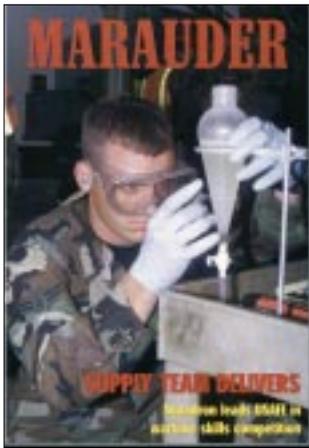


MARAUDER



SUPPLY TEAM DELIVERS

Squadron leads USAFE in
wartime skills competition



On the cover

Airman 1st Class Eric Dick, 100th Supply Squadron, performs a fuel system icing inhibitor test during the 2000 U.S. Air Forces in Europe Supply and Fuels Readiness Competition. Mildenhall took first overall. See story on Pages 14 and 15. (Photo by Tech. Sgt. Jim Howard)

Did you know...

The Supply and Fuels Readiness Competition Mildenhall won this year was canceled last year due to Kosovo activities. The year before, it was held at RAF Lakenheath.

Magazine staff

COL. BRUCE E. BURDA, COMMANDER

COL. PAT McVAY, VICE COMMANDER

MAJ. LEWONNIE BELCHER, PA CHIEF

CAPT. MATTHEW BORG, DEPUTY CHIEF

TSGT. TIM HOFFMAN, NCOIC

TSGT. DENNIS BREWER, COMMUNITY RELATIONS

SRA CHUCK MARSH, INTERNAL INFORMATION

A1C KATHY EARP, EDITOR

KAREN ABEYASEKERE, INTERNAL INFORMATION

SANDRA BROOKS, SECRETARY

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MARAUDER

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Exercises, competitions hone our readiness

By COL. BRUCE E. BURDA

100th Air Refueling Wing commander

We will be getting most of our 65 people and all four aircraft back from Nellis Air Force Base, Nev., and their Green Flag exercise this weekend. They did a terrific job flying and supporting flying operations while meeting exercise objectives. Well done!

Thanks for the great support from around the base this summer. The base looks super and we continue to see nice improvements. I do ask for your further attention to detail around your buildings to keep our appearance at the highest levels.

Congratulations to all of you who made the recent assessment by the Defense Threat Reduction Agency an excellent one. The team was very impressed with the overall readiness and knowledge of our people in meeting myriad force protection issues. Thanks to Master Sgt. Robert Wagner, our Anti-Terrorism/Force Protection officer, the 100th Security Forces Squadron and the rest of the commanders and AT/FP managers who worked so hard to get ready. There is still work to be done, but we should be proud of the progress to date.

We must continue to find ways to improve our ability to achieve high standards for life—quality of life issues in both the work place and at home with our families. As such, over the next couple of months, we will be visiting all of the different housing areas where our people live. I want to better know and appreciate the different challenges and good things associated with them. Command Chief Master Sgt. Kathryn Miller and I have just finished an initial visit and review of all the dorms on the base, and are now more prepared to understand and help address some of the issues our dorm residents have.

Thanks to those who participated in the Major Accident



Overhaul: Airman 1st Class Eric O'Reilly, 100th Maintenance Squadron, shows Col. Bruce Burda how he overhauls the brakes from a KC-135 Stratotanker. PHOTO BY SENIOR AIRMAN COLETTE HORTON

Response Exercise last night. We saw a different and challenging scenario that had all of us working hard. We learned some good lessons that will better prepare us for a potential real-world event.

We will be implementing a new uniform policy at the beginning of September. We will see some Team Mildenhall members wearing their "blues" while performing in customer-service work centers. I will rely on the commanders to use "flexible responsibility" in ensuring our people dress appropriately to accomplish the mission in the most professional manner while underscoring our commitment to top customer service around the base.

Finally, congratulations to our 2000 U.S. Air Forces in Europe Supply-Fuels Readiness Competition winners! These ten people did a great job preparing, maintaining their focus, and performing magnificently, while showing super teamwork. You blew the competition away, and we are proud of you. Good luck representing USAFE at the Air Force-level competition.

Lunch tickets

Q For the second time in two weeks, the RAF Mildenhall BXtra has run out of the School Lunch Program's reduced price, or "B" lunch, tickets. I talked to the Army Air Force Exchange Service Mildenhall manager to see if the regular "A" lunch tickets could be sold at the reduced price. Unfortunately, I was told that I would have to purchase them at the regular price. I think it's poor planning on AAFES part to run out of tickets twice without a suitable alternative. "A" lunch tickets cost \$2.10, while

"B" lunch tickets cost 40 cents. With three kids, it's costing me an additional \$5.10 per day.

A The folks at AAFES have fixed this problem. During the month of May, AAFES ordered but did not receive the "B" lunch coupons from their distribution center. In the future, AAFES will enhance their supply of "B" coupons by taking a look at their average sales and increasing that figure by 30 percent to ensure they have an adequate number on hand for customers. AAFES will also work to track their sales history closer so they can determine appropriate stock levels.

ACTION LINES

The Commander's Action Line is a direct avenue to me addressing your issues, complaints or suggestions. When normal chain of command policies have not been able to resolve your concerns, e-mail the Action Line to AL.RAFM@mildenhall.af.mil, mail to 100ARW/PA, Unit 4890, Box 190, APO, AE 09459, or call Ext. 2426. Callers may remain anonymous. However, to receive a reply, spell out your last name and leave a P.O. Box and telephone number. Matters of base-wide importance may be published in the Marauder.

100th Air Refueling Wing
Commander

LETTERS TO THE EDITOR

The *Marauder* staff welcomes your comments and opinions. Send a letter to the editor via fax to Ext. 2101, e-mail to Marauder@mildenhall.af.mil, or mail to

Marauder Newsmagazine, 100th ARW/Public Affairs, Unit 4890, Box 190, APO, AE 09459. Every letter must have a name and phone number.



PHOTOS BY CAPT. PETER KERR

Tanker team ready: The 100th Air Refueling Wing took part in the Green Flag exercise held at Nellis Air Force Base, Nev., July 28 to Saturday.

Mildenhall drills combat power, mission

Realistic training offers team valuable warfare experience

By CAPT. PETER A. KERR

48th Fighter Wing public affairs

More than 60 people and four KC-135 Stratotankers from the 100th Air Refueling Wing are participating in Green Flag held at Nellis Air Force Base, Nev., July 28 to Saturday.

Green Flag is one of the Air Force's premier exercises, focusing on large-scale aerial warfare. With two air battles each day and full debriefings, the crews and support people often work long hours. During the debriefings crews try to improve their performance for the next day's battles.

"This year we have 2,245 people and 119 aircraft from six countries—plus forces from each of the other services and the National Guard," said Col. Jack B. Egginton, Deployed Forces commander. "The guys are fired up. This training is second to none—no other place can provide this realistic of training. Here the emphasis is on coalition composite warfare. We bring countries and varying capabilities and elements of combat power together, melding them to solve tactical problems and accomplish the mission. It is a very rewarding experience."

"What we do here is important," said Technical Sgt. Paul Lankes, chief boom operator, 100th Operations Group Standardization and Evaluation. "We get to apply what we learn on a daily basis to a wartime environment."

"We are mirroring here what we did in Kosovo," said Capt. Brian Leibundguth, 351st Air Refueling Squadron. "It is really standard NATO operations, flying a two ship of tankers and refueling everything from Navy EA-6s to German Tornados and U.S. Air Force F-16s and F-15s. They can't do what they are required to do without aerial refueling. This training is good for everybody. We get the opportunity to refuel foreign units from the other side of the world." Aircraft from Singapore, Canada, Germany, Italy and Britain train with the U.S. forces.

"Green Flag provides our aircrews, maintainers, planners and support staff the opportunity to experience the first 10 days of an Air Campaign," said Lt. Col. John Hambel, 100th ARW deployed detachment commander. "The learning curve is steep, but

within a few days everyone is performing at their peak. Only a year after the Kosovo Air Campaign, 30 percent of our aircrews are new to the Air Force, and this exercise gives them the experience needed to operate in a combat environment."

Experience is also gained by the maintainers. "The major challenge is turning the jets so fast," said Master Sgt. Brian Randolph, production superintendent, 100th Aircraft Generation Squadron. "We normally turn in about four hours chalk-time to crew show-time. Here we've been turning in two and a half to three hours, with the heat we are not used to."

Temperatures on the flightline have frequently exceeded 120 degrees. "I think the avionics are considerably affected by the heat," said Airman 1st Class Stephen Davis, 100th AGS communications/navigation systems repair. "I know we are affected."

"They know they have a job to do—and even though it is hot, they are getting the job done well and safely," said Capt. Matthew Wall, Sortie Support Flight commander.

"Another benefit to this deployment is the chance for operators and maintainers to work in the same conditions," said Hambel.

"Operating in this extreme heat with the intense focus on the mission seems to bring the crews and maintenance troops closer together. If this heightened sense of teamwork is brought back to Mildenhall, then Green Flag has truly been a success," he said.

Two air battles a day meant long hours for the 100th's people.

NEWS BRIEFS

Helicopter incident

An MH-53M Pave Low IV helicopter assigned to the 21st Special Operations Squadron was in an incident the morning of Aug. 2 at a Ministry of Defence site near Thetford. The helicopter was conducting practice landings when the tail rotor struck the ground. Helicopter crew members were taken to the RAF Lakenheath hospital where three were treated for minor injuries and released. An inquiry board has been convened to investigate the incident.

Transportation service

Until Oct 31, the Traffic Management Flight, inbound cargo movements section at Bldg. 599 will coordinate the delivery of official inbound cargo when they notify members of its arrival. This is a 90-day U.S. Air Forces in Europe directed test as part of the Transportation/Supply reengineering study.

The outbound cargo movements section at Bldg. 657 will also arrange for the pickup of all units' outbound cargo. For more information call Ext. 2601.

CE closure

The 100th Civil Engineering Squadron will be closed all day on Aug. 18 for their annual picnic. Emergency service call will remain open. Call Ext. 5625/5626 for emergencies.

Cold water outage

There will be a cold water outage at Bldg. 830 on Aug. 19 from 8 a.m. to 4:30 p.m. Fire sprinkler coverage will also be affected in this building. The outage is required to connect a new main water loop.

Power outage

There will be a power outage Aug. 20 in Bldg. 720 from 8 a.m. to 4 p.m. and in Bldg. 288/293 from 7:30 to 9:30 a.m.

FWA hotlines

If you see fraud, waste or abuse, call one of the inspector general hotlines: Mildenhall Ext. 3628; U.S. Air Forces in Europe at DSN 480-6789; Air Force at DSN 312-425-1562 or the Department of Defense (800) 424-9098.

Charge it: Card now mandatory for official travel purchases

By CAPT. MATTHEW BORG

100th Air Refueling Wing public affairs

Members must now use the government travel card to purchase all travel tickets for temporary duty assignments.

In order to be reimbursed for expenses, a new U.S. Air Forces in Europe policy, effective Aug. 1, makes the use of the travel card mandatory for most Department of Defense military and civilian personnel when purchasing travel tickets for temporary duty.

Financial services officers here said the additional requirement is now a part of the existing policy on the mandatory use of the card for rental vehicles and accommodations. Members will not be reimbursed for their official expenses unless they use the card.

"Military and DOD civilians must have a government travel card and use it to pay for all TDY-related expenses," said Staff Sgt. Julio Nimbley, noncommissioned officer in charge of financial services. "It's the law, and commanders are responsible for making sure you have the card."

Tickets for TDYs still must be authorized through the appropriate channels, along with coordination through the Scheduled Airlines Travel Office.

"The process is the same, but it takes a little bit less time," said Renee Jennett of SATO. "It's been working really well so far."

People can make a reservation without the



GTC: Members must use travel card for all temporary duty-related expenses, now including airline tickets.

card, Jennett said, but when they come to pick up their tickets, they are asked to bring the card along.

Another regulation change is that permanent change of station expenses do not need to be paid for with the travel card.

"This can help reduce stress related to the cumbersome process of relocation," said Nimbley. "Members don't have to worry about a pending bill or becoming delinquent with the government card during a PCS move."

When filing a travel voucher, the financial services office here highly recommends that members choose the split disbursement option. This option will guarantee a direct transfer of a specified amount straight to the government card.

"Members can call Bank of America to see how much they've charged, and the money can be sent directly to them from the government," said Nimbley. "People won't even have to write a check."

3rd AF commander to accept 'freedom'

Town makes history with Borough honor

By MARIANNE HULLAND

St. Edmundsbury information officer

Maj. Gen. Kenneth Hess, 3rd Air Force commander, will accept the Freedom of the Borough of Bury St. Edmunds in a ceremony scheduled to take place Aug. 27. Those who watch and participate in the parade and ceremony in the historical heart of town may wonder why the names of the award and city don't match.

The local government in England was reorganized in 1974. The Borough of Bury St. Edmunds was merged with Haverhill Urban Council, Clare Rural Council and Thingoe Rural Council.

This new organization needed a name and

its members agreed on St. Edmundsbury. The name of the council provides a historical link to martyred King Edmund and Benedictine Abbey, which grew around his shrine and consequently the community as well, which in those days, was known as a borough.

When he died at the hands of Danish invaders during 869 AD, the remains of King Edmund were taken to the Anglo-Saxon settlement of Bedricesworth, which was then renamed St. Edmundsbury in his honor.

The name St. Edmundsbury lasted until the 17th century when it was dropped in favor of its current name, Bury St. Edmunds.

St. Edmundsbury Borough Council takes pride in the professional services it provides to its residents in the two major towns, Haverhill and Bury St. Edmunds, the villages within the extensive rural areas around them, which welcomes and is home to many Americans and their families each year.

SOG garners Air Force, command awards

Three airmen earn honors for superb job performances

By **TECH. SGT. CHUCK ROBERTS**

352nd Special Operations Group public affairs

Airmen from the 352nd Special Operations Group recently won honors at the Air Force and major command level.

Senior Airman Marshall Jordan was named the Air Force Outstanding Pararescueman of the Year in the airman category, while Capt. Roger Klaffka and Senior Master Sgt. Darryl Cooper were named winners of the 2000 General Lew Allen, Jr., Trophy for Air Force Special Operations Command. Klaffka and

Cooper now will compete for the Air Force-level award.

"It's no surprise to me that Marshall Jordan is the Air Force's PJ of the year because he demonstrated during the tragic Mother's Day bus accident in New Orleans and during Operation Allied Force that he lives the PJ motto: 'These things we do, that others may live!' This is a well-deserved honor," said Capt. Brett Nelson, director of operations for the 321st Special Tactics Squadron where Jordan is assigned.

During Operation Allied Force, Jordan was involved in the rescue of an F-117 pilot downed about 25 miles from Belgrade, Yugoslavia. During the search and rescue operation for the downed pilot, Jordan was cited for "disregarding his personal safety (as he) aggressively provided on-site medical expertise and vital security."

Jordan also distinguished himself during

Mother's Day while serving a three-week stint with the New Orleans Health Department ride-along paramedics program. Pararescuemen participate in the program to maintain medical proficiency. Jordan was credited with saving the lives of several senior citizens in a bus crash in which 22 died and another 22 were critically injured.

The Gen. Lew Allen, Jr., Trophy is sponsored by the Air Force Chief of Staff and presented to base-level officers and NCOs to recognize outstanding performance involved in aircraft sortie generation.

Klaffka is the Pave Flight commander who oversees maintenance of the MH-53M Pave Low IV flown by the 21st Special Operations Squadron. Cooper, the Pave Flight maintenance superintendent at the 21st SOS, said he was "shocked to say the least" about the award because it's the first he's won outside the base level.

Search procedures: Special operation's members deploy to recover airplane crash in Ethiopia

By **TECH. SGT. L.B. ST. AMANT**

352nd Special Operations Group historian

Beginning in the late 1970s, a series of droughts severely damaged the small African nation of Ethiopia's agricultural production. By 1989, these droughts, combined with an extended civil war, plunged the nation into severe famine. The plight of the Ethiopian people received global attention and hundreds of thousands of pounds of food and medicine were donated to help alleviate the suffering. The political situation in the country, however, prevented much of the donation from reaching its intended recipients.

In an effort to resolve the situation, Congressman George T. "Mickey" Leland – chairman of the House Select Committee on Hunger – led a fact-finding mission to the stricken country. Aug. 7, 1989, while on a flight from the Ethiopian Capitol of Addis Ababa to a Sudan refugee camp near the Ethiopian border, Leland and his delegation disappeared. The Ethiopians launched a search for Leland and the eight other Americans and seven Ethiopians in his party. For two days, they unsuccessfully scoured the rugged mountainous terrain of the highlands.

Aug. 9, the Military Airlift Command launched a rescue mission from Eglin Air Force Base, Fla. Four MH-60 search helicopters and their crews, medical, communications, search and rescue and support personnel were soon on their way to Africa. Additionally, an EC-130 command and control aircraft from Keesler AFB, Miss., and two HC-130 aircraft and their crews from the 39th Special Operations Wing's 67th Special Operations Squadron at RAF Woodbridge in England also deployed to Ethiopia. The mission turned into the largest ever conducted by American troops in Africa. Nearly 300

airmen took part in the operation. A dozen aircraft crisscrossed the African landscape looking for Leland's airplane.

Flying the 3,400 miles to Ethiopia non-stop, the crews from the 67th SOS, led by Captains Jim Dwyer and John Matwick, arrived in nine hours. They executed a three-hour electronic search pattern before landing. Over the next week, another crew from Woodbridge, led by Maj. Carl George, joined the search. Together, they flew more than 110 hours in demanding, low level search patterns.

Flying 10-hour missions, the crews scanned the heavily wooded terrain for any signs of the light plane. The search patterns varied in altitude from 500 to 1,500 feet above the ground and covered Ethiopia's lowlands to its 12,000-foot mountain peaks. Frequent thunderstorms, low ceilings and rapidly changing weather patterns made the search that much more difficult.

Aug. 13, after three days of searching an area roughly the size of the state of Montana, crews spotted the wreckage of the ill-fated deHavilland. The plane had crashed on a nearly inaccessible brush-covered cliff about 34 miles east of the town of Gambela, Ethiopia.

With the discovery of the crash site and the fate of the plane's passengers, the mission turned from one of search and rescue to recovery. Crews carved out a helicopter landing zone a half-mile from the crash and then hacked a trail through the jungle to the crash site. For three days, the teams climbed in and out, hoisting out the remnants of the crash to the helicopters above.

Aug. 17, with the task completed, the HC-130 crews headed back to England. Their efforts in the rugged mountains and flat lowlands helped to earn the 67th SOS the nomination for Special Operations Squadron of the Year for 1989. The nomination highlighted the dedication and professionalism of the squadron's men and women.

... AFTER THREE DAYS OF SEARCHING AN AREA ROUGHLY THE SIZE OF MONTANA, CREWS SPOTTED THE WRECKAGE OF THE ILL-FATED DEHAVILLAND.

British Korean War hero rekindles U.S. ties

46 years later, T-6 airborne controller takes to sky

TECH. SGT. DENNIS BREWER

100th Air Refueling Wing public affairs

A British veteran who flew T-6 Mosquitoes during the Korean War once again took flight in a U.S. military aircraft when he flew with members of the 100th Air Refueling Wing here July 24.

Tank Commander Lt. Peter Fanshawe of the Queens Bays, 2nd Dragoon Guards (Retired) can add the KC-135R to his list of U.S. Air Force aircraft he's flown on. It's only the second type though, and it's the first time in 46 years the former Royal Army tanker flew in a military jet.

"I had no idea how big the aircraft of today's Air Force were," said Fanshawe. "My experience of military aircraft size was much smaller."

"I think he really enjoyed the flight," said Staff Sgt. Randy Kay, 100th Operations Support Squadron.

"We tanked B-1B Lancers and he thought it was amazing we could off-load 20,000 pounds of fuel in three minutes traveling at more than 400 miles per hour."

The 70-year-old watched the refueling and asked questions according to Kay, but it was Fanshawe's story Kay was interested in.

"He's an impressive guy. He had a notebook that contained his original flying maps, orders, logbooks and photos of his tanks and he knows flying," said Kay.

Although thrilled to fly, Fanshawe's story could be made into a movie.

Serving on Hill 159 just north of the 52nd Parallel in Korea, the commander in charge of four tanks and crews was selected to fly with the U.S. Air Force. He began his duty April 5, 1953.

"The North Koreans and Chinese had been fought to a stand still, and my tanks were in a static fighting position when I left for airborne duty," Fanshawe said.

Because he knew the terrain and was able to identify enemy positions and gun placements, he got the observer's job.

"I began on Easter Sunday and learned very quickly there were many concerns of flying in those valleys," said Fanshawe. "Our job was to identify the enemy's positions, select and mark targets with smoke rockets so Air Force and U.S. Marine aircraft could destroy them.

"Missions for our crews lasted two to three hours, and we could control up to eight or nine flights of aircraft," he said.

That's 32 to 36 aircraft like F-80 Shooting Stars, F-84 Thunder Jets or F-86 Sabers.

With each flight having only 20 minutes maximum in the battle zone, they acquired, targeted and directed each flight of aircraft to their targets before the fighter bombers had to return to base and the next flight of aircraft arrived for their run on targets.

Their day began at dawn, and each crew could be required to fly two missions a day and still be on standby after returning to base.

But additional flying wasn't the only dangerous element involved in airborne observation and control missions.

"The weather was a great concern of ours, because of low ceilings (cloud cover), the pilot couldn't fly over the mountains because we couldn't see the tops.

"Also our Mosquito wasn't equipped with the instrumentation of today's aircraft, and flying in the wrong valley could mean you were flying into enemy gun positions," he said.

Sometimes they did and the pace of operations was hectic and dangerous according to the former observer.

"It's like you needed more than an extra set of eyes up there, and there was always the ever present danger of small arms fire which could have shot us down," he said. "Other than smoke, our T-6 was unarmed.

"During one mission, we were hit and I watched a line of bullet holes advancing along the wing towards the cockpit! Thank God, the fire stopped before it reached the fuselage," he said.

Perhaps his most notable mission occurred June 26, 1953. Fanshawe was flying his 73rd



PHOTO BY TECH. SGT. DENNIS BREWER

Briefing the crew: 1st. Lt. Clair Geishauer, 351st Air Refueling Squadron looks on as former Royal Army Tank Commander and T-6 Mosquito observer, Lt. Peter Fanshawe shows him a map from his flying days in 1953.

sortie when he noticed the Chinese moving self-propelled guns toward front-line positions to provide support for a massive attack by their ground troops.

"We knew they were on the move, and it seemed like the closer we got to cease-fire the more territory they tried to gain," he said.

The cease-fire agreement between North and South Korea was signed, although it wasn't implemented until July 27, 1953.

According to his original citation to accompany the award of the Distinguished Flying Cross from the President of the United States and the 6147th Tactical Control Group, 5th Air Force, despite low cloud cover and intense automatic weapons fire Fanshawe, directed nine flights of fighter-bomber aircraft during enemy attacks in the Injin River Sector near T-Bone Hill.

The strikes effectively damaged 17 caves, 25 firing bays, four mortar positions, 300 yards of trench, 200 yards of road and ignited supplies causing six secondary explosions which were successful in the defeat of the enemy's initial attack.

"We helped to stop the Chinese attack before it got under way," he said

During his 90-day rotation, he flew 78 missions and directed 336 aircraft to their targets and looks back at his part in the conflict as his duty.

"Although the equipment and times have changed quit a bit, it's nice to see that the camaraderie of the aircrews is still the same," he said.

Civilian Supervisor of the Quarter

MARAUDER STAFF REPORT

Sharon Kozlek, 100th Services Squadron, is the Civilian Supervisor of the Quarter. She reduced the independent electronic monthly inventory variances from \$31,000 to \$1,600, thus reducing the longstanding problem.

Kozlek also flawlessly managed over 40 Air Fete private orga-

nization food booth inventories at over \$200,000.

She was this year's Services Air Fete director, with nine years of knowledge and experience. She brought the show together by handling 250 contracts and purchase orders totalling over \$750,000. She also physically stacked 158 vendor and food booth spaces on the airfield.



KOZLEK

Mildenhall shows wartime readiness

Base hosts competition, leads USAFE in supply, fuels

BY AIRMAN 1ST CLASS KATHY EARP

100th Air Refueling Wing public affairs

The 100th Supply Squadron came out on top in the 6th Annual U.S. Air Forces in Europe Supply and Fuels Readiness Competition held here Aug. 3 through Saturday.

RAF Mildenhall competed with the other five major USAFE bases, RAF Lakenheath, U.K.,

Aviano Air Base, Italy, Incirlik AB, Turkey, Ramstein AB, Germany and defending champions, Spangdahlem AB, Germany.

"The teams went head-to-head in 12 different mobility, war-time-related events," said Master Sgt. Tom Hartsfield, III, 100th SUPS Storage and Issue superintendent.

"These events represent tasks that every supply and fuels unit must be able to do in order to support their wing's mobility commitment, either in preparing to deploy or re-deploy in the reception of forces, or while actually on the ground at a deployed location," he said.

Each team included ten members; five from supply and five from fuels. A team leader was picked for the two divisions.

Mildenhall took first in eight of the 12 events. They included the ton and a half backing event, the forklift slalom, the tractor-trailer event, the pallet build up, the warehouse tug/trailer-pallet load, the battlefield event, and the M-16 and fitness relay events. Of the remaining four events, Mildenhall placed second in two: the tire change and the fuels readiness laboratory analysis. The remaining events included Mission-Oriented Protective Posture 4 figure 8/inselter refueling and the mobility bulk-storage package setup.

"We were determined not to let (Spangdahlem) walk away with another title,"

said Tech. Sgt. Randy Courtright, supply team leader. "And especially not in front of family and friends."

Even though Mildenhall came out on top, they weren't sure how the outcome would be after one of the specific fuels events: the mobility bulk-storage package setup that was taken by Ramstein.

In this event, the five-person fuels team had to connect 10- and 25-foot hoses and close the valves with a given diagram and also assemble

one four-way wafer valve. This event tested skills, teamwork, fitness and coordination and had a 30-minute time limit.

"That event was hard to practice and prepare for," said Senior Airman Rasmus James, fuels team member. "It's a lengthy event. We just studied the diagrams and valves instead of dragging out the hoses every time. We weren't too familiar with it because we only deal with the hoses and bladders at a foreign location, such as the desert.

"After that event, we felt pretty down but continued to make it up with the other events. We used it as a motivator," he said.

Along with James, the fuels team consisted of Senior Airman Andrew Kirschbaum, Airman 1st Class Jeremiah Rathbun, Airman 1st Class Eric Dick and team leader Tech. Sgt. Lonnie Johnson.

The motivation worked. The supply side of the team helped out with the team spirit and camaraderie.

"One event we did exceptionally well in was the warehouse tug event," said Senior Airman Kelle Vos, supply team member.

In this event, the objective was to use a forklift to load and secure two pallets, one at a time, on a warehouse tug trailer, which then maneuvered through a traffic cone obstacle course. The trailer was unloaded and the pallets were

placed in their original location.

"This was our pride and joy," Vos said. "Everything went smooth and we were confident. We didn't practice in front of the other teams so they didn't know what to expect." But they showed the other teams what they were made of.

"We received a lot of 'oohs and ahhs.' I got goose bumps from all the cheering," he said. Vos' team members included Courtright, Tech. Sgt. Mike Young, Tech. Sgt. Jack Ives and Airman 1st Class Rob Thietten.

Along with the individual event winners, there was a supply overall team winner, which was taken by Mildenhall, and fuels overall team winner grabbed by the 86th Supply Squadron, Ramstein.

All of the event's winners were announced at the awards banquet dinner at the RAF Lakenheath Officer's Club on Saturday.

"Once the ceremony began," said Maj. Jon Larvick, 100th SUPS commander, "the overwhelming success of not only Team Mildenhall, but that of all the teams, and the event in general, was very obvious. Enthusiasm remained high throughout the announcement of the awards ... with my kudos going out to all the teams for their sportsmanship. Even though there were six teams, it was obvious to me that this was one Air Force!"

"Everyone was just happy to come out and compete," said James. "We enjoyed the good camaraderie and had a lot of fun."

Although Mildenhall won overall, only their supply team will be heading to Davis-Monthan Air Force Base, Ariz., for the Air Force-level competition in October. Joining them will be the fuels team winner, Ramstein, to represent USAFE.



Ready, fire: Senior Airman Kelle Vos helped his team place first in the combined M-16 event.



One plus one: Airman 1st Class Eric Dick, left, and two 25-foot hoses during the mobility package setup



Protecting others: In the battlefield event, a member places a gas mask on a victim in the nick of time.



Runaway: Team members cheer on Senior Airman Beverly Garza, Aviano Air Base, Italy, supply team member, in the fitness relay event. Garza was a part of Mildenhall's supply team in the last readiness competition.



Senior Airman Rasmus James, fuels team, assemble Aug. 3.



Load 'em up: Tech. Sgt. Jack Ives, front, and Senior Airman Kelle Vos, supply team, tighten a top net during the pallet build up event Saturday.

PHOTOS BY TECH. SGT. JIM HOWARD

Mildenhall home to Extreme 2000 winner

By **KAREN ABEYASEKERE**

100th Air Refueling Wing public affairs

One of RAF Mildenhall's very own was pronounced the winner of this year's Extreme Summer Y2K contest, Aug. 4, at the youth center, in front of family, friends and competitors.

Michael Sadler, 15, won tickets to see pop singer Christina Aguilera in concert, and will be traveling with his mom, brother and sister in an all-expenses paid trip to see the concert, Aug. 23, in Cleveland.

Extreme Summer Y2K is a 'Points for Participation' program. This is a summer long interactive promotion featuring a motivational and incentive package for USAFE young adults age 13 to 18.

All youths have to do is participate in fun activities, that most of them do already and earn Extreme Summer points.

He was presented with a giant "golden ticket" by Col. Pat McVay, 100th Air Refueling Wing vice commander. After his initial reaction of total disbelief, Sadler was very happy.

"It's cool! Winning a trip back to the States

to see a big star – I've never won a contest in my life!" he said.

Michael earned his 500 qualifying points by being a summer hire at the 100th Services Squadron dining facility, going to two different camps (Teen Aviation Camp and summer leadership school for Junior Reserve Officer Training Corps) and bowling.

According to Karen DeGroat, Program Director, Mildenhall Youth Programs, kids can earn points by doing just about anything.

"As well as the special events such as the (Dr. Ron Sega) astronaut visit and the upcoming Fred "Curly" Neal visit, youths can earn points by being a summer hire, youth day trips, bowling, day trips through Information, Tickets and Tours and sports."

"They can also earn points just by having their card on them," she said.

Teens can win laptop computers, stereos,



SADLER

Jeep bikes, backpacks, Compact Disc cases, Extreme Summer T-shirts and instant win prizes such as cameras, posters and much more.

"All you have to do is get a voucher from the youth center each time you participate in any of the events, just get it signed by the leader in charge of the event, then enter your points on-line," he said.

Teen Aviation Camp was his favorite event that Michael participated in. It was held at the Air Force Academy in Colorado Springs, Colo.

"We toured the campus, did a ropes challenge course plus lots of other stuff. We had a lot of fun and it definitely made me more interested in the Academy," he said.

Michael wants to be an F-22 pilot in the Air Force when he's older.

"We actually got to fly a Cessna 172 at Teen Aviation Camp – that was amazing!"

It's still not too late for kids to register for 'Extreme Summer Y2K' – one more drawing for Christina Aguilera concert tickets is due to be held Sept. 1. Only 500 points are needed to qualify for entry into the draw.

Base sponsors annual 'Special Sports Day'

Volunteers needed to assist athletes

By **MAGGIE COTNER**

100th Air Refueling Wing community relations advisor

Once a year, the base sets aside one special day for up to 300 local disabled people to participate in various athletic activities. This year's event is scheduled for Sept. 23 from 9 a.m. to 5 p.m. at hanger 711. Called "Special Sports Day," it's sponsored and organized by our Top Three Fellowship, but relies almost entirely for its success on its volunteers, 400 hundred of which are needed.

Eighteen years ago, Joan Mann was a Ministry of Defence employee working in the public affairs office on base.

Although she had great sympathy for the particular difficulties experienced by disabled people, it was a spate of noise complaints from the British community that set Joan to racking her brain for something that would help draw our two communities closer together.

Thus, the special sports day was conceived.

At that time, the Top Three Fellowship was in its infancy. Its members were experienced and energetic fund-raisers and found themselves with funds to spare. They willingly took on the event and have worked it every year since.

Though long retired, Joan, now Joan Bembridge, still works with the planning committee. As an honorary member of the Top Three Fellowship, she makes this plea to all members of Team Mildenhall:

"Many of us have children of our own; they're sometimes a mixed blessing, but our biggest hope for all of them is surely that they'll live normal, happy lives. Many of the children, and adults, who are with us on Sept. 23, have no long-term future and every year I know several of those I watch taking part will not survive to take part in another special sports day."

Helpers are needed as escorts to meet

buses and welcome the guests, get them a drink after their long journey, register them,

help them get to their games station at the right time and ensure they're in the right place to receive their medals at the awards presentations.

This is in addition to the volunteers needed for taking the names of winners; timing games and keeping the hangar clear of trash. We will need the assistance of 400 volunteers. Participants can become very attached to their escorts, so there are nearly always tears, on both sides, at the end of the day.

To be a volunteer, whether military or civilian, you should be at least 14 years old. If you're kind enough to volunteer, please regard that as a firm commitment to come along and help us make this a day to remember. Mildenhall volunteers, contact Joe Wolski at Ext. 5485. Lakenheath volunteers, contact either Staff Sgt. Joel Senical at Ext. 6562 or Staff Sgt. Theresa Menard at Ext. 3753.



Helping out: Volunteers are needed for this year's Special Sports Day.

CHAPEL

Sunday Protestant services: Contemporary worship at 9:30 a.m. and Sunday school at 11 a.m., Sunday Gospel service at 12:30 p.m.

Catholic services: Eucharist is Monday through Thursday at 11:35 a.m., Saturday Confessions at 4:30 p.m., Saturday Mass at 5:30 p.m. and Sunday Mass at 11 a.m. Monday adult education at 7:30 p.m. and Catholic youth ministry is 5:30 p.m. Sundays.

Jewish services: For information on Jewish service times, call the chapel at Ext. 2822.

FSC

For information on the following classes, call the family support center at Ext. 3406.

TAP Employment workshop runs Tuesday through Friday from 8:30 a.m. to 4:30 p.m. This transition assistance program workshop is for members planning to separate or retire within the next 12 months. Participants will learn how to write effective resumes and cover letters, proper interviewing techniques and the best methods of searching for the ideal job.

Interviewing Tips morning workshop is Tuesday from 9:30 to 1 p.m. Members or family members looking for a job or career change, learn how to prepare for the interview.

Smooth Move is Tuesday from 8:45 a.m. to noon at the Bob Hope Community Center. Members within six months of making a permanent change of station should attend this class to help make this move smooth.

Military as a Second Language is Wednesday from 9:30 to 11:30 a.m. Especially for spouses, this class aims to help understand and learn more about the military way of life.

Hearts Apart is held Thursday from 11:30 a.m. to 12:30 a.m. Once a month spouses of deployed, remote or temporary duty personnel get together for lunch provided by the family support center.

Adoption Support Group is Aug. 19 from 3 to 5 p.m. Mem-



PHOTO BY SENIOR AIRMAN COLETTE HORTON

Make it smooth

Retired Army Col. Dick Crampton, an expert on transitioning from military to civilian employment, gave a presentation at the Galaxy Club Aug. 3 to help members understand what it takes to successfully transition into the civilian job market. For more information on transition assistance, call the family support center at Ext. 3406.

bers interested in the child adoption process should attend.

EVENTS

Local Trips

Join Outdoor Recreation for an evening canoe float on the River Ouse, Aug. 16. Price is \$12 for adults and \$8.50 for children.

A trip to Tonbridge Wells for a full day of rock climbing is being run by Outdoor Recreation, on Aug. 19. Price is \$25 per person. To book, call Ext. 4283.

EDUCATION

Bus assistants

Nine positions are available as school bus safety assistants for the upcoming school year. Safety training will be available. Applicants must be at least 21 years old and eligible for U.S. appropriated fund employment. For more information, call Ext. 4138.

Embry-Riddle Aeronautical University Term I registration is Monday through Aug. 21. Term dates are Aug. 21 to Oct. 13. Pick up an undergraduate and graduate term schedule. Embry-Riddle takes up to 44 credit hours for your military training. Associate's and a Bachelor's in Professional Aeronautics and Master's in Aeronautical Science with specializations in Management and Safety are offered. For more details, call Ext. 2916 or 98-2464.

University of Oklahoma offers 15 classes this fall including world economic development, Latin-American politics, issues on contemporary American education and creative problem solving. Courses are offered in a one-week format taught by professors flown in from OU's main campus. For more information, call Ext. 4172 or 98-6186.

University of Oklahoma offers an intensified class format, allowing students to work full-time while completing a Master of Education degree in Teacher Education, MA in Interrela-

tions, or Master of Human Relations. Syllabi are available three months prior to class to allow students to prepare and order books. Professors are flown in from home campus to teach class for four weekdays 6:30 p.m. to 9:30 p.m. and one weekend 8:30 a.m. to 4:30 p.m. Enroll today in Issues in Contemporary American Education, Assessment and Evaluation in Human Relations, or World Economic Development.

City Colleges of Chicago's distance education program is designed to provide you the greatest chance for academic success. Visit the Web site at www.ccc-e.org or contact the field representative at the education center for more information.

YOUTH

School orientation

Lakenheath Middle School at RAF Feltwell will hold an orientation for new students on Thursday from 10:30 to 11:30 a.m. The orientation will begin in Bldg. 72 (gym) and will include information and tours of the campus provided by student leaders. For more information about the orientation please call the school at Ext. 98-7006.

Dining Hall Menu

<p>Today Lunch: Spaghetti carbonara, beef stroganoff, baked chicken, spaghetti with tomato sauce Dinner: Sukiyaki, lemon onion fish, barbecue chicken</p> <p>Saturday Lunch: Chicken jambalaya, Polish sausage, grilled steaks Dinner: Parmesan fish, sweet and sour pork, veal Parmesan</p> <p>Sunday Lunch: Beef stroganoff, baked fish with garlic, grilled minute steaks, grilled ham steaks Dinner: Grilled tenderloin steaks, apple-glazed corned beef, Chinese five-spice chicken</p> <p>Monday Lunch: Veal cube Parmesan, salmon cakes, curried chicken with rice Dinner: Meatloaf, spicy-baked fish, teriyaki chicken</p>	<p>Tuesday Lunch: Baked canned ham, lemon-basted sole, turkey pot pie, veggie stew Dinner: Lemon-herbed baked chicken, tamale pie, roast loin of pork</p> <p>Wednesday Lunch: Szechwan chicken, oriental stir-fry, vegetable chow mien, sweet and sour pork Dinner: Jaeger schnitzel, lemon-baked fish, vegetable curry</p> <p>Thursday Lunch: Swiss steak with tomato sauce, Chinese five-spice chicken, baked fish Dinner: Roast beef, chicken enchiladas, stuffed peppers <i>(For details, call Ext. 2689. For daily menu updates, see the 100th Services Squadron e-mail bulletin board.)</i></p>
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Welcome new Mildenhall family members

MARAUDER STAFF REPORT

The following are the end of June and July births for RAF Mildenhall.

- Brendan Lawrence was born June 28 to Tech. Sgt. Quinton and Lisa Winston, 100th Transportation Squadron. Brendan weighed 9 pounds and 12.8 ounces.

- Anthony Joseph was born June 28 to Senior Airman Chris and Sarah Fanelli, 627th Air Mobility Support Squadron. Anthony weighed 8 pounds and 4 ounces.

- Alexander Phoenix was born July 2 to Tech. Sgt. Richard and Elena Smith, 100th Security Forces. Alexander weighed 6 pounds.

- Ethan Thomas was born July 5 to Staff Sgt. Scott and Cathy Lockhart, 100th MXS. Ethan weighed 8 pounds and 13 ounces.

- Wyatt Josiah was born July 7 to Staff Sgt. Darrell and Amity Chase, 100th Maintenance Squadron. Wyatt weighed 8 pounds and 7 ounces.

- Chloe Michaela was born July 8 to Capt. Mike and Lynn Ryder, 352nd Operation Support Squadron. Chloe weighed 7 pounds and 5 ounces.

- Luke Aaron was born July 11 to Capt. Matthew and Tiffany Grinstaff, 3rd Air Force. Luke weighed 8 pounds and 8 ounces.

- Sarah Claire was born July 13 to Tech. Sgt. Jonathon and Cherish Hobdy, 488th Intelligence Squadron. Sarah weighed 8 pounds and 6 ounces.

- Joel Teater was born July 13 to Capt. Mark and Julie Casey, 100th OSS. Joel weighed 7 pounds and 9 ounces.

- Rebekah Raelene was born July 14 to Senior Airman Andrew and Teresa Aller, 352nd Maintenance Squadron. Rebekah weighed 7 pounds.

- Charis Rose was born July 17 to Senior Airman Jason and Catherine Anderson, 488th IS. Charis weighed 6 pounds and 4 ounces.

- David Anthony was born July 18 to Senior Airman Brian and Teryl Evans, 352nd

MXS. David weighed 6 pounds and 5 ounces.

- Max Allan was born July 19 to Airman 1st Class Daniel and Airman 1st Class April Little, 100th Supply Squadron. Max weighed 8 pounds and 4 ounces.

- Benjamin Royal was born July 21 to Master Sgt. Danny and Alice Bradley, 352nd MXS. Benjamin weighed 8 pounds and 15 ounces.

- Tija LaShae was born July 25 to Tech. Sgt. Tex and Tech. Sgt. Alisa Burns, 100th Air Refueling Wing command post and 48th Comptroller Squadron. Tija weighed 7 pounds and 15 ounces.

- Nicholas Michael was born July 26 to Senior Airman Cole and Jennifer Jacob, 100th Aircraft Generation Squadron. Nicholas weighed 7 pounds and 13 ounces.

- Brendan Erasmo was born July 26 to Staff Sgt. Erasmo and Dawn Blanco, 352nd MXS. Brendan weighed 7 pounds and 13 ounces.

- Kirsten Raeanne was born July 28 to Senior Airman Paul and Cersha Irvine, 352nd OSS. Kirsten weighed 9 pounds and 2 ounces.

Movie Listings



Nutty: Janet Jackson and Eddie Murphy star in "The Nutty Professor II: The Klumps."

MILDENHALL

Box 'D' Theater

Tonight, 7 and 10 p.m. "The Nutty Professor II: The Klumps" (PG-13) Sherman thought he had seen the last of his alter ego, Buddy Love. Having done his best to keep Buddy buried in his subconscious, the portly professor is horrified to find him resurfacing in untimely outbursts. Sherman battles to restore order to his family and marry the woman he loves. (Stars Eddie Murphy and Janet Jackson)

Saturday, 4.30 p.m. "Toy Story 2" (G)

7 and 10 p.m. "The Nutty Professor II: The Klumps" (PG-13)

Sunday, 4 and 7 p.m. "The Nutty Professor II: The Klumps" (PG-13)

Monday and Wednesday, 7 p.m. "Road Trip" (R) Four friends take off on a 1000-mile trip across the country – from Ithaca, New York to Austin, Texas. The reason the guys are on the road is to get to one boy's girlfriend before she

receives a certain sex-filled videotape mistakenly mailed to her. It's a teen road comedy for the 2000s. (Stars Breckin Meyer and Rachel Blanchard)

Tuesday, 7 p.m. "Shanghai Noon" (PG-13)

In a 19th century Western, Chon Wang, a clumsy Imperial Guard to the Emperor of China, feels personally responsible for Princess Pei Pei who is kidnapped from the Forbidden City. He insists on joining the guards sent to rescue the princess. (Stars Jackie Chan, Owen Wilson and Rafael Baez)

Thursday, 7 p.m. "U-571" (PG-13)

LAKENHEATH

Pineview Theater

Tonight, 7 p.m. "Gladiator" (R)

10 p.m. "What Lies Beneath" (PG-13)

Norman and Claire Spencer try to learn the origin of mysterious events that have threatened their idyllic life. They find themselves investigating the murder of a beautiful college student who has been appearing to his wife in strange visions. (Stars Harrison Ford and Michelle Pfeiffer)

Saturday 2 and 4 p.m. "Pokemon" (G)

7 p.m. "What Lies Beneath" (PG-13)

10 p.m. "Screwed" (PG-13) Willard, the abused and under-appreciated chauffeur to Miss Crock has devised a foolproof plan for revenge. Along with his hotheaded best friend Rusty, he will kidnap the nasty woman's prize pooch, holding it for ransom. But when the dog escapes, Miss Crock mistakenly comes to the conclusion that it's her chauffeur who's been kidnapped. (Stars Norm MacDonald and Dave Chappelle)

Sunday, 2 and 4 p.m. "Pokemon" (G)

7 p.m. "Screwed" (PG-13)

Monday, 7 p.m. "What Lies Beneath" (PG-13)

Tuesday, 7 p.m. "Gladiator" (R)

Wednesday, 7 p.m. "Screwed" (PG-13)

Thursday, 7 p.m. "Pokemon" (G)

CAMBRIDGE

Arts Picture House

St. Andrews Street

"Butterfly's Tongue" (15) Daily at 4:50, 7 and 9:10 p.m. Sunday at 7 p.m.

"Fantasia 2000" (U) Daily at 1 p.m.

"Gladiator" (15) Wednesday at 2:30 p.m.

Thursday at 2:40 p.m. Today, Saturday, Monday and Tuesday at 3 p.m. Daily at 8:40 p.m. (except for Wednesday)

"The Hurricane" (15) Today and Saturday at 2 p.m. Today, Saturday and Sunday at 6 p.m.

"Jesus' Son" (18) Daily at 2:15 and 6:45 p.m.

"Kadosh" (15) Daily at 4:30 and 9 p.m.

"Being John Malkovich" (15) Wednesday and Thursday at 2:20 p.m. Wednesday at 5:30 p.m. Thursday at 6:15 p.m.

"Erin Brockovich" (15) Monday and Tuesday at 2 and 6 p.m.

"Spartacus": 70mm Widescreen (PG) Sunday at 2 p.m. Wednesday at 8 p.m.

Kids Club: "Miracle Maker" (U) Saturday at 11 a.m.

Save money with vitamins, mineral rich foods

By JUDY WILHELM

Health and Wellness Center

You can get most vitamins and minerals from natural food sources.

If you eat a well balanced diet you may be flushing your hard earned money right down the toilet! Food sources are your best choice for vitamins and minerals because they con-

tain phytochemicals, natural substances that protect the body from disease.

Use this table to save yourself a lot of money on unnecessary supplements:

Vitamins	Health benefits	Best sources
<ul style="list-style-type: none"> ◆ Vitamin A (Retinol, carotene) ◆ Vitamin B (Thiamin) ◆ Vitamin B-2 (Riboflavin) ◆ Vitamin B-6 (Pyridoxine) ◆ Vitamin B-12 (Cobalamin) ◆ Folic acid ◆ Niacin ◆ Vitamin C 	<ul style="list-style-type: none"> ◆ Growth and repair of body tissue, immune functions, night vision ◆ Carbohydrate metabolism, appetite maintenance, nerve function, growth, muscle tone ◆ Carbohydrate, fat and protein metabolism needed for cell respiration ◆ Carbohydrate and protein metabolism, formation of antibodies, nerve function ◆ Carbohydrate, fat and protein metabolism, maintains nervous system, blood cells ◆ Red blood cell formation, protein metabolism, growth and cell division ◆ Carbohydrate, fat and protein metabolism, health of digestive system, blood circulation ◆ Wound healing, strengthens blood vessels, collagen maintenance, resistance to infection 	<ul style="list-style-type: none"> ◆ Eggs, dark green and yellow vegetables and fruits, low fat dairy products, liver ◆ Wheatgerm, pork, whole and enriched grains, dried beans, seafood ◆ Low fat milk, green leafy vegetables, grains, beef, lamb, eggs ◆ Fish, poultry, lean meat, whole grains, potatoes ◆ Lean beef, fish, poultry, eggs, low-fat and non-fat milk ◆ Green leafy vegetables, dried beans, poultry, nuts, fortified cereals, oranges ◆ Poultry, fish, whole and enriched grains, dried grains, dried beans, peas ◆ Citrus fruits, tomatoes, melons, berries, green and red peppers, broccoli
Minerals	Health benefits	Best sources
<ul style="list-style-type: none"> ◆ Calcium ◆ Chromium ◆ Copper ◆ Iodine ◆ Iron ◆ Magnesium ◆ Manganese ◆ Phosphorus ◆ Potassium ◆ Selenium ◆ Zinc 	<ul style="list-style-type: none"> ◆ Support of bones, teeth, muscle tissue, regulates heartbeat, nerve function ◆ Needed for glucose metabolism (energy), increases effectiveness of insulin ◆ Formation of red blood cells, pigment, needed for bone health ◆ Function of thyroid gland, which controls metabolism ◆ Formation of hemoglobin in blood and organ myoglobin in muscle, supplies oxygen to cells ◆ Enzyme activation, nerve and muscle function, bone growth ◆ Bone growth and development, sex hormone production, cell function ◆ Bone development, carbohydrate, fat and protein utilization ◆ Fluid balance, controls activity of heart muscle, nervous system ◆ Fights cell damage from oxidation ◆ Taste and smell sensitivity, regulation of metabolism, aids in healing 	<ul style="list-style-type: none"> ◆ Low-fat or non-fat milk products, calcium-fortified orange juice and soy milk, salmon ◆ Cheese, whole grains, meat, peas, beans ◆ Nuts, dried beans, oysters, cocoa powder ◆ Seafood, iodized salt ◆ Meat, fish, poultry, beans, whole and enriched grains, green leafy vegetables ◆ Nuts, green vegetables, whole grains, beans ◆ Nuts, whole grains, bran, vegetables, fruits, tea, coffee ◆ Meat, poultry, fish, eggs, low-fat milk products, beans, whole grains ◆ Vegetables, fruits, beans, bran cereal, low-fat milk products ◆ Seafood, lean meat, grains, eggs, chicken, garlic ◆ Lean meat, eggs, whole grains, low-fat milk products

HAWC searches for new logo

HEALTH AND WELLNESS CENTER

The Health and Wellness Centers at both RAF Mildenhall and RAF Lakenheath are searching for a new identity. The 48th Health

Promotion Flight needs help designing a new logo, and is running a contest open to all active duty military and family members.

The winning design will be professionally reproduced by base graphics and will be used on all HAWC promotional items. The winner will receive a Land's End sports jacket with the new logo prominently displayed.

Entries must be submitted to either the Lakenheath or Mildenhall HAWC no later than Sept.1.

For more information, call either HAWC at Ext. 7161 or 98-2710.

SPORTS SHORTS

Basketball clinic

Robert Evans, head basketball coach for Arizona State University, and Timothy Higgins, NCAA Division I basketball official, will be instructing a basketball clinic Aug. 25 to 26 at the Galaxy Club.

For more information, call Senior Airman Michael Heisig at Ext. 3046/2349.

Players needed

RAF Mildenhall men's and women's volleyball teams are in need of players. For more information call Wendy Kaufman at Ext. 4782 or Donald Boozer at Ext. 3680.

Softball championships

RAF Lakenheath is hosting this year's U.S. Air Forces in Europe men's and women's softball championships Aug. 30 through Sept. 3. Games will be played on fields across from the Defenders of Freedom Park.

For more information, call the Lakenheath fitness center at Ext. 98-3607.

Bowling tournament

The Box-D Activities Council is sponsoring a bowling tournament Aug. 25 from 12:30 to 4 p.m. at the Mildenhall bowling center. Cost is \$5 per bowler and includes three games and shoe rental. This fundraiser will help raise money for various activities sponsored by the BDAC such as squadron picnics, welcome baskets and going away gifts. For more information, call Ext. 3590.

Youth center sports

Girls volleyball registration for 10- to 18-year-olds is now underway. To make teams balanced, tryouts will be held Aug. 29, from 6 to 8 p.m. at the RAF Mildenhall Youth Center. The season starts Sept. 4 and lasts until Oct. 30.

Youth flag football registration is now underway and will run through Aug. 18. All youth aged 5 to 18 are eligible to enter. Coaches are also needed for the season.

For more information, call the RAF Mildenhall Youth Center at Ext. 2831/7078.



PHOTO BY SENIOR AIRMAN CHUCK MARSH

Who's on first?

Bryce Folsom of the Braves just misses making the play at first base, but looks to make an out at the home plate during the T-ball game July 31.

Air Force marathon ready to run**More participants join the race for a record-setting crowd**

BY STAFF SGT. STUART CAMP

Wright-Patterson AFB, Ohio, public affairs

Race officials have finished processing registration forms mailed in for the fourth annual U.S. Air Force Marathon and they are planning for a record-setting crowd Sept. 16.

"We're staying around 20 percent ahead of last year," said Tom Fisher, marathon director. "The 1999 race set the record with 2,800 runners. I'm very encouraged with the numbers. If it stays this way, we'll have 3,400 runners."

Fisher has already increased his orders for marathon patches and will wait a few more weeks before upping his request for finisher medals and runner T-shirts.

The marathon staff received more than 600 registrations one week — including 400 in one day when the July 4 weekend mail poured in.

The most significant statistic is the number of runners entered into the 26.2-mile run. Marathoners are coming from 42 states and several U.S. overseas assignments, and foreign runners from Canada and the U.K.

Fisher has made no bones about keeping the Air Force Marathon from becoming a relay-dominated event.

"We do not want to discourage folks participating in this outstanding event, but it is a marathon and if we allowed the number of relay runners to exceed the marathoners then I have a hard time calling it the Air Force Marathon," Fisher said.

There is a 300-team cap and as of July 20 there were 130 relay teams entered. The entry deadline is Aug. 31.

For more information, call the marathon office at 257-4350 or visit the Web site <http://afmarathon.wpafb.af.mil>.

Slim-Fast recall

MARAUDER STAFF REPORT

The Slim-Fast foods company is voluntarily recalling more than two million cans of its Ultra Slim-Fast ready-to-drink milk-based liquid shakes.

Only three flavors of the 11 ounce,

ready-to-drink shakes apply: Cappuccino Delight, Creamy Milk Chocolate and Strawberries 'N Creme.

Consumers who have purchased this product, should return them to the place of purchase for a full refund.

For more information or questions on this product, call the U.S. toll-free hotline at (877) 424-4180.