

The Sourdough

S E N T I N E L

May 12, 2000

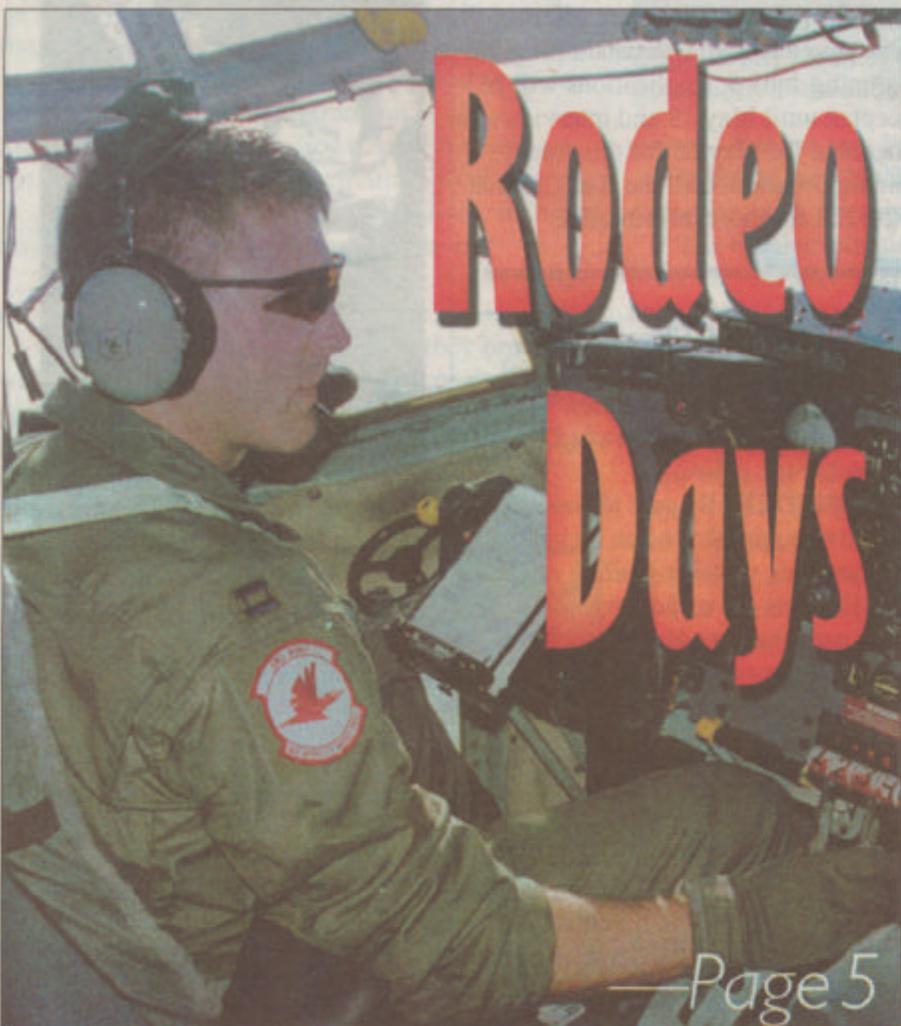
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Vol. 51, No. 19

FORWARD READY

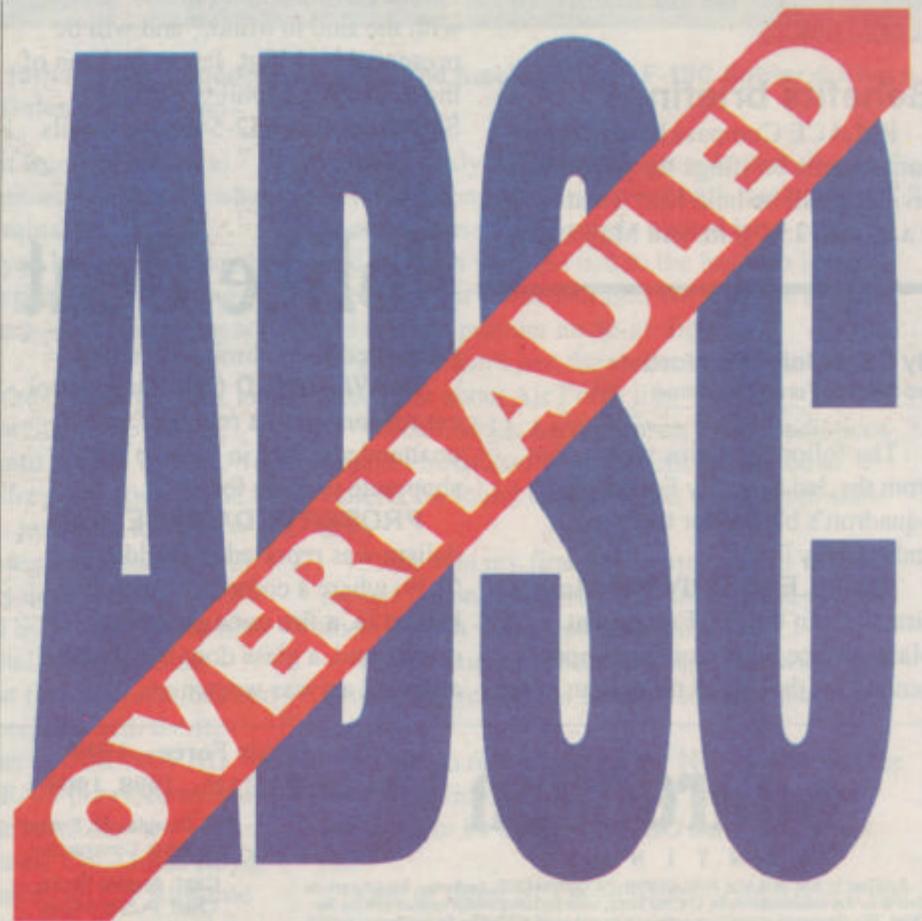


Base tests its ability to deploy to forward location on short notice
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Rodeo Days

—Page 5



Air Force makes major changes to active duty service commitment rules—Page 7

OPEN RANKS: *When you care enough to do your very best*

News in Brief

Performers of the Week

■ SSgt. William Knappen, SrA. Matthew Bashaw and A1C. Adrienne Errand of the 3rd Civil Engineer Squadron planned and accomplished the cleaning of a 1.2 million gallon fuel tank at Eareckson Air Station two days ahead of schedule.

■ SSgt. Anthony J. Smith, SSgt. Rebecca Drydol-Brandon and Linda G. Hunter of the 3rd Contracting Squadron built an intranet site supporting the base's IMPAC program and rewrote the program's training plan.

■ SSgt. Dean Shmitz of the 962nd Airborne Air Control Squadron went above and beyond his duties in the squadron's intelligence shop to support flight crews, including providing complete flyaway kits and ensuring crews had meals available.

Shadow of the Week

Elmendorf's shadow of the week, was SrA. Cathy Jackson of the 3rd Logistics Squadron.

Base cleanup

Elmendorf Air Force Base's annual spring cleanup will be held today and Saturday. Military members, civilians and family members are asked to participate by cleaning the areas around where they live and work.

Cleaning equipment is available to family housing residents at the U-Fix-It Store. Flower bulbs, grass seed, landscape timbers and other yard supplies are also available.

Housing will also provide each quad mayor one box of trash bags for common area cleanup.

The civil engineers will have three dump trucks patrolling the base from 8 a.m. to 3 p.m. to help remove trash and dispose of large items. For information, call horizontal dispatch at 552-2994.

Benefits briefings

PALACE Compass benefits and entitlements briefings for government civilians will be held May 18 at 9 a.m. and 2:30 p.m. and May 19 at



MSGT. VAL GEMPIS

Line 'em up

C-130s from the 517th Airlift Squadron join with aircraft from the 36th Airlift Squadron on the runway at Yokota Air Base, Japan. The aircraft were preparing for a training mission. Aircraft, aircrews and maintenance crews from the 517th deploy to other Pacific Air Forces bases regularly, both for training and to support theater airlift requirements. The 517th is the largest C-130 squadron in the Air Force.

7:30 a.m., 10 a.m. and 1:30 p.m. at the base theater. Call 552-7585 for more information.

Address changes

Base housing residents are reminded that the one-year window established by the post office for forwarding mail with the old street addresses ended May 1. Any mail with the old street address will be returned to the sender.

Middle Tier meeting

The Middle Tier Association meets Wednesday at 3 p.m. in the Susitna Club's Daedalian Room. This month's symposium topic is "Begin with the End in Mind," and will be presented by MSgt. James Jackson of the 632nd Air Mobility Support Squadron. Call 552-5458 for details.

Police Beat

the posted speed limit in housing.

UNWATCHED CHILD: A patrol car responded to a report of an unattended infant in a car in the shoppette parking lot.

PROPERTY DAMAGE: Vandalism was reported in Building 7179, where a computer hutch was kicked in, a fire extinguisher was discharged, a glass door was broken and wall art was written on.

CGOC luncheon

The Company Grade Officer Council's professional development lunch is Thursday at 11:30 in the Susitna Club's Daedalian Room. 3rd Operations Group Commander Col. Harold "Punch" Moulton III will be the speaker. Call 552-3046 for details.

No moving tanks

A rash of fires and explosions has caused household goods movers to stop shipping or storing propane tanks, whether purged or full. Tanks may be included in do-it-yourself moves. Call 552-1793 with any questions.

Dental training

The American Red Cross and the Elmendorf Dental Clinic are offering their volunteer dental assistant program beginning June 6. Applications will be accepted until May 19 and interviews are scheduled for May 25 for this free training program. Call the Red Cross at 552-5253 for more information.

SHOPLIFTING: Two civilians were detained for attempting to steal a \$245 car stereo from the base exchange. The pair was arrested by the Anchorage police.

REMINDER: Be sure to wear protective equipment when bicycling, skateboarding or roller blading on base. Helmets are mandatory, but elbow pads, knee pads and reflective gear are recommended.

INSIDE



U.S. AIR FORCE PHOTO

CHALLENGING: Readiness Challenge team competes at Tyndall. **PAGE 4**



THANKS, SPOUSES: Alaskan Command commander honors spouses. **PAGE 14.**



COURTESY PHOTO

A REAL KICK: Guardsman leads Air Force Tae Kwon Do team. **BACK PAGE.**

By SSgt. John Pickford
3rd Security Forces Squadron

The following items were taken from the 3rd Security Forces Squadron's blotter for the week ending May 7:

RECKLESS DRIVING: An airman from the 3rd Equipment Maintenance Squadron was apprehended for driving at more than twice

The Sourdough SENTINEL

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Best in Air Force—1999
Best in PACAF—1998, 1999

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3rd Wing Commander

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Chief, Public Affairs

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Staff Writer

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Staff Writer

SrA. Jodi Just
Photographer



3rd Wing History Moment

May 12, 1975: The 3rd Tactical Fighter Wing provides airborne command and control during the rescue of the U.S. Merchant Marine ship S.S. Mayaguez, which had been seized in the Gulf of Thailand by communist forces from the Khmer Rouge.



President Ford meets with the national security council in 1975.

FORWARD READY

3rd Wing shows it's ready to take its power on the road

By SSgt. George Woodward
3rd Wing Public Affairs

It's one thing to say you can go anywhere, any time. It's quite another to actually do it. But that's exactly what a combined Alaska NORAD-3rd Wing team did in March. On less than 72 hours notice of a NORAD commitment, the wing deployed a force of aircraft and people to a forward operating location and set up shop. Flight operations began within hours after their arrival at Galena and King Salmon Air Stations—which essentially became two small but very efficient and complete Air Force bases.

Completing the mission took the combined effort of American and Canadian forces from a wide variety of specialties working both here at Elmendorf and at the forward locations.

Despite its diversity, however, the team functioned remarkably well.

"We showed we can pick up and move our operation to a forward location and be up and running in a matter of hours," said King Salmon Combat Alert Cell superintendent MSgt. Brad Gileau of the 3rd Operations Support Squadron. "I was very impressed by how well everyone worked together. We met all the challenges we faced very efficiently."

And there were challenges—almost from the arrival of the first members of the team.

3rd Communications Squadron tech controller SSgt. Brian Studinski was one of the first team members on the scene. He and several other comm squadron members arrived at Galena a day ahead of the main force to set up communications lines.

Nearly all the lines were prepared within about four hours of their arrival, but then they hit a snag. "One of the things we were supposed to do was set up a 14.4K data line to transmit at 56K," Studinski said. "We expected to plug it in and go, but we just couldn't get the circuit to work."

After several standard solutions failed, the team resorted to their experience and creativity.

"We had to get more power to the signal, so we decided to break it up and regenerate it."

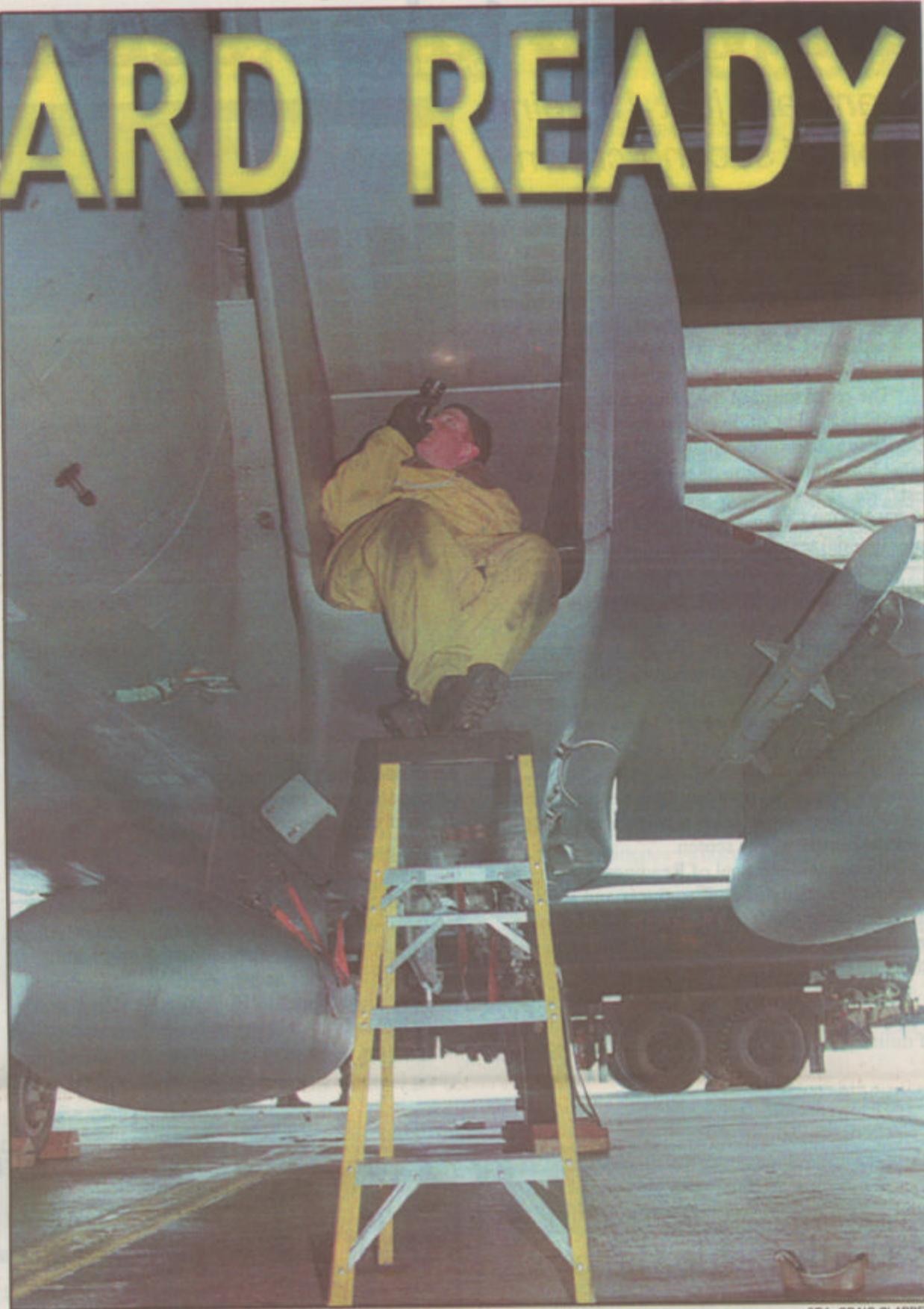
With only the limited equipment they brought with them, they installed three modems on key parts of the circuit.

"Basically, we took an analog signal, converted it to digital and regenerated it with the modems. The whole circuit was just 'MacGuyvered' to-



SRA. CRAIG CLAPPER

TSgt. Jim Deering of the 19th Fighter Squadron talks with local students during a tour of an F-15C fighter.



SRA. CRAIG CLAPPER

SSgt. Grady Nash of the 19th Fighter Squadron inspects the fuselage of an F-15C fighter during a post-flight inspection at Galena Air Station.

gether—I'm not sure how it worked, but it did." Studinski said that situations like this are what make this kind of training valuable.

"In a combat situation, you have to be able to think on your feet. You can plan for everything, and your plans can be perfect—but something is bound to go wrong."

He also said it's one of the best parts of his job.

"We have kind of an unwritten rule in the field—no one goes home until the job is done. You work 18 hours, get a little sleep and come back. When you're out there, you just want to make it work. It's kind of fun, because it doesn't have to look pretty, it just has to get the job done."

The work accomplished by Studinski and his fellow comm troops was vital to the mission—communication between the forward locations and Elmendorf was critical, especially with the Regional Air Operations Center and the NORAD battle cab. From there, NORAD provided overall command and control of the mission.

Canadian Air Forces Master Cpl. Gilles Boyd, who worked in the battle cab as an E-3 Airborne Warning and Control System technician, said the training brought all his previous experience together.

"It put all the exercises and all the other training we do into perspective," he said. "I was impressed with how everything came together and how well everything worked."

But it wasn't all business. Even while running a

combat-ready forward base, people took the time to build stronger relationships with the local communities. Many people visited local schools and students were invited to the bases to learn about the Air Force and find out why the F-15 is the world's premier air-to-air fighter.

But it wasn't just the students who got an education about Air Force life.

When 2nd Lt. Aaron Moses, a 3rd Operations Support Squadron weather officer, arrived at Galena, he found himself in an unexpected situation.

"This was my first deployment, and I found myself the only officer on the site for the first day and a half. It was a unique experience."

Moses said he learned a lesson that will serve him for the rest of his career—to rely on his people.

"I had to rely on the senior NCOs—they're the ones who did most of the work and they knew what had to be done. The NCO staff did a great job."

One of those NCOs—Gileau—emphasized that the success of the deployment was a team effort.

"I was proud of the professionalism everyone showed. They handled themselves as if they were in a combat situation—they were focused on getting the mission done and staying ready. We had limited support, unfamiliar facilities, a lack of parts and strained communications, but we got the job done."

3rd Wing takes second at RC VII

Team falls just 13 points short of second crown

By Capt. Roger Burdette
Air Force Services Agency Public Affairs

Despite months of training, the 3rd Wing fell just short of repeating as Readiness Challenge Champions. Elmendorf lost its Readiness Challenge title to Air Force Space Command May 5 by only 13 points.

"The enthusiasm of the young folks was incredible," said Col. Scott Showers, 3rd Civil Engineer Squadron commander. "And the real value was putting some of our future leaders to the test."

The PACAF team was one of 16 Air Force and international teams competing.

Readiness Challenge is a war-skills competition for people in civil engineering, services and chaplain fields.

The 32 members of the PACAF team were among more than 450 competitors participating this year.

Events tested teams' ability to do such tasks as disassemble, reassemble and light a mobile stove; recover human remains; set up, fuel, light and operate a heater; set up a tent with vestibule and plywood floor; and conceal a two and one-half-ton truck with camouflage screen.

Officials said the goal of Readiness Challenge is to test the ability of civil engineer and services members to establish a bare-bones field operation and set up components of a self-sufficient camp complete with food service.

Chaplain competitors were tested on their ability to serve the spiritual and counseling needs of military members in a contingency environ-



U.S. AIR FORCE PHOTO

An unidentified Elmendorf Readiness Challenge team member cuts lumber during competition at Tyndall Air Force Base, Fla.

ment.

Readiness Challenge VII was scheduled in 1999 but was cancelled 10 days before it was scheduled to begin because of real-world commitments in Southern Europe.

Brig. Gen. Walter E. Buchanan III, commander of the 325th Fighter Wing at Tyndall, welcomed competitors in opening ceremonies April 29.

He said that no matter where in the world Air Force people serve, "You and others like you are the ones who are able to move in and bring order to an otherwise hectic chaos. You prep the field so operators like myself can follow, and on behalf of all operators around the Air Force and around the world, I want to thank you and salute you for all that you do."

Maj. Gary Handley, chief of readiness at Air Force Services Agency, Randolph Air Force Base, Texas, and the Readiness Challenge VII services project officer, said that Readiness Challenge VII was an important form of readiness preparation for services units.

According to Handley, Air Force services' five primary roles of providing food services, lodging, laundry services, fitness and recreation services and mortuary affairs are vital in enabling the Air Force's war-fighting capability.

"It really gets back to Maslow's theory," he said, referring to Abraham Maslow, a psychologist and sociologist who published a theory of human motivation in 1943.

According to Maslow, humans typically do not find true contentment—which he called "actualization"—until a series of lower-level needs are met.

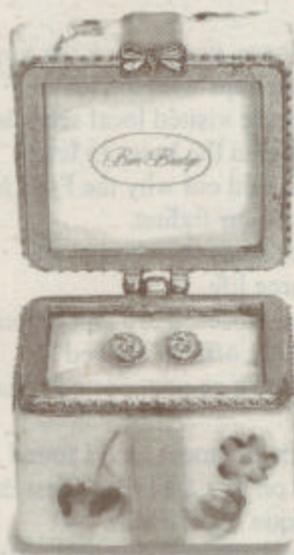
The most basic of needs that must be met, according to Maslow, are physiological, such as hunger, thirst and shelter.

"If in wartime you're worried about where you're going to sleep, what you're going to eat and how good's it's going to taste, how effective are you going to be able to do your wartime mission of flying, fighting, turning a wrench or whatever?" Handley said.

"You can't deploy without services."

Details, photos and results of Readiness Challenge VII can be found on the internet at www.afcesa.af.mil.

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Airlift Rodeo team goes for repeat

By SSgt. Jim Fisher
3rd Wing Public Affairs

POPE AIR FORCE BASE, N.C.—Team Elmendorf is fully engaged in competition at Airlift Rodeo 2000. Since Sunday's opening ceremonies, the 3rd Wing has undergone three days worth of competition and remains hopeful of their chances to repeat as champions.

By Tuesday, the aircrew, maintenance and aerial port elements had each begun to due battle. Competitors were unable to determine their placement in the field, however, because of limited posting of results, scheduled to be released in full on the final day of competition.

The aircrew got the competition underway upon landing at Pope Saturday. Teams were evaluated based on their proximity to their scheduled arrival time and Team Elmendorf unofficially arrived four seconds after their 10 a.m. EDT slot. That landing was well within the 60-second margin of error teams had before losing points.

The team took to the skies in the air-drop competition Monday, dropping 14 Army paratroopers over Fort Bragg's Rhine-Luzon drop zone. Wind added to the challenge of the event, according to Capt. Artie Bagomolny.

"We were dealing with some very strong winds that we're not used to facing every day, but we were prepared for this if it came up," he said. "All we have to hope for now is to be consistent throughout the week and get better day by day."

The crew was also evaluated as an aircrew upon landing when they teamed up with their aerial port squad to perform engine-running offloads. The ERO umpire called a safety stop when a vehicle being driven onto the aircraft had a maintenance problem.

"The ERO was going pretty good. I was just a little bit off center," said aerial port leader SMSgt.

"We need to remember to remain focused and that our goal when we set out was to repeat. I've got friends here I've worked with from all over who've said they're out for the Elmendorf guys. We're the kings and they're going to have to knock us off."

SSgt. Ray Brown
3rd Wing Airlift Rodeo Team

Francis Walters, who was directing the driver. "When we corrected, he was giving it a little gas to get up the ramp and blew a hydraulic line. Once it started dripping on the ramp, it became extremely slippery."

The safety stop caused the event to be rescheduled, giving the team the advantage of another practice run under authentic conditions, Walters explained.

"It's probably a good thing. It got rid of some of our pre-game jitters and I think it's going to benefit us—especially the communication between the driver and me," he said.

Waiting to deal with the hydraulic mess on the aircraft ramp, the maintenance team was in between events. Sunday morning, they underwent an evaluation of preflight maintenance, and were satisfied with their performance, according to maintenance leader MSgt. Dave Graak.

"When we got our schedule and realized we were one of the first aircraft to get inspected we felt that would be good for us—the sooner the better," he said. "It went really well and we were satisfied with the few small items they did find."

Inspectors looked at internal and external areas

of the aircraft, engines and landing gear to determine adequate preparation for launch, Graak explained.

The team has been balancing the rigors of competition with 12-plus hour days spent maintaining, launching and recovering the aircraft.

"Of course with any team that's been working as hard and as long as they have, they want to do their absolute best. We feel we've accomplished that and we're real high in the running. We're still highly motivated and ready to finish what we started," Graak said.

One factor driving their motivation is their status as defending champs, according to SSgt. Ray Brown.

"We need to remember to remain focused and that our goal when we set out was to repeat. I've got friends here I've worked with from all over who've said they're out for the Elmendorf guys," he said. "We're the kings and they're going to have to knock us off. We're going to stick to the books and do things the way we're supposed to and press on."

Spirits remain high, with the team's intensity level peaking during the competition—a goal of preparation, according to Team Commander Maj. Steve Sorensen.

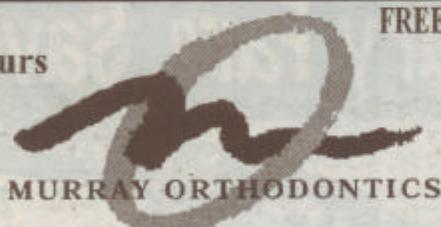
"This team was ready to go when we left Elmendorf and last week's preparation at Charleston was a confidence builder," he said. "They're on a high right now and hopefully they'll stay on it all week."

Regardless of who ends up on top, the team has already been rewarded, according to Brown.

"It's an accomplishment just being here and working with the guys that we're working with," he said. "The best of the best—that's what it's all about."

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Open Ranks

When you care enough to do your very best

By SSgt. George Woodward
3rd Wing Public Affairs

One of the most important lessons I've ever learned is that being happy is a whole lot harder than being miserable.

Now that may sound a little strange, but it's true.

To be miserable, all you have to do is do nothing. Being happy takes work.

You can see it in every aspect of life—relationships, work, religion, family, even play. The people who put in the most effort get the most satisfaction.

That's not to say that hard work is always fun—in fact, it's important to understand that fun and happiness are two very different things. People can have lots of fun and still be unhappy.

But you can't do nothing and be happy—at least not for extended periods of time.

We live in a society in which immediate gratification is the rule, and I believe firmly that that is at the root of much of the discontent we see around us.

Immediate gratification erases the satisfaction that comes with hard work and accomplishment. We tend not to appreciate things that come easily, but we treasure what we work to earn.

What does any of this have to do with the Air Force?

Look around you. Ever notice that the people who seem most satisfied with their jobs are the ones who tend to get the most accomplished?

Some people may think they work hard because they're happy with their jobs, but I think it's the other way around. I think people who work hard find their own satisfaction and contentment, whatever they're doing.

We all know someone—maybe we are someone—who is generally dissatisfied with their life, their job, their career. And not just once in a while, but day after day. They complain, they grumble, they blame the people around them.

Do them a favor: sit them down and tell them to stop waiting around for happiness and satisfaction and go out and earn it.

Happiness is a lot like love. We like to believe it just happens, that it's something that you simply fall into. But the truth is, it's something you cultivate, you work for and you earn. It's ours to have or to lose, as we choose.

Have a question? Let us know!

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Arctic Life

Great Living in the Great Land

Overhaul

Air Force revamps active duty service commitments

By F. Whitten Peters
Secretary of the Air Force, and
Gen. Michael E. Ryan
Air Force chief of staff

After years of dealing piecemeal with repeated problems related to active-duty service commitments, we decided there had to be a better way. Our airmen deserve a system they can understand.

We formed a tiger team to overhaul the entire ADSC system. The charge to the team was explicit: Make it simple! Led by Lt. Gen. Roger DeKok, deputy chief of staff for plans and programs, the group has exceeded even our high expectations.

With help from across the Air Force, the team produced a new Air Force instruction that will be published June 1. Gone are page after page of charts and rules. In their place is a simple, two-chart instruction, with rules written in plain English. All service commitments will be in one instruction. There will be no more major command supplements and confusing references.

We also standardized service commitments and removed those that don't make sense today. For instance, why require a service commitment for promotion when, by law, commissioned officers must remain on active duty for three years to retire in that grade? The same common sense approach led us to eliminate the service commitments for any training class that lasts fewer than 20 weeks. That one move eliminates 95 percent of the ADSCs generated by technical training.

Equally important, we are creating a system that assumes our airmen are people of honesty and integrity who will live up to their commitments.

We were determined that the ADSC overhaul be accomplished quickly. From start to finish, we've been at this less than three months. But we did need to guard against unintended consequences and "gotchas" and to seek out the opinions of those who will work under the new rules.

That's why we took the time to assemble a "Red Team" of 30 airmen from all commands and walks of Air Force life. They reviewed the proposed changes and then split into two teams to apply the new rules — without help from anyone — to 15 scenarios. Each team got 14 of 15 correct. They both missed the same one, and we have rewritten that part of the instruction to make it clearer. The Red Team also made a number of more general suggestions that were incorporated into the final version of the instruction. Their input was invaluable.

As with any major decision, we had to make tough choices. For standardization, some ADSCs are increased in the new instruction. There aren't many and we believe those changes are justified. We also had to decide who would be affected by the new rules.

After weighing the needs of the Air Force and the nation against the desires of our airmen, we decided the new service commitments will apply only to people who sign commitments after June 1.

Unfortunately, we cannot afford to apply new rules to people who signed commitments under the old system.

ADSC Changes

The following are the major changes made to the rules governing active duty service commitments:

- Reduced Air Force instruction on active duty service commitments from 15 tables and 189 rules to two tables and 34 rules.
- Standardized ADSCs for pilot training to 10 years, regardless of weapon system or major command.
- Eliminated ADSCs for in-unit training.
- Eliminated 95 percent of education and training ADSCs for courses lasting less than 20 weeks.
- Standardized ADSCs to three years for courses lasting longer than 20 weeks, including the Air Force Institute of Technology master's degree program.
- Stabilized the AFIT doctorate degree program's ADSC to five years.
- Eliminated ADSCs for Squadron Officer School.
- Eliminated ADSCs related to promotions to major through colonel.

For more information on the changes, check out the ADSC tables online at the Air Force Personnel Center web site, www.afpc.randolph.af.mil, beginning Saturday

We have already relied on those commitments in making our force management plans, and it is just too difficult to "unring the bell." We are convinced our airmen understand this.

For those who feel an injustice has been done in the past or in the way these new rules are being implemented, we have given the commander of the Air Force Personnel Center at Randolph Air Force Base, Texas wide latitude to grant relief. We have discussed with him what needs to be done, and we are all committed that this new system will be fair to both airmen and the taxpaying public. That commitment will guide the implementation process.

Nothing is more devastating to retention than treating people unfairly. Our goal for the past two and a half years has been to ensure the Air Force is a great place to work. This means more than lowering operations tempo, improving the quality of housing and raising pay. It also means ensuring our Air Force treats its people right.

You give us a great deal. We demand integrity, selfless service, and excellence from everyone on our great team. You have every right to expect the same in return.

We are the world's greatest Air Force because of your dedication. Thank you for your service; you are truly the best and brightest our nation has to offer. We're honored to serve on your team.



A 19th Fighter Squadron maintenance airman guides an F-15C Eagle fighter into a hangar at Galena Air Station for a post-flight inspection.

Ready to go at Galena

Fly, fight and win—that's essentially what the Air Force is all about. The 3rd Wing, in response to an Alaska NORAD commitment, recently sent a small force of people and aircraft to Galena and King Salmon Air Stations. This realistic training enhances the warfighting skills of Canadian and U.S. forces protecting the air sovereignty of North America—specifically Alaska. The deployment assessed just how

quickly they could get ready to accomplish that mission and how well they could sustain it at a forward operating location.

The team was ready to fly its F-15Cs just a few hours after arriving at the bare-bones airfields, and despite the challenges of isolation, poor communication and unpredictable weather, the team proved beyond any doubt that the wing could indeed take its combat power anywhere, any time—and stay until the job is done.

Photos by SrA. Craig Clapper



SSgt. Grady Nash
F-15C fighter in pr

This Week at Elmendorf

Today
 Skills Center: Auto maintenance class from 6 a.m. There is a \$20 fee.
 Kashmir Lounge: Wine and cheese from Miller Brewing during the Cinco de Mayo celebration.
 Part Day Preschool: Closed for parent-teacher conference.

Saturday
 Kashmir Lounge: Karaoke from 5:30 p.m. to 1 a.m.
 Outdoor Recreation: Open house will be from 10 a.m. to 4 p.m.
 Chapel: Women of the Chapel's Walk through the Old Testament, 8:30 a.m.
 Great Lake Club: on Richardson Ave. is 215-523-4417 or 251-2411.
 Chapel: Building Your Legacy online: 8 a.m. to 10 a.m. Chapel

Sunday
 Chapel: Catholic religious education, 9 to 10 a.m. Chapel Center.
 Chapel: Club Preview for men in grades 7 to 12, 7 to 9 a.m. South center.
 Point Bowl: For more information from noon to 2 p.m.



SSgt. Christopher Royce of the 3rd Operations Support Squadron's weather office checks the snow depth to prepare for the daily weather report.



A1C. Kyle Meicher of the 19th Fighter Squadron's avionics flight takes a fuel sample during a post-flight inspection of an F-15C.



19th Fighter Squadron connects a fuel hose to an aircraft for a training flight.



Child Development: PAC meeting will be in the School Age program building at 2 p.m.

Wednesday
 Skills Center: Wilson III color decorating class from 6:30 to 8:30 p.m. There is a \$20 fee.
 Chapel: Radical Christianity Bible study the week of 6:30 p.m. Call 258-4172 for information.

Thursday
 Family Support: Myers Bridge Type Indicator Assessment test will be at noon. Call for more information.
 Skills Center: Introduction to gun training at 2:15 p.m. to 4:30 p.m.
 Chapel: Building Your Legacy online: 8 a.m. to 10 a.m. Chapel Center.
 Chapel: Club Preview for men in grades 7 to 12, 7 to 9 a.m. South center.
 Point Bowl: For more information from noon to 2 p.m.

Paxton Park pavilions
 The Paxton Park pavilions are open for use by military members and their families.

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This Week at Elmendorf

Today

- **Skills Center:** Auto maintenance class from 6 to 8 p.m. There is a \$20 fee.
- **Kashim Lounge:** Win great prizes from Miller Brewing during the Cinco de Mayo celebration.
- **Part Day Preschool:** Closed for parent-teacher conferences.

Saturday

- **Kashim Lounge:** Karaoke from 8:30 p.m. to 2 a.m.
- **Outdoor Recreation:** Open house will be from 10 a.m. to 4 p.m.
- **Chapel:** Women of the Chapel's "Walk through the Old Testament," 8:30 a.m. to 4:30 p.m. at Otter Lake Chalet on Fort Richardson. Fee is \$15. Call 552-4417 or 753-5411.
- **Chapel:** Building Your Marriage workshop, 4 p.m. in the chapel center conference room.

Sunday

- **Chapel:** Catholic religious education, 9 to 10 a.m., Chapel Center.
- **Chapel:** Club Beyond, for teens in grades 7 to 12, 6:30 to 8 p.m., youth center.
- **Polar Bowl:** Free bowling for mothers from noon to 5 p.m.
- **Eagleleg Pro Shop:** Ladies apparel will be 25 percent off for Mother's Day.
- **Eagleleg Driving Range:** Free range balls for ladies.
- **Susitna Club:** Mother's Day brunch will be from 10:30 a.m. to 2 p.m. Call for reservations.

Monday

- **Eagleleg:** Junior golf begins. Call 552-3821 for more



TSGT. TERRY BLEVINS

Fish on!

Shane Hertzog, an employee at the Elmendorf Fish Hatchery, stocks Hillberg Lake with 2,500 Rainbow Trout. This load is the first of 5,000 trout scheduled to be stocked in the lake this year. In order to fish on base, you must get your fishing license stamped at the Outdoor Recreation Center.

information.

- **Presto Pizza:** Members lunch buffet price is now \$4.25.
- **Skills Center:** Home school program—build kites from 1 to 3 p.m. There is a \$10 fee.
- **Polar Bowl:** Closed for renovation until Sept. 5.

Tuesday

- **Family Support:** Hearts

Apart coffee break will be at 9:30 a.m.

- **Family Support:** Rebuilding class will be at 6:30 p.m. Call for reservations.
- **Susitna Club:** Enlisted advisory committee meeting will be at noon.
- **Skills Center:** Four-part drawing class from 6 to 8 p.m., \$35 fee.

■ **Child Development:** PAC meeting will be at the School Age program building at 5 p.m.

Wednesday

- **Skills Center:** Wilton III cake decorating class from 6:30 to 8:30 p.m. There is a \$30 fee.
- **Chapel:** Radical Christianity Bible study for teens, 6:30 p.m. Call 258-4175 for information.

Thursday

- **Family Support:** Myers-Briggs Type Indicator Assessment test will be at noon. Call for reservations.
- **Skills Center:** Introduction to guitar from 6 to 8 p.m. There is a \$150 fee.
- **Outdoor Recreation:** Anchorage bike trail ride at 5:30 p.m. Call for more information.

May 19

- **Skills Center:** Basic auto maintenance. There is a \$20 fee.
- **Kashim Lounge:** Win great prizes from Miller Brewing.

Phone numbers

- **Chapel:** 552-4422
- **Denali CDC:** 552-8304
- **Education:** 552-3164
- **Family Support:** 552-4943
- **Fam. Advocacy:** 580-5858
- **Housing:** 552-4340
- **Kashim Club:** 753-5205
- **Katmai CDC:** 552-2697
- **Library:** 552-3787
- **Skills Center:** 552-2470
- **Teen Center:** 552-5308
- **Youth Center:** 552-2266
- **Susitna Club:** 753-3131
- **Polar Bowl:** 552-4108
- **Presto Pizza:** 552-7777

Announcements

Education Center

The Education Center will show the following CLEP tapes daily throughout the week of May 15. Mathematics will be at 8 a.m., humanities will be at 11 a.m. and English will be at 2 p.m. Call 552-3164 for more information.

Seward trips

Seward Air Force Recreation Camp will open May 19 and remain open until Sept. 5. The camp offers 12 cabins that can be rented for \$99 per night. Each cabin can hold up to six people. The cabins come equipped with one double bed, one bunk bed, one pull-out couch, a sink, refrigerator and a microwave. For those who want to stay in a motorhome, the camp has 35 spaces that can be rented for up to

seven consecutive days, depending on availability. Each space has electric and water hook-ups as well as a waste dump. The cost is \$20 per site with electrical hook-up and \$15 without.

Anyone wanting to get closer to nature can do so by tenting it.

The camp offers 47 camper and tent spaces for rent. The cost is \$10 per site per night. An additional \$5 fee will be assessed for each additional vehicle and tent.

For more information contact ITT at 753-2378.

Volunteers needed

The Skills Development Center is looking for volunteers with good people skills to assist with classes and learn at the same time.

Volunteers will help staff members and instructors in classroom activities and the basics of daily operations. Anyone interested should call 552-2031 for more information.

Ballroom dancing

Ballroom dancing lessons are held Saturdays at 7 p.m. in the Susitna Club.

The lessons will run consecutively for two to three weeks. All ages are encouraged to attend. There will be a dance contest held on June 3.

For more information, call the club at 753-3131 or Barbara Oschner at 552-2561.

Kashim Club rules

The Kashim Club allows active duty and family members over 18 years old into the club anytime it is open.

Family members under 18 are allowed into Presto Pizza and the game room when accompa-

nied by their sponsor.

Civilians under 21 years old are not allowed in the club except for the use of Presto Pizza.

Paxton Park pavilions

The Paxton Park pavilions are open for use by military members and their families.

The pavilions are equipped with picnic tables, grill restrooms and are located near the children's play areas. Call 552-2023 for more information or to make reservations.

Vacation Bible School

Vacation Bible School is scheduled for June 5 to 9, from 9 a.m. to noon. This year's theme is "Holy Word Studios." Register at the chapel center or Chapel 1. Call 552-6492 or 6493 for more information.

At the Movies

Movies play at 7 p.m. unless noted.

At Elmendorf

- Fri— "The Ninth Gate" (R)
- Sat— "Anna and the King" (PG-13)
- Sun— "Here on Earth" (PG-13)

At Fort Rich

- Fri— "The Next Best Thing" (PG-13)
- Sat— "My Dog Skip" (PG)
- Sun— "Final Destination" (R)

Chapel Worship

Protestant

- **Liturgical Service:** 9 a.m., Chapel Two.
- **Celebration Service:** 9 a.m., Chapel One.
- **Praise and Worship Service:** 11:30 a.m., base theater.
- **Gospel Service:** noon, Chapel One.
- **Wednesday Praise and Worship Service:** noon, hospital chapel.

Catholic

- **Saturday Mass:** 5 p.m., Chapel Two.
- **Sunday Mass:** 10:30 a.m., Chapel One.
- **Weekday Mass:** Monday, Tuesday and Wednesday at noon, chapel center; Thursday at noon, hospital chapel.
- **Sacrament of Reconciliation:** Saturday at 4:15 p.m., Chapel One.

Thanks to spouses

By Lt. Gen. Thomas R. Case
Commander, Alaskan Command

The Department of Defense sets aside today as a day to say thank you to the spouses of our military members.

It's a day to pause and reflect on the sacrifices you have made, both large and small, in support of your military husband or wife. National Military Spouse Appreciation Day is our opportunity to salute you and the strong foundation you provide.

I cannot tell you how important a strong foundation is. When archeologists unearth buildings constructed thousands of years ago people are amazed at how a structure could remain intact for so long. I'm not so surprised. After all, the original construction included a strong foundation.

This same reasoning holds true for our nation's military being recognized as the strongest in the world. The rock-solid support you provide allows the Alaska military warriors to train, fight and win no matter where they are called to go.

I know it's not always easy. Deployments for training and real-world situations often place a heavy burden on your shoulders. You carry it like a champion. Many times in my career I've had to leave my wife when I knew she could have really used my help at home. I worried about her and missed her, but she always rose to the challenge. I am as proud of her as your military husband or wife is of you. Your steadfast support keeps our foundation unbreakable.

While we officially say thank you on this one day, please know our gratitude goes much deeper. We applaud you each and every day.

Warm weather survival tips

By Maj. (Dr.) Eric M. Chumbly
59th Medical Wing

Air Force members all over the world are called upon to operate in a variety of strenuous conditions. In particular, many have to cope with heat on a daily basis. A variety of medical conditions may plague these folks, including exertional heat illnesses and overhydration.

Common exertional heat illnesses include heat syncope, heat cramps, heat exhaustion and heatstroke. Heat syncope usually refers to fainting that occurs at the end of some event (such as a difficult march or race) because of improper cool-down. It may also occur if individuals stand for prolonged periods in a hot environment without moving the legs. It is not dangerous, and is easily treated and easily prevented. Treatment is simple; lie down, elevate the legs, cool off in the shade, and drink cold fluids. Prevention is better; stay well hydrated and keep walking after exertion.

Heat cramps, heat exhaustion and heatstroke are conditions of water and often sodium loss. Heat cramps represent the least dangerous of these conditions. They typically occur during or after intense exercise in the heat and usually involve the legs. Sodium is lost in the sweat, and is further diluted in the blood if plain water is used to replace fluid losses. Heat cramps usually resolve with rest, cooling down and massaging the affected muscles. The most important thing to note about heat cramps is that they may signal a worse heat illness.

Heat exhaustion is more complex and more dangerous. Victims continue to sweat, become weak and lightheaded, and may become somewhat confused. Temperatures may range from slight elevation to a high fever, but not as high as with heatstroke, which may show temperatures of more than 104 degrees. The problem is generally a

combination of sodium and fluid loss in sweat without enough replacement. Treatment involves rest, cooling, and appropriate rehydration. Cases of heat exhaustion should be treated in a medical facility where sodium can be measured and fluid can be replaced at the right rate.

Heatstroke is a medical emergency in which the body's cooling mechanisms are overwhelmed. Dehydration and lack of acclimatization usually contribute. The appearance of a heatstroke patient ranges from moderate confusion to coma and a high body temperature. Victims almost always continue to sweat; many people believe that sweating has stopped in the case of heatstroke, but this is seldom true. Because heatstroke can rapidly progress to collapse of vital organ systems, these patients need immediate treatment in a medical facility.

The flip side of dehydration is overhydration, or simply drinking too much water too quickly.

Hyponatremia, or low blood sodium, generally happens after drinking too much plain water (over a quart and a half per hour) over several hours. Slightly low levels of sodium are fairly common in distance runners, and usually go unnoticed. However, the sodium level may become profoundly low in overhydration, and cause problems throughout the body. Because fluid balance is intimately tied to sodium, hyponatremia can lead to damage of certain kinds of tissues in the body most notably in the nervous system, where seizures, coma, and even death can result.

Exertional heat illnesses and overhydration remain a threat for anyone who must work in hot conditions, but they are preventable. These simple guidelines go a long way toward safe operations in the heat: Drink enough water, do not skip meals if you can help it and drink a sports drink whenever doing strenuous work in the heat for more than an hour, or if unable to eat regular meals.

Freebies • \$500 or Less •

Dark orange recliner & swivel rocker \$10 each. 1 small dog kennel \$10. 1 large kennel \$15. 561-9761.

Delta 12" compound miter saw, \$275. Bissell Easy vac \$25. Oak computer table \$75. 333-7341 lv msg.

Dresser/changer, exc. condition, natural wood, \$150. Toshiba SD1200 DVD player, NIB, \$200 firm. 753-0424, 10 am-9pm.

Evenflo crib mattress for sale, \$20. Call 753-1773.

Female pit bull, 8 weeks old, \$250. 337-0094

Four Subaru rims 14", \$75 OBO. 696-1327.

Gardens need mulch? We have 20 bags of leaves we will be unable to use due to PCS. Call Matt or Mary @ 753-1762 for details.

Gas grill, 450. Call Greg @ 753-2251.

Girls 24" mountain bike & 26" racing bike. These are both like new. Asking only \$50 each. 696-7599.

Golf balls, like new, \$4 per dozen. 344-0064

Gorgeous girls bdrm set-5 pcs, antique white, twin w/ canopy, desk, hutch, dresser, \$500 firm. exc. cond. 694-0606.

Guitar, Yamaha 12 string acoustic. \$300 firm. 345-1245.

Halibut weights, \$1 per pound. Selling out! Call 344-0064.

HD Frigidaire washer & new GE electric dryer, \$350 for both. Kenmore elect range, \$100. 345-4578.

Husky floor liners, fits S-series/Sonoma 4wd trucks ('95-2000), 2 front & back floor like, like new, \$50. 338-8104.

Icehut & auger, \$50. Snowshoes, no bindings, \$20. Boys 16" bike, \$15. Nintendo games, 42 total, \$15. 337-2718.

Jackson Performer electric guitar w/ hard case, \$350 OBO. 753-2251.

Karaoke machine, double cassette, am/fm radio, 2 mics, w/ instructions, \$75 OBO. 337-9971 lv msg.

Korean made furniture, 5 pc, 2 wardrobe, 2 dressers, 1 mirror, \$500 OBO. Call 332-4507.

Landscaping block, large 50 @ \$2.50. Steel work table, \$50. 55 Gal burn barrel, \$10. 55 gal barrel, \$10. Galv metal trash can w/ lid, \$7. Paving bricks, several hundreds @ \$0.35 each. 274-8225.

Manifold, Pontiac V8 edelbrock, perfect, new in box, non EGR, \$125. 745-0557.

Mens service dress uniform, worn once. Jacket 44L, pants waist 34. \$75, 694-9699.

Microwave \$100 obo, 562 7211.

Motiv mt. bike, 17" frame, rockshocks, front suspension, good condition, \$300 OBO. 275-4500

Older gray metal desk with wood grain top. Has 3 drawers, not new, but still good as a desk. Absolutely free. You pick up. Call Lisa at 272-9453, M-F, 9-5.

Peavey 115 DLM monitor, exc. condition, \$157 OBO. Less than 1 year old. 344-8998.

Queen size bed w/ fitted sheets & comfort pad, \$100. Call 522-3393.

Queensize mattress & boxspring, excellent condition, only asking \$100 for both. Must sell! 338-9379

Rie Munoz art print, 'Kittiwakes at St. George' - \$250. Helly Hanson Rain Pants, bib style, mns.sz. lg.- \$50.00, 522-6525.

Singer 5 spool Serger, barely used, great condition, \$300. Lv msg 333-2669.

Studded tires (4). 155/80R13. New \$140. 10,000 miles, \$60. Call 337-6333. Cash OBO.

Studded tires on rims, (4) P225/75R15, \$25 each or 4 for \$80. Good condition. Call 333-8203.

Tandem bicycle 5-speed, like new, \$325. 696-2315.

Television, color, \$20. Lantern, gasoline, \$10. Lantern, propane, \$10. Backpack, \$10. 243-1082.

Tires, 4 used summer, 235/45R17, Michelin, \$40 each, very good condition. 373-3676.

Vasque Sundowner boots w/ Vibram sole/ Gortex. Used once, excellent condition, sz 11, \$100 (save \$80)! Call Tom @ 522-3393

White plastic patio furn, 2 chairs, 1 table, \$35. 2 Winchester, sleeping bags 15 degree, zip together to make king size, hardly used, \$40 each or \$75 for pair. German Fox cap \$75. 258-1796.

Winbook laptop \$500. P-166MMX, 1.2g HDD, 16MB RAM, 8xCD-ROM, 33.6 modem, Win95, 1 yr warranty & BJ-30 printer. Purchased 06/98. Lv msg 337-0310.

Wood & steel frame security box, approximately 3x2-5x3, \$150. Entertainment center 6x1.5x4, \$125. 223-2947.

Wood coffee table 2x5x1, \$75. Wood end table 2x3x3, \$75. Wood book shelves 4x1x4, \$75. Tables and shelves are almost indestructible. 727-8636.

Yakima rack bars, 58", \$20. ATB time shoes & pedals, sz 12, \$80. 277-7997.

'72 Volvo 164, 4 door, for body & running gear, \$300. 344-3362.

'78 Chevy pickup, runs, tagged until 06/01 \$300 firm. 349-5975.

'84 Ford F-150 ext. cab, long bed, 300, 6 cyl, auto, needs tune-up, won't pass IM, \$250. 440-0682.

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Heather Sanderson
"Military Brat"
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Sports News

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Guardsman leads Air Force Tae Kwon Do team to victory

By SrA. Korey London
3rd Wing Public Affairs

In the realm of competitive Tae Kwon Do, the action is fast and furious. Powerful kicks are hurled at opponents with lightning-quick speed and pinpoint accuracy. Competitors lacking in defensive skill find themselves on the receiving end of head snapping punches and round-house kicks. And even with head gear and other protective equipment worn by competitors at tournaments, broken bones are a common occurrence and so are knockouts.

Brutal as it may sound, Tae Kwon Do is the sport of choice for many military members and is among the newest and fastest growing sports programs featured by the Air Force.

Ron Onyon Jr., a Guardsman from Kulis Air National Guard Base, Alaska, is team captain of the 2000 Air Force Tae Kwon Do team and excited about his team's progress.

"I've been on the team since it began in 1994 and this is by far the best team we've had yet," said Onyon. "We have six fighters qualified to fight at the U.S. Nationals this weekend and we're expecting top three finishes from five people in their categories. I'm also expecting to win mine."

The team most recently experienced success at the Armed Services Tournament April 4, at Fort Indiantown Gap, Pa., where individual efforts yielded the Air Force an unprecedented three gold medals and five silvers.

Before this year, however, the outlook for the Air Force Tae Kwon Do team wasn't so bright, recalled Onyon. He was one of only two team members to ever medal at any of the previous tournaments. And as the only Air Force representative in the 1999 National Tae Kwon Do Championship, he suffered a broken hand in his first match. To Onyon's credit, he went on to win that match, and picked up two more tournament victories before losing to an opponent who took advantage of his injured hand. With rocky roads now behind them, Onyon and the Air Force team look forward to bringing home several medals from the 2000 National's tournament.

"I'm feeling strong this year and I'm injury free," he said. "I feel this is my best chance to win. I've been too close in the past."

First-year, Air Force Tae Kwon Do team coach Curtis Brown is also determined not to let the opportunity pass any of his qualifying team members by. Brown has put the young team through its paces in



COURTESY PHOTO

Ron Onyon Jr., an Air National Guardsman from Kulis Air National Guard Base, is the team captain for the 2000 Air Force Tae Kwon Do team, and expects to bring home a chest full of gold medals.

grueling workout sessions to make sure they're ready for the tournament this weekend.

The team trained six days a week, alternating between heavy and light training days, with Sunday being the only full rest day. The group woke up before dawn for 5 a.m. runs that lasted an hour and a half. Training days also included a mix of light and heavy sparring, drills to improve footwork and conditioning exercises to build endurance.

Onyon said the arrival of new recruits, complimented by Brown's arrival, changed the complexion of the team dramatically.

"Coach Brown has gotten us more training time, better facilities to work in and better trainers to get us prepared for the tournaments. He's brought so much experience to this team," said Onyon.

And a good thing, too. The Air Force team has already become recognized as one of four powerhouse teams on the National circuit

for Tae Kwon Do competition.

"We travel between two and four months out of the year," said Onyon. "During tournaments we set up recruiting booths and talk to people about coming into the Air Force. We sell the career aspects of the service as well as the training opportunities and the chance to compete in major international tournaments like in the military world games."

And so far, people are listening. Three of the Air Force team members competing at the 2000 Nationals are recent recruits of Onyon.

"Another recruit for the team is going through basic training right now," he said.

Life has a funny way of unfolding. As a hyperactive 8-year-old, Onyon was enrolled in Tae Kwon Do by his father, Ron Sr., to be "mellowed out." Eighteen years and one mellow Onyon later, the evidence shows that Ron Sr.'s decision was the right one for his son—and the Air Force.

Sports Briefs

WalkAmerica 2000

The March of Dimes is seeking Air Force people to participate in WalkAmerica 2000 Saturday to help raise money for the effort to prevent birth defects.

For information on participating as an individual or team, call 276-4111.

Fitness month

Participants in fitness month activities can earn points toward winning prizes.

This year's prizes include a stairmaster, gift certificates and a trip to the Brickyard 400.

For more information, or for a list of activities, call the fitness center at 552-5353.

Health fair

A health fair will be held today at 10 a.m. at the Health and Wellness Center.

Eagle Glen golfing

The Eagle Glen golf course and driving range are now open for the season. Punch cards are now available in both five and 10-round variations.

Anyone who purchases a card in May will be entered in a drawing for a free five-round punch card. Call 552-3821 for details.

Pet walk-fun run

The fitness center will hold a 1.5K pet walk and fun run at noon Saturday. For more information, call the fitness center at 552-5353.

Water jog race

A water jog race will be held at 11 a.m. Monday. Contact the fitness center at 552-5353 for details.

Soccer tryouts

Varsity soccer tryouts will be held Monday, Wednesday and May 19 at 6 p.m. on the field behind the fitness center.

For more information, call Sergio Sanchezsosa at 552-5225.

Powerlifting

The fitness center will hold a powerlifting competition May 26 at 11 a.m.

Call the fitness center for details at 552-5353.

'Hot Shot' contest

A 'Hot Shot' basketball competition is planned for Wednesday at 11 a.m. at the fitness center. Call 552-5353 for details.