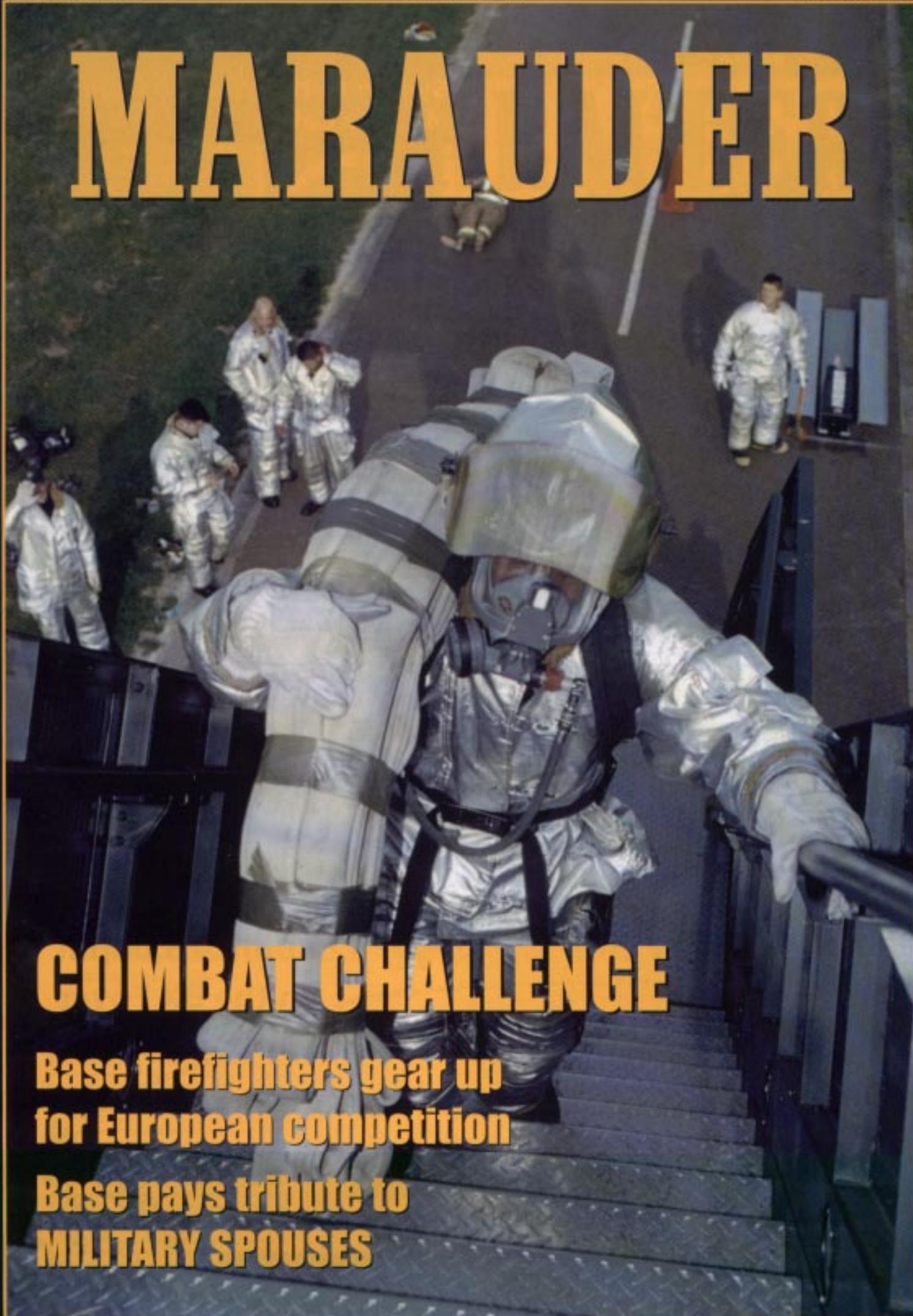


MARAUDER



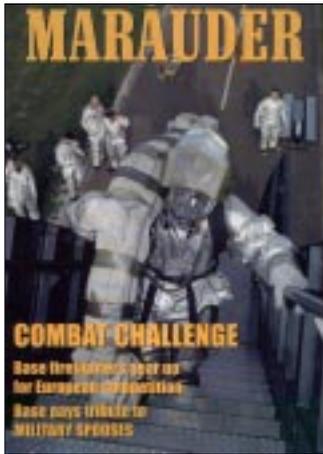
COMBAT CHALLENGE

**Base firefighters gear up
for European competition**

**Base pays tribute to
MILITARY SPOUSES**

MARAUDER

Top Stories



On the cover

Senior Airman Hameed Zagadino, 100th Civil Engineer Squadron fire department, trains for the European Firefighter Combat Challenge May 20 at Ramstein Air Base, Germany. See story on Pages 14 and 15.

(Photo by Staff Sgt. Jim Howard)

Did you know...

Mother's Day is Sunday. See Page 21 for a list of special events in the area.

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REMEMBERING

Holocaust Remembrance Day ceremony, with guest speaker Rabbi Frank Dabba Smith, was held May 4 at the base chapel.

7



PRACTICE MAKES PERFECT

British and Air Force emergency response teams work together at the Air Fete Major Accident Response Exercise held Monday.

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THANK YOU

Mildenhall celebrates Spouse Appreciation Day today with a list of events several special events.

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- 13 **FIBER-OPTICS:** New technology will improve base communications.
- 22 **ACCREDITED:** Department of Defense Dependent Schools pass accreditation.
- 26 **KEEPIN' FIT:** Check out May Fitness Month activities.

NEWS BRIEFS

MPF hours

The Military Personnel Flight operating hours are as follows:

For retirements/separations, appointments are from 7:30 to 11 a.m. and 1 to 4:30 p.m., and walk-in hours are from 11 a.m. to 1 p.m. For out-bound assignments, appointments are from 7:30 to 11 a.m. and 1 to 4:30 p.m., and walk-in hours are from 11 a.m. to 1 p.m. For all services, appointments are from 7:30 to 9:30 a.m. and 3:30 to 4:30 p.m., and walk-in hours are from 9:30 a.m. to 3:30 p.m. For emergencies after 3:30 p.m. or for more information, call customer service at Ext. 2479.

Air Fete transportation

Information, Tickets and Tours is providing Liberty Link bus transportation for U.S. I.D. cardholders and family members between RAF Lakenheath and RAF Mildenhall for Air Fete, May 27 and 28. Tickets are sold on a first-come, first-serve basis at the Lakenheath Community Center. Tickets cost \$4 for adults, \$2 for children ages 5-14 and children under 5 are free and must be accompanied by an adult. Family passes (2 adults and up to 4 children) are \$10. For departure points and times, call Ext. 89-2221.

FWA hotlines

If you see fraud, waste and abuse, don't ignore it. Call one of the inspector general hotlines: 100th Air Refueling Wing Ext. 3628 or (01638) 543628; U.S. Air Forces in Europe at DSN 480-6789; Air Force at DSN 312-227-1061 or the Department of Defense (800) 424-9098.

Air Fete Child care

The 100th Services Squadron's Child Development Center will be open May 27 and 28 from 6:30 a.m. to 6:30 p.m. each day in support of Air Fete.

They will accept children ages six months to 10 years. Reservations along with a letter affirming child care requirements can be made at the CDC. A non-refundable deposit per child per day is required and will be deducted from the hourly child care fee of \$2.50 per hour. For more information, call the CDC at Ext. 2042.

Author keeps past alive

By SENIOR AIRMAN CHUCK MARSH

100th Air Refueling Wing public affairs

In coordination with the Holocaust Remembrance Day, May 4, noted author and photographer, Rabbi Frank Dabba Smith spoke and displayed a slide show at the base chapel.

Smith, whose mother's family were victims of the Holocaust, believed to have perished in Treblinka, a camp on the outskirts of Warsaw, tries to take a different approach to recognizing the tragedies that occurred during the World War II period.

He stressed that among the simple text in his book, *My Secret Camera: Life in the Lodz Ghetto*, written for "the child in all of us," is the idea not to stagnate on the awful things that happened during the Holocaust. It is to look at the strengths and courage of those who were persecuted for their religious beliefs, race, disabilities and sexual preferences, and turn that into positive messages.

The same idea is the very reason Holocaust Remembrance Day was enacted, that is, to remember those 11 million people, who were ruthlessly murdered and the courage it took for the survivors to overcome.

He said he wrote the piece as a children's



Pointing out the problems: Rabbi Frank Dabba Smith spoke on the evils of the Holocaust.

book to be practical and down to earth, saying how he thought of explaining to his own children the horrible evils done in concentration camps and ghettos.

Rabbi (Capt.) Don Levy said he enjoyed Smith's presentation and was moved by it.

"Usually presentations have more of a prepared speech way about them, this way was a little unusual, and I think it worked. It was visually moving."

"As a Jew, and even more importantly as a human being, you can't not be moved by the enormity and for the sadness as well for the holocausts that have happened since," added Levy.

Mildenhall salutes victims

Base celebrates 19th year of Holocaust commemoration

MARAUDER STAFF REPORT

To remember both the dreams we in uniform stand for and the nightmares we stand against, the annual Days to Remember of the Victims of the Holocaust were enacted.

This year, on May 4, RAF Mildenhall celebrated the Holocaust Remembrance with guest speaker Rabbi Frank Dabba Smith. He spoke and presented a slide show at the base chapel focusing on the photography during the Holocaust.

Among the 65 or so attendees were Col. Irving L. Halter, Jr., 48th Fighter Wing commander, RAF Lakenheath, who gave the opening remarks, and Col. Bruce Burda, 100th Air Refueling Wing commander, who concluded the ceremony by presenting Smith with a plaque and coin.

Halter opened the ceremony by presenting the theme of this year's Holocaust Remembrance: Holocaust and the new century: An imperative to remember. He also reflected on his experiences while in Kosovo helping the ethnic Albanians who, as the Jews in World War II, were also victims of hatred and ethnic cleansing.

In the ceremonies closing statements, Burda explained that we must take time to remember the victims of the Holocaust. "We can still learn much from their victory over hatred and oppression," he said.

The United States Holocaust Memorial Council coordinates this one-week period each spring between mid-April and mid-May.

The first Council-sponsored Days of Remembrance national civic commemoration was held April 30, 1981, in the White House. President Ronald Reagan, making his first public appearance since an attempted assassination, said: "We remember the suffering and the death of Jews and all those others who were persecuted in World War II ... We recall the pain only because we must never permit it to come again."

Exercise readies British, Air Force teams

MARE tests skills, communication

BY AIRMAN 1ST CLASS KATHY EARP

100th Air Refueling Wing public affairs

They say practice makes perfect. Monday, the 100th Air Refueling Wing conducted an Air Fete Major Accident Response Exercise, preparing both British and American emergency response teams for the worst case scenario of an accident or incident involving mass casualties during the air show.

It was simulated that two F-16s collided in mid-air while performing an aerial demonstration. One of the aircraft crashed on base and the other crashed just outside in Beck Row.

We prepared a scenario that tested British and American emergency response teams. If there is a major accident or incident here, Suffolk Constabulary will be in charge. This exercise was our primary opportunity to practice British emergency responses with U.S. Air Force assistance," said Capt. David Gray, chief exercise planner and deputy of wing readiness and inspections.

"We each have our own systems on how we do things, and we have to be able to merge seamlessly, if an accident were to



Head injury: Richard Fox, British Red Cross, wraps up volunteer Airman 1st Class Betsy Bonilla, 100th Services Squadron, from a simulated head injury.

happen," he said.

Working together included medical attention from both Air Force and British organizations, to aid those injured or derailed from the incident, as well as clearing the accident area of crowds.

More than 140 volunteers arrived at 4:30 a.m. to be made up by moulage team. They simulated broken bones, burns and internal injuries that could be caused by debris of the aircraft. This added realism for the medical folks.

"I think I was cared for very efficiently," said Airman 1st Class Mack Escobedo, 100th Mission Support Squadron, who faked a compound fracture in his upper right arm.

Even though it would be almost impossible to simulate more than 150,000 people here for the exercise, Gray said, "it was created on a small scale using the people we do have so that emergency responders had a sample group to deal with."

Emergency responders participated in the medical triage and treatment of dozens of simulated injured crowd members, plus a medical evacuation of four "critical" patients. They were airlifted approximately an hour and a half after impact to the RAF Lakenheath hospital where they continued a treat-

ment processing line.

"It's about practicing command and control and a lot of other different assets people have to use for coordination," Gray said. "The Suffolk Constabulary has primacy for this and we have to be able to plug our systems into theirs."

Overall, it was a successful "practice" run for all participants, that included British authorities, Air Force fire department, security forces, Family Support Center and many other units.

"The exercise went very well," said Col. Pat McVay, 100th ARW vice commander. "I think everything on the flight line, and the initial response, went very well. We accomplished what we wanted to accomplish."

"It's always a matter of being prepared, thinking things through and being able to respond in a timely manner," said Gray. "The more you practice something, the more you think it through, the more likely you are to come up with the right decisions the day of the event."



Emergency airlift: Four volunteers who were simulated as critically injured, were airlifted by an MH-53 helicopter to RAF Lakenheath.



PHOTOS BY STAFF SGT. JIM HOWARD

Unconscious: An RAF Lakenheath volunteer, acting with internal injuries, is aided by a British Red Cross member at the Air Fete MARE Monday.

Air Fete parking, entry concerns clarified

MARAUDER STAFF REPORT

The following information will help clarify the "rules" during Air Fete 2000.

Long Term Parking

The current long term parking area must be cleared for Air Fete parking. Parking is very limited at RAF Mildenhall, so people are asked to make alternative arrangements driving to base and parking their cars long term. There are several options to long-term parking for planned leave or temporary duty during Air Fete weekend May 27 and 28.

Tips

- The best options is to have a spouse, family member, friend or supervisor transport you to the terminal to catch a flight.

- If absolutely necessary, use one of the alternate parking areas: the parking lot south of bldg 286 (Auto Skills Center), the lemon lot (near the BXtra), parking slots at Child Development Center west-end parking area, and long term parking at RAF Lakenheath.

- Provide a set of vehicle keys to someone who can move the vehicle, if required. The Base Traffic Code mandates people parking in long term parking areas need to have a point of contact in the event security forces have a problem with the vehicle. Supervisor, first sergeant or commander are usually the point of contacts.

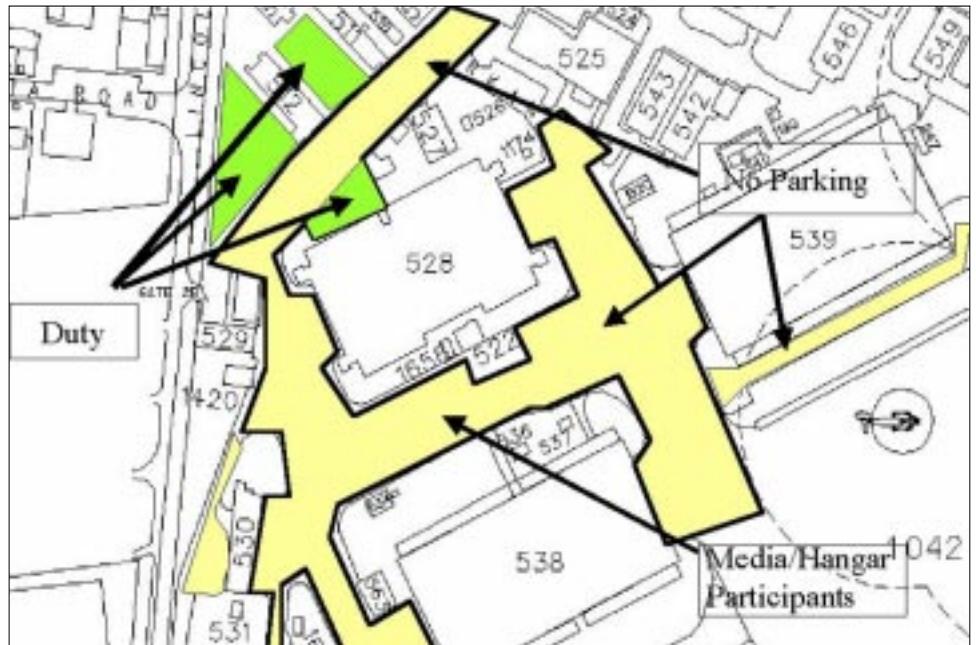
Also remember, that you park in long term areas at your own risk. Sometimes vehicles need to be moved or towed out of the area.

North of Flight Line Parking

Air Fete is expected to draw more than 300,000 people and a lot of vehicle traffic from regular flight operations, food booths and services operations. To reduce congestion improve safety, RAF Mildenhall is limiting the parking areas within the northern flightline area.

Duty personnel (people working operational missions) will have a few areas identified for "duty parking" however, it will be limited.

Most of the parking areas on the flightline side of the base will be designated "No Parking." These areas are specifically designated for Air Fete Parking for media representatives, hangar display participants, bus/coach representatives and disabled visitors/handicapped people.



Parking: The highlighted areas must be cleared by May 26. For more information, contact your unit Air Fete representative.

No later than 6 p.m. May 25, the 100th Security Forces Squadron will begin blocking off the "No Parking" areas to reduce vehicles in those areas.

No later than 8 a.m. May 26 (IAW AF Plan 10), the parking lot between hangars 528 and 538 will be closed.

No later than noon May 26, everyone must move their vehicles out of the designated "No Parking Areas" depicted on the map.

Tips

- People should car pool to work and park in the designated "duty parking" areas identified on the maps.

- People should park on the community side of the base. The SFS will have Gate #2 open May 26 to allow people to park on the community side and walk to their work areas. Also, the base shuttle is available every 20 minutes for transportation from the recreation center to various areas on the flightline side.

- Take care of your buddy! Contact your unit point of contact for those who are on leave or TDY and left a vehicle parked in one of the no parking areas.

Air Fete Vehicle Entry

Vehicle labels have been developed to assist the gate entry controllers (SFS, Suffolk Constabulary, and Ministry of Defence Police) for base entry during Air Fete. These color and letter coded labels allow entry of certain categories of people through gates for entry:

Gate 1

Red Executive V

VIP	VP
Disabled	H
Coach	L
Support Staff	S (with badges)
Taxi/Bus	D
Park-and-ride and Rail buses	D

Gate 2

Green Exhibition Participant	X (with badges)
Media	Z (with badges)
Duty	M (with badges)
100th SVS staff	C (in uniform)
2c Trade Stand	E
2c Food Booth	B (with badges)
	D

Gate 6

Blue Duty	F (in uniform)
-----------	----------------

Gate 2C/7/9/10

Yellow Complimentary G

Tips

- Contact your Air Fete point of contact if you have a question on whether you need a vehicle label or particular Air Fete badge.

- When using a duty badge and vehicle label, you are on official mission-related duties requiring entry into the flightline base areas. You must be in utility uniform.

- Adjust your schedules, and/or shift changes to allow early arrival to the base. This will avoid the heavy traffic occurring after 6:30 a.m.

- Plan ahead now and get a jump-start on activities for the day.

Maintainers receive rare perfect mark

Crew chiefs ensure aircraft is void of all discrepancies

By Tech. Sgt. Chuck Roberts

352nd Special Operations Group public affairs

When Staff Sgt. Michael Blecha became a dedicated crew chief three years ago, he took the dedicated part of the job title seriously. Since then his goal has been to achieve the rarely seen black letter initial, which means his aircraft is in perfect order and void of any and all discrepancies.

"I think every crew chief wants to accomplish it, but something always happens to keep you from doing it," said Blecha, a 12-year veteran assigned to the 352nd Maintenance Squadron. Blecha and his team of maintainers dedicate their efforts to a single MC-130H Combat Talon II flown by the 7th Special Operations Squadron. "It's possible, but I didn't think it would ever happen," Blecha said.

But on March 10, his three-year effort came to fruition when Tech. Sgt. Robert Blake from quality assurance verified that the \$85 million Combat Talon II, No. 0023, dubbed the "Fourth Horseman," was perfect. Every piece was in place and in perfect order. For Chief Master Sgt. Ronald Sampson, maintenance superintendent for the 352nd MXS, it marked the first time in his 22-year career to see the feat accomplished.

"It's not only a great achievement for the crew chief, but actually a great accomplishment for the whole maintenance organiza-



PHOTO BY TECH. SGT. CHUCK ROBERTS

On top of things: Staff Sgt. Michael Blecha, Airman 1st Class Ben Hambright and Airman 1st Class Mercedes Meredith stand in front of their MC-130H Combat Talon II which received the rare distinction of a perfect maintenance inspection.

tion," Sampson said. "To make this aircraft black letter initial air worthy, Blecha had to have the complete backing of the entire maintenance squadron."

Blecha said the support of the back shops and supply people were vital. While certain small parts on back order may not be critical for flight safety, they are still a discrepancy noted in red. The defining moment, however, came when the back shop helped track down a small nagging glitch with the electronic countermeasure waveguide pressurization. "That was when I knew we were going to do it," Blecha said.

Helping make the black letter initial possible were crew chiefs Senior Airman Alberto

Ortiz-Torres and Airman 1st Class Mercedes Meredith. Meredith said he is glad for the opportunity to be part of a crew that strives for such perfection and has learned a great deal from Blecha and Ortiz-Torres.

The same goes for Airman 1st Class Ben Hambright, a recent addition to the team who arrived after the mark of distinction. "It's great to know I joined the best one here," Hambright said.

When asked if they believed the accomplishment could be repeated, Meredith expressed confidence. Blecha, however, was more exact about the prospect of history repeating itself. "It'll happen again this year," he said confidently.



COURTESY PHOTO

Welcome: Lt. Col. Troy Hithe, gives his first speech as new commander of the 488th Intelligence Squadron. Hithe assumed command April 25.

1999 top logisticians

The wing recently selected its Logistics Professional Performers of the Year for 1999. They are:

Airman Logistician of the Year

Senior Airman Justin M. Johnson, 100th Communications Squadron

Noncommissioned officer Logistician of the Year

Tech. Sgt. John A. Sedbrook, 424th Air Base Squadron

Senior NCO Logistician of the Year

Senior Master Sgt. Lee H. Amidon, 100th Supply Squadron

Civilian (non-supervisor) Logistician of the Year

Mr. Wilton Gillians Jr., 100th Supply Squadron

Civilian (supervisor) Logistician of the Year

Mr. Robert Chapman, 100th Maintenance Squadron

Company Grade Officer Logistician of the Year

1st Lt. John C. Dereix, 100th Maintenance Squadron



PHOTO BY TECH. SGT. CARLISLE FOUNTAIN

Box D team

Upon arrival at Pope AFB, N.C., Capt. R.J. Price, 100th Air Refueling Wing, proudly displays the Box D flag for Rodeo 2000, which kicked off Monday. During Rodeo 2000, teams from all over the world will compete in areas including airdrop, aerial refueling, aircraft navigation, special tactics, short field landings, cargo loading, engine running on/offloads, aeromedical evacuations and security forces operations. More than 80 aircraft representing more than 100 teams from 17 countries, bring in about 3,500 competitors, observers, umpires and support people to Pope AFB, N.C.

Mildenhall upgrades to fiber-optic cables

Latest technology lowers costs

100TH COMMUNICATIONS SQUADRON REPORT

The Military communities at RAF Mildenhall and RAF Lakenheath are about to be joined together through the very latest technology – fiber optic cables.

For many years, interbase communications have been provided through both military microwave and leased commercial copper transport systems.

Both of these systems have limited capabilities and are costly. For the past several years the two bases have been installing very robust fiber optic networks that allowed both bases infrastructure to grow; however

our interbase links remained stagnant.

Last year the staff at the 100th Communications Squadron obtained approval of a two-year-old requirement to link the two bases and improve communications capabilities.

In April, the funding came through to start the project for a direct multi-strand fiber optic link between the bases.

The project calls for the installation of fiber optic cable to link each base's primary communications facilities.

"This project not only drastically drives down commercial operating costs, but will most importantly, provide the capability to speed up communications

between the bases," said the project manager, Michael O'Rourke, Chief of Commercial Communications within the 100th CS.

"Such things as sharing resources in a virtual world, linking closed circuit television, cable television and other networks will now be possible."

The installation of the cable is going to be inconvenient for those who use the road between the bases. Construction started Wednesday and is expected to take three to four weeks.

All digging will be confined to grass verges as much as possible but coned areas and traffic lights will have to be established. This will cause some delays. For more information, call Ext. 2852.

Research

The Air Force Research Laboratory Information Directorate has awarded a \$99,908 contract to Wetstone Technologies Inc. of Freeville, N.Y., to analyze cyber weapons currently in use.

The one-year agreement, "Seized Cyber-Weapon Analysis & Prediction," will be basic research funded by the Air Force Office of Scientific Research.

"Wetstone scientists and engineers will study equipment and software that have been used in criminal or other unlawful cyber activities," said Dr. Leonard Popyack, a scientist in the directorate's Information Grid Division.

"The key aspect of the program is to study seized equipment and analyze it."

Members train for firefighter challenge

Firefighters push their stamina, will power to be best in USAFE

BY SENIOR AIRMAN CHUCK MARSH

100th Air Refueling Wing public affairs

Members from the 100th Civil Engineer's Fire Protection Flight are preparing to represent RAF Mildenhall in the Third Annual European Firefighter Combat Challenge held this year at Ramstein Air Base, Germany, May 20.

The competition is expected to bring teams from U.S. Air Forces in Europe, the British Ministry of Defence and geographically separated units together to compete on the course, challenging each firefighter's level of fitness, stamina and willpower.

"I am thoroughly impressed with the RAF Mildenhall Firefighter Challenge team. I am confident this dynamic and hard charging team will do well in the competition. They have trained hard and are focused," said Lt. Col. York Thorpe, 100th Civil Engineer Squadron commander. "I had the personal experience of doing the challenge last year. It was a grueling competition, but it gives one a great appreciation for what the firefighters must endure when they are called into action."

The course consists of five events the firefighters have to perform while wearing their full protective clothing and breathing through their self-contained breathing apparatus, totaling about 75 pounds of extra weight. The events include:

◆ High rise pack carry—This begins the competition at the base of a five-story tower where the firefighter carries a 45-pound hose pack to the top and places it on the landing.

◆ Hose hoist—While standing on top of the tower, a 45-pound hose is hoisted from the ground using a five eighths of an inch rope.



PHOTOS BY STAFF SGT. JIM HOWARD

Batter up: One team member swings the nine-pound mallet onto the chopping simulator while Staff Sgt. Jason Bills watches. This event imitates having to forcibly enter an area.

When it reaches the top the competitor returns to the base of the tower and continues to the next event.

◆ Forcible entry—This event uses the Kieser Force Machine (chopping simulator), where the competitor uses a nine-pound mallet to drive a 160-pound steel beam a horizontal distance of five feet.

◆ Hose advance—The competitor runs 140 feet then must pick up a one and three quarter-inch handline hose and drag it 75 feet. Once past the 75-foot mark, the firefighter must hit a target with a water stream.

◆ Victim drag—This is the final event where the firefighter must lift a 175-pound mannequin and drag it backwards for 100 feet across the finish line.

Two teams of six members will represent Mildenhall at this year's competition. To be chosen they competed in a one-week open tryout

against each other in four timed runs.

"After the fourth time we drew the line, and the top 12 were selected to attend the European challenge. We also have alternates on the team in case of unforeseen problems," said Master Sgt. Kevin Remedies, assistant chief of fire training.

The team consists of military and civilians of all ranks and duty positions, and ages range from 23 to 43. The members are training from 7 to 10 a.m. Mondays through Fridays, both before and after 24-hour work shifts.

"The training is focused on aerobic and anaerobic capacities with sprints and weight training incorporated with the intent to emulate movements of the events," said Remedies. "As for anything different from normal day-to-day routines, let's just say they are busting their butts performing actions they would need to perform on the fireground on any given day."

Airman gets hot under the collar

Firefighter enjoys a life of saving people, property

BY SENIOR AIRMAN CHUCK MARSH

100th Air Refueling Wing public affairs

What kind of a person is willing to put his life on the line to save the life and property of another? Answer—Airman 1st Class Mike Karacsony, a firefighter with the

100th Civil Engineer Squadron here.

"The main role of all the firefighters in the department is to save lives and property," said Karacsony, and, along with the other 90 members of the fire protection flight, he does just that.

The firefighters work two shifts with about 30 members per shift and are broken up into different sections, such as operations, fire prevention, technical services, supply, extinguisher maintenance and training.

Karacsony is currently assigned to the operations sec-

tion and works 24-hours on "A Kelly day means you work shift you have off. For example have a three-day break," he said.

"My duties consist mostly (trucks equipped specially for rotate jobs like rescue, driving alarm room dispatch."

He said that he enjoys driving the fire trucks is one of thought that being a firefighter jobs to have," he said enthusiastically experience watching firefighter

"One day my grandparent



Playing with a dummy: Master Sgt. Kevin Remedies, 100th Civil Engineer Squadron, pulls a 175-pound mannequin 100 feet while Airman 1st Class Scott Balatgek spots him backwards.

The competition will show how well the Mildenhall firefighters match up against their cohorts from around the world. And, according to Remedies, “Shows their ability to do their job at an extremely high level.”

“The right to say you’re the best in USAFE is also one of the driving factors. A huge factor is the next level of competition.

The team will continue to Dallas, for the national competition Aug. 26. With a qualifying team time in Dallas, they can continue to the world competition (to include teams from America, the U.K., Australia and Canada) in Las Vegas, in November,” said Remedies. The team is already looking forward to further competitions and has the support of the entire squadron.

“It is our goal to be the command’s representatives at the firefighter challenge at the annual Department of Defense Fire Conference in Dallas,” said Thorpe. “The entire 100th CES are strong supporters of the team and will cheer them on to victory!”

The team has been working and training hard and are confident they will prevail.

“I am expecting the competition to be really tight, but I don’t think there’s a team in USAFE that can compete with us this year,” said Airman 1st Class Nicholas Villanueva, who also competed in last year’s competition hosted by Mildenhall. “I think if everyone gives everything they have and don’t hold back at the competition we will bring home first place.”

“As for morale, it has been great,” Remedies added, “And it will only get better as we focus on the national competition.”

“I feel really good about being selected for the team, and I feel that I have a lot to contribute. I think the sled is my strongest event and that is where I will make up time for my weaker spot, being the stairs,” said Villanueva.

The team plans to finish ahead of last year where they came in second behind Ramstein. They are taking measures needed to get all the necessary training to improve their chances for victory. They have learned a lot from last year and are applying what they learned to be better prepared for this year,” said Remedies.

“We did not have a Keiser (Force Machine) sled last year to practice and all the team members agreed they ex-



Not your garden-style hoses: (Left) Master Sgt. Kevin Remedies practices the event where he runs with a hose until hitting the designated spot where he then must hit a target with a stream of water. (Above) Remedies practices for another event which involves hoisting the 45-pound hose to the top of a five-story tower.

and off with a set Kelly day. k six shifts and the seventh ple, every other Wednesday I said.

y of driving the crash trucks (or crash response), but we ng, operating handlines and

entire job, but actually driv- f the best parts. “I always r would be one of the coolest siastically, recalling his first ters in action.

ts house caught on fire and I

helped them out of the house. When the fire department showed up and did their job, I was so impressed I knew I had to do that. I tried to get in the fire academy back home, but there was a four-year waiting list. The military was a way to get the training to become a firefighter. If I get out I can skip the academy and just apply for a job back home,” said the two and a half year Air Force veteran.

The atmosphere in the fire department is busy during the day. From 7:30 a.m. to 3 p.m. is training, from 3 to 5 p.m. is workout time, after that is relaxation. We watch movies, cook, play video games and some attend college classes--always prepared to respond to any emergency at a moments notice.

Most of the calls are false alarms due mainly to old fire alarm panels and bad weather.

Karacsony said he’s been on a lot of calls, but remarked that there’s always one that sticks out more than the rest.

“I have put out some small fires, but the weirdest call that I have ever received was from a potential suicide victim. It freaked me out to have to deal with a person who wanted to kill himself.” He said it was good having the others around him to help deal with the caller and gave him inspiration to help the person on the line.

“The people that I work with, I also hangout with and they are not only some of the best firefighters, but they are some of the best friends a person can ever ask for,” concluded Karacsony.

ACTION LINES

Child's play

Q I have a question about the costs at the Child Development Center. According to the CDC, they have to count our basic allowance for subsistence and overseas housing allowance as income. We aren't taxed on our BAS and OHA, so why should it be considered toward our pay at the CDC? Also, if this is the way that they should be determining the costs, do the people that have the privilege of getting base housing and don't get OHA also have the privilege of paying less for child care? This doesn't seem fair to me.

A Fees are calculated for all parents using the same baseline data. The BAS-II chart provided by the finance office is used to calculate the fees, regardless of whether the family resides on or off base. The definition of Total Family Income is stated very clearly in DoD Instruction 6060.2 as *"Includes all earned income including wages, salaries, tips, long-term disability benefits, voluntary salary deferrals, quarters allowances and subsistence allowances and in-kind quarters and subsistence received by the military member, pay for service in a combat zone and anything else of value, even if not taxable, that was received for providing services. Quarters allowances and subsistence allowances means the Basic Allowance for Quarters and the Basic Allowance for Subsistence received by military people (with respect to grade and status) and the value of meals and lodging furnished in-kind to military people residing on military bases."*

It's important to know that there are three types of CDC fees: The fees paid by parents are used only to pay caregiver wages; second, all child care fees are subsidized through appropriated fund dollars which cuts the cost of care in half, and finally, the fees at RAF Mildenhall have not been increased in the past three years.

Promotion ways

Q I don't agree with the way the promotion ceremony is performed at RAF Mildenhall. A co-worker was being promoted to the rank of master sergeant and was told to come to the ceremony with no stripes on - none at all. Do we intentionally tell our troops to come to a function out of uniform or did I misinterpret what the individual said? Also, these individuals are being allowed to put on the rank they earned one day early. We did it different at my last base. Don't you think that a military tradition like promotion ceremonies should be standardized and identical wherever you go?

Q Our intentions were certainly not to advocate our newest senior noncommissioned officers be out of uniform enroute to their promotion ceremony. Because of your input, the First Sergeants Council have changed the process. For future ceremonies, senior NCO promotees will arrive with their new "shoulder board" rank insignia already displayed. Prior to the actual ceremony, senior NCOs will remove their shoulder board rank insignia to facilitate the ceremonial promotion.

It is appropriate and well within guidelines to conduct the ceremony on the last duty day of the month. In accordance with AFI 36-2502, Chapter 1, Para 1.10., When to Have Promotion Ceremonies, "Commanders may conduct ceremonies on the last duty day before the promotion effective date and inform the member that ceremonies do not affect pay, seniority or entitlements."

Our First Sergeants Council continually works to improve the quality and professionalism of this tradition-rich ceremony.

ACTION LINES

The Commander's Action Line is an avenue for people to relay issue to Col. Bruce E. Burda, 100th Air Refueling Wing commander. Callers may remain anonymous. However, to receive a reply spell out your last name and leave a P.O. Box and telephone number. Either e-mail to: AL.RAFM@mildenhall.af.mil or call Ext. 2426.

Super supervising

BY SENIOR MASTER SGT. DAVID D. CROTHERS

352nd Maintenance Squadron

TOP VIEW

I've progressed through my career with help from some fantastic supervisors. Most of them were true professionals, who took time to groom, mentor and educate me so I could grow in my chosen profession. I learned valuable lessons from each and every supervisor. One of these supervisors stands out as having taught me more than any other.

This individual was worried about one person, the one he saw in the mirror everyday. I did my duties as I thought they should be done. Every task he assigned I attacked with enthusiasm. But at the end of it all, I was clueless as to whether I had accomplished things in the manner he wanted. I asked for feedback and guidance but never received it.

When he finally got permanent change of station orders I was asked to present a plaque to him. I was concerned over what I would say. I wasn't about to lie and I didn't want to offend him, so I decided to thank him. I stood up and thanked him for all the things he taught me, how he had single handedly taught me more than any supervisor I ever had. It wasn't a lie. He taught me more about what a bad supervisor is than anyone I've ever met. He taught me what kind of supervisor not to be.

A short time after this, the Air Force instituted the Performance Feedback System. One of the reasons it was instituted was because many enlisted members said they had no idea or were unaware of performance problems until after receiving an Enlisted Performance Report. Unfortunately, we still hear the same statements today. Then, as now, the real problem is simply a lack of honest effective communication between supervisors and subordinates.

Communication is not as simple as many people like to think. Normal day-to-day communication is easily transmitted and received, but often does not occur. When a difficult or stressful topic is addressed, communication is often watered down or avoided all together. Many people would rather avoid the situation then confront it. Withholding the necessary feedback causes resentment and does nothing to alleviate the problem.

Most people want to do good job. By providing effective feedback on their performance a supervisor can guide them to a higher level of performance. I would think that all supervisors would desperately want to help an individual raise their performance and potential. Everyone would rather work in a section where all people get along and produce at an optimum level. To achieve the optimum level you must explain what the requirements, expectations and goals are and how the individual is accomplishing them. Depending on the individual, these items may need to be explained in great detail. Break each goal down and explain how they are to be accomplished and why. I have found that the "why" is often crucial to gaining true acceptance. When people understand why something has to be done they are usually better motivated to do it.

Providing honest feedback is crucial to achieving mission success. We need to remember that most people really want to do a good job and the better they understand what the goals are and how to carry them out, the more effective they will become. Also remember that as a supervisor you are always teaching subordinates something whether you realize it or not. Ask yourself what kind of things are people learning from you!

Air Force applauds spouses

Spouses Day honors those who keep the homefires burning

By SENIOR AIRMAN CHUCK MARSH

100th Air Refueling Wing public affairs

“Behind every good airmen is a good spouse” -- nearly three-quarters of the airmen are married in today’s Air Force. The base honors everyone of those spouses with a host of events especially for them during today’s Spouse Appreciation Day.

There is no such a thing as a typical Air Force spouse, but if there was one, Tech. Sgt. Thomas Wayland’s spouse Tiffany would be one. Being married for 13 years they have grown to rely on each other for support. “My wife has grown from a 17-year-old girl to a remarkable woman able to handle any situation that arises. She is always there when I need her,” said Thomas.

He said he feels bad moving Tiffany and the children Bryan, 8, and Nicolas, 18 months, when it’s time to be reassigned.

“We enjoy moving and seeing new places,” said Tanya. “I’ve seen places most people in my small town in Texas haven’t. The kids also get to share their experiences with their classmates.”

The Waylands however have learned to take the good with the bad and deal as best they can. “Yes, it’s always hard to pick up and move. The children leave their friends. My wife has to job hunt again and set up our new home, but she has always done it without a hitch,” said Thomas. Tiffany said that they enjoy being stationed at RAF Mildenhall and being a family here has been a lot easier than in previous assignments. “My husband doesn’t go TDY (temporary duty) as much as he used to. There used to be last minute going away calls. It’s hard when you’re trying to set up your life and your hus-

band jumps in and out and throws off your rhythm,” said Tiffany. Throughout the years though, Thomas said that adjusting to the military way of life hasn’t really been that difficult.

“My wife and I married early in my career and she adjusted quickly. Both my children have grown up with the military. They both expect to see daddy in his uniform each day.”

To help the family with their move and to quickly adjust to the new base, the squadron has been very helpful at making us feel at home, said Thomas. “Being a part of the 488th (Intelligence Squadron) has been great for my family. As my wife told the commander at a unit function, ‘It’s like a family.’”

“After being a spouse for 13 years, I feel like I’m a part of the military. One reason is because my husband shares his day with me. Also, the military has introduced us to so many friends throughout the world. A third reason is because I’ve learned to do things the Air Force way in order to raise a family in this environment.”

Tiffany said she’d like to urge spouses who feel isolated to take advantage of the active military community. She makes some suggestions on how to get out and meet people and stay busy. They include:

- ◆ Get involved in your spouse’s unit.
- ◆ Volunteer or get a job on base.
- ◆ Get an education.
- ◆ Take advantage of Family Support Centers.
- ◆ Join a club or group that meets your needs or interests.

Thomas said it helps knowing there are others to help if needed but said his wife is the one he appreciates most of all. “She has always been there. When I needed encouragement, someone to listen to me, support through the tough times, celebrating the good times and yes even just a kick in the rear, she’s been there. She’s my wife, my counselor and my friend. Thank you Tiffany.”

Spouses day event schedule

Welcome to Britain

The Family Support Center will hold a Welcome to Britain class from 9 a.m. to noon. This is a great opportunity to familiarize yourself with what the U.K. has to offer. For more information, call the FSC at Ext. 3406.

Lunch

A free burger burn will take place at the Bob Hope Community Center from noon to 1 p.m.

Events bus

Get on the bus to attend the afternoon events. It will leave the Bob Hope Community Center at 1 p.m. and return about 4 p.m.



COURTESY PHOTO

Welcome home: A member of the 67th Special Operations Squadron is greeted by his family after returning from a deployment. There are many agencies on base that can help spouses when their loved ones are deployed.

A Legacy

By DEBBIE GIUSTI

Air Force spouse

I am an Air Force wife - a member of that sisterhood of women who have had the courage to watch their men fly off into battle and had the strength to survive until their return. Our sorority knows no rank for we earn our membership with a marriage license, traveling over miles or over nations to begin a new life with our husbands.

Within days we turn a barren, echoing building into a home, and although our quarters are inevitably white-walled and unpapered, we decorate with the treasures of our travels for we shop the markets of the globe. Using hammer and nail, we tack our pictures to the wall and our roots to the floor as firmly as if we had lived there a lifetime.

We hold a family together by the bootstraps and raise the best of “brats,” instilling in them the motto “Home is togetherness” whether motel or guest house, apartment or duplex. As Air Force wives, we soon realize that the only good in “good-bye” is the “hello again.” For as salesmen for freedom, our husbands travel far from home, leaving us behind for a week, a month, an assignment.

During the separation, we guard the home front, existing until the homecoming. Unlike our civilian counterparts, we measure time, not by age, but by tours - married in New York, a baby born at Langley, a promotion in Germany. We plant trees and never see them grow tall, work on projects completed long after our departure and enhance our community for the betterment of those who come after us. We leave a part of ourselves at every stop.

Through experience we have learned to pack a suitcase, a car or hold baggage and live indefinitely from the contents within; and though our fingers are sore from the patches we have sewn and the silver we have shined, our hands are always ready to help those around us. Women of peace, we pray for a world of harmony, knowing that the flag for which our husbands fight will also blanket them in death. Yet we are an optimistic group, thinking of the good and forgetting the bad, cherishing yesterday while anticipating tomorrow.

Never rich by monetary standards, our hearts are overflowing with a wealth of experience common only to those united by the special tradition of the military life. We pass on this legacy to every Air Force bride, welcoming her with outstretched arms, with love and friendship, from one sister to another, sharing in the bounty of our unique, fulfilling Air Force way of life.

CHAPEL

Sunday Protestant Services: Sunday Contemporary worship 9:30 a.m., Sunday school 11 a.m. and Gospel service 12:30 p.m. and Wednesday Night Live 5:30 p.m.

Catholic services: Eucharist Monday through Thursday 11:35 a.m., Saturday Confessions 4:30 p.m., Saturday Mass 5:30 p.m. and Sunday Mass 11 a.m. with children's education class 9:30 a.m. Adult education 7:30 p.m. Monday and Catholic youth ministry 5:30 p.m. Sundays.

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

FSC

For the following classes, call the Family Support Center at Ext. 3406 for more information.

Transition Assistance Program Employment Workshop is Tuesday through May 19 from 8:30 a.m. to 4:30 p.m. Members separating or retiring from the military in the next 12 months, should attend this workshop to learn how to write effective resumes and cover letters, proper interviewing techniques and the best methods of searching for that ideal job.

How to Talk So Kids Will Listen is Wednesday from 12:30 to 2:30 p.m. Positive communication is vital in forging a strong bond between parents and children. This class covers helpful techniques to encourage good communication, helping children deal with their feelings, engaging a child's cooperation, alternatives to punishment and praise and self-esteem.

Shipping Your Pet is Monday from 9 to 11 a.m. Don't forget that preparation is necessary to move a pet. This class will provide valuable information on making this move as stress-free as possible. Topics include: health issues (vaccinations and preparations for the flight); logistical concerns (how to get your pet from here to there) and finances (what will it cost).

Smooth Move is Wednesday from 9 a.m. to noon at the Bob Hope Community Center. A member within six months of date of separation or permanent change of station, should attend. The Smooth Move briefing brings together representatives from numerous base agencies, including traffic management office, accounting and finance, legal and pass and registration. Spouses are encouraged to attend this briefing.

EVENTS

Babysitter course

RAF Mildenhall American Red Cross Office is offering a babysitter's training class to anyone who is interested in becoming a certified Babysitter's Instructor. If you are interested, please stop by our office in the Family Support Center, Bldg. 460, for an interview and to pick up an application. The class schedule is June 10 from 8 a.m. to 3 p.m. for instructor candidate training and 3 to 5 p.m. for babysitter's course pre-test. Also, June 11 from 8 a.m. to 5 p.m. for the babysitter's training instructor's course. Individuals with an instructor's certificate issued within the last 12 months or current health and safety services instructor certificate may arrive June 10 at 3 p.m. For more information, call Ext. 2107.

Parent forum

The Lakenheath High School parent forum for grades 10 through 12 Thursday at 5 p.m. at the high school auditorium. Parents will have the opportunity to ask questions or give suggestions. For more information, call the high school.

Art exhibit

The annual Lakenheath High School art exhibit features the artwork of high school students, which has been produced during the school year. The exhibit opens May 22 and will close May 26 in the Lakenheath HS cafeteria. Everyone is invited to visit the exhibit between 8 a.m. and 3:30 p.m.

Shadow program

The students and faculty of the Mathies Airman Leadership School invite everyone to participate in the Student Shadow Program. This new program is open to all staff sergeants and above and all officers in any grade. The program offers a one-hour orientation on the current ALS curriculum, a faculty tour of the facility, and an opportunity to observe a class in session. For more information, call Ext. 89-7018.

EDUCATION

The University of Oklahoma offers a master's in Teacher Education, which is a 36-semester hour non-thesis degree. Upcoming classes include July 5 to 10 for educational psychology of human development, and Aug 8 to 13 for problems of teaching in the elementary and secondary schools. For more information about this degree or our other degrees, call Ext. 4172/89-6186.

YOUTH CENTER

The Youth Center is accepting applications for school age 'Summer Camp 2000.' Stop by Bldg. 293 or call Ext. 7079 with questions. Note: This waiting list is separate from the waiting

list for the School Age Program.

Auditions are May 15 to 17 from 4:30 to 7 p.m. for the 2000/2001 Jazz FX Dance Team. Ages 7 to 18 are welcome. Pick up an information packet and sign up at the youth center.

For more information, call Karen DeGroat at Ext. 7199.

MOTHER'S DAY

Mother's Day events

While at the Officers' club for this Sunday's special Mother's Day Brunch or the Mongolian Barbecue on May 18 all club members may enter the drawing to win a Lladro figurine with a value of more than \$700. Sponsored by the Spanish gift store.

ITT gives mom free transportation – Book a trip to Leeds Castle for May 14 and Mom will receive free transportation with one paid child's trip. Call Ext. 89-2979.

Photo Special at Electric Avenue – Enlarge your favorite photo of mom at half price. Special is limited to 8x10 enlargements only and must be done with in store developing. Special is available May 15 to 18.

Massage Gift Certificates at the Fitness Center – Give mom the perfect gift, a massage gift certificate. These are available at the fitness center. Call Ext. 89-2391 or stop in.

Dining Hall Menu

Today

Lunch: Chicken fajitas, beef fajitas, oven-fried fish and Creole macaroni

Dinner: Chicken fillet sandwich, veal Parmesan and fishwich with cheese

Saturday

Lunch: Italian beef and bow-tie pasta, oven-fried chicken and grilled minute steaks

Dinner: Beef tenderloin, oriental chicken stir-fry and baked fish with garlic butter

Sunday

Lunch: Chicken enchiladas, tamale pie and grilled minute steak

Dinner: Italian-style veal steaks, french-fried shrimp and turkey pasta

Monday

Lunch: Barbecue ham steak, chicken fillet Parmesan, fish and chips

Dinner: Gingered-pork, savory baked chicken, spaghetti with tomato and meat sauce

Tuesday

Lunch: Roast beef with Yorkshire pudding, chicken adobo, turkey enchiladas and black bean enchiladas

Dinner: Pepper steak, oven-fried fish, chicken cacciatore and spinach and cheese calzone

Wednesday

Lunch: Lasagna, spaghetti and meatballs, cheese manicotti and chicken Parmesan

Dinner: Roast fresh ham, tuna noodle casserole, baked chicken and fettuccini alfredo

Thursday

Lunch: Scalloped ham and potatoes, roast turkey, beef stew and veggy stew

Dinner: Cajun meatloaf, Chinese five-spice chicken, Italian beef with bow-tie pasta and Indian-spiced rice
(For details, call Ext. 2689. For daily menu updates, see the 100th Services Squadron e-mail bulletin board.)

District schools whiz through accreditation

DoDDs valid for 5 years, until next visit

By DR. SCARLETT REHRIG

U.K. District Superintendent

The Commission on Schools of the North Central Association has reaffirmed the accreditation of Liberty Intermediate School, Feltwell Elementary School and Lakenheath Middle School. NCA is the accrediting agency for the Department of Defense Dependent Schools and for more than 8,000 schools in 19 states.

All 13 schools in the U.K. District are accredited. As part of the accreditation process, each school is visited every five years by an NCA team composed of two stateside educators and three to five DoDDs educators.

The NCA team validated each school's implementation of the DoDEA school improvement process. The team met with military officials, parents, students, teachers and administrators. The purpose of the visit was to review and critique each school's improvement plan and its progress towards the DoDEA priority benchmarks. The team report provides general recommendations

for school improvement and specific recommendations for each benchmark.

A school that is accredited by NCA continuously plans to improve its quality, examines student success, presses for higher learning for all students, and assumes the responsibilities of the academic profession.

NCA accreditation is one of the ways the DoDDs United Kingdom District schools validate their work in school improvement and provide assurance to the community of their quality. In the spring of 2001, NCA teams will visit Alconbury Elementary School, Alconbury High School and Croughton American School.

Movie Listings

MILDENHALL

Box D Theater

Tonight, 7 and 9:30 p.m. "Scream 3" (R) Takes place in Hollywood during a production of "Stab 3: Return to Woodsboro," a thriller that raises troubling questions about the events that terrified the town of Woodsboro. (Stars David Arquette and Neve Campbell)

Saturday, 4 p.m. "Toy Story 2" (G)

7 and 9:30 p.m. "Scream 3" (R)

Sunday, 4 p.m. "Where the Heart Is" (PG-13) Novalee Nation, a pregnant teenager from Tennessee running away to California with her boyfriend, finds herself abandoned by him at a Wal-Mart store in Oklahoma. (Stars Natalie Portman, Sally Field and Ashley Judd)

7 p.m. "Scream 3" (R)

Monday, 7 p.m. "Boiler Room" (R) Welcome to the infamous "boiler room" of J.T. Marlin where twenty something millionaires are made overnight. Here, in the inner sanctum of a fly-by-night brokerage firm, hyper-aggressive young stock-jocks peddle to unsuspecting buyers over the phone and are rewarded with mansions, Ferraris and more luxury toys than they know what to do with. (Stars Giovanni Ribisi and Vin Diesel)

Tuesday, 7 p.m. "American Beauty" (R)

Wednesday, 7 p.m. "Where the Heart Is" (PG-13)

Thursday, 7 p.m. "Scream 3" (R)

LAKENHEATH

Pineview Theater

Tonight, 7 p.m. "Where the Heart Is" (PG-13) 10 p.m. "The End of the Affair" (R) The year is 1939 and England is at war. A passionate married woman, Sarah, is immediately and irresistibly attracted to brooding novelist, Maurice, when they meet at a party. They begin a passionate, illicit and sexually liberating love affair. Inexplicably, Sarah breaks off the relationship. Two years later, Maurice's obsession with Sarah is rekindled as he re-enters her life. (Stars Ralph Fiennes and Julianne

Moore)

Saturday, "Where the Heart Is" (PG-13)

7 p.m. "U-571" (PG-13) A team of U.S. soldiers are sent on a mission to sneak aboard a disabled German U-Boat to steal and encryption device that would give the Allies the edge they need to win the war. (Stars Matthew McConaughey, Jon Bon Jovi and David Keith)

10 p.m. "Fight Club" (R)

Sunday, 4 p.m. "U-571" (PG-13)

7 p.m. "The End of the Affair" (R)

Monday, 7 p.m. "Next Friday" (R) Craig is still living with his parents in south central Los Angeles while looking for a job. His moment of glory was four years before, when he finally bested the local bully. But now the man has escaped after several years behind bars, and he's bent on exacting the painful revenge on Craig. (Stars Ice Cube and Mike Epps)

Tuesday, "U-571" (PG-13)

Wednesday, 7 p.m. "American Beauty" (R)

Thursday, 7 p.m. "Sleepy Hollow" (R)

CAMBRIDGE

Warner Village Cinema

Grafton Centre

Paid Preview: "Final Destination" (15) Thursday at 7:30 and 9:30 p.m.

"Gladiator" (15) Daily at 1, 2, 5:10, 6, 8:20 and 9:20 p.m. Tonight and Saturday late show at 11:20 p.m.

"Miracle Maker" (U) Saturday and Sunday at 10:20 a.m. and daily at 12:30, 2:40 and 4:50 p.m.

"Hanging Up" (15) Daily at 1:30, 3:50, 6:10 and 8:30 p.m.

"Man on the Moon" (15) Daily at 1:50 (except for Saturday and Sunday), 4:30 and 7:10 p.m. (except for Thursday).

"Scream 3" (18) Daily at 1:10 and 3:50 (except for Saturday and Sunday), 6:30 and 9:10 p.m. Tonight and Saturday late show at 11:45 p.m.

"Galaxy Quest" (PG) Daily at 1:20, 4, 6:30 and 9 p.m. Tonight and Saturday late show at 11:20 p.m.

"Kevin & Perry Go Large" (15) Daily at 12:10, 2:20, 4:20 and 6:40 p.m. Tonight and Saturday late show at 11 p.m.

"Erin Brockovich" (15) Daily at 7 and 9:50 p.m.

"American Psycho" (18) Tonight through Wednesday at 9:40 p.m. Tonight and Saturday late show at 11:50 p.m.

"Pokemon" (PG) Saturday and Sunday at 10:30 a.m., 12:30 and 2:30 p.m.

"The Tigger Movie" (U) Saturday and Sunday at 10:15 a.m., 12:20, 2:30 and 4:30 p.m.

"Snow Day" (PG) Saturday and Sunday at 11:10 a.m.

"Circus" (18) Tonight and Saturday late show at 11:10 p.m.

"Toy Story 2" (U) Saturday and Sunday at 10 a.m. *Cinemaniacs*: "Flinstones: The Movie" (U) Saturday and 10:30 a.m.

Arts Picture House

St. Andrews Street

"All About My Mother" (15) Daily at 2 and 6:50 p.m. (except for Sunday and Thursday). Sunday at 5 p.m. and Thursday at 7:15 p.m.

"L'Ennui" (18) Daily at 2:15 (except for Sunday) and 9:20 p.m. (except for Thursday).

"Gladiator" (15) Daily at noon, 3, 6 and 9 p.m.

"Ghost Dog" (15) Daily at 4:20 and 9:10 p.m. and Thursday at 7 p.m.

"Rien Sur Robert" (18) Today and Saturday at 4:40 and Sunday at 2 p.m.

Portuguese Cinema Season: "Os Mutantes" (18) Tonight at 7 p.m.

"Earth Storm" (18) Saturday at 7 p.m.

"Hips of John Wayne" (18) Sunday at 7 p.m.

"Jaime" (18) Monday at 7 p.m.

"West Beirut" (15) Sunday at 6:45 p.m.

"Lovers of the Arctic Circle" (15) Monday and Tuesday at 6 p.m.

"Face" (18) Tuesday at 9:15 p.m.

"Land and Freedom" (15) Wednesday and Thursday at 5 p.m.

Kids Club: "Antz" (PG) Saturday at 11 a.m.

United Kingdom movie ratings

U = universal; anyone may attend

PG = must have parent/guardian

12 = person must be at least 12

15 = person must be at least 15

18 = person must be at least 18



PHOTO BY TECH. SGT. TIM HOFFMAN

Catch us if you can

Base members participate in a 5K Fun Run Tuesday in front of Ford Park. This was the kick-off to May Fitness Month for RAF Mildenhall. Participants earned fitness month points toward prizes, including the top prize, a trip for four to the Brickyard 400 NASCAR race in Indianapolis, Ind. Points are earned by completing individual or group exercise activities, including base-sponsored events. For more information, call the fitness center at Ext. 7039.

SPORTS SHORTS

Youth softball/baseball

Registration for youth baseball is underway at the RAF Mildenhall Youth Center. All youth ages 5 to 18 are eligible to enter. Additionally, arrangement of a softball program is possible, to run in addition to the baseball season, for youth ages 9 and 10. A decision will be made to run softball program depending on how many youth sign up. Registration runs through May 20 for both programs. Coaches are also needed for the season. For more information, call Ext. 2831/7078.

Air Force tournament

Woodlawn Golf Course is hosting an annual golf tournament at Ramstein Air Base, Germany, June 12 to 15. The top active duty male and female golfer will receive an automatic invitation to the Air Force Golf Trial Camp, Aug. 4 to 10. For more information, call Michael Heisig at Ext. 7039/7035.

Saint Andrews Golf Trip

Outdoor Recreation is offering a golf trip to Saint Andrews in Scotland June 18 to 22. Cost is \$350. For more information, call Ext. 89-3820.

Soccer practices

The RAF Mildenhall men's varsity soccer team will be competing in a U.S. Air Forces in Europe soccer tournament held at Ramstein Air Base, Germany, June 17 to 25. Anyone interested in joining the team can come to any of the practices. The team begins practicing Mondays through Thursdays from 4 to 6 p.m.

Get, stay fit this month

Check out base events, May fitness activities

MARAUDER STAFF REPORT

The fitness center is sponsoring the following events in honor of May Fitness Month. For more information, call Ext. 7035.

Tuesday

Morning four-on-four volleyball and afternoon three-on-three basketball. Call the fitness center for updated time and location.

May 19

Twenty-hour stationary relay bike ride begins at 4 a.m. and ends at 1 a.m. the next morning.

May 20

World-wide 5K fun run/walk is at 10:30 a.m. Call the fitness center for details

May 23

Four-on-four flag football is at 3 p.m.

May 25

Five-a-side soccer game is at 10:30 a.m.

May 30

Cross training challenge is at 1 p.m.

May 31

10K fun run/walk along with closing ceremony, prize drawing and giveaways. Call the fitness center for updated time and location.

The following classes are held at the Health and Wellness Center. To sign up or for more information, call Ext. 7161.

Thursday

Staying active is from 11 a.m. to noon. The proper way to get fit and trim is with exercise. Learn how to keep the momentum going.

May 25

Sports nutrition is 1 to 2 p.m. This class is to learn how to get the most from a diet to enhance physical workouts. A registered dietician will give advice.