side-lying infants have a lower risk of crib death than those placed in a prone position, it's a good idea to have babies 1 month to 1 year old sleep on their backs. Parents who let their babies sleep on their sides should move the infant's lower arm forward to keep them from rolling onto their tummies.

Meanwhile, it's a good idea to give babies a certain amount of "tummy time" while they're awake. It helps them with shoulder girdle motor development.

Other studies also point to evidence that breast feeding may also reduce the risk of SIDS. According to experts, it's possible breast milk gives babies protection from some infections that can trigger crib death.

For more information on SIDS, parents should talk to their physician or health care provider. For details on the Back-to-Sleep campaign, people should contact:

Back to Sleep
31 Center Drive, Rm. 2A32
Bethesda, MD 20892-2425
(800) 505-2742

Today

Theater -- "Return to Me" (PG) David Duchovny and Minnie Driver, 7 and 9:30 p.m.

Enlisted Club -- No dinner service due to special function.

Officers' Club -- Smorgasbord lunch buffet, 11 a.m. to 1:30 p.m. Members-only social hour, 5 p.m.

Youth Center -- Torch Club meeting, 4 p.m.

Saturday

Theater -- "Pokemon: The First Movie" (G) animated, 1 p.m. "Return to Me" (PG), 7 and 9:30 p.m.

Family Support Center -- Hachinohe City train tour, 9 a.m. Sumo wrestling class, 1 p.m.

35th Services Squadron -- Monthly bazaar, 9 a.m. to 5 p.m.

Officers' Club -- Steak by the ounce, 5 to 9 p.m. Hawaiian night, 5 p.m.

Enlisted Club -- Prime rib special, 5 to 9 p.m. Cashiers' cage opens at noon.

Bowling Center -- Colorama, 7 p.m.

Outdoor Recreation -- Skeet and trap competition, 8 a.m.

Sunday

Theater -- "Toy Story 2" (G) Tim Allen and Tom Hanks, 7 p.m.

35th Services Squadron -- Monthly bazaar, 10 a.m. to 4 p.m.

Enlisted Club -- Mother's Day buffet, 10 a.m. to 2 p.m. and 4 to 7 p.m.

Officers' Club -- Mother's Day buffet, 10:30 a.m. to 2 p.m.

Monday

Theater -- "Boiler Room" (R) Giovanni and Vin Diesel, 7 p.m.

Family Support Center -- Microsoft Excel beginners' class, 5:30 p.m.

Officers' Club -- Cajun lunch buffet, 11 a.m. to 1:30 p.m.

Tuesday

Theater -- "Boiler Room" (R), 7 p.m.

Family Support Center -- Resume writing class, 8 a.m. Simultaneous movie workshop, 1 p.m.

Youth Center -- Pool club meeting, 3:30 to 4:30 p.m.

Officers' Club -- Hawaiian lunch buffet, 11 a.m. to 1:30 p.m.

Wednesday

Theater -- "Scream 3" (R) David Arquette and Neve Campbell, 7 p.m.

Family Support Center -- Local and Stateside job search clinic, 8 a.m. Sign language class, 4 p.m. Microsoft Word beginners' class, 5:30 p.m.

Youth Center -- Kids in the Kitchen class, 3:30 p.m.

Enlisted Club -- Social hour, 5 to 7 p.m.

Officers' Club -- Beef lunch buffet, 11 a.m. to 1:30 p.m.

Thursday

Theater -- "Scream 3" (R), 7 p.m.

Family Support Center -- Advanced Japanese survival classes, 9 a.m. and 6 p.m. Family readiness briefing, 10 a.m. "You, Your Children and Divorce" seminar, 11 a.m. Brown bag luncheon, 11 a.m. Mom-to-mom orientation workshop, 6 p.m.

Youth Center -- Trail club meeting, 3:30 p.m.

Entertainment

■ **AFA hosts golf tourney** -- Base officials host the base's annual Armed Forces Day Golf Tournament May 20 at the base golf course. Tee time is 6:30 a.m. The cost is \$20 for Air Force Association members and \$25 for nonmembers. For more information, call Tech. Sgt. Bernice Pezoulas at 226-2502.

Classes and education

■ **Term V registration starts** -- Registration for Term V classes at Central Texas College and the University of Maryland starts May 22. Classes run from June 5 to July 27. Military members have priority May 22 to 24. During the term, the University of Maryland offers morning classes at 8, 9 and 10:30 a.m. and at noon with one course available on Security Hill. Central Texas College also offers an expanded video course selection. For more information, call the education office at 226-4201.

■ **FSC classes** -- The Family Support Center offers a variety of classes in May. An Internet safety class for women starts at 10 a.m. May 19. A shopping on the economy workshop begins at 12:30 p.m. May 19. Japanese cooking classes start at 6 p.m. May 22 and 23. A women's personal safety and self defense class starts at 6 p.m. May 25. For more information on these and other classes, call the center at 226-4735.

■ **Sure Start applications available** -- Sollars Elementary School accepts applications for its 2000 to 2001 Sure Start program. Eligible children must be 4 years old by Oct. 31, 2000. Children of military members in the E-1 to E-4 pay grades have priority when applying. For more information, call the school at 226-4161.

■ **HAWC classes available** -- The Health and Wellness Center offers a variety of classes each month. A "By the Numbers" facilitator course runs from 1 to 3 p.m. May 25 to teach people in the E-1 to E-4 pay grades how to stress responsible drinking with their peers. The center's tai chi relaxation classes run from 4 to 5 p.m. Tuesdays. The HAWC also holds weight loss, stress reduction classes as well as workshops to help people kick the tobacco habit. For more information, call the center at 226-6653.

■ **Tuition assistance, scholarships available** -- The base education center accepts applications for people applying for spouse tuition assistance and Misawa Officers' Spouses Club scholarships for Term V classes through Monday. The applicant must include copies of the sponsor's end-of-month leave and earnings statement as well as the applicant's pay statement if applicable. Applications are available at the education center. For more information, call 226-4201.

■ **Family advocacy classes** -- The base's family advocacy office in Bldg. 1000 holds a variety of self-improvement classes each month. Anger management classes run from 9 to 10 a.m. Tuesdays. Stress management classes run from 10 a.m. to noon Thursdays at the Health and Wellness Center. For more information, call the office at 226-2123.

This 'n' that

■ **Thrift shop hours** -- The Thrift shop in Bldg. 540 opens for shopping from 9 a.m. to 2 p.m. Tuesdays and Wednesdays and from 9 a.m. to noon the first Saturday of each month. The shop accepts items for consignment from 9 a.m. to noon Tuesdays and Wednesdays and from 9 to 11 a.m. the first Saturday of each month. People may also drop off donated items by leaving them in the shop's drop box on the building's east side. For more information, call 226-4447.

■ **Theatre Guild meets** -- The Misawa Theatre Guild holds its monthly meeting and potluck dinner from 6 to 8 p.m. May 21 in the Tower 116 recreation room. The meeting is open to adults, teens and children of all experience levels and interests. For more information, call Bill Turnbull at 222-5926 or Tamara Sykes at 222-7770.

■ **Special Olympics meeting begins** -- The base's Special Olympics organizers meet at 3 p.m. today in the Mokuteki Community Center ballroom. For more information, call Senior Master Sgt. Richard Colson at 226-3674.

■ **Tax center hours** -- The main base tax center in Bldg. 514 now opens from 10 a.m. to 4 p.m. weekdays. For more information, call 226-3948.

■ **Optometry appointments drop** -- Due to the loss of one of its doctors, the Hospital's optometry clinic will limit its appointments in June and July. Appointments are available by calling the Hospital's central appointments desk at 226-6111 weekdays. For details, call Staff Sgt. Todd Garland at 226-6040.

■ **Special Olympics needs volunteers** -- Organizers for Misawa's 15th annual Special Olympics games needs volunteers to help during the event Aug. 26 to Sept. 2. Organizers need people to serve on several committees and to act as chaperones on the day of the event. A planning meeting starts at 3 p.m. today in the Overstreet Memorial Library's conference room. For more information, call Senior Master Sgt. Richard Colson at 226-3674.

■ **CAP seeks recruits** -- The base's Civil Air Patrol squadron is recruiting people ages 11 to 18 to fill its ranks. The detachment focuses on cadet programs, aerospace education and training and emergency services. Cadets meet from 6:30 to 8:30 p.m. Fridays and some weekends at the squadron's headquarters in Bldg. 703. Annual membership is \$36. For more information, call CAP Maj. Frankie Ponce at 226-6468 or check the CAP's website at www.capriiq.gov.

■ **FSC e-mail address** -- People who want to sign up for classes at the Family Support Center or need help with specific FSC-related issues may now e-mail the center at 35mss.fsc@misawa.af.mil.

■ **AF recruiter available** -- People at Misawa interested in joining the Air Force may contact Japan's regional recruiting office at Yokota Air Base near Tokyo. For details, call Master Sgt. Leo Pruner at (011) 81-4255-22510, extension 5-7328 or via e-mail at bangie.pruner@yokota.af.mil.

Movie channel schedule

Movies air on base cable Channel 24.

Today -- "Mumford" (R), 8 p.m. "Army of Darkness" (R), 10 p.m.

Saturday -- "A Bug's Life" (G), 8 a.m. "The Bone Collector" (R), 8 p.m. "Future Sport" (R), 10 p.m.

Sunday -- "Anastasia" (G), 8 a.m. "The Matrix" (R), 8 p.m.

Monday -- "The Insider" (R), 8 p.m.

Tuesday -- "A Few Good Men" (R), 8 p.m.

Wednesday -- "Shakespeare in Love" (R), 8 p.m.

Thursday -- "American Beauty" (R), 8 p.m.

Chapel

Catholic services

Daily Mass -- noon Mondays through Thursdays

Saturday Mass -- 5 p.m.

Sunday Masses -- 9:30 a.m. and 12:30 p.m.

CCD -- 11 a.m. Sundays

Protestant Sunday services

Liturgical -- 8 a.m.

Sunday school -- 9:30 a.m. and 12:30 p.m.

General service -- 11 a.m.

Gospel service -- 2 p.m.

Contemporary worship service -- 11:15 a.m., Security Hill Chapel

Jewish Services

7 to 9 p.m., first and third Fridays of every month

Islamic services

11:30 a.m. to 12:30 p.m., Fridays

Time out

Intramural volleyball

Team	W	L
Misawa City	18	1
35th MXS	15	4
Daze	13	4
35th MXS	14	5
3rd SPSS B	13	7
FMEL	9	10
35th SUPS	8	9
Baker	8	12
AAFES	7	13
PSD	5	12
35th SFS B	forfeited out of division	
35th CES B	forfeited out of division	

April 25 game results
 Daze def. PSD 2-0
 35th MXS def. FMEL 2-1
 35th MSS def. Baker 2-0
 Misawa City def. AAFES 2-0

April 27 game results
 35th MSS def. Daze 2-0
 3rd SPSS B def. PSD 2-0

May 2 game results
 FMEL def. AAFES 2-0
 35th MSS def. 35th SPSS B 2-0

Upcoming games (main gym)

Tuesday
 5:30 p.m. -- 35th MXS vs. PSD
 6:30 p.m. -- Daze vs. 35th SUPS

Thursday
 6:30 p.m. -- 35th SUPS vs. 35th MXS
 7:30 p.m. -- 3rd SPSS B vs. 35th MSS
 8:30 p.m. -- PSD vs. Misawa City

May 19
 7:30 p.m. -- AAFES vs. 35th MSS
 8:30 p.m. -- Daze vs. Misawa City

West Division

Team	W	L
35th CES A	15	1
3rd SPSS A	12	3
NAF	14	4
Able	13	4
35th CS	11	6
14th FS	7	11
35th SFS A	6	13
Army	4	13
Armo	4	14
35th CPTF	4	14
35th TRANS	forfeited out of division	

May 1 game results
 Able def. 35th TRANS 2-0 due to forfeit
 35th DEC A def. 35th CS 2-1
 3rd SPSS A def. 35th SFS A 2-0
 NAF def. Army 2-1
May 3 game results
 Able def. 35th SFS A 2-0
 3rd SPSS A def. 14th FS 2-1
 35th CES A def. Armo 2-0

Upcoming games (main gym)

Monday
 5:30 p.m. -- 35th SFS A vs. 14th FS
 6:30 p.m. -- 35th CS vs. Able
 7:30 p.m. -- 35th SFS A vs. Army

Women's Division

Team	W	L
Able	10	0
LOUIS	10	1
35th CES	9	3
Security Hill	8	3
35th SUPS	7	5
35th SFS	5	7
35th MSS	5	7
35th MDG	3	9
Edgren B	1	11
Edgren A	0	12

May 1 playoff results
 Edgren A def. Edgren B 2-0
 35th MDG def. 35th MSS 2-0
 35th CES def. 35th SFS 2-1
 Security Hill def. 35th SUPS 2-1

May 2 playoff results
 35th SFS def. 35th MSS 2-0
 35th SUPS def. Edgren B 2-0
 Able def. Edgren A 2-0
 DoDDS def. 35th MDG 2-0
May 3 playoff results
 35th SFS def. Edgren A 2-0
 35th SUPS def. 35th MDG 2-0
 Able def. 35th CES 2-0
 DoDDS def. Security Hill 2-0

Youth soccer

Pee Wee League

Upcoming games (soccer field A)
Saturday
 9 a.m. -- Fireballs vs. Poke' Monsters
 10 a.m. -- Blue Angels vs. Blue Stars
 11 a.m. -- Green Dragons vs. Green Geckos
 Noon -- White Dragons vs. Tigers

Bantam League

Upcoming games (soccer field B)
Saturday
 9 a.m. -- Tigers vs. Panthers
 10 a.m. -- Lightning vs. Eagles
 11 a.m. -- Blue Lacers vs. Tigers
 Noon -- Green Dragons vs. Green Raptors

Minor League *

Team	W	L	T
Fireballs	1	0	0
Iguanas	1	1	1
Red Lasers	1	1	1
Hurricanes	1	1	2
White Dragons	1	1	2
Pink Panthers	1	2	0
Fireballs	0	2	2

April 24 games result

Red Lasers 1, White Dragons 0

April 25 game result

Hurricanes 0, Fireballs 0

April 26 game results

Fireballs 0, White Dragons 0

Panthers 1, Red Lasers 0

Hurricanes 2, Pink Panthers 1

April 30 game results

Iguanas 0, White Dragons 0

Hurricanes 1, Red Lasers 1

May 1 game result

Panthers 1, Fireballs 0

May 2 game result

Iguanas 1, Red Lasers 0

May 5 game result

Panthers 3, Pink Panthers 0

Saturday's game results

Pink Panthers 2, Fireballs 0

White Dragons 1, Hurricanes 0

Panthers 1, Iguanas 0

Upcoming games (soccer field C)

Saturday

9 a.m. -- Panthers vs. White Dragons

10:15 a.m. -- Iguanas vs. Pink Panthers

11:30 a.m. -- Fireballs vs. Red Lasers

Major League *

Team

W L T

Attitude Adjusters 2 0 0

Strikers 2 0 1

Dragons 2 1 0

All Stars 1 1 1

Blue Lightning 1 2 1

Santos 1 3 0

White Knights 0 2 1

April 24 game results

Dragons 1, White Knights 0

April 26 game results

Blue Lightning 6, Santos 3

April 29 game results

Blue Lightning 1, White Knights 1

Strikers 2, Dragons 1

Attitude Adjusters 2, Santos 0

May 1 game result

Strikers 5, Blue Lightning 0

May 2 game result

Dragons 3, All Stars 2

May 5 game result

All Stars 5, Santos 2

Saturday's game results

Attitude Adjusters 6, Blue Lightning 2

Santos 3, White Knights 0

All Stars 1, Strikers 1

Upcoming games (Leftwich Park)

Saturday

11:30 a.m. -- Strikers vs. White Knights

12:45 p.m. -- All Stars vs. Attitude Adjusters

2 p.m. -- Blue Lightning vs. Dragons

Major League

W L T

Black Devils 2 0 0

Blue Angels 1 1 0

Dragons 1 1 1

Grasshoppers 0 2 1

April 25 game results

Dragons 3, Grasshoppers 1

April 29 game results

Black Devils 1, Dragons 0

Saturday's game results

Dragons 2, Grasshoppers 2

Black Devils 4, Blue Angels 1

Upcoming games (Leftwich Park)

Saturday

9 a.m. -- Black Devils vs. Dragons

10:15 a.m. -- Grasshoppers vs. Dragons

Thursday

5 p.m. -- Blue Angels vs. Black Devils

Other sports news

Misawa fitness sports festival results

Overall winners

Large unit category -- 1, 35th Supply Squadron; 2, 35th Maintenance Squadron; 3, Naval Security Group Activity Misawa

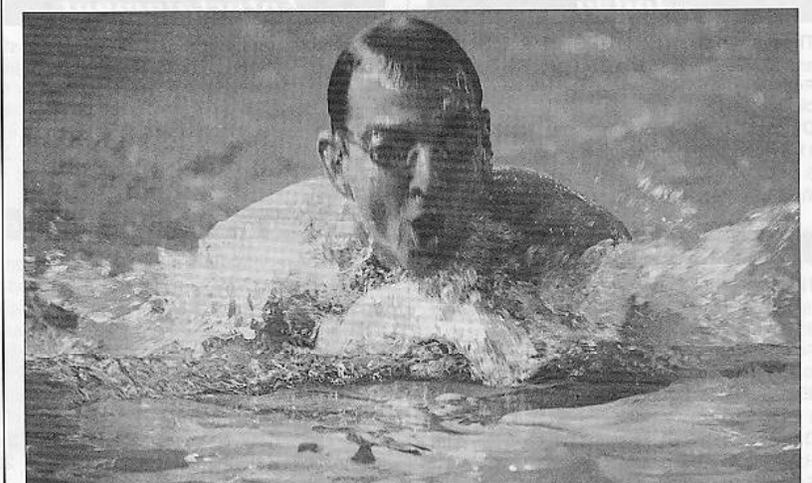
Small unit category -- 1, 3rd Space Surveillance Squadron; 2, 35th Services Squadron; 3, 35th Communications Squadron

Individual event winners

5-kilometer team race -- 1, 3rd SPSS; 2, 35th Medical Group; 3, 35th SUPS

Bowling -- 1, 35th SUPS; 2, 35th SVS; 3, NSGA

Golf -- 1, 35th Operations Flight; 2, 3rd SPSS; 3, 35th SVS and 35th CS (tie)



photos by Tech. Sgt. David Milner

Quest for fitness

[Above] Creig Rice from the 14th Fighter Squadron gasps for a breath of air while completing the swimming medley relay race at the base's spring sports day and community fair May 5. During the day, hundreds of fitness fanatics representing dozens of base units clashed in hopes of garnering top honors and bragging rights at the annual event.



The 35th Supply Squadron went on to claim top honors in the large unit category for the third straight year while the 3rd Space Surveillance Squadron took the crown in the small unit category.

[Below] Members from the 35th Maintenance Squadron heave-to as they try to get a multi-ton vehicle to budge during the fire truck pull -- one of many team and individual events planned during the day.

Youth soccer teams clash

This column is compiled from information supplied by varsity, intramural, high school and youth sports coaches and team publicists. For more information on how to submit game results, call the Northern Light office at 226-3814.

White Knights 1-1 April 29.

A shortage of players on the bench hampered Lightning's ability to keep fresh people on the field, according to assistant coach Chuck Moore.

However, the team wasn't going to allow the Knights to walk away with an easy victory. People like Lightning's Nathan Armand, Bobby Cogdill and Vicky Sixtos spent the game fighting off the Knight's offensive attack.

"The White Knights were very well prepared for the game, and they player their positions with great determination," Moore said. "The entire game was evenly matched as both sides raced up and down the field without being able to catch the other team's defense off guard."

Strikers 5, Blue Lightning 0

The quick and determined Strikers used their heavy offensive pressure to keep the ball on the Blue Lightning's side of the field as the Strikers went on to a 5-0 win May 1.

"After the third goal, we felt the game slip away," said Lightning's assistant coach Chuck Moore. "But all of our kids put in a good effort in spite of the score to play a complete game."

Despite the disadvantage, the Lightning goalies stayed motivated by stuffing two penalty kicks during the game, denying the Strikers a chance to further their lead.

"Everyone played their hearts out, but we just couldn't put up enough offense and defense to stay close in the game," Moore said.

Blue Lightning 6, Santos 3

Cloudy skies and chilly temperatures didn't dampen the energy of Blue Lightning as it struck six times to beat Santos 6-3 during Major League action April 26.

Patrick Pezoulas put in three goals from various areas of the field to lead the Lightning's offensive attack. Sasha Bender scored twice for the squad, once from a 10-yard shot on the left side of the field and again after she stole the ball after a failed goal kick.

Vicky Sixtos, Beth Vaillancourt and Kyle Moore lead the Lightning on defense to keep Santos out of scoring range. Meanwhile, Lightning goalie Owens Danes smothered two would-be goals to keep their opponents scoreless in the second half.

Blue Lightning 1, White Knights 1

The duo of Sasha and Jamaar Bender crossed the ball between the defenders with precision kicking down the left lane to put away a critical goal late in the second half to allow the Blue Lightning to tie against the