



THE LEADER

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Aug 6, 2004



Back 2 school

See Pages 10, 12-13 for essential back to school information

319th Air Refueling Wing ♦ Warriors of the North

Inside:

Weekend weather

Today	80/61	Poss. T. storms
Saturday	83/59	Poss. T. storms
Sunday	73/54	Partly cloudy
Monday	66/43	Poss. showers



Weather information courtesy
319th Operations Support Squadron weather flight

Your vote counts



Page 3

Former CMSAF visits



Page 5

Airman gored by bull



Page 17

Support schools' PTO, great way to get involved

By Staff Sgt. Scott T. Sturkol
Public affairs

When I first became a parent nearly 13 years ago, I didn't give much thought of providing extensive support to my children's school activities.

Through the years, however, I've learned that being a part of the school – through volunteerism and support – goes a long way to your child's education.

This coming school year on base, I will be assisting with Parent-Teacher Organizations at both Eielson Elementary School and Twining Elementary and Middle School – mainly because I have children in both schools.

At Eielson, I am serving as the vice president of the PTO to board president Lisa Bunce, while at Twining I will help as a member of the PTO. My wife Bobbi is the vice president of Twining board serving for board president Leann Edwards. Working with both PTOs makes for a busy school year, but I wouldn't have it any other way.

At this base, each PTO is an "all volunteer force" in a sense because these are remarkable people who take time out of their lives to help improve the lives of the hundreds of children who attend the schools, and they support hard-working teachers and faculty who work there.

Traditionally, from what I've seen in the years I've been here, involvement in either school's PTO has been by a small number of people and is an area that

can be improved drastically.

For the 2004-2005 school year, both the Twining and Eielson PTOs have planned numerous events that are aimed at getting more people involved. There are the traditional auctions, bingos and holiday events, but plans are in the works for things like a dance and a "sports night."

The aim of any PTO is mainly to get things done to improve education for the students. That is done through raising money for school supplies or just volunteering to help out in classroom activities. The list is practically endless of the types of support accomplished by a PTO and the volunteers and teachers who are a part of it.

Our military environment helps promote education and training among our members and families. Where I grew up, I didn't have a community that was as close as this one is to school support and I can only tell you that I will do everything I can to make sure my children get the best education possible.

I encourage more parents to get involved with the on-base school PTOs and make a difference in the great schools we have here. Whether it means some volunteer time in the classroom or at an event or saving your soup labels and box tops and sending them with your child to school, you are supporting your PTO.

Think about the difference you can make and together we can all make our great on-base schools, or those schools in your town, that much better.



Photo by Staff Sgt. Scott T. Sturkol

Col. Mark Ramsay
319th Air Refueling Wing commander

Action Line

Call 747-4522 or E-mail
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

4

Consecutive DWI-free days

Goal is zero DWIs.

Traffic congestion

Question: (I'm) concerned about congested traffic coming into the main gate from downtown. I've put up with it for the last few weeks; it seems to work itself out after 10-15 minutes sitting in line.

Recently, I waited 30 minutes in line out on Highway 2, on the median, which is unsafe, with cars passing me at 70 miles per hour, plus I burned 30 minutes worth of gas, which is unacceptable. I don't see why the school gate can't be open for an hour in the morning. The excuse is that there is no manpower—I think the manpower can be found and would alleviate some of the issues there.

I think we need to come up with a better way. It is going to be a long

summer and an early winter if we have to deal with a 15-20 minute wait to get into the gate.

Answer: We are fortunate here that even with construction, the worst delays we experience are still less than what most other bases have experienced every day since Sept. 11, 2001.

There are many factors that must be considered. All these variables are considered and the "best" plan possible to satisfy all requirements is implemented. Unfortunately "best" does not mean "ideal" and we will have to accept some inconveniences and limitations while construction progresses. I appreciate your forbearance and ask that you continue to be supportive and patient while we complete the project.



THE LEADER



Photo by Airman 1st Class Patrice Clarke

Cover: Giving the teacher an apple, an old-fashioned sign of the beginning of school. Soon, base youth will begin another school year. This issue of *The Leader* has useful information for parents to prepare their children.

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Federal Voting Assistance Program Facts

The Federal Voting Assistance Program administers the federal responsibilities of the Presidential designee (Secretary of Defense), under the Uniformed and Overseas Citizens Absentee Voting Act of 1986. The Act covers more than six million potential voters. The FVAP has three distinct goals. These are to: inform and educate U.S. citizens worldwide of their right to vote; foster voting participation; and protect the integrity of, and simultaneously enhance, the electoral process at the Federal, State and local levels.

The FVAP provides U.S. citizens worldwide a broad range of non-partisan information and assistance to facilitate their participation in the democratic process - regardless of where they work or live.

The FVAP also acts on behalf of the Secretary of Defense to administer the Federal responsibilities of the National Voter Registration Act, which designates armed forces recruiting offices nationwide as voter registration agencies allowing eligible U.S. citizens to apply for voter registration, or apply to change voter registration data, at 6,000 Armed Forces Recruitment Offices nationwide.

For details about the Grand Forks Air Force Base Voting Assistance program call Maj. Robin White-Reed at 747-VOTE (8683) or visit the Federal Voting Assistance Program Website at www.fvap.gov.

Wherever you are, your vote counts

By Gen. Robert H. "Doc" Foglesong
U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany (AFPN) — The most important privilege our nation provides its citizens is freedom. Our nation was built on democratic principles and one of our cherished constitutional rights is the right of each American to vote.

Today our men and women are globally engaged to help bring freedom, including the right to vote, to people around the world. By registering and voting you honor your fellow Airmen, Soldiers, Sailors and Marines who are sacrificing their personal freedoms to provide this staple of democracy.

You also reaffirm the sacred value of this privilege to many who have yet to achieve it.

It is the right to vote that allows you to elect officials who reflect your views and will speak for you in government. Why would people choose not to exercise this right?

By not voting, you abdicate that right and responsibility of citizenship that has cost so many so much to earn. You allow others, with whom you may not agree, to select our future leadership.

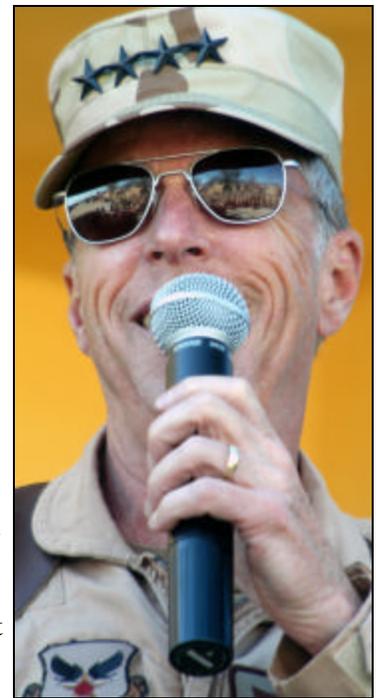
The laws and policies enacted today can, and often do, influence the long-term health of our nation. And it is our nation's future — ours and our children's — that should concern you today.

Take the time leading into the 2004 elections to register to vote and request your absentee ballot. The deadlines for completing and mailing a Federal Post

Card Application or turning in a Federal Write-In Absentee Ballot are both fast approaching. The Air Force goal is for everyone to complete and mail his or her application before or during Armed Forces Voters Week, Sept. 3 to 11, to allow applications to meet all deadlines.

America is the greatest democracy in the world. We owe it to ourselves and our great nation to get out and vote. I urge each and every one of you to make your voice heard.

I encourage you to take advantage of a privilege that people around the world continue to fight and die for — whether you are at a geographically separated unit, a one-deep special duty position or deployed in support of an Air Expeditionary Force rotation — no matter where you are, your vote counts!



Gen. Robert H. "Doc" Foglesong

Air Force Clubs: 'Get In On It'

By Julie McWalter
319th Services Marketing

The 2004 Air Force Club Membership Campaign kicks off Sept. 1 and runs through Nov. 30.

This year, Air Force Clubs is asking club members to "Get In On It."

"What we mean by 'Get In On It' is for new and existing members to take advantage of all that their club has to offer," said Rick Howard, Grand Forks Air Force Base club manager. "There are a lot of benefits that club membership provides, but folks may not be aware."

As always, the goal of the membership campaign is to increase worldwide club participation and inform the Air Force community about the benefits of being a club member, as well as the various activities the clubs offer.

The "Get In On It" campaign offers free cash rewards to both existing as well as new members. Both new and current members are eligible for club card account credits, distributed during prize drawings held by each major command.

During the campaign, members earn two points for all purchases in Services activities, as well as the base exchange. They earn one point for any purchase off base. As points accumulate, members can redeem points for selected merchandise.

"Each MAJCOM is awarding a total of six prizes," said Mr. Howard. "There is one grand prize drawing for \$3,000; two drawings for \$1,000 and three drawings for \$500 for a total of \$6,500. There is one drawing for new members and one for current members."

For more information about the "Get In On It" membership campaign, visit the club.



Photo by Airman 1st Class Patrice Clarke

Stan Bruggeman, Northern Lights Club assistant manager, reviews the club card brochure with Airman 1st Class Jamie Locke, 319th Comptrollers Squadron.

Former CMSAF visits, talks 'investments'

By Airman 1st Class Patrice Clarke
Public Affairs

The Air Force was still wearing Army green and the highest enlisted rank was master sergeant when retired Chief Master Sgt. of the Air Force Robert D. Gaylor joined the Air Force in September 1948.

Chief Gaylor, who was the fifth CMSAF, visited here to speak at the senior non-commissioned officer inductions July 29.

"I've probably been to Grand Forks 12 or 15 times," said Chief Gaylor. "I usually come in the winter so you all don't call me names. I love coming here."

When Chief Gaylor joined the Air Force, chief wasn't even a rank.

Many enlisted Air Force members aspire to be a chief or even the CMSAF.

"When I joined we took it a day at a time," said Chief Gaylor. "I don't ever remember saying some day I want to be... I said 'I'm going to be the best I can and what ever happens, happens,'" he said.

While here, Chief Gaylor spoke to the presidents of the enlisted professional development organizations.

"I can recall sitting in meetings with a bunch of chiefs and colonels asking what the Airmen want," said Chief Gaylor, someone would say I think they want a coffee bar where they can sit and write poetry on the walls."

"We were constantly trying to figure out what the Airmen want and I used to want to ask (the people in charge) why don't we ask them?"

"The person who is living the life and doing the job, they know more about that life and that job then anyone else and is therefore in the best position to improve it," he said.

"To the Airmen today I tell them to make the right investments," he said.

Immediately people tend to think of money and finances when they think of investments but that's not the kind of investments he's talking about.

"I saw a young man in the mall with tattoos all over his legs and arms. And I thought to myself, 'is this the scope of this young man's life with these tattoos?' Once you admire them what else is there? I wonder can he multiply nine times seven, does he know who the vice president of the United States is? What depth does he have? How is he preparing for his future?"

"I'm talking about investing your future; being physically fit, furthering your education, and achieving and maintaining financial stability."

Many young people are caught up in fads, shoes, clothing, and cars. Those investments are fun but they are fairly short range. Airmen need to be asking

themselves 'What am I doing to ensure my education and financial stability are set?'

While in the Air Force, Chief Gaylor spent many years overseas and at remote assignments.

"There is no such thing as a bad assignment," he said. "Assignments are what the individual makes of them."



Photo by Airman 1st Class Patrice Clarke

Retired Chief Master Sgt. of the Air Force Robert D. Gaylor, talks to Airmen at the First Term Airmen's Center July 29. Chief Gaylor visited here to speak at senior non-commissioned officer inductions.

Deployed warrior

Staff Sgt. Mark Barley

HOME STATION: Grand Forks AFB, N.D.

HOMETOWN: Traverse City, Mich.

JOB TITLE: Sheet Metal Journeyman

BEST MEMORY SINCE ARRIVING: Deep sea fishing.

BEST ON-THE-JOB SUCCESS: Working with outside AFSCs to learn more about the KC-135.



Photo by Master Sgt. Sean Brennan

Local OEF starts

An official ceremony renewing "Operation Enduring Friendship," a unique partnership between Grand Forks Air Force Base, the Cities of Grand Forks and East Grand Forks, the University of North



Dakota and the North Valley Arts Council, will take place Monday, Aug. 9 at 1:30 p.m. in front of the 319th Air Refueling Wing headquarters building here.

Since OEF began in May 2003, area military personnel and their families have received more than \$183,000 in free or discounted tickets to most UND home sporting events, local area theater productions, and arts and science exhibits. This one-of-a-kind partnership has helped improve the morale and welfare of military members and their families busily engaged in national defense and security operations. This ceremony will kick off the 2004-2005 OEF season.

Leave, earning statements become fully automated

By 2nd Lt Katherine Kebisek
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, III. (AMCNS) – Starting Oct. 1, the Defense Finance and Accounting Service will no longer issue printed copies of military leave and earning statements. Secretary of the Air Force James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper are urging all Airmen to register with myPay by that date.



Photo by 2nd Lt Katherine Kebisek

Capt. David Huxsoll uses the myPay customer service kiosk at the base hospital at Scott AFB, III. Starting Aug. 15, hard copy LESs will no longer be issued to Grand Forks AFB warriors.

MyPay is an automated Web-based system that allows members to conduct pay transactions, even when deployed, in a secure electronic environment 24 hours a day, seven days a week.

To ensure everyone has access to their personal financial information after Oct. 1, Air Mobility Command has kicked off a campaign to get all of its Airmen signed up for myPay.

“The use of myPay empowers military members and translates into increased capability for the Air Force,” said Gen. John W. Handy, commander, U.S. Transportation Command and AMC in a recent memorandum. “Please encourage your troops to get on board and sign up for myPay as soon as possible.”

Personal identification numbers are used to control access to personal accounts and ensure privacy for all users. Right now, only 82 percent of AMC’s Airmen have a PIN.

Airmen can get access to myPay through desktop computers at work, home, the base library and orderly rooms. In addition, to make myPay more convenient to Airmen, especially those who don’t have computer access, the AMC Comptroller has begun to set up customer service kiosks at several bases. Through a kiosk, a person can easily access pay accounts and can print leave and earnings statements, forms that after Oct. 1 will only be available online.

The kiosks also provide access to other customer services such as the Virtual Military Personnel Flight, Services information and even local weather forecasts. The kiosks are located in high-traffic areas such as the base exchange, pharmacy base hospital and dining hall. Kiosks are now in place at Charleston AFB, S.C.;

Fairchild AFB, Wash.; Pope AFB, N.C.; and Scott AFB.

Col. Tony Levy, chief of AMC Financial Services Division, said his goal is to have at least three kiosks set up at every AMC base through the upcoming year.

Colonel Levy said myPay gives Airmen the flexibility to manage their pay and make personal adjustments to their finances at their convenience, rather than only when the finance office is open. In fact, test results from kiosks have shown about 75 to 80 percent of use is after duty hours.

“Feedback is good,” Colonel Levy said of the kiosks. “The newer Airmen want to be able to manage their pay like they can manage their bank accounts and their investments, all online.”

Senior Master Sgt. Mary Taitano, AMC Financial Services Division, added that myPay is a user-friendly system, and that all bases will provide unit training.

MyPay enhancements this fall will allow Airmen to make allotments to financial institutions online and issue “informational” PINs to family members. The informational PINs allow family members to view and print pay statements when the military member is on temporary duty or deployed.

Although myPay will be mandatory only for military members, officials encourage civilians to also use the system. Customer support will still be available through base finance offices to answer questions or provide customer service and pay transactions when necessary.

The Web site for myPay is <http://mypay.dfas.mil> or members can use the myPay menu on any AMC base comptroller Web site. Personnel can sign up for a PIN on the myPay Web site or through the customer service section at their finance office.

Eielson, Twining school bus schedule

Route 1

8 a.m. Youth Center
8:03 a.m. TLF as needed
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining School
3 p.m. Eielson
3:15 p.m. Twining
Return route same

Route 2

7:53 a.m. 1529 Kentucky
7:54 a.m. 1523 Kentucky
7:55 a.m. Ash and Kentucky
7:56 a.m. Louisiana and Kentucky
7:57 a.m. 1203 March
7:58 a.m. March and Cedar
7:59 a.m. 1213 cedar
8 a.m. Louisiana and Cedar
8:01 a.m. 1222 March
8:02 a.m. 1617 Hickam
8:03 a.m. 1612 Hickam
8:08 to 8:10 a.m. Eielson school
8:15 a.m. Twining school
3 p.m. Eielson School
3:15 p.m. Twining School
Return route reversed

Route 3

7:55 a.m. 6106 Sunflake
7:57 a.m. 6102 Sunflake
8:08 to 8:10 a.m. Eielson
8:15 p.m. Twining
3 p.m. Eielson
3:15 p.m. Twining
Return route same

Route 4

7:55 a.m. 6208 Dakota
7:57 a.m. 6202 Dakota
8:08 to 8:10 p.m. Eielson

8:15 a.m. Twining
3 p.m. Eielson School
3:15 p.m. Twining School
Return route same

Route 6

7:53 a.m. Indiana and Maxwell
7:54 a.m. Maxwell and I Street
7:55 a.m. I Street and Poplar
7:56 a.m. Poplar and Hawaii
7:57 a.m. 1933 Hawaii
7:58 a.m. Hawaii and Redwood
7:59 a.m. I Street and Redwood
8 a.m. 1881 I Street
8:01 a.m. Indiana and Poplar
8:02 a.m. 1798 Indiana
8:03 a.m. Indiana and Redwood
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining School
3 p.m. Eielson School
3:15 p.m. Twining School
Return route reversed

Route 8

7:47 a.m. 1860 I Street
7:48 a.m. 1777 Holly
7:49 a.m. 1772 Holly
7:50 a.m. Maxwell and Iowa
7:51 a.m. 1763 Iowa
7:52 a.m. Iowa and Poplar
7:53 a.m. 1753 Redwood
7:55 a.m. Iowa and Redwood
7:56 a.m. Redwood and J Street
7:57 a.m. 1747 J Street
7:58 a.m. J Street and Poplar
7:59 a.m. J Street and Maxwell
8 a.m. Youth Center
8:02 a.m. TLF as needed
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining school

3 p.m. Eielson School
3:15 p.m. Twining School
Return route same

Route 9

7:48 a.m. 1328 Sycamore
7:49 a.m. 1320 Sycamore
7:50 a.m. 1316 Sycamore
7:51 a.m. 1412 Spruce
7:52 a.m. 1838 Spruce
7:53 a.m. 1403 Spruce
7:54 a.m. 1312 Spruce
7:55 a.m. J Street and Spruce
7:56 a.m. 1828 J Street
7:57 a.m. J Street and Teak
7:58 a.m. Teak and Oregon
7:59 a.m. I Street and Spruce
8 a.m. 1306 Spruce
8:01 a.m. Redwood and J Street
8:02 a.m. Redwood and Iowa
8:03 a.m. Redwood and I Street
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining School
3 p.m. Eielson School
3:15 a.m. Twining School
Return route same

Route 10

7:52 a.m. 1341 Teak
7:53 a.m. 1354 Willow
7:54 a.m. 1357 Willow
7:55 a.m. 1358 Willow
7:57 a.m. 1291 Redwood
7:58 a.m. 1293 Redwood
7:59 a.m. 1297 Redwood
8 a.m. 1290 Redwood
8:01 a.m. 1284 Redwood
8:02 a.m. 1282 Redwood
8:03 a.m. 1273 Nevada
8:04 a.m. 1277 Nevada

8:05 a.m. 1263 Randolph
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining School
3 p.m. Eielson School
3:15 p.m. Twining School
Return route same

Route 11

7:45 a.m. Beech and Missouri S
7:46 a.m. 2262 Beech
7:47 a.m. Beech and Missouri N
7:48 a.m. 1887 I street
7:49 a.m. Teak and I Street
7:50 a.m. 1812 I Street
7:51 a.m. I Street and Aspen
7:52 a.m. Ellsworth and Whiteman
7:53 a.m. Aspen and Oregon
7:54 a.m. 1368 Aspen
7:55 a.m. 1374 Aspen
7:56 a.m. 1385 Beech
7:57 a.m. 2729 New Jersey
7:58 a.m. 2424 Dogwood
7:59 a.m. 2414 Dogwood
8 a.m. 2403 Dogwood
8:08 to 8:10 a.m. Eielson School
8:15 a.m. Twining School
3 p.m. Eielson School
3:15 p.m. Twining School
Return route reversed

All comments or concerns involving Twining or Eielson busing can be directed to Ed Vida, BMAR bus project manager at 594-5480. If you feel that your situation was not resolved to your satisfaction, please contact Master Sgt. Daniel Sandbooth, 319th Maintenance Group, at 747-4565.

Servin' it up

Senior Airman Shaun M. Moeller, 319th Aircraft Maintenance Squadron, dishes up a cup of chili at a cook-off held during the "Cats Incredible" festival in East Grand Forks, Minn. Saturday. Airman Moeller's recipe took fourth place out of a field of more than 20 submissions.



Photo by 1st Lt. Michael Meridith

AF offers new incentive for duty

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON— Airmen who volunteer to extend their tours of duty in South Korea may be eligible for an extra \$300 per month.

The assignment incentive pay program is designed to reduce permanent-change-of-station requirements, encourage longer tours, provide further stability and improve readiness on the peninsula, said Lt. Col. Leslie Formolo. The colonel is the chief of the assignment, classification, separation and retirement policy branch at the Pentagon.

The Air Force currently uses the home basing and follow-on assignment, the overseas tour extension incentive and the in-place consecutive overseas tour programs to encourage Airmen to select a South Korean assignment. Officials said they will continue to offer these programs along with the new incentive.

It will be offered as a test program until December 2005, Colonel Formolo said. Airmen who volunteer to serve a 24-month unaccompanied or 36-month accompanied tour before leaving their current duty station will be offered \$300 per month for the duration of the tour.

Extension and in-place options will be available to individuals choosing to extend after they are in country.

The extension program offers enlisted Airmen three options: \$2,000 cash, 30 days of nonchargeable leave or 15 days of nonchargeable leave and a plane ticket to the nearest port of entry. The in-place program pays round-trip plane fare for Airmen and command-sponsored family members to home of record.

Airmen with assignments to South Korea will be offered the incentive before they move. Upon arrival, servicing military personnel flight officials will confirm the Airman's intent and begin the incentive if the Airman elects this option.

Those who take the new incentive will not be eligible for the other programs; however, other entitlements, such as hardship duty pay, are not affected by the new incentive.

"The primary purpose of (the new incentive) is to attract qualified volunteers to extend their tours at one of the more difficult-to-fill locations in the Air Force," Colonel Formolo said. "The measure of success will be a change in perception of assignment to [South] Korea, increased stabilization and readiness."

News Briefs

MPF closure

The Military Personnel Flight customer service section closes from 8 a.m. to 2 p.m. Aug. 23 for computer system upgrades. They won't have the capability to issue identification cards, accomplish Defense Enrollment Eligibility Reporting System updates or give out Rapids Reports. For details call 747-4902.

Public notice

Grand Forks Air Force Base has proposed the construction of a parking lot near the main gate, but separated from it.

An environmental assessment has been conducted and a "finding of no significant impact" has been determined for this action.

Anyone who would like to view the support documents to this action should contact the 319th Air Refueling Wing Public Affairs Office within the next 30 days at 747-5017.

Promotion study list available

RANDOLPH AIR FORCE BASE, Texas (AFP) — Promotion-eligible enlisted Airmen can now find which mate-

rials to study for the 2005 testing cycles.

The most current Weighted Airman Promotion System catalogue, which lists the materials used by test writers to develop the 2005 promotion tests, is now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>. The catalogue lists study references for those testing for staff through chief master sergeant.

Career development course study material, when required, is automatically shipped to promotion-eligible Airmen by the Air Force Institute for Advanced Distributed Learning staff. Enlisted Airmen should check the catalogue every year to ensure they have the current references. The catalogue often includes non-CDC publications, said officials.

The institute staff will begin shipping the course study material in September for people testing for staff, technical and master sergeant. If career development study material is not received by November, Airmen should contact their unit promotion testing monitor to initiate follow-up actions, said officials.

Test administration dates for the 2005 chief master sergeant cycle are Sept. 7 to 10. The dates for senior master sergeant testing are Dec. 6 to 17, while testing for

technical sergeant and master sergeant takes place Feb. 15 to March 31. Senior airmen will test for staff sergeant May 1 to 31. (Courtesy of AFPC News Service)

AF general denies appeal

LANGLEY AIR FORCE BASE, Va. (AFP) — A U.S. Air Force general has denied the appeal of an Illinois Air National Guard F-16 Fighting Falcon pilot regarding the punishment he received for his role in a 2002 friendly fire incident in Afghanistan.

Gen. Hal Hornburg, commander of Air Combat Command, denied Maj. Harry Schmidt's appeal Aug. 3. The appeal asked General Hornburg to set aside the punishment imposed last month by Lt. Gen. Bruce Carlson, 8th Air Force commander.

Major Schmidt was found guilty of derelictions of duty, received a reprimand and will forfeit \$5,672 pay for dropping a 500-pound, laser-guided bomb from his F-16 fighter jet, killing four Canadian soldiers and wounding eight more in the incident.

Article 15 of the Uniform Code of Military Justice entitles punished servicemembers to one appeal to "the next superior authority," so General Hornburg's decision brings nonjudicial punishment proceedings on this issue to a close.

Forces hit militants near Pakistan border

WASHINGTON — Afghan troops supported by coalition ground forces and warplanes fought an all-day pitched battle with militants near the Pakistani border Aug. 2.

The fighting began during the early morning in Khost province, according to a Coalition Press Information Center release. It eventually involved nearly 100 enemy troops in two major engagements that spanned the day.

A B-1B Lancer bomber, A-10 Thunderbolt aircraft, and AH-1 Cobra and UH-1 helicopters, plus American infantry, were employed to provide air and ground support to Afghan forces battling the militants, according to the release.

At the end of the day's fighting, one Afghan soldier had been killed and three others wounded. Officials noted one militant was killed and another was wounded, while another enemy was captured.

Officials believe the enemy carried additional wounded and dead off the battlefield.

In other news from Afghanistan, the Afghan government reportedly will deploy 11 battalions and two companies of Afghan National Army troops around the country to bolster security for the Oct. 9 national elections.

Also, more than 12,000 former members of disbanded militia have turned in their weapons as part of an Afghan government program, officials said. More than 10,000 of the former militia members have been enrolled in retraining programs to ease their return to civilian life.

VA establishes laser eye surgery policies

WASHINGTON — The Department of Veterans Affairs (VA) has announced a new policy providing a single, uniform standard of care throughout the Department for performing laser eye surgery procedures.

"Our Department has no higher priority than to ensure veterans receive the highest possible quality health care at all of our facilities," said Secretary of Veterans Affairs Anthony J. Principi. "This new policy will provide an additional level of safety for our patients who come to us for eye care."

VA's new policy states that all therapeutic laser eye surgeries at VA facilities will be performed under the supervision of an ophthalmologist in a manner consistent with Joint Commission on Accreditation of Healthcare Organizations standards.

Only optometrists who are fully trained and appropriately licensed will be granted clinical privileges by the department to perform therapeutic laser eye surgery under the supervision of an ophthalmologist.

Presently, Oklahoma is the only state that licenses optometrists to perform laser surgery. VA will continue to evaluate and consider state and national standards of practice as it sets its own standard of care.

VA currently operates 158 hospitals, 132 nursing homes, 42 residential rehabilitation treatment programs, and 854 outpatient clinics. The new policy will take effect immediately at all facilities with the capability to perform laser eye surgeries.



Courtesy Photo

Suspected contraband

EGLIN AIR FORCE BASE, Fla. — Officials have preferred charges against Maj. Gregory McMillion after an investigation found evidence he allegedly shipped contraband items here from an Operation Iraqi Freedom deployment. The suspected contraband included weapons. Major McMillion is assigned to the base's 728th Air Control Squadron.

Base education center helps adults... Take next step

By Airman 1st Class Patrice Clarke
Public Affairs

As summer quickly blends into fall, school bells ring in the distance. It's not just young ones who are returning to school, many Airmen, like Airman 1st Class Diana Little, 319th Aircraft Maintenance Squadron, are taking that first step back into the classroom.

After Airman Little graduated from high school she went into the Air Force recruiter's office in Pigeon Forge, Tenn. and decided the Air Force was the way to go.

"I really just wanted to get away from home," said Airman Little.

Airman Little has been stationed here for more than two years. She has completed her career development courses and, like other Airmen here, has just signed up for higher education.

"I've been done with my CDC's since March and I was just procrastinating on starting an education," said Airman Little.

The education center here offers many opportunities for Air Force members.

"The great thing about the colleges offered here is that they all have their special niche," said Ellen Myrick, education and training specialist.

Lake Region State College offers primarily general course study; Park University offers primary bachelor degree programs; Embry-Riddle Aeronautical University has its focus in aviation; Central Michigan University is dedicated to graduate programs and Mayville State College focuses mainly on education-related degrees.

Not only does the education center offer a variety of degree programs, it also offers a wide variety of times to fulfill that degree.

"You could take a class at lunch time, at night, on weekends, or just Sundays," said Tim Scheving, supervisory education services specialist.

All of the schools offered at the education center have the same semester dates, which are closely related to those of the University of North Dakota.

"If you wanted to take a class one semester with one school and a different class with another school the next semester, there would be no worry over whether you would be finished with one to take the other," said Ms. Myrick.

The Air Force puts a large amount of focus on education. Right now qualified active-duty personnel can receive 100 percent tuition assistance through the tuition assistance program.

"It really wasn't hard at all," said Airman Little. "After I registered for the college, I talked to a financial advisor and they set everything up."

Airmen Little is all set for classes to begin Aug 23. Whether it's the beginning of a secondary education or one class away from a degree the education center has a way to help.



Photo by Airman 1st Class Patrice Clarke

Airman 1st Class Diana Little, 319th Aircraft Maintenance Squadron, heads into the base education center to enroll in Term I classes.

School starts, but not before... Parents get homework



Photo by Staff Sgt. Monte Volk

Mike, front, Tyler, middle, and Hunter Miller look at different schools supplies at the base exchange with their mother Kathy. School begins Aug. 25 for grades kindergarten through ninth and Aug. 26 for tenth through twelfth grade.

By Airman 1st Class Patrice Clarke
Public Affairs

There are two lonely cars in the parking lot. Not a single bike or forgotten padlock rests in the empty bike racks out front. The grass out front doesn't have the tell-tale footprints of children neglecting to take the sidewalk into the building.

The building has a lingering scent of chalk, dry-erase markers, popcorn and glue. The halls are barren, except for a single poster hanging against the walls warning youth to "stay away from drugs."

Soon, the empty lockers will be filled with lunch

boxes, books, notes and many items which shouldn't be in school.

The library is dark, with no students to read the books or use the computers.

The classrooms are empty, each chair patiently waiting for the next student to occupy it. The seats haven't been assigned, the tissues haven't been turned in and nothing is going on.

Out back, the playground stands deserted. No children on the swings, no treasures in the sandbox, and no excited screams hurdling down the plastic, twisty slide.

This image won't be in eyes for long, it's back to school throughout the area and on base. See below for all that the different schools have to offer.

School supply lists for kindergarten to eighth grade

Kindergarten

- Please don't label supplies
- 1 box of snack size resealable bags
- 1 box of gallon size resealable style bags
- 1 box of facial tissue
- 2 boxes of crayons (16 or 24 count or more)
- 2 four ounce bottles of school glue, no gel, washable
- 1 red, 1 yellow paper pocket folder without metal fasteners
- 4 regular pencils (yellow only)
- 1 or 2 boxes of broad tip markers primary colors
- 1 box colored pencils
- 1 pair of safety scissors
- 1 pencil box
- 1 zippered backpack
- 1 large size towel for rest time

First Grade

- 24 yellow lead pencils (unlabeled, pre-sharpened is helpful)
- 2 big pink erasers
- 2 boxes of markers (primary colors)
- 1 box colored pencils
- 3 boxes of crayons (no more than 24 count)
- 2 bottles school glue (no glue sticks, gel or "no run" glue)
- 1 water color paint set (not pastel colors)
- 1 pencil box
- 5 plain pocket folders (blue, red, yellow, green, purple) (the inexpensive, 2 bottom pocket kind, without metal fasteners) do not write names on folders
- 1 pair safety scissors
- 1 box resealable bags with slide closure (zipper) in quart or gallon size
- 1 box facial tissues (to share)
- Donations of glue sticks for class projects and stickers will be gratefully accepted during the year.

Second Grade

- 24 #2 pencils (to be collected and used as needed)
- Colored pencils
- 1 highlighter
- 2 medium size school glue, no glue sticks
- 1 pair safety scissors
- 2 spiral notebooks (wideline)
- crayons and ruler
- 1 package of self-stick note pads
- 1 water color set
- 2 boxes facial tissues
- 1 box of resealable gallon baggies (heavy duty type is best)
- 1 box snack size baggies

- 5 plain pocket folders (no metal fasteners) 1 of each red, yellow, green, blue, purple (don't write names on folders)
- Labeled paint shirt

Third Grade

- 25 #2 pencils (to be collected as needed)
- 100 pages of loose leaf paper
- 2 spiral notebooks with WIDE line
- 2 medium size school glue (no glue sticks)
- 1 pair safety scissors
- Crayons
- Fine and broad tipped markers
- 12-inch wooden ruler
- 1 water color set
- 1 small box or zipper bag to store supplies
- 1 box of facial tissue
- 6 pocket folders (plain, solid colors blue, red, yellow, green, purple, your choice)
- 1 box tall colored pencils
- 1 box of pink erasers
- 1 box resealable bags gallon size or a box of resealable snack size
- 1 calculator
- 1 paint shirt labeled
- 1 pack pencil top erasers
- 2 packs of standard self-stick note pads

Fourth Grade

- 1 box of crayons
- 1 box of markers
- 1 box of colored pencils
- 6 each pocket folders (plain colored, no design)
- 5 each spiral notebooks
- Wide lined paper (loose leaf)
- 1 wooden ruler (inches and centimeter scales)
- 2 pens (2 red)
- 1 bottle of white school glue
- 1 pair of safety scissors
- 2 boxes of tissues family size
- 1 box of #2 lead pencils
- basic calculator
- 2 large erasers
- 2 highlighters (yellow, pink, light green or orange)
- 1 crayon bag
- 2 black fine point flair markers
- 1 box of resealable bags (quart size)
- 1 compass heavy duty plastic



Photo by Airman 1st Class Patrice Clarke

Caleb Braden, who is going into the seventh grade, tries on shoes for the upcoming school year while his mother, Kat, approves of the selection.

- 1 paint shirt labeled with name

Fifth Grade

- 1 box of colored pencils
- 1 box of crayons
- 8 theme sized spiral notebooks, single subject
- 8 pocket folders
- 10 #2 pencils
- 1 package loose-leaf paper
- 2 ballpoint red pens
- 1 pair of scissors
- 1 box of markers
- 1 ruler
- 1 protractor
- pencil sharpener
- bottle of white school glue
- 1 box of facial tissues family size
- 2 highlighters
- spellcheckers (optional)
- basic calculator (optional)
- erasable pen
- 1 large eraser
- pencil or crayon bag (no boxes)

Sixth Grade

- 2 family size facial tissues
- crayons
- 1 small pencil sharpener
- colored pencils
- white school glue
- 1 calculator
- ball point pen (no gel pens)
- red pen
- dry erase marker
- old sock or glove for white board
- #2 lead pencils (no mechanical pencils)
- paint shirt
- 12 2-pocket folders
- 2 packages 3X3 self-stick note pads (any color)
- 2 packages loose leaf paper
- pair of scissors
- small stapler that uses standard staples

Seventh and eighth grade Art Supplies

- 6 #2 pencils; 12 pack colored pencils

Sixth grade music supplies

- spiral notebook; folder; mechanical lead pencil; set of headphones with mini plug

- ruler with standard and metric
- washable markers
- No binders
- No gel pens
- Shoe boxes with lids
- Plastic or foam egg cartons
- Toilet paper rolls

Seventh Grade

- 2 family size facial tissues
- 3 3-ring binders (1")
- 1 large 3 ring binder
- 8 2-pocket folders assorted colors
- 4 packs loose leaf folders
- 8 spiral notebooks (single subject no wireless)
- #2 lead pencils
- red pen
- blue or black pens
- protractor
- compass
- ruler (standard and metric scale)
- calculator, scientific if in algebra
- box of colored pencils
- markers washable
- 2 boxes of resealable baggies for math
- box of toothpicks for math

Eighth Grade

- 2 family size facial tissues
- 3-ring binder with dividers
- loose-leaf
- pocket folders
- #2 lead pencils
- assorted markers
- colored pencils
- pens, black or blue
- Scientific calculator
- Ruler
- Protractor
- Compass
- Small pocket sized notebook

Sixth through eighth grade physical education supplies

- 1 regulation gym t-shirt and shorts (labeled with student name) for Grand Forks Public Schools; pair of non-marking/non-skid tennis shoes; pair of socks; towel; deodorant - non aerosol

Important dates

August

- Aug. 12 – Central High School representatives at Twining Elementary and Middle School. Students may pick up schedules, deposit money in lunch accounts, purchase activity cards.
- Aug. 16-19 – Study Skills Class grades 6-8 Twining
- Aug. 23 – Eielson Open House 2 p.m. to 4 p.m.
- Aug. 24 – Twining Open House 3 p.m. to 5 p.m.
- Twining PTO picnic 4:30 p.m. to 6:30 p.m.
- Aug. 25 – First day of school grades K-9
- Aug. 26 – First day of school grades 10-12
- Twining sixth grade band begins
- Aug. 27 – Twining seventh and eighth grade band begins
- Aug. 30 to Sept. 10 – Twining Artist in residence program begins for grades four and five. Sixth grade chorus begins.

September

- Sept. 16 – Twining School Pictures
- Sept. 28-29 – Seventh grade trip to Turtle River for Eco Camp
- Sept. 24 – Twining and Eielson Early Dismissal - 1 p.m.
- Sept. 30 – Parent/Teacher Conferences 4 p.m. to 7 p.m.

October

- Oct. 7 – Parent/Teacher Conferences 4 p.m. to 7 p.m.
- Oct. 8 – Early Dismissal 11:15 (Eielson) 11:20 (Twining)
- Parent/Teacher Conferences Noon to 4 p.m.
- Oct. 20 – Early Dismissal 1 p.m. (Eielson)

November

- Nov. 19 – End of first reporting, elementary
- Nov. 24 – Early Dismissal 1 p.m. (Eielson)

December

- Dec. 22 – Early Dismissal 1 p.m. (Eielson)

January 2005

- Jan. 3 – School resumes
- Jan. 14 – End of second reporting, secondary
- Jan. 28 – Early Dismissal 1 p.m. (Eielson)

February 2005

- Feb. 22 – Parent/Teacher conferences 4 p.m. to 7 p.m.
- Feb. 24 – End of second reporting, elementary

March 2005

- March 3 – Parent/Teacher conferences 4 p.m. to 7 p.m.
- March 4 – Early Dismissal 11:15 (Eielson) 11:20 (Twining)
- Parent/Teacher conferences noon to 4 p.m.
- March 23 – End of third reporting, secondary

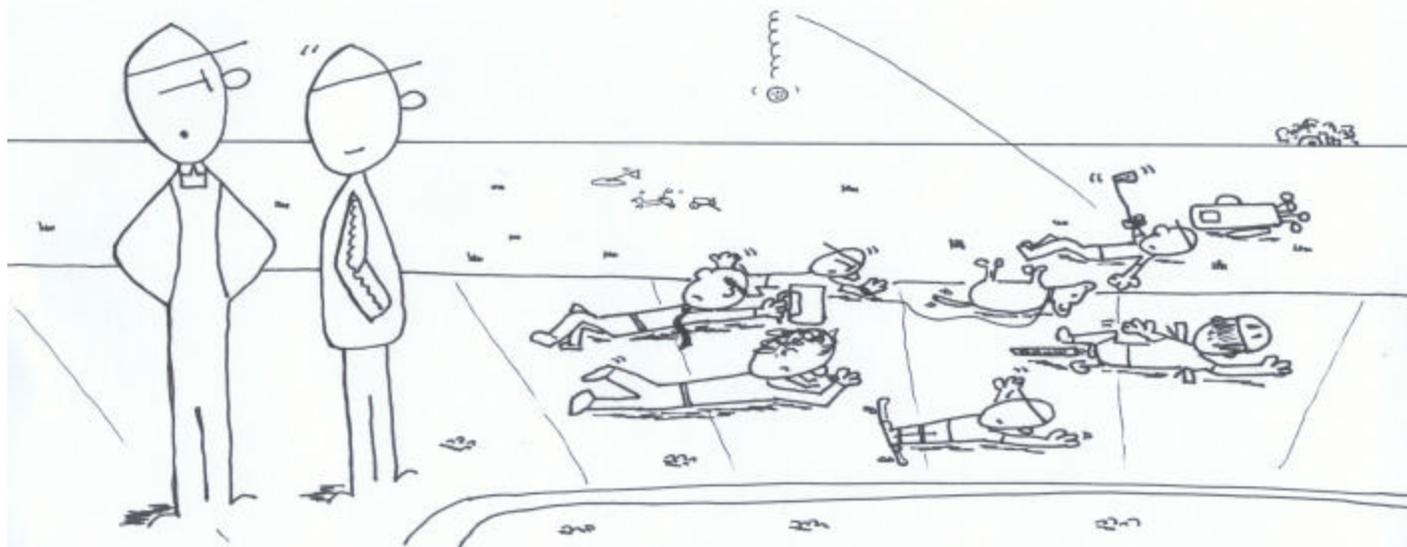
May 2005

- May 26 – End of regular school year
- Twining Graduation 6:30 p.m.
- May 29 – Graduation 1 p.m. Red River High School, 4 p.m. Central High School

No school

- Sept. 6 – Labor Day
- Oct. 21-22 – Teacher Conference Day
- Nov. 11 – Veterans Day
- Nov. 12 – Conference Trade Day
- Nov. 25-26 – Thanksgiving Vacation
- Dec. 23 – Jan. 2 – Winter holidays
- Jan. 17 – MLK day
- Feb. 25 – Staff Development day
- March 24 -29 – Conference Trade day
- April 15 – Staff development day

It Could Be Worse...



The wind stopped blowing and they all fell down.

© Steve Gibby

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m. Sunflower Chapel

Weekday Mass: Weekday Mass resumes Monday

Reconciliation: 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

For details on educational programs, call Jane Hutzol at 747-3073.

CCD registration: Begins Sunday following Mass

PROTESTANT:

Traditional Worship: 10:30 a.m. Sunday, Sunflower Chapel

Contemporary Worship: 6 p.m. Sunday, Prairie Rose Chapel

Men of the Chapel Bible Study: Noon Monday, Prairie Rose Chapel conference room

Young Adults: 6 p.m. Friday, Chaplain (Capt.) Brian Swain's home. Call 747-4359 for details.

Women's Bible Study: 7 p.m. Monday, Prairie Rose Chapel. Call 594-3916 for details.

Sunday school registration: Begins Aug. 8 classes start Sept. 12

JEWISH:

Call Synagogue B'nai Israel at 775-5124.

MUSLIM, BUDDHIST, ORTHODOX, OTHER:

Call 747-5673 for details.

Base theater

Today, 7 p.m.

White Chicks (PG-13)

Two FBI agents (Shawn and Marlon Wayans) try to get back into their boss's good graces by taking on a job guarding the Wilton sisters, two New York City hotel heiresses, from a serial kidnapper.

They fail, and the two women are abducted. The agents then go undercover, dressing up as the titular "white chicks" to solve the crime and rescue the victims.

Saturday, 7 p.m.

The Notebook (PG-13)

An elderly man (James Garner) visits a woman (Gena Rowlands) in a nursing home and reads her a story about a young couple, Noah and Allie (Ryan Gosling, Rachel McAdams), who spend one summer together but become sepa-

rated by World War II and don't see each other for 14 years. When Noah returns to town, he briefly reunites with Allie, who is engaged to be married.

Aug 13, 7 p.m.

Spider-Man 2 (PG-13)

Aug 14, 7 p.m.

Spider-Man 2 (PG-13)

Aug 20, 7 p.m.

Anchorman (PG-13)

Aug 21, 7 p.m.

King Arthur (PG-13)

Aug 27, 7 p.m.

Catwoman (PG-13)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base Activities

Monday

Candy Bingo

Candy Bingo is tonight for ages 6 to 12 at 6:30 p.m. and ages 13 to 18 at 7:30 p.m. at the Youth Center. \$1 for non-members, free for members.

Tuesday

August's club lunch

August is Super Sandwich and Salad Month. There will also be a pasta bar. Lunch is served from 11 a.m. to 1 p.m. Monday through Friday and club members receive a \$2 discount.

Thursday

Back to school shopping trip

Date: Saturday, Aug. 14

Depart: 6 a.m. from Outdoor Recreation

Return: Midnight

Cost: \$25 per person

Summer is almost over and the school year is coming up fast! The outlets in Albertville, MN are the perfect place for all your back to school shopping needs. So bring your wallet and come along with Outdoor Recreation to the Albertville Outlet Mall and take care of those back to school clothing needs. Sign up by Aug. 12 at Outdoor Recreation.

Upcoming

Outdoor soccer registration

Registration for ages 5 and older at the youth center. Cost is \$30 for members, \$40 for non-members. Sports physicals are required. Volunteer coaches are needed for all age groups!

Before, After School registration

Open to children in grades kindergarten through sixth. Parents need to bring the child's current shot record, a current leave and earnings statement for working parents, Air Force Form 357 and an individual education plan if the child has special needs.

Fall classes registration

Piano for ages 6 and older Tuesdays and Thursdays, cost is \$12 for members and \$15 for non-members per 30-minute session.

Gymnastics for ages 3 and older, cost is \$30 or \$37 for members and \$35 or \$42 for non-members per month based

on number of classes. Days and times are to be announced.

Dance for ages 3 and older, cost is \$18 or \$24 for members and \$23 or \$29 for non-members per month based on number of classes. Days and times are to be announced.

Registration runs Sunday through the Aug. 15 at the youth center. Call 747-3150 for details.

Youth Valley Fair trip

A Teen Valley Fair trip is planned for August 14 for ages 13 – 18. Cost is \$50 for members and \$60 for non-members; includes transportation and ticket. Youth will need extra money for food and drinks, and souvenirs! They will depart at 5 a.m. and return at 11:30 p.m. Youth must be signed up by Aug. 3, need 15 to hold. A parent permission slip is required.

Summer Read by Mail Program

The Summer Read by Mail Program will run through Aug. 7. Youth grades kindergarten through eighth can participate in this program by stopping by the Youth Center to register online. Youth can read different books, take a test and watch their points go up over the summer. They can turn in their points to receive prizes. Please call 747-3150 for details.

Give parents a break

"Give Parents a Break" provides eligible parents a few hours break from the stress of parenting. The Air Force Aid Society provides funding, making it possible for the child development center to open and provide care for this special program. The next date is Aug. 14 from 11 a.m. to 5 p.m. Once referred, it is the parent's responsibility to make reservations. The deadline is the Tuesday prior. In order to take advantage of this program families must be referred to the child development center by one of the following base officials:

- Squadron commander/first sergeant
- Chaplain
- Doctor or medical professional
- Family Advocacy personnel
- Family Support Center personnel
- CDC personnel

Eligible families include parents feeling stress due to: military member is TDY or deployed; having a child with special needs; an emergency situation; a family has recently moved to base; or unique circumstances or hardships.

For details call the Child Development Center at 747-3042.

Area Events

Across the state

August in North Dakota offers many chances to get out and experience the scenic outdoors and enjoy some entertainment at the same time. Here's a sampling of events:

Fort Totten

Sullys Hill Birding & Nature Festival (Aug. 5-8)

The annual Sullys Hill event is a celebration of both nature and history. The festival offers educational, engaging and enjoyable programs, presentations, workshops and outdoor recreational opportunities for people of all ages who the outdoors. For more information call Sullys Hill National Game Preserve, 701-766-4272; also online at www.sullyshillbirdfest.com.

Fargo

North Dakota Horse Park Opening Day (Aug. 6)

The North Dakota Horse Park promises plenty of events to enhance this summer's racing meet. Friday, is opening day as thoroughbred and quarter-horse action returns to the little track on the prairie. The Denim and Diamonds Drill team will perform all three days of the opening weekend calendar. The horse park is open every weekend in August and the first two weekends in September. The season ends Sept. 12. On Fridays gates open at 3:30 and post time is 5:30. On Saturday and Sunday, gates open at 11:30 a.m. and post time is 1:15 p.m. For more information call 701-277-8027; also online at www.northdakotahorsepark.org.

Carrington

Pastafest

The fourth annual Pastafest features an array of activities. The event runs

from 2 p.m. to midnight tonight and 7:30 a.m. to 6 p.m. Saturday. There's a golf scramble on Aug. 6, an all-you-can-eat spaghetti dinner and a dance at the Vet's Club, which runs from 8 p.m. to midnight. On Aug. 7, a kids activity tent will be available from 10 a.m. to 1 p.m. A parade is scheduled for 5 p.m. and a gourmet Italian dinner to start at 6 p.m. For more information call the Carrington Convention and Visitors Bureau at 800-641-9668; also online at <http://www.carringtonnd.com/website/PastaFest.htm>.

Mandan

Fur Traders' Rendezvous (Aug. 7-8)

Re-enactors live out the fur trading days of the 18th and 19th centuries at Fort Abraham Lincoln State Park south of Mandan. The event runs 10 a.m. to 4 p.m. Saturday and Sunday. Visitors can participate in activities such as hatchet throwing, watch black powder demonstrations and barter with fur traders selling their wares. The cost is the park entrance fee. For more information call 701-667-6380; also online at www.ndparks.com/Parks/FLSP.htm.

Bismarck

Capital A'Fair (Aug. 7-8)

The area's largest summer art fair Saturday and Sunday features nearly 150 artisans from across the country and attracts thousands of local and regional visitors. The North Dakota Capitol Grounds are transformed into a festive gathering place complete with music, great food, performing arts groups and children's activities. There also will be a Dakota Mustang car show in one of the Capitol parking lots. Hours on Aug. 7 are 10 a.m. to 6 p.m. and on Aug. 8 they are 10 a.m. to 4 p.m. Call Linda Christman at 701-223-5986 for more information; also online at www.bismarck-art.org.

Minot

Northern Neighbors Day (Aug. 14)

This annual event at Minot Air Force Base combines an air show and an open house. It's an opportunity to check out a number of different aircraft up close. Demonstrations include the U.S. Navy Leap Frogs parachute team, an F-15C Eagle, a B-52, B-1B and B1-17 Memphis Belle. Food, beverages and souvenirs will be available. Gates open at 9 a.m. and close at 5 p.m. Flying demonstrations begin about 11 a.m. Admission is free. For more information call 701-723-6212.

'Summer sounds'

Grand Forks, ND – Monday is the first day of a new live music program "Summer Sounds" at the Empire Arts Center.

The show features PluckStruck, Jon Fetch and PeatMoss. The show starts at 7:30 p.m. Tickets are \$5 for adults and \$4 for students and may be purchased at the door.

PluckStruck is a unique chamber music ensemble featuring classical guitarist Jeff Anvinson and vibraphonist James Popejoy. The duo explores the sound palate of the guitar and vibraphone in a variety of settings.

Jon Fetsch's music could be described as a juxtaposition of scattered influences, maybe a kind of "joyful noise." He enjoys experimentation and does not adhere to a fixed structure.

Gregory Norman, also known as PeatMoss, performs acoustic blues. He has been taking part in "Showtime at the Empire" live music program within the last year. Gregory Norman is also the master of ceremonies for the Summer Sounds shows.

City photo contest

Grand Forks, N.D. – The City of Grand

Forks Public Information Center is sponsoring the Third Annual Grand Forks 2005 City Calendar Photo Contest, with 12 winners securing spots on the city calendar. The calendar will be distributed to all Grand Forks households in December. The contest is open to everyone and will be judged by a panel appointed by the Public Information Center.

Entrants don't have to be expert photographers to win. Judging guidelines will be based mostly upon creativity in scenario selection. A well-composed, clearly focused picture will help judges better determine the qualities of the entry.

Entry forms will be available at the Public Information Center and throughout the community, or contestants can enter online at www.grandforksgov.com. Or send photos, along with a name, address, daytime phone number, and a brief photo title and description clearly printed or typed on 8 x 11.5-inch paper to:

**Public Information Center
City of Grand Forks
2004 City Calendar Photo Contest
PO Box 5200 Grand Forks, N.D.
58206-5200**

Four to six inch glossy prints are preferred. Electronic entries, slides and matte prints may not be acceptable for publication.

The Grand Forks 2005 City Calendar Photo Contest opens Saturday and all entries must be received by 5 p.m. Aug. 27. Winners and media will be notified on or after Sept. 29.

Fire Hall Production

Fire Hall Theatre starts its 57th season and is holding auditions for "Love, Sex and the IRS" Monday and Tuesday at 7 p.m. at the Fire Hall Theatre.

For more details visit <http://www.firehalltheatre.org>.

Airman gored by bull, says 'all in a day's work'

F. E. WARREN AIR FORCE BASE, Wyo. (AFP) — The bullfighter stands focused: four hooves, two 18-inch horns and 2,000 pounds of bull attempting to buck its rider is charging wildly toward him.

In this case, 1st Lt. Jeremy Sparks is the target. Unlike a Spanish version with a red cap and tights, the lieutenant is the western bullfighter responsible to protecting cowboys. Some may call them rodeo clowns, but to rodeo experts, they are bullfighters.

Lieutenant Sparks, who is a missileer assigned to the 90th Space Wing here, recently remembered why bullfighting is not the safest of sports regardless of the version. He was gored July 24 and kicked in the head July 28 during Cheyenne Frontier Days where he has been bullfighting for three years.

Because Lieutenant Sparks wears protective padding, the bull's efforts were in vain. He walked away with mere scratches.

Lieutenant Sparks believes safety is paramount: the bullfighters and bull riders work together to minimize risks.

"We take all the precautions we can and are proud to protect the cowboys on the bulls," he said.

"I get to represent the Air Force in a unique way," said Lieutenant Sparks, who is the Air Force's only sponsored bullfighter.

He said being a bullfighter is a lot like being in the Air Force. There is a job to be done, a mission to remain focused on and people to keep safe. He proudly wears the Air Force logo to always remind the crowd of the importance of the Air Force and its mission.



Photo by 1st Lt. Nicole Walters

First Lt. Jeremy Sparks (right) moves in to protect a bull rider Aug. 1 at Cheyenne Frontier Days. The lieutenant helped protect more than 1,500 contestants during the world's largest outdoor rodeo. He is a missileer with the 90th Space Wing at F. E. Warren Air Force Base, Wyo.

Sports shorts

Annual Junior Bike Race

Mark your calendars for outdoor recreation's Junior Bike Race August 14. Start time is 10 a.m. from the FamCamp (registration begins at 9:30 a.m.). Cost is \$2 per participant.

Age groups are as follows: four and under with training wheels, 6 and under big wheels and tricycles, 6 and under bicycles, 7 to 8, 9 to 11, and 12 to 14. Race distance for each age group is four and under – quarter mile, 8 and under – 1 mile, and 9 to 14 – 2 miles.

Call outdoor recreation for more information at 747-3688.

Red River canoeing trip

Date: Saturday, August 14

Depart: 7 a.m. from Outdoor Recreation

Return: Same afternoon, late

Cost: \$25 per adult, \$15 per child under 12

Air Force Marathon

The Eighth annual Air Force Marathon is Sept. 18, at Wright Patterson Air Force Base, Ohio. Several new award categories have been added including Top Male and Female major command finisher's and total major command participation. The 26.2-mile course traverses historical places including the USAF Museum, the AF Institute of Technology, Huffman Prairie Flying Field and the Wright Brothers Memorial Monument.

General John W. Handy, Air Mobility Command commander encourages AMC participation in this "fit-to-fight" event.

Festivities include a two-day sports exposition, pre-race pasta dinner, race day opening ceremony, and a post-race party.

For details go on-line to <http://afmarathon.wpafb.af.mil>.

Boater safety course

Want to rent a boat? Outdoor recreation requires this free

class before you can rent powered watercraft from us.

North Dakota law requires youth ages 12 to 15 to pass an approved boater safety course before they can operate watercraft over ten horsepower, including personal watercraft. Additionally, many insurance companies offer a premium discount to boat owners who complete this course. Sign up at outdoor recreation.

Class dates: Aug. 11, from 5:30 to 8 p.m.

WELLNESS TIP

~~HDLs~~
Keep your friends close;
~~LDLs~~
Keep your enemies even closer

- Cholesterol is differentiated by Low Density Lipoprotein (bad) and High Density Lipoprotein (good)
- 22,000 AMC people had high cholesterol this past year
- New government guidelines recommend LDL levels in high-risk patients be decreased from 100 mg/dL to below 70 mg/dL
- Heart disease is the No. 1 killer of men and women in the United States; cholesterol is a risk factor for coronary heart disease
- Cholesterol can be lowered using a variety of methods, including exercise, diet modification, weight loss and medications (after lifestyle changes)

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond