



THE LEADER

Vol. 39, No. 2

Grand Forks Air Force Base, N.D. ♦ <http://public.grandforks.af.mil>

Jan. 16, 2004



NEW FITNESS CHALLENGE

Air Force standards upgraded

- See Pages 10-11 for more

319th Air Refueling Wing ♦ Warriors of the North

Inside:

Weekend weather

| | | |
|----------|-------|---------------|
| Today | 20/8 | Snow |
| Saturday | 26/10 | Mostly cloudy |
| Sunday | 28/8 | Cloudy |
| Monday | 28/8 | Mostly cloudy |



Weather information courtesy
319th Operations Support Squadron weather flight

**Air Force
adds
to war
effort**

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**Volunteer
Excellence
Award
nominations**

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**Get ready
for primary
elections**

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Election

"Register and

This chart lists the 2004 Presidential and State primary
District of Columbia and U.S. Territories primary runoff
Senate race/number of U.S. Representative seats for

| State | Presidential Primary (or Preference) | State Primary | # |
|----------------------|--|------------------|----|
| Alabama | June 1 | June 24 | 7 |
| Alaska | — | August 24 | 1 |
| American Samoa | — | November 9 | 1 |
| Arizona | February 5 | September 7 | 5 |
| Arkansas | May 18 | May 18 | 4 |
| California | March 23 | March 2 | 53 |
| Colorado | March 2 | August 10 | 7 |
| Connecticut | February 3 | August 10 | 5 |
| Delaware | January 13 | September 11 | 1 |
| District of Columbia | March 9 | September 14 | 1 |
| Florida | March 2 | August 31 | 11 |
| Georgia | — | July 20 | 11 |
| Hawaii | — | September 4 | 2 |
| Idaho | May 25 | September 14 | 1 |

Thanks Warriors for an improved fitness culture

By Col. Steve Wayne
319th Air Refueling Wing
vice commander

We're proud to see so many Warriors of the North embrace fitness, particularly as the Air Force has moved to new standards.

Over the past three months, our units have appointed physical training leaders, or PTLs, and initiated unit fitness training three times per week.

Our fitness center attendance has more than tripled over the past few months as testimony to the number of Warriors getting in shape!

All our efforts are aimed at one critical purpose -- to improve the physical fitness and therefore operational readiness of each of us to meet the demands of our Expeditionary Air Force for the 21st century.

With the advent of the new fitness program detailed in the new Air Force Instruction 10-248, we want to reward Warriors who are fit to fight and excel.

The Warrior Fitness Incentive Program will be comprised of two individual reward areas.

First, members scoring a perfect or

near-perfect score (99 to 100 points) will receive a two-day pass on dates determined by unit leadership and in accordance with Air Force policy. The names of members in this superb fitness category will be engraved on a "Warrior Fitness Superstar" plaque displayed in our fitness center.

Secondly, members scoring higher than the average score achieved by the wing and vice wing commander, and the command chief master sergeant, will receive a one-day pass.

The health and wellness center will post this average score for use by unit PTLs to determine recipients of the one-day pass.

In addition to individual fitness recognition and rewards, squadrons that achieve 100 percent annual testing completion and achieve an average fitness score of 90 points or more will receive recognition on a "Warrior Fitness Trophy" that will also be displayed in our fitness center.

We highly encourage all Warriors of the North to be a part of this program. We're confident that the new Air Force fitness and Warrior incentive awards programs will make us much more healthy and ready!

Action Line

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, call 747-4522 and leave a message.

Questions will be answered in the order they are received.



Col. Mark Ramsay
319th Air Refueling Wing
commander

Town Hall meeting answers

Q: *Is there any chance we could get snow blower rentals available on base?*

A: **At this time, we are not looking into rental of snow blowers. Snow blowers are difficult to maintain. They would require substantial liability insurance to protect the renter and our morale, welfare and recreation fund.**

We suggest you find a neighbor who owns a snow blower to assist you in clearing your driveway and sidewalk.

Q: *The poles used to mark fire*

hydrants on base are a danger to children because of splintering. Can something be done about this?

A: **The fiberglass poles used to mark fire hydrants in our military family housing area have been replaced with steel poles that won't delaminate.**

We continue to replace the fiberglass poles in the community area with steel poles. The fire hydrant markers in the industrial areas will not be replaced as they are not readily accessible to children.

3

Consecutive
DWI-free days

71.4%

Mission
effectiveness rating



Photo by Staff Sgt. Scott T. Sturkol

Cover

Chief Master Sgt. Danny Holwerda, 319th Air Refueling Wing command chief, works out at the sports and fitness center Monday.

Editorial staff

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Master Sgt. Scott Davis _____ NCOIC, public affairs

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♦**Deadlines** – Articles due by noon Thursday the week prior to publication. For details, call *The Leader* staff at (701) 747-5019.

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♦**Public Affairs** – Editorial content is edited, prepared, and provided by the 319th Air Refueling Wing public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length considerations.

♦**Advertisements** – For details, call the Grand Forks Herald at (701) 780-1275.

Air Force commits 2,000 airmen to war

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Airmen vulnerable to deploy as part of the Silver Air and Space Expeditionary Force but not originally asked to go, could end up going after all.

In a message sent to the major commands in late December, Air Force Chief of Staff Gen. John P. Jumper said continuing efforts in the war on terrorism have created a need for additional support in some areas. The Air Force, he said, would be providing some of the support to fill that need.

"Ongoing warfighter requirements compel the Air Force to continue surge operations in some functional areas ... to ensure national military objectives are met," General Jumper said. "The secretary of defense has tasked us to find innovative solutions to this national challenge. Major commands and wings are encouraged to dig deep into their resources and develop risk mitigation plans to make these forces available."

One of the possible solutions involves the use of "joint-sourcing" to fill needed positions. That means all the services will work together to meet the requirements. The effort will touch many across the Air Force, said Col. Michael Scott, chief of War Plans Organization.

"This of course affects the entire Air Force to a certain degree, but more so in the agile combat support arena," Colonel Scott said. "By that I mean our engineers, fire-fighters, air traffic control, security forces, medical, communications and transportation folks."

Nearly 2,000 airmen in those support areas will be called upon to help the Air Force meet the joint-sourcing challenge, the colonel said.

Most of the 2,000 airmen will come out of already scheduled AEFs and should already know they are in or approaching their deployment eligibility window, said Col. Buck Jones, deputy director for air and space expeditionary force matters.

"Once you get down to the individual level, they may not know they are going to fill one of these requirements, but they do know they are part of the Silver AEF and are still susceptible. They may also come from AEF 7/8 or AEF 9/10," Colonel Jones said.

Many troops could expect to be deployed for about 90 days, but some, in stressed fields, could expect a 179-day rotation, Colonel Jones said.

Despite the continued surge in operations, Colonel Jones said most of the Air Force could expect a return to the AEF battle rhythm by March.

"We still will deploy AEF 7/8 very close to on schedule," Colonel Jones said. "The vast majority of the Air Force is returning to the AEF battle rhythm starting with AEF 7/8 in March."

The Air Force battle rhythm refers to the scheduled rotation of the 10 AEFs over the course of a 15-month cycle. The AEF schedule is projected out until 2010 and is designed to provide stability and predictability to airmen supporting Air Force commitments worldwide.

While there may be a predicted return to the AEF battle rhythm, Colonel Jones said things may never be the



Photo by Staff Sgt. Scott T. Sturkol

A Grand Forks Air Force Base KC-135R Stratotanker crew chief works on a tanker in Southwest Asia during a recent deployment.

same as they were before operations Iraqi Freedom and Enduring Freedom.

"Since the AEF was first established, world events have not stayed static," Colonel Jones said. "I'm not sure anybody envisions us returning to an old steady-state Operation Northern Watch/Operation Southern Watch type of situation around the world. The requirements are going to be fluid and dynamic."

Briefs

DOD resumes anthrax vaccination program

WASHINGTON (AFPN) -- A federal judge ruled Jan. 7 that the Defense Department could again legally administer anthrax immunizations to service-members.

Military commanders "should immediately resume the anthrax vaccination program," wrote Dr. David S.C. Chu, DOD personnel chief, in a department-wide memorandum.

The department's anthrax vaccine immunization program had been suspended since Dec. 23, after an injunction granted the previous day by the U.S. District Court for the District of Columbia caused DOD to suspend the program.

Award winners

□ Congratulations to **Master Sgt. Erica Flickinger** and **Ms. Rhonda Olheiser** of the 319th Comptroller Squadron on recently being named winners of Air Mobility Command Awards. Sergeant Flickinger was named AMC's Quality Assurance Manager of the Year and Ms. Olheiser was named the Financial Services Civilian of the Year (GS-10 and below).

Congratulations to **Tech. Sgt. Kevin Branchaud**, 319th Maintenance

Operations Squadron, on being named Air Mobility Command's 2003 Outstanding Support Education and Training Manager.

□ Congratulations to the **319th Mission Support Squadron military personnel and civilian personnel flights** on their "best in Air Mobility Command" awards. The MPF won AMC's Outstanding MPF Achievement Award for a base with an active duty military population of less than 4,500. Civilian personnel received AMC's Outstanding Satellite Civilian Personnel Flight Award.

□ Congratulations to the **319th Air Refueling Wing public affairs office** on receiving the Director's Excellence Award for the Best Internal Information Program in Air Mobility Command for 2003.

Suicide, violence awareness briefing

The next suicide and violence awareness briefing is Wednesday at 3 p.m. in the base theater.

This briefing meets the reoccurring training requirement per Air Force Instruction 44-154, which states that all Air Force personnel, to include active duty, guard, and reserve, as well as civilian employees receive community sui-

cide and violence awareness education. Family members are also welcome to attend. Call 747-7155 for details.

Blood drive

Support the base blood drive Wednesday and Thursday in the Prairie Rose Chapel annex from 9 a.m. to 3 p.m. People interested in donating may pre-register with the Dak-Min Blood Bank. Contact your squadron representative for registration information and donor eligibility requirements and restrictions.

Change to 'Give Parents a Break'

Due to Winter Bash 2004 being scheduled for Feb. 21, the child development center will have "Give Parents a Break" on Feb. 7 from 11 a.m. to 5 p.m. instead of the previously scheduled Feb. 21. The program provides eligible parents a few hours break from the stress of parenting. For details call 747-3042.

Base-wide garage sale

The community center is hosting a



Photo by Staff Sgt. Scott T. Sturkol

Morning sun

The sun comes up on base earlier this week on a morning with sub-zero temperatures. According to 319th Operations Support Squadron weather flight officials, sunrise currently takes place around 8:15 a.m. and it gains almost a minute a day.

base-wide garage sale Jan. 31 from 8 a.m. to 3 p.m. The registration fee is \$10 per table.

Any personal items can be sold as long as they are not regulated by the state such as guns, alcohol, or in-home business products. For details call 747-6104.

Updating 'Your Town'

Agencies listed in the base's "Your Town" booklet should review current information and submit any changes to the family support center by Jan. 30.

For details call Ms. Vonda Ware at 747-3241.

Call 747-3241 for details.



Base theater

Today, 7 p.m.

Love Don't Cost a Thing (PG-13)

In this remake of the 1987 movie Can't Buy Me Love, Nick Cannon plays a dorky fool who pays a cheerleader (Christina Milian) to pretend to be his girlfriend so that he'll be popular.

Saturday, 7 p.m.

The Haunted Mansion (PG)

Real estate agent Jim Evers (Eddie Murphy) and his family visit an old mansion, thinking they're just stopping by to check out a property. But soon the Evers crew is stranded there, along with 999 creepy ghosts. Jim discovers that the only way to escape from the spooky house is to find a key that will unlock the secrets of a curse dating to the 19th century, when a soon-to-be-married couple lived there.

Jan. 23, 7 p.m.

The Last Samurai (R)

Jan. 24, 7 p.m.

Stuck on You (PG-13)

Tickets: \$1.50 children, \$3 adults

For details, call 747-3021/6123.



Base chapel

CATHOLIC:

Mass: 9 a.m. Sundays, Sunflower Chapel

Weekday Mass: 11:30 a.m. on Mondays,

Wednesdays and Thursdays at Sunflower Chapel

Reconciliation: 8:30 to 8:45 a.m. Sundays, or by appointment, at the Sunflower Chapel

CCD: 10:45 a.m. at Twining School for children age 3 through high school age. Numerous programs. Call Jane Hutzol at 747-3073 for details.

JEWISH:

Call Synagogue B'nai Israel at 775-5124 for details.

PROTESTANT:

Traditional Worship: 10:30 a.m. Sundays in Sunflower Chapel

Contemporary Worship: 6 p.m. Sundays in the Prairie Rose Chapel

Sunday School: 9 a.m. Sundays at Eielson Elementary School

Protestant Youth of the Chapel: 4 p.m. to 5:45 p.m. Sundays at the youth center

Men of the Chapel Bible Study: Will not meet on Jan. 19.

Young Adults: 6 p.m. Fridays at Chaplain Swain's home. Call 747-6468 for details.

RUSSIAN/EASTERN ORTHODOX:

Call Dr. Levitov at 780-6540 for details.

MUSLIM, BUDDHIST, OTHER:

Call 747-5673 for details.

Heir Force

Tristin Michael Kayl, 5 pounds, 15 ounces, was born Nov. 29 to Staff Sgt. Joshua and Desiree Kayl, 319th Aircraft Maintenance Squadron.

Kaden Demetrio Van Hook, 7 pounds, 4 ounces, was born Dec. 3 to Capt. Mathew and Michelle Van Hook, 905th Air Refueling Squadron.

Grace Ellie Bishop, 6 pounds, 11 ounces, was born Dec. 4 to Staff Sgt. Jonathan and Jill Bishop, 319th Maintenance Squadron.

Christopher Keegan McClernon, 6 pounds, 13 ounces, was born Dec. 9 to Airman James and Lisa McClernon, 319th AMXS.

Noel Darlene Stover, 7 pounds, 7 ounces, was born Dec. 10 to Tech. Sgt. Jeffrey and Staff Sgt. Kelli Stover, 319th Comptroller Squadron.

Ranica Desiree Clinton, 5 pounds, was born Dec. 12 to Airman 1st Class Ronald and Laticia Clinton, 319th Logistic Readiness Squadron.

Zachary Austen Sparks, 8 pounds, 9 ounces, was born Dec. 13 to Tech. Sgt. Lavery and Jamie Sparks, 319th Medical Support Squadron.

Jacob Graham Taylor, 7 pounds, 8 ounces, was born Dec. 14 to Staff Sgt. Jason and Bonnie Taylor, 319th CPTS.

Nadia Indira Chandler, 9 pounds 11.9 ounces, was born Dec. 17 to 2nd Lt. Neil, 319th Aeromedical Dental Squadron, and Tech Sgt. Keri, 319th LRS, Chandler.

News

Nominations for Volunteer Excellence Award started

By Staff Sgt. Scott T. Sturkol
Public affairs

The family support center has started accepting nominations for the annual award which recognizes any spouse, family member or retired military member who has provided exceptional long-term community support.

The Air Force Volunteer Excellence Award is a prestigious "once-in-a-lifetime" award, said Ms. Vonda Ware of the FSC. The VEA is not intended to recognize a single act or achievement, so the nominees should have been a part of several efforts over many years.

The winner receives a certificate signed by the Air Force Chief of Staff and the rare Air Force Volunteer Excellence Medal.

"Our community has many great volunteers and this is an opportunity for them to be acknowledged for their service," Ms. Ware said.

Dr. Earl Beal, FSC director, said volunteering is crucial to supporting many activities in the military and civilian communities.

"By actively volunteering in either the military or civilian community, people actually broaden their view of the world around them," Beal said. "Volunteering also fosters a positive relationship with the local community and builds lifetime relationships.

"People who volunteer regularly are generally well-connected and well known for many efforts," he said. "It's those people we are looking for with this award ones who have made a big difference for a long time."



Photo by Staff Sgt. Scott T. Sturkol

Heather Spring, spouse of Master Sgt. Lyle Spring of the 319th Maintenance Operations Squadron, cuts out a school project in the volunteer room at Eielson Elementary School.

To be awarded the VEA, a person must be nominated by their supervisor in the form of a memorandum or by the voluntary agency for which they donated their service, Ms. Ware said. Nomination packages can be picked up at the FSC and should be returned to the FSC by Feb. 27. The award will be presented during National Volunteer Week, April 18-24.

"Here's a chance to recognize that outstanding volunteer," Ms. Ware said. "Although only one winner will be named, it speaks volumes about a person's character to even be nominated. So go ahead and submit their accomplishments today."

For more details on the award, call Ms. Ware at 747-3241.

Sheltering in place: Steps to remember

During a railway accident near Minot Air Force Base two years ago, responding fire department personnel determined it would be safer for residents to remain in their homes or "shelter in place" rather than trying to walk or drive through an anhydrous ammonia cloud.

Many individuals were unsure of what was expected of them or they panicked and attempted to flee.

Subsequently, these toxic chemicals overwhelmed numerous individuals, resulting in one death and approximately 123 others requiring medical attention or hospitalization.

"Sheltering in place" simply means staying inside your home, workplace or other building until the emergency passes

- See **Sheltering**, Page 7

Primary elections are soon

Be prepared to vote for your candidate

Interested military voters should be prepared for the upcoming primary election process, according to officials with the Federal Voting Assistance Program.

Primary elections play an important role in the electoral process because the names that appear on the general election ballot on Nov. 2 are the candidates that were chosen during the primary election process.

A primary election is an election that selects a candidate(s) who will represent the party in a general election. The winning candidate is the one who amasses the largest percentage of the votes during the primary election.

For details see your unit voting assistance counselor or call Maj. Robin White-Reed at 747-5373 or robin.white-reed@grandforks.af.mil. See also <http://www.fvap.gov>.

| State | Presidential Primary (or Preference) | State Primary | State Runoff Primary (if necessary) | GENERAL ELECTION | | |
|----------------------|--------------------------------------|---------------|-------------------------------------|--------------------|---------------------|----------------|
| | | | | U.S. Senate | U.S. Representative | State Governor |
| Alabama | June 1 | June 1 | June 29 | Yes | 7 | No |
| Alaska | — | August 24 | — | Yes | 1 | No |
| American Samoa | — | November 9 | November 23 | Yes | 1 Delegate | Yes |
| Arizona | February 3 | September 7 | — | Yes | 8 | No |
| Arkansas | May 18 | May 18 | June 8 | Yes | 4 | No |
| California | March 3 | March 2 | — | Yes | 53 | No |
| Colorado | — | August 10 | — | Yes | 7 | No |
| Connecticut | — | August 10 | — | Yes | 5 | No |
| Delaware | March 2 | September 11 | — | No | 1 | Yes |
| District of Columbia | January 15 | September 14 | — | Yes | 1 Delegate | No |
| Florida | March 5 | August 31 | — | Yes | 25 | No |
| Georgia | March 2 | September 4 | August 10 | Yes | 1 Delegate | No |
| Hawaii | — | September 18 | — | Yes | 2 | No |
| Idaho | May 25 | May 25 | — | Yes | 2 | No |
| Illinois | March 16 | March 16 | — | Yes | 19 | No |
| Indiana | May 4 | May 4 | — | Yes | 9 | Yes |
| Iowa | — | June 8 | — | Yes | 5 | No |
| Kansas | — | August 3 | — | Yes | 4 | No |
| Kentucky | May 18 | May 18 | — | Yes | 6 | No |
| Louisiana | March 9 | September 18 | — | Yes | 7 | No |
| Maine | — | June 4 | — | Yes | 2 | No |
| Maryland | March 2 | March 2 | — | Yes | 8 | No |
| Massachusetts | March 2 | September 14 | — | Yes | 10 | No |
| Michigan | — | August 3 | — | No | 15 | No |
| Minnesota | — | September 14 | — | No | 8 | No |
| Mississippi | March 9 | March 9 | March 30 | No | 4 | No |
| Missouri | February 3 | August 3 | — | Yes | 9 | Yes |
| Montana | May 4 | June 8 | — | Yes | 1 | Yes |
| Nebraska | May 11 | May 11 | — | No | 3 | No |
| Nevada | September 7 | September 7 | — | Yes | 3 | No |
| New Hampshire | January 27 | September 14 | — | Yes | 2 | Yes |
| New Jersey | June 4 | June 4 | — | Yes | 13 | No |
| New Mexico | June 1 | June 1 | — | No | 3 | No |
| New York | March 2 | September 14 | — | Yes | 29 | No |
| North Carolina | May 4 | June 8 | June 1 | Yes | 13 | Yes |
| North Dakota | — | June 8 | — | Yes | 1 | Yes |
| Ohio | March 2 | March 2 | — | Yes | 18 | No |
| Oklahoma | February 3 | July 27 | August 24 | Yes | 5 | No |
| Oregon | May 18 | May 18 | — | Yes | 5 | No |
| Pennsylvania | April 27 | April 27 | — | Yes | 19 | No |
| Rhode Island | — | — | — | 1 Res Commissioner | — | Yes |
| South Carolina | March 2 | September 14 | June 22 | Yes | 6 | No |
| South Dakota | June 1 | June 1 | June 15 (runoff) | Yes | 1 | No |
| Tennessee | February 10 | August 5 | — | No | 9 | No |
| Texas | March 9 | March 9 | April 13 | No | 32 | No |
| Utah | — | June 22 | — | Yes | 3 | Yes |
| Vermont | March 2 | September 14 | — | Yes | 1 | Yes |
| Virginia | February 10 | June 4 | — | No | 11 | No |
| Virgin Islands | — | September 11 | September 25 | Yes | 1 Delegate | No |
| Washington | March 2 | September 14 | — | Yes | 9 | Yes |
| West Virginia | May 11 | May 11 | — | No | 5 | Yes |
| Wisconsin | February 17 | September 14 | — | Yes | 8 | No |
| Wyoming | — | August 17 | — | No | 1 | No |

Sheltering, from Page 6

passes and the “all clear” signal is given.

Sheltering in-place can be a viable alternative during an accidental release of hazardous materials, when air quality may be threatened and evacuation may be through a plume of toxic chemicals.

Sheltering in-place keeps you inside a protected environment, helping to prevent serious, long-term health risks or even death. Fire department personnel will determine if it will be safer to shelter-in-place or evacuate.

Preparedness is key to surviving any emergency, especially a hazardous materials accident. Toxic releases can come without warning and allow only minutes to respond.

Keep, maintain a shelter-in-place kit

Items in the kit should include bath/hand towels, duct tape and plastic sheeting, bottled water, flashlight and radio with fresh batteries, non-perishable foods, and a first-aid kit with scissors. Store kit in an easily accessible place known to all occupants.

If you are told to shelter-in-place in a hazardous materials emergency, you should:

(1) Go inside or stay in the building you are in. Take shelter in a previously selected room with as few windows and doors as possible. Listen to TV (Commander’s Access Channel 3), radio,

and “giant voice” for information.

(2) Close and lock all windows, close all doors. Tape and seal doors and windows. Place wet towels under doors.

(3) Turn off any outside ventilation systems such as air conditioners, heaters and window fans.

(4) Do not use fireplaces. Extinguish any fire and close the damper.

(5) Do not go to schools to pick up children. School personnel will care for children.

(6) Do not risk your safety for your pets. If they can’t be found within a minute or two, you’ll have to shelter-in-place without them.

(7) Do not leave your shelter until the “all clear” signal is sounded.

If you are told to evacuate during a hazardous materials emergency:

(1) Gather a change of clothing, baby and dietary needs, and medicines.

(2) Keep car vents and windows closed when traveling.

(3) Do not go to schools to pick up children. School personnel will care for children.

(4) Evacuate to the designated location quickly, orderly and stay calm.

For details on shelter in place, call the 319th Civil Engineer Squadron readiness flight at 747-4457.

Perspective

Three things every exercise program needs

By Maj. Larry Groves

Health and wellness center

What should you know to design a safe and effective exercise program?

A complete fitness program must include aerobic exercise, muscular strength and endurance conditioning, and flexibility exercise.

Aerobic exercise does good things for your cardiovascular system and is an important part of weight management.

Muscular conditioning can improve strength and posture, reduce the risk of lower back injury, and is also an important component of a weight management program. Flexibility exercise is needed to maintain joint range of motion and reduce the risk of injury and muscle soreness.

Aerobic exercise can be as simple as a brisk walk. Aerobic exercise is any activity that uses large muscle groups in a continuous, rhythmic fashion for sustained periods of time.

Walking is a weight-bearing aerobic exercise along with jogging, rope skipping, and stepping. There are also non-weight-bearing aerobic exercises, such as bicycling, stationary cycling, swimming, and rowing.

Keep the pace comfortable. A very important aspect of your exercise program is the intensity. You should exercise at a comfortable pace. You can measure your exercise heart rate to check the intensity of your exercising, or you can take the “talk test.”

The talk test is easier to accomplish. Just exercise at a pace that allows you to carry on a shortened conversation while you’re exercising.

How often should you exercise? Three to four days of aerobic activity is fine for general health maintenance. If you’re trying to lose weight, aim for four or more days a week, making sure you take off at least one day a week.

How long should you exercise? Work up to 30 or more minutes per session for

general health maintenance. For weight loss, gradually work up to 45 minutes or longer at a moderate intensity in an activity that you enjoy.

Strength conditioning gives you a choice. Pick calisthenics, free weights, or machines. Just be sure that your strength training includes exercises for every major muscle group, including the muscles of the arms, chest, back, abdomen, hips, and legs.

Start with a weight that’s comfortable to handle and work with it for eight repetitions. Gradually add more repetitions until you can complete 12 repetitions. For greater strength conditioning, when the exercise becomes easy add more weight and/or more repetitions, in sets of eight to 12.

Stretch for flexibility. Proper stretching involves holding a mild stretch of 10 to 30 seconds while you breathe normally. Always warm up before you stretch. Stretching exercises should also be included in your cool-down routine after your workout.

One last thing to remember... Always check with your unit physical training leader or your healthcare provider before beginning any exercise program, especially if you’re over 40, or have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes, or a family history of heart disease.



Photo by Airman Patrice Clarke

Staff Sgt. Rose Biggs and Airman 1st Class Karvelisse Gayles, 319th Medical Support Squadron, use the step machines at the base fitness center for the aerobic part of their workout.



Photo by Staff Sgt. Scott Sturkol

Airman 1st Class Robert Jones, 319th Comptroller Squadron, picks up racquetball equipment from Staff Sgt. Christian Gaxiola, fitness center specialist, while Senior Airman Beth Clark, also a fitness specialist, signs in a returned basketball.

Get in there, use it

Base sports, fitness center is place to go, stay fit

By Staff Sgt. Scott T. Sturkol
Public affairs

Just ask anyone on the sports and fitness center staff and they'll tell you they work in one of the best facilities in the command if not the Air Force.

With the recent release of Air Force Instruction 10-248, Fitness Program, and the new fitness rules that apply to that instruction, more people have taken to using the facility, officials said. For that reason alone, the sports and fitness center staff said they are ready.

"We will meet the needs of our customers," said Mr. James Powell, sports and fitness center director. "Through scheduling and close monitoring of our facilities and fitness programs, we can help people get what they want and need. Also, we will continue to provide fitness assessments, give briefings on fundamental procedures for equipment usage, maintain equipment in its best possible condition, and provide the maximum daily operating hours."

Staff Sgt. Steven Fry, noncommissioned officer in charge of operations and maintenance for the sports and fitness center, said he encourages to take the time to get in shape and use the facility.

"Why not use it?" Sergeant Fry said. "We are given duty time to work out. We should use it to maintain and improve our bodies not only for ourselves, but also to prolong life and stay physically capable for duty at all times."

Many members of the sports and fitness center staff said they need to set the example for their cus-

Hours of operation

Sports and fitness center hours of operation are: Mondays through Thursdays, 5 a.m. to 11 p.m.; Fridays, 5 a.m. to 10 p.m.; Saturdays, Sundays and holidays, 8 a.m. to 10 p.m. For details call 747-3384.

tomers.

"I'm prepared to meet the challenge by showing everyone the proper way and methods of working out and to help them in their weakest areas," said Airman Marquise Dawkins, fitness specialist.

"I plan to continue to work out to reach a high score," Senior

Airman Beth Clark, fitness specialist, said. "I encourage others to go to our fitness classes as well. The instructors of these classes will help get you into shape if you need someone to help keep your motivation high."

Mr. Powell said the sports and fitness center is one of the best facilities because of many factors, but mainly he is happy it is one of the best.

"I believe I would be remiss if I didn't recognize and commend our daily customer base for their consideration and appreciation for our center's equipment and programs," he said. "The attitudes and positive comments I hear daily about the great facilities and staff we have at the fitness center far outweigh any negativities and minor complaints."

Staff Sgt. Christian Gaxiola, also a fitness specialist, said the Grand Forks Air Force Base fitness center simply "is the best" and there is a bottom line for anyone using their facility to keep in mind.

"Being fit improves your quality of life," Sergeant Gaxiola said. "Through the combination of facility equipment and teamwork, we will work to provide improved morale and esprit de corps and improve the quality of life for all of our customers."

Fitness:

From new standards to physical training leaders, Warriors of the North have what it takes to get fit

Recently trained physical training leaders aim to lead troops through new Air Force program

By Airman Patrice Clarke
Public affairs

The Air Force doesn't just start something new without having someone there to explain it. The Air Force has just released Air Force Instruction 10-248, Fitness Program, that explains the new fitness standards.

Gen. John P. Jumper, Air Force chief of staff, wants a more "fit to fight" Air Force and to accomplish this, the standards and the test have changed.

Air Force members are now tested on a one-and-a-half mile run time, their waist circumference, push-ups, and sit-ups.

"Direct, immediate, and overwhelming feedback from the field says that airmen are taking the new fitness challenge seriously," said Chief Master Sgt. of the Air Force Gerald Murray said in December. "We've seen as much as a 30 percent increase in the use of our fitness centers in the last three months. Clearly an Air Force-wide culture change is underway."

That culture change, according to Chief Murray, meant having people around to help Air Force members achieve the new "fit to fight" standards. Those people are physical training leaders, or PTLs.

Each squadron has at least two training leaders. The bigger squadrons have more. The 319th Aircraft Maintenance Squadron has more than 20 training leaders assigned to the squadron.

The training leader's main job is to be a tester in the squadron. Training leaders also lead squadron and unit fitness.

"Physical training leaders are the first



Photo by Airman Patrice Clarke

First Lt. Ryan Miksell, 912th Air Refueling Squadron, works out at the fitness center Tuesday. People like Lieutenant Miksell will be evaluated by unit physical training leaders when they do their annual fitness exam.

stop between an airman and the health and wellness center," said Staff Sgt. Shaleika Anderson, a diet therapy technician at the HAWC.

Physical training leaders are trained in

a broad spectrum of subjects, said Denae Grove, also from the HAWC. They learn about nutrition, smoking cessation, the correct way to do a pushup, and correct way to do an arm curl.

To become a PTL, an individual cannot be in the weight management program, or any remissive weight program. The individual must be able to attain a 75 or above on their new fitness test, complete the two-day PTL training course held at the HAWC and be certified in cardiopulmonary resuscitation, or CPR.

"Physical training leaders are not just exercise leaders, they are wellness champions throughout the wing," said Maj. Larry Groves, 319th Aeromedical-Dental Squadron health promotion flight commander.

"Wellness fits just about everything, from performing safely and screening potential health risks and preventing health risks," Major Groves said.

Chief Murray also said in his December "Fit to Fight" announcement, he is "extremely proud of our Air Force sports and fitness programs" because they contribute to readiness and quality of life and will improve the health and fitness of the Air Force.

"During my travels around our Air Force, I plan to visit our fitness and health and wellness centers," Murray said. "I hope to see you there, preparing to meet the physical demands of our expeditionary force and getting Fit to Fight."

Sit-ups, push-ups, mile-and-a-half: How it stacks up

Determining Fitness Score

Fitness level is determined by adding aerobic fitness, body composition, push-up, and crunch component points.

| Fitness Level | Total Score |
|---------------|-------------|
| Excellent | ≥ 90 |
| Good | 75 - 89.9 |
| Marginal | 70 - 74.9 |
| Poor | < 70 |

Members must complete all components unless medically exempted. If medically exempted from any component, the total score is calculated as follows:

Total component points achieved X 100
Total possible points

| Component | Possible Points |
|-----------|-----------------|
| Aerobic | 60 |
| Body Comp | 30 |
| Push-ups | 10 |
| Crunches | 10 |

To measure abdominal circumference, locate the upper hip bone and the top of the right iliac crest. Place a measuring tape in a horizontal plane around the abdomen at the level of the iliac crest. Before reading the tape measure, ensure that the tape is snug, but does not compress the skin, and is parallel to the floor. The measurement is made at the end of a normal expiration.



Photos by Airman Patrice Clarke

(Clockwise from top left) A chart from Air Force Instruction 10-248 shows the scoring for the new Air Force fitness program. Airman 1st Class Paula Pinegan, 319th Medical Support Squadron, runs on the elevated track practicing the mile-and-a-half run. A 319th Communications Squadron member does push-ups during unit training last week.

About the sports, fitness center

The base sports and fitness center features two gymnasiums, five racquetball courts, a multipurpose room,

weight room downstairs and cardiovascular equipment area upstairs in the nautilus area. In the field house there is an elevated track, swimming pool, rock climbing wall and a soccer/roller hockey rink.

Men's and women's locker rooms each have a sauna, whirlpool and showers. Common use areas include a conference room, large lounge area and an issue/reception counter. Outdoor facilities include three softball fields,

three tennis courts, a quarter mile running track, football field, soccer field, pavilion with adjacent playground, horseshoe pits and barbecue grills.

Instructional classes, such as aerobics are offered weekly. Plus, nautilus and free weight training are available upon request. The fitness center also offers several special activities throughout the year.

Intramural sports, coordinated by the sports and fitness

center staff, also plays a vital role in the health and wellness of Grand Forks Air Force base members.

The program offers basketball, team racquetball, volleyball, bowling, indoor soccer, softball, golf, tennis, badminton, and flag football. In addition to the extensive intramural program, there are also many varsity sports available to the more intense athlete.

For details on the fitness center call 747-3384.

Community

Today

BOOK DRIVE: Liberty Square is hosting the Torch Club's Book Donation Drive.

Bring a book to donate and receive \$1 off skate admission.

PASTA BAR: The Northern Lights Club offers a "pasta bar" along with the day's hot entree during lunch from 11 a.m. to 1 p.m.

CLUB DINING: The Northern Lights Club offers a steak special tonight from 5:30 to 8 p.m. Prices for three different steaks range from \$10.50 to \$13.50. Members receive a \$3 discount off the prices.

Saturday

MADDEN TOURNAMENT: There will be a Madden Tournament today from noon to 4 p.m. at The W.A.R. Center. The cost is \$5 per person and there is a 32- person limit. There will be trophies and prizes for the first three places. You must be 17 years of age or older to participate.

For official rules and to sign up come by outdoor recreation.

CLUB KARAOKE: The Northern Lights Club offers karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing from 10 p.m. to 3 a.m. to 'club mix' music with "DJ 'C'".

Sunday

SUNDAY BRUNCH: The Northern Lights Club offers Sunday brunch from from 10:30 a.m. to 1:30 p.m.

Members pay \$5, nonmembers pay \$8.

Tuesday

START YOUR OWN BUSINESS: The family support center offers a class for individuals who are thinking of starting thier own business.

The class discusses the business plan, financing, marketing and keeping records. For details and to sign up call the family support center at 747-6435.

PRETEEN SLEDDING TRIP: Outdoor recreation is sponsoring a pre-teen sledding trip to Turtle River State Park for ages 6 to 12.

The trip departs at 1 p.m. from the youth center and returns at 4 p.m. Cost is \$3 and youth must sign up by Jan. 20.

Youth will need a sled, warm clothing, and a signed parent permission slip.

TORCH CLUB MEETING: Torch Club meetings are Tuesdays from 6 to 7 p.m. at the youth center.

Wednesday

FAMILY READINESS, PERSONAL PREPARDNESS: The family support center offers a class for individuals and family members preparing for or returning from a temporary duty assignmentor remote assignment, which meets the pre-deployment briefing requirement.

For details and to sign up call the family support center at 747-3241.

GOLF COURSE LUNCH: The

Plainsview Golf Course offers barbeque chicken with mashed potatoes and corn for lunch from 11:30 a.m. to 1 p.m.

Thursday

CLUB DINING: The Northern Lights club offers an "all-you-can-eat-taco" Bar from 5:30 to 8 p.m. Cost is \$6.

\$1 LUNCH: The Northern Lights Club offers the monthly \$1 lunch for members only.

WINNIPEG SHOPPING: Outdoor recreation is sponsoring a trip to Polo Park Centre Jan. 24, departing at 8 a.m. and returning the same evening. The cost is \$17.50 per person. Participants must sign up by close of business Jan. 22. For details, call 747-3688.

CLUB DINING: The Northern Lights Club offers a steak special from 5:30 to 8 p.m. Prices for three different steaks range from \$10.50 to \$13.50. Members receive a \$3 discount off the prices.

Upcoming

ESC MONTHLY MEETING: The base Enlisted Spouses Club holds their monthly meeting Jan. 26 at 7 p.m. in the community center. All members are highly encouraged to attend as part of the meeting discusses the ESC's future. For details call Tracy Carter at 747-4518.

WEB DESIGN/GRAPHIC ARTS FESTIVAL: The Youth Center is looking for entries in the following age categories for the upcoming Web Design and Graphic Arts Festival.

This will run at the same time as the Digital Arts Festival. The contest is open to youth ages 10 to 18 in these three age groups:

- ages 10 to 12
- ages 13 to 15
- ages 16 to 18

Please contact Cyndy Ryan at the youth center, 747-3150, by Jan. 23 for more information and specific formats.

Winners will be sent forward for a regional contest.



Photo by Airman Patrice Clarke

Want some cake?

Col. Mark Ramsay, 319th Air Refueling Wing commander, passes out cake to Airman 1st Class Kyle Griffin, 319th Aircraft Maintenance Squadron, during Airey Dining Facility's quarterly birthday meal.