



THE LEADER

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Aug 13, 2004



319th Air Refueling Wing ♦ Warriors of the North

Inside:

Weekend weather

Today	70/48	Partly cloudy
Saturday	79/55	Partly cloudy
Sunday	75/57	Partly cloudy
Monday	80/60	Partly sunny



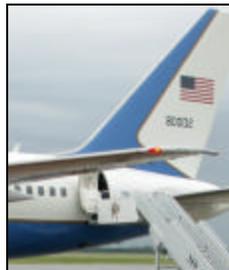
*Weather information courtesy
319th Operations Support Squadron weather flight*

**Base
promotes
135**



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**Air Force
Two lands
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**Med Group
unveils
equipment**



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Meet the new MDG commander

1. Why do you look forward to your new position as commander?

I feel command is my forte. I enjoy – and feel that I am good at – being a coach and a mentor. I am looking forward to working with this Group because they have a great reputation in Air Mobility Command.

2. What goals do you hope to achieve?

We want to sustain the mission for AMC and deliver great care to our community. We'll do this by maintaining our ability to interface with our civilian counterparts and our ability to rapidly respond to any contingency.

3. What is your command philosophy?

My command philosophy is simple: take care of my folks, take care of the community and delegate roles and responsibilities to my commanders.

4. What do you expect from your people?

I expect them to be team players and work collaboratively with our internal and external customers. I expect good communication and feedback. Finally, I expect them to work hard and play hard.

5. How important is it for each person in your unit to be part of the team?

I think it's important that everyone realize they are making important contributions to our organization. Whether a junior Airmen or a senior officer, everyone has a role to play and unique strengths they bring to the mission.

6. When do you know when you've



Col. Robert G. Quinn
319th Medical Group commander

got it good as a commander?

When I go away and the team continues to function as it should.

7. What are your thoughts on your unit's role in the Global War on Terror?

We play a prominent role in the Global War on Terror, keeping our warriors fit to fight so they can carry on the war.

8. What has helped you mold your leadership principles?

I have two heroes in my life: Vince Lombardi and Bart Starr. Both had great leadership characteristics.

Vince, in particular had one quote that really captures it: "I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious."

9. Who has been an inspiration in your life and how did they inspire you?

The biggest inspiration in my life is my wife. In her life, she has had some rough experiences and was able to make it through four years as a single mom and an officer.

She inspires and supports me and is a great Air Force leader. My other inspiration is my grandmother, who always believed I could do great things.

10. Anything you would like to add?

I am ecstatic to be part of the Warriors of the North, and I feel like I am coming home.

Simple little words make big impact

By Sheila Smith

319th Aircraft Maintenance Squadron spouse

What words can change a person's life? Will you marry me? It's a girl! We've got orders! It's another girl! I'm deploying. You made Tech! It's cancer. It has spread.

It's funny how most of the phrases that irrevocably change our lives contain five words or less. I suppose when the news is profound we tend to express it plainly and simply. All of those examples have changed our lives; the last two most recently. It never ceases to amaze me that we live our day-to-day life happy, stable and comfortable and in the couple of seconds it takes to utter three or four of these words, our life is upside down. But I have left out the phrase that has changed our lives the most in the last four years.

Hi! My name is...

We've all heard the advice to lean on our military family in times of need. Some of us roll our eyes and continue to lament the fact that we're out "in the middle of nowhere" and feel alone. Others take those tentative steps into the community and slowly begin building friendships and relationships. And others just jump on in!

Over the four years George and I have been stationed here I have witnessed countless acts of love, friendship, loyalty and support. Wherever there was a crisis there were people rushing to help in whatever way they could, even just to offer help. These people aren't looking for recognition or thanks. What they do is out of genuine caring for their friends and neighbors. Most recently, my husband was diagnosed with cancer. The dreaded "C" word. We received the diagnosis one day, and he was in for surgery the next. When we told our friends, they cried with us, prayed with us,

offered unquestioning support. The surgery was scheduled on our daughter's sixth birthday. We weren't given the chance to worry about it.

In the words of our wonderful friends, Staff Sgt. Jese and Jennifer Baysinger, "What time are you bringing the girls over?" Being the kind, selfless people that they are they assumed they would be taking care of the girls while we were at the hospital. They went above and beyond taking care of our daughters and our 6-year-old came home talking about the best day of her life.

We recently received the news that George's cancer had spread and we would be making an immediate PCS to be closer to a medical facility that could handle his treatment. We were told to expect to PCS within seven to 14 days. We didn't have much time to digest all this information. There are so many worries that could be driving us toward breaking right now; worries for his health and now all the worries that come with a PCS. Again we are blessed to have the support of all our friends and neighbors. We've had friends like the Molstad and Carter families offer to come and paint. We've had friends in all our wonderful chaplains and chapel staff offering their spiritual support. We've had the support of George's co-workers and superiors in facilitating this move. Most of all, we've had the spoken and unspoken offer of help from our friends.

It's hard for me to believe that they will never know how much we appreciate them. We thank God for them every day. This is my attempt to let them know the impact they have had on our lives. And to let others know that friends like this are here among us. Get to know your military family! They are one of our greatest blessings. The next time you extend your hand in introduction you may be changing someone's life.



Photo by Airman 1st Class Patrice Clarke

Cover: Airman 1st Class Patrice Clarke, President of the Airmen's Activity Council and Charles Kupchella, President of the University of North Dakota tear the first ticket of Operation Enduring Friendship, as local civic leaders and wing leadership look on. See Page 5 for more.

Editorial staff

Col. Mark Ramsay	_____	Wing commander
1st Lt. Michael Meridith	_____	Chief, public affairs
1st Lt. Ashley Gee	_____	Deputy chief, public affairs
Master Sgt. Anthony Davis	_____	NCOIC, public affairs
Staff Sgt. Monte Volk	_____	Editor/Chief, internal information
Airman 1st Class Patrice Clarke	_____	Associate editor

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AF announces E-5 list, base promotes 135

The Air Force released the promotion list Aug. 11.

The complete list of selectees will be posted to the Air Force Personnel Center's web page, <http://www.afpc.randolph.af.mil/eprom/>.

The Air Force selected 13,625 of 33,306 eligible senior airmen for promotion to staff sergeant, a 40.91 percent selection rate.

Air Mobility Command selected

2,186 of 5,494 eligible senior airman for promotion to staff sergeant, a 39.78 percent selection rate.

Grand Forks Air Force Base selected 135 of 304 eligible senior airman for promotion to staff sergeant, a 44.41 percent selection rate.

The Warriors of the North listed below have been selected for promotion to staff sergeant.

Shane S. Allwood	Michael S. Holt	Dina M. Poley
Antonio M. Alston	Joshua W. Hudson	Charles W. Powers III
Peter J. Antcliff	Amanda S. Hylton	Christopher R. Proctor
Jeremy P. Anthony	Larry B. Ingersoll	Micah L. Ramthun
Christy N. Banks	Matthew E. Jenkins	Steven M. Ratz
Andrew C. Behnk	Matthew V. Johnson	Jeremiah L. Renoll
Serita L. Bennett	Albert M. Jolley	George M. Robinson
Charles R. Bina	Titus L. Jones	Imeka R. Sawyer-Smith
Camilo Bloch	Kimberly A. Karlen	Tamatha B. Schmechel
Matthew J. Bolin	Michael L. Kildow	Mark G. Schwartz
Hillary C. Bragg	David F. Kirtack	Vanessa Sebastian
Christopher M. Breaux	Kyle E. Knickerbocker	Michael A. Senay
Cleo N. Briscoe	Adam J. Konemann	Michael A. Sinclair
Rachael L. Brooker	Derek A. Larue	Trevor J. Smart
Joshua R. Brunson	Wilbur G. Layton II	Donald J. Smith
Joseph M. Callahan	Gregory C. Lemley	Luz M. Solis-Lopez
Brandy N. Cannedy	Bridget L. Lewis	Abby J. Speed
James H. Carey	Kevin Lindroth	Terrance Stachowski
Jeremy C. Christian	Russell L. Mackey	David C. Stepp
Allan J. Collins	Steven M. Mahlman	Chad W. Stout
Jared M. Currie	Alphonsus P. Maiure	Jacquelyn Sullivan
Steven B. Dale	Anthony Manzella	Brian E. Swanson
Anthony H. Daniel	Justin C. Martin	Andrea J. Taylor
Robert E. Denson II	Marques J. Martin	Christine M. Tooth
Eduardo C. Desouza	James R. Massie	Lisa D. Vang
Howard A. Eaton Jr	William A. McCauley	Steven H. Vaudt
Arthur R. Faltersack	James R. McCormick	Matthew R. Wahl
Raymond M. Fernandez	Jessica McCormick	Shawn A. Walker
Tyrone C. Finley	Tabitha M. McCullough	Justin A. Walsh
Eric B. Gann	Stephen A. Meyers	David Warszawski
Denise T. Garcia	Brandon J. Miranda	Charles D. Wigon
Jeffrey Garcia	Kristy J. Miranda	Eric J. Wilkinson
Michael S. Garnsey	Shaun M. Moeller	Ryan K. Williams
Andrew R. Gassner	David A. Montoya	Shelby W. Williams
Michael D. Gilliland	James L. Mottley	Jeffery J. Wilson
Christopher B. Graves	David M. Mullins	Michael J. Winstead
Robert J. Haag III	Kenneth D. Olexa	Eric E. Wise
Charles R. Hadley	Christopher L. Panella	Brandon L. Witter
Shawn M. Haines	Rufus J. Patterson	Melisa S. Witter
Jeromy J. Harkness	Marivel Perez	Brian E. Woods
Matthew D. Harman	Blake A. Peters	Markiesha N. Wormely
Garrick N. Hasty	Jason J. Petkus	Albert N. Young
Jason M. Head	Jonathan M. Phelps	Jeffrey D. Zerkowski
Samuel S. Hegje	Robert D. Pierce	Daniel W. Zickefoose
Stephen J. Heidrich	Ryan L. Pokorny	Bradley A. Zimmerman

Sands assumes command of MSG

By Airman 1st Class Patrice Clarke
Public Affairs

Col. Peter Sands assumed command of the 319th Mission Support Group Aug. 6 after the base said their final farewells to retiring Col. Barbara Chine.

Colonel Sands returns to Grand Forks Air Force Base for the second time in ten years from McChord AFB, Wash. where



Photo by Tech Sgt. Anthony Tyrell

Col. Peter Sands, right, accepts command of the 319th Mission Support Group from Col. Mark Ramsay, 319th Air Refueling Wing commander.

he was the deputy commander of the 62nd Mission Support Group.

Col. Mark Ramsay, 319th Air Refueling Wing commander, said he knew he made a great choice in selecting Colonel Sands based on the dozens of calls he received asking him how he got him.

"I picked Colonel Sands because he is a combat air mobility warrior who is focused on taking care of people so they can accomplish their critical mission," said Colonel Ramsay.

"I am overwhelmed, It's great to be back (to Grand Forks Air Force Base)," said Colonel Sands. "I believe there is good and hope in everyone, as a result, we are all part of a powerful team that seeks out strength in our individuals to ensure enduring success," he said.

Before Colonel Chine relinquished command, she received the Army Commendation Medal for the integration and performance of the Army National Guard augmentees here.

As stated on her citation, she also received the Legion of Merit for "meticu-

lously orchestrating a seamless headquarters United States Air Force directed merger of transportation, supply and logistic plans into one squadron, ultimately reorganizing six months ahead of schedule to become the largest and most diverse group here."

Before taking her seat, Colonel Chine said a farewell to the base.

"There wasn't a day I didn't get up at zero-dark-30, to run on this base, to see my guys on post, to greet everybody who drove by while I was running," said Colonel Chine.

"There wasn't a day I wasn't reminded of who I am. I know who I am; I am you," she said.

"I am blessed to be who I am because of you," Colonel Chine said.

Colonel Ramsay wished Colonel Chine and her husband Joe the best of luck in their venture into military retirement together.

"She is leaving the Mission Support Group better than she found it," said Colonel Ramsay.

'Tops in Blue' plays Alerus Center

Tops in Blue, the premiere entertainment showcase of the United States Air Force performs at at 7:30 p.m., Thursday at Grand Forks' Alerus Center.

The highly-acclaimed 2004 edition of Tops in Blue, entitled "Musicology," is an intricate mixture of the musical sounds of America. Through the creative use of today's technology, Tops in Blue presents a fun-filled, action-packed performance showcasing hits with their own special spin. Bigger and better than ever, the 2004 Tops in Blue team is entertaining worldwide audiences with music and fun for the entire family.

In this year's show, Tops in Blue creates their very own musical formula. They take the swing of "Brian Selzer Orchestra," and the groove of "Chaka Kahn," the harmonies of the "Commodores," and energy of "Madonna," adding the blues of "Ray Charles," the country of "Martina McBride," the emotion of "Celine Dion," and the craziness of "Blues Brothers," shake well, pour into a stage setting of lighting and choreography and then savor through all your senses to get a small taste of this year's Tops in Blue extravaganza.

The world-renowned Air Force's Expeditionary Entertainers will satisfy all musical tastes with a musical mixture that's sure to entertain.

After celebrating their 50th anniversary in 2003, Tops in Blue 2004 keeps up its whirlwind tour schedule by visiting all the bases throughout the U.S. and to more than 23 foreign countries. Their tour schedule packs in more than 150 shows at more than 130 locations to include entertaining forward-deployed troops in various locations in Iraq, Qatar, Afghanistan and Kuwait.

The Tops in Blue 2004 Tour is proud to be sponsored by Coca-Cola and AT&T. This is

Coca-Cola's first year of financial support while AT&T has sponsored the Tops in Blue program for 13 consecutive years. As a bonus, one lucky fan at each performance will win a 1,000-minute AT&T calling card. Additionally, all entries received during the show will have a chance to win prizes in the AT&T Million Minute Giveaway Promotion during 2004. Air Force Services salutes Coca-Cola and AT&T.

This year's Tops in Blue team is



indeed a reflection of the "Best of the Best." Like never before, this group of talented, and dynamic Air Force members displays the pride, patriotism and dedication felt by all Air Force personnel around the world. The show is guaranteed to touch the hearts of everyone and will remind each of us of what we stand for.

For more details about Tops in Blue visit www.topsinblue.com.

(Courtesy Tops in Blue)

OEF continues between base, community

By 1st Lt. Ashley Gee
Public Affairs

With a symbolic ticket tear Monday, Operation Enduring Friendship, the partnership between Grand Forks Air Force Base, the Grand Cities, University of North Dakota and the North Valley Arts Council was renewed for its second year.

The ceremony at the base theater included UND President Charles Kupchella, North Valley Arts Council President Nicole Derenne, honorary wing commander and chairman of Grand Forks' base retention committee John Marshall and many other distinguished visitors.

OEF originally kicked off in May of 2003. This joint venture provides military members and their families with free or discounted tickets to UND athletic events and community events such as plays, festivals and other arts venues in the area. Last year OEF contributed more than \$180,000 in free or discounted tickets to military members. Starting this year, UND athletics will be providing free tickets to about 80 home games, not to mention all the events North Valley Arts Council will be offering. "No

other community on earth provides as much support to a military base as does the Greater Grand Forks community," said Col. Mark Ramsay, 319th Air Refueling Wing commander.

During the ceremony, Airman 1st Class Patrice Clarke, President of the Airmen's Council talked about every Airman's fear of coming to North Dakota.

"Many people come to this assignment with their mind already made up. It's North Dakota. There isn't going to be anything to do here and there won't be anyone with my same interests here," Airman Clarke said. "They come to this base with ideas from other people who, just like them, had to look on a map to find the place."

She explained how it's up to you to make the most of where you are and how OEF provides opportunity for every military member to become involved in their community.

"Because of Operation Enduring friendship I have been to art festivals, film festivals, plays, college basketball games, women's hockey and so much more," said Airman Clarke.

"This is an excellent way for the com-



Photo by Airman 1st Class Patrice Clarke

Warriors of the North and members of Grand Forks and East Grand Forks communities interact with one another at the Ralph Engelstad Arena Dec. 5, 2003 at a UND hockey game. The tickets were free to military members and their families as part of the community-wide Operation Enduring Friendship.

munity, the university and the arts to give thanks to our friends at Grand Forks Air Force Base," said John Marshall, honorary wing commander. "We value, respect and trust our friends and are eter-

nally grateful for the freedom they work so hard to give us everyday. This is but a small token of the appreciation we have for the efforts and sacrifices our friends make."

Security forces remember their fallen comrade

By Staff Sgt. Scott T. Sturkol
Public affairs

When Tech. Sgt. Dean A. Olszewski, 319th Security Forces Squadron, died unexpectedly Aug. 6, many of the people he worked with were forced to deal with both the loss of a friend and a respected coworker.

The 18-year Air Force veteran, who served in a multitude of security forces capacities throughout his career at both home station and deployed locations, was known as a “people person” and a caring leader.

“He was one of the best guys to work for,” said fellow 319th SFS member Staff Sgt. Scott Coposky, who was supervised by Sergeant Olszewski. “He was a people person and always got the job done. We lost a good one.”

Master Sgt. Pete Barta, 319th SFS law enforcement flight sergeant, said he first met Sergeant Olszewski more than two years ago, when he was a staff sergeant supervising a 10-person element at Cavalier Air Station.

“He was the type of person that I could go to with any problem and he would ‘fix’ it,” Sergeant Barta said. “His management of the element was apparent from the beginning. He was doing the job of a technical sergeant – and doing it well – and shortly afterward it was validated when he was selected for technical sergeant.”

Sergeant Barta said it was about a year and several deployments later that he and Sergeant Olszewski crossed paths again.

“This time I was his element leader and he was my assistant,” Sergeant Barta said. “In my absence, Dean took the 30-person flight and didn’t miss a step. I could always trust his judgment and character.”

Sergeant Barta added, “Dean always had a way of making the best of any situation. Whether it was working long hours supporting the war or leading a security forces fire team to Qatar, Dean was always able to be counted on.”

Sergeant Barta said he never knew a day that Sergeant Olszewski “didn’t come to work without a smile on his face, ready to work.”

“He had a unique way of getting the job done and always cared about his people,” Sergeant Barta said.

Tech. Sgt. Jeffrey Armstrong, a 319th SFS controller, said he “could say great stuff about Dean all day – he was a good person.”

Like Sergeant Barta, Sergeant Armstrong also worked with Sergeant Olszewski at Cav-

See **Comrade**, Page 7

Tech. Sgt. Dean A. Olszewski 319th Security Forces Squadron

Tech. Sgt. Dean A. Olszewski, 319th Security Forces Squadron, proudly served his country and his community as an Air Force security forces member throughout the duration of his 18-year career.



Sergeant Olszewski’s assignments include: Kelly Air Force Base, Texas; Travis AFB, Calif.; Incirlik Air Base, Turkey; Ramstein AB, Germany; and Grand Forks AFB. In addition to these assignments, he supported numerous contingency operations including Operation Provide Comfort, Operation Intrinsic Action, Operation Northern Watch, Operation Southern Watch, and most recently, Operation Enduring Freedom and Operation Iraqi Freedom.

Sergeant Olszewski consistently showed his dedication to his community by volunteering for numerous Halloween patrols to ensure the safety of local children, giving his off-duty time to support the Girl Scouts of America, the local Little League baseball team, and he also volunteered more than 120 hours of his time to help raise money for the Ramstein and Vogelweh Community Centers.

Over the course of his career, Sergeant Olszewski was awarded numerous awards to include the Air Force Commendation Medal, the Air Force Achievement Medal with two oak leaf clusters, the Air Force Good Conduct Medal with four oak leaf clusters, the Global War on Terrorism Expeditionary Medal and was a John L. Levitow award winner at NCO preparatory course.

Sergeant Olszewski was an exceptional example of integrity, service and excellence throughout the length of his Air Force career.

Courtesy 319th Security Forces Squadron

News

Comrade, from Page 6

-alier. He said Sergeant Olszewski was great to work with and had a lot of experience that he was always willing to share.

“He made the job fun,” Sergeant Armstrong said. “He always put the unit and the Air Force first.”

Sergeant Armstrong said he will miss the companionship and being able to talk to Sergeant Olszewski whenever he needs advice or just someone to listen.

“I knew him for about two years and enjoyed working with him every day,” Sergeant Armstrong said. “Dean was a very caring person and always put other people ahead of himself. He will truly be missed. The unit and the Air Force lost a great Airman.”

Sergeant Coposky said it’s difficult to put into words how much he will miss Sergeant Olszewski.

“He will be missed greatly and remembered by many,” Sergeant Coposky said.

Summary court officer

Second Lt. Erik Thompson, 319th Security Forces Squadron has been appointed as the summary court officer for the estate of Tech. Sgt. Dean Olszewski.

Anyone in debt to or having a claim against the estate of Tech. Sgt. Dean Olszewski should contact Lieutenant Thompson at 747-4416.



For information:
www.fvap.gov



Photo by Master Sgt. Mark Bucher

Vice President visits

Col. Mark Ramsay, 319th Air Refueling Wing commander and Col. Barbara Chine, outgoing 319th Mission Support Group commander, meet with Vice President Cheney. Air Force Two landed here Aug. 6, so Cheney could speak in East Grand Forks, Minn. Col. Chine relinquished her command and retired minutes prior to meeting the vice president.

Air Force seeks career enlisted aviator volunteers

WASHINGTON (AFP) -- Opportunities for Airmen to become enlisted aviators are taking off as nine aircrew specialties are opening up for retraining.

The Air Force's senior enlisted aviator said more than 360 training slots are available for enlisted Airmen in ranks senior airman through master sergeant.

Chief Master Sgt. Tim Steffen, enlisted aviator career field manager, said the service has been aggressively recruiting enlisted fliers through several avenues, including notices on monthly leave and earnings statements and "head hunters."

"Our recruitment drive has quickly gained momentum, and considering all the fantastic opportunities available, it's hard to believe so many positions remain unfilled," Chief Steffen said.

First-term Airmen assigned to units within the continental United States may not apply before the first duty day of the month in which they complete 35 months of their enlistment (59 months for six-year enlistees). They must apply before the last duty day of the 43rd month of the enlistment (67 months for six-year enlistees). Airmen stationed

overseas may apply between the 15th and ninth month before the date they are eligible to return providing they will enter the 35th month of service (59th for six-year enlistees) on or before their return date.

Many of the retraining slots became available with the release of the fiscal 2005 noncommissioned officer retraining program, the chief said.

"Flying duties are incredibly challenging and extremely rewarding," he said. "Along with the chance to fly all over the world, another great reason for becoming a CEA is the incentive pay."

CEAs are entitled to a monthly incentive pay based on the number of years of aviation service, not rank. Specifically, Airmen with four years or less of aviation service receive \$150 per month. Airmen with more than four years earn an extra \$225, and those with more than eight years earn \$350. Airmen with more than 14 years of aviation service collect \$400.

Positions are available for in-flight refueling specialists, flight engineers, loadmasters, airborne communications and electronics specialists, airborne battle management systems specialists, air-

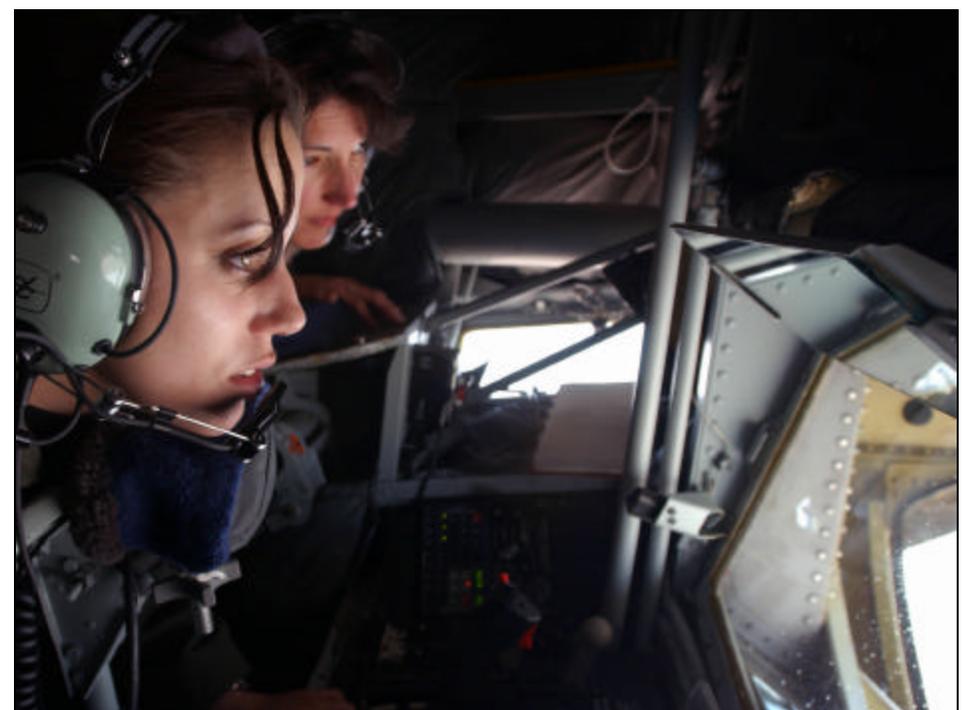


Photo by Master Sgt. Mark Bucher

Airman 1st Class Edel Brooks, an in-flight refueling specialist, boom operator, from the 905th Air Refueling Squadron, watches a receiver aircraft take on fuel. Boom operators are one of many aircrew specialties now available.

borne mission systems specialists, flight attendants, aerial gunners and airborne cryptologic linguists.

Contact the local military personnel

flight for more information, or visit the dot-mil restricted CEA Web site at <https://www.xo.hq.af.mil/xoo/xoot/xoota/CEA/cea.htm>.

Coalition forces come together in operations center

By Master Sgt. Debbie Aragon
407th Air Expeditionary Group Public Affairs

TALLIL AIR BASE, Iraq (AFP) -- Despite cultural and language differences between Korean, Dutch, Italian and American forces, controllers in the Combined Defense Operations Center here are one force guarding against a common enemy.

The center brings together security forces from the nations based here to gather information and determine the best response to events threatening the safety and security of people and resources, said Tech. Sgt. Keith Cross, the CDOC day-shift supervisor.

"Tallil is a major stopping point for vehicle and aircraft refueling," Sergeant Cross said. "We basically provide security for the people and resources transitioning north, south or wherever."

The center, established about four months ago, is the first of its kind in Iraq, Sergeant Cross said.

With the number of coalition forces here, it makes sense to integrate them in one location for security, said U.S. Army Sgt. 1st Class Marc Berkyheiser, a CDOC controller. "When you have one game plan, it's easier

to channel everything more effectively."

"The rocket attack here on May 20 is a prime example," Sergeant Cross said. "Our American and coalition forces worked together to go out and try to pinpoint the area where the launch came from."

Sergeant Berkyheiser, who has been at Tallil since February and had never worked in a joint environment before, said it has been a really good experience.

"I'm very impressed, especially with the Air Force guys [and] the way they handle their jobs," he said. "The Italians too. They really know their jobs and are very professional."

"We know we're here for a reason; it's the same with the coalition security forces," Sergeant Cross said. "They know they've got a job to do, and that's to keep everybody here safe."

As he nears the end of his deployment, Sergeant Cross said many thoughts are running through his mind.

"I think the major thing, though, is how we can bring so many different bases, different attitudes and different backgrounds ... and have them come together and make things work," he said. "It may take some people longer than others to get together but I don't think it



Tech. Sgt. Keith Cross (right) works side-by-side with Dutch air force 2nd Lt. Bjorn van der Linden and other coalition forces in the Combined Defense Operations Center gathering information and formulating responses to threatening situations. Sergeant Cross is the center's day-shift supervisor.

takes the cops long to start clicking ... no matter what their nationality."

CDOC controller and coalition security forces members are "pretty proud of what we do and if (the enemy brings) the fight to us, we'll take it back to them," Sergeant Cross said.

News Briefs

Quarterly award winners

Congratulations to the 319th Air Refueling Wing Quarterly award winners for Second Quarter, April to June 2004.

Company Grade Officer

1st Lt. Edward Bunce,
319th Operations Support Squadron

Senior Noncommissioned Officer

Master Sgt. Lyle Spring,
319th Maintenance Operations Squadron

Noncommissioned Officer

Tech Sgt. Shawni Hedberg,
319th Medical Support Squadron

Airman

Airman Bradley Radtke,
319th Comptroller Squadron

Honor Guard

Senior Airman Tim Fair,
319th Aircraft Maintenance Squadron

Cat. 1 -- Civilian Program Specialist

John H. Welch,
319th Medical Support Squadron

Cat. 2 -- Civilian Program Manager

Kristen A. Rundquist,
319th Civil Engineering Squadron

Cat. 3 -- Senior Civilian Program Manager

Glenn T. W. Garrison,
319th Services Squadron

ALS graduates

Congratulations to the Airman Leadership School

graduates of Class 04F.

Senior Airman Crystal R. Greenwood John L. Levitow Award

Senior Airman Shaun J. Weimer Distinguished Graduate and Academic Award

Staff Sgt. Nathaniel L. Espeland Academic Award

Senior Airman Warren O. Richards Leadership Award

Senior Airman Joseph M. Austin

Senior Airman Christopher M. Breaux

Senior Airman Eduardo E. De Souza

Senior Airman Joseph R. Ganzzermiller

Senior Airman Steven G. Hilliard

Senior Airman Matthew V. Johnson

Senior Airman Mathias P. Junger

Senior Airman Ryan C. Love

Senior Airman Jeremy T. Martinez

Senior Airman Jarrod N. Ortiz

Senior Airman Jerome M. Owens

Senior Airman Jeremiah L. Renoll

Senior Airman Jonathan Schmechel

Senior Airman Nicholas Smith

Senior Airman Steven H. Vaudt

Senior Airman Shelby W. Williams

Quarterly assignment listing available

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- The Enlisted Quarterly Assignment Listing for April to June 2005 overseas requirements is now available.

Individuals need to work through their military personnel flights to update their preferences by Aug. 19. Airmen will be notified of their selection by mid-

September, said Air Force Personnel Center officials here.

EQUAL advertises upcoming assignment requirements, by Air Force specialty and rank. Airmen should review, prioritize and update their assignment preferences based on the listing, officials said.

People can view the lists on the AFPC home page at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm> or at local MPFs. Airmen on temporary duty during the advertising period can contact the nearest personnel office for assistance.

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 23 days at 747-5017.



Photos by Master Sgt. Mark Bucher

Vice President Cheney and his wife Lynn wave as they step off Air Force Two. They landed here Aug. 6, enroute to East Grand Forks.

Air Force two gives Airmen... **Chance of a lifetime**

By Airman 1st Class Patrice Clarke
Public affairs

How would you like to give the vice president a direct order?

Pilots who fly for the 99th Airlift Squadron get that opportunity on a regular basis: "Mr. Vice President please fasten your seatbelt, we are cleared for takeoff."

The main mission of the 99th AS is to provide unsurpassed safe, comfortable and reliable distinguished visitor airlift for the nation's leaders and foreign dignitaries; anytime and anyplace.

"We fly everyone from the first lady, to the joint chief of staff, to the vice president to the secretary of defense," said Lt. Col. Coert Scoggin, pilot, Air Force Two.

Colonel Scoggin applied for the position to continue doing what he loves: flying.

"As pilots advance in their career they often end up in managerial positions," said Colonel Scoggin. "This squadron gives pilots a chance to keep flying."

Not just any pilot can apply said Colonel Scoggins. "You have to have a certain amount of experience to fly for the president or the vice president," he said.

Communication is another important skill when it comes to flying the Air Force Two missions, he added.

"The Secretary of State's itinerary can change at a moment's notice," said Colonel Scoggins.

"It takes good communication between the crew members to get the changes coordinated quickly and completely," he said.

The crew fluctuates depending on the passenger or the actual destination. Air Force Two had 20 crew members when it landed here Aug. 6.

The crew consists of flight attendants, crew chiefs, radio operators, security and other Air Force Specialty Codes depending on the passenger and the particular mission.

"I wanted to see the world, try something new and different and interact with important people," said Staff Sgt. Melissa Sizemore, flight attendant.

"I had to go through several boards and interviews before I was chosen," she added. "After I was chosen I had to go through survival school and water survival school; followed by culinary school."

Sergeant Sizemore said that motivated crewmembers are always in demand.

"All you have to do is apply," she said.

To be a flight attendant applicants must be a senior airman or above and older than 21 years of age.

For more information or to apply call the Military Personnel Flight at 747-4136.



This C-32 provides safe, comfortable and reliable transportation for our nation's leaders to locations around the world. The primary customers are the vice president, the first lady and members of the Cabinet and Congress.

New equipment keeps clinic safe

By Airman 1st Class Patrice Clarke
Public Affairs

The world today is not safe. The threat of terrorism is real and focused on us. A weapon of mass destruction event could happen right here.

Is the Air Force prepared? Is this base? The 319th Medical Group recently addressed those questions during a In-Place Patient Decontamination Capability unit demonstration designed to support the base's homeland defense capabilities.

This system protects medical treatment facilities from becoming contaminated.

"Ever since the events of Sept. 11, 2001 and other events afterward we have seen the need for this equipment," said Master Sgt. Brian Williams, 319th Medical Operations Squadron ambulance service.

"A large percentage of people would leave the scene of a contaminated area before the fire department, who are usually the first responders, could arrive on scene," said Sergeant Williams.

The contaminated people would head straight for the medical facilities, Sergeant Williams said.

"The people who would leave the scene would not only be contaminated,

they might also be injured in some shape or form," said trainer Annette Semako.

"When they arrive at the doors of the medical facilities, the facilities are forced to direct them back to the scene so they can be decontaminated and return for treatment," she said.

Ms. Semakom, with the leadership of Sergeant Williams, trained 12 people on how to use the system in two days. Those 12 are now able to teach other people how the system operates.

"The system is really easy to learn and just as easy to teach," said Airman Jamie Thompson, 319th Medical Support Squadron.

The 12 people, from nine different sections in the clinic, aren't the 'dedicated team' for the system.

"The goal is to get everyone in the medical group trained on how to operate this system," said Sergeant Williams. "If we were to have any type of attack the base would be shut down. If there was a dedicated team, and half the team lived off base, that would not help the med group."

The system is designed so in the event of a disaster anyone in the medical group could get the equipment out, up and running.

Soon the system will be at every Air Force base's medical facility, said Ms. Semako.

"There was nothing like this before," said Sergeant Williams, "but it is going to have a big effect on the future of medical care."



(Above) The decontamination demonstration team took less than two days to learn how to use the new equipment. Members of the team can now teach other members of the 319th Medical Group on the proper use of the equipment. (Left) The system was designed so if the need arose any eight to 12 members of the 319th MDG could set the equipment up without waiting for a designated "team." The equipment itself takes only a few minutes to set up and take down.



Photos by Airman 1st Class Patrice Clarke

The 12-person team demonstrates the entire decontamination process on a test dummy. The suits are fully protective but can only be worn for a few hours and then must be switched for a new suit.

319th Medical Group Highlights



The 319th Medical Group has accomplished a lot throughout the last year. Here is a small sample.

- The Medical Group reviewed and updated 5,900 medical records in five days.
- The group was ranked number one for two consecutive years out of 75 Air Force clinics for administration of childhood immunizations, routinely exceeded standard by over 10 percent.
- Initiated Department of Defense and Veterans Administration joint venture for retirement physicals and established on-base VA pre-separation physicals which decreased veterans' wait time for benefits by six to 12 months.
- The Dental Clinic has consistently remained number one in AMC for Dental Class I and II readiness, and has implemented Dental Care Optimization one year ahead of schedule. Clinic productivity has increased 40 percent with numerous Air Force benchmarks identified.
- The medical lab received ratings of 100 and 99.9 percent respectively on their last two College of American Pathologists inspections; clinical laboratory programs continue to be nationwide benchmarks for these 650 inspection criteria
- The Medical Group redesigned the Preventive Health Assessment process to give customers one-stop service by combining PHA's with annual dental screening which saved about 3,000 additional patient visits to the clinic yearly and over \$1,000 in lost productivity and travel expenses.
- The group was the overall top sustained performer for the Health Plan Employer Data and Information Set metrics reviewed in 2003. They had the highest average score for childhood immunizations and diabetic screening, and the second highest score for diabetic retinal screening.



Photo by Airman 1st Class Patrice Clarke

The 319th Medical Group lab received a 100 percent rating on their last College of American Pathologists inspection; one of many notable accomplishments during the year.

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m. Sunflower Chapel

Weekday Mass: 11:30 a.m. Monday, Wednesday, Thursday Sunflower Chapel

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: Began Aug. 8

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: Began 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.

Spider-Man 2 (PG-13)

It's been two years since mild-mannered Peter Parker (Tobey Maguire) first began struggling with "the gift and the curse," and in Spider-Man 2, he's still coming to terms with his dual identity as the web-slinging crime superhero Spider-Man. Now Peter's in college, and his relationships with the people he cares most about are crumbling. He wants to reveal his secret identity to Mary Jane (Kirsten Dunst), his friendship with Harry Osborn is stressed by Harry's growing hatred of Spider-Man, and Peter's Aunt May has

fallen on hard times. Complicating things, a new foe, Dr. Otto Octavius (Alfred Molina), appears.

Saturday, 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

Today

MEMBER'S MAYHEM

"Member's Mayhem" starts at 4:30 p.m. at the Northern Lights Club. This is a free all-ranks, club-member social with pig roast, other delicacies, a jump house for children and giveaways. For details call the Northern Lights Club at 747-3392.

Sunday

LAST DAY TO REGISTER

Outdoor Soccer Registration: for ages five & up 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 Program: Registration is open to children in grades K-6. Parents need to bring the child's current shot record, a current LES for working parents, AF Form 357, and an Individual Education Plan if the child has special needs.

Fall Classes Registration: Piano for ages six & up on Tues. & Thurs., cost is \$12 for members, \$15 for non-members per ½ hr session. Gymnastics for ages three & up, cost is \$30/\$37 for members, \$35/\$42 for non-members per month based on number of classes. Days/times TBA. Dance for ages three & up, cost is \$18/\$24 for members, \$23/\$29 for non-members per month based on number of classes. Days/times are TBA.

All registration runs to Sunday, at the Youth Center. Call for details call 747-3150.

Monday

PRETEEN "MINI LOCK-IN"

Preteen "Mini Lock-in" on Aug. 21 for ages 6 - 12 from 6 p.m. to midnight. Sign up at the youth center by Monday. Cost is \$10 for members, \$15 for non-members, dinner and snacks included. There will be arts and crafts, tournaments, videos, movies and much more.

Tuesday

YOUTH CLASSES AT THE SKILLS DEVELOPMENT CENTER

Youth classes are Tuesday to Aug. 20 and cost \$3 per class or \$7.50 for all three. Please call the skills development center for details, 747-3482.

AUGUST'S CLUB LUNCH

The Northern Lights Club will be having their super sandwich and salad throughout the month of August. There will also be a pasta bar. Lunch is served from 11 a.m. to 1 p.m. Monday through Friday and club members get a \$2 Member's First discount.

Wednesday

VALLEY FAIR

Date: Aug. 21

Depart: 5 a.m. from outdoor recreation

Return: Late same evening

Cost: \$50 per person (includes admission fee)

Outdoor recreation is heading for Valley Fair and we want you to come along for all the thrills and spills you can handle. Steel Venom is Valley Fair's most recently built rollercoaster. This ride offers a 200-foot stomach-turning drop! Take a tongue-jerking drop from the 275-foot Power Tower for an in-your-face jaw-dropping scream-for-mercy ride from the top to the bottom. If the day happens to be warm, there are four fabulous water rides, or check out Whitewater Country Water Park for some wet 'n' wild fun. Sign up by Wednesday at outdoor recreation.

Thursday

TOPS IN BLUE

Tops In Blue performs "Musicology" at 7:30 p.m. at the Alerus Center. This event is free and open to the public.

NATIONAL AVIATION DAY

The Northern Lights Club is celebrating National Aviation Day with a Children's Coloring Contest on Thursday. Children eight and under get a free buffet meal.

Upcoming

KIDDIE CAMPUS REGISTRATION

Kiddie Campus Part-Day Enrichment Program Fall Registration is Aug. 23 from 9 a.m. to 3 p.m. at the Child Development Center. Program runs Sep. thru May for children ages 3 - 5. Choose between Tues. & Thurs. or Mon., Wed.,

& Fri. days from 8:45 to 11:15 a.m. or 12:30 to 3 p.m. times. Please bring child's current shot record and a LES statement for working parents. Program is open to active duty, DoD civilians and contractors.

Kiddie Campus Open House is Sept. 2 from 6 to 7 p.m. For details call 747-3042.

RENAISSANCE FESTIVAL

Date: Aug. 28

Depart: 5 a.m. from outdoor recreation

Return: Late same evening

Cost: \$25 per person (does not include admission)

Sign up deadline: Aug. 26

The Renaissance Festival in Shakopee (near Valleyfair), is a great experience that takes you back in time! The events include: blacksmithing, brass rubbing, calligraphy, engraving, glass blowing, glass etching, glass lamp works, metal casting, perfume making, coin making, and wax figure sculpting.

MILITARY APPRECIATION DAY

Are you ready for some University of North Dakota Fighting Sioux football? Come out and enjoy a fun day of food and football Aug. 28 at 1 p.m.!

The Military Affairs Committee and the Golden Eagles will be sponsoring the free lunch. No federal endorsement of sponsors intended.

For event details and tickets call the community activities center 747-6201.

Area Events

Give blood, get ice cream

Cool off and help save a life this month at Dak-Minn Blood Bank. Through August, donors will receive a coupon for free. To make an appointment, call (701) 780-5433 or email blooddonations@altru.org. Walk-ins are also welcome.

'Summer sounds'

Grand Forks, ND – On Monday the Empire Arts Center presents the last show in the "Summer Sounds" series this year. "Summer Sounds" is a new program at the Empire, catering to a variety of audiences and giving local and regional artists an opportunity to be heard and seen. The three successful shows in July featured such performers as Prairie Rose, PluckStruck, PeatMoss, Dorothy Fix, Bonified, Stu Trio and other.

The show showcases young bands Tones of Emotion (Gilby, ND), Touchwood (Cayuga/Cogswell, ND), and The Shmelbys, (East Grand Forks, MN).

Tones of Emotion is a four-piece band that has been playing together for about one year. The band is made up of two women and two men: April Elkins as vocals, Katie Korynta on bass, Nate Cariveau on drums, and Ian Durkin on guitar and background vocals. April Elkins says, "Tones of Emotion don't just play one genre of music, we play Emo, 'happy punk rock', and we have a little bit of a ska influence in our music."

Touchwood is a three-member band. The band consists of Ryan Saunders on bass guitar and vocals, Brian Taylor on guitar and vocals, and Jason Hayen on drums.

Brian Taylor says, "Touchwood is a band that loves to play live and long dis-

ance shows to get their style of music and name out. We love going crazy on stage and make a crowd get into our music and jump around. There isn't a better feeling in the world."

The Shmelbys is a three-member band. Their sound features the vocals and guitar of Monte Zak, the drums of Brad Larson, and the intense yells and the pounding bass of Donny Jensen. The band first came about when Monte and Brad bought their instruments and practiced together in their preteens. After awhile they found a bass player, Donny, who came up with a name for their band, The Shmelbys.

The performance will start at 7:30 pm. Tickets are \$5 or \$4 for students and may be purchased at the door. For more information, please call the Empire Arts Center at 701-746-5500.

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.

Golf North Dakota

North Dakota has 105 nine- and 18-hole golf courses, more per capita than any other state. Golf Digest's November 2002 issue includes a feature on "The Best Little Golf Town in America." Bismarck ranked No. 29, Grand Forks No. 71 and Fargo No. 87 of the 314 cities included in the survey.

There are a number of courses that garner a lot of the attention within the state, as well as outside its borders:

Bully Pulpit Golf Course, a new 18-hole golf course three miles south of Medora opened in 2004.

Set in the dramatic North Dakota Badlands landscape, the course features five different tees, ranging in length from a comfortable 5,000 total yards from the forward tees to a challenging 7,300 yards at the tips. www.medora.org/today/golf.asp

King's Walk, Grand Forks, is a new Arnold Palmer design, laid out in a natural prairie setting that recreates the atmosphere found at the great links

courses of Scotland and Ireland. www.kingswalk.org

Bismarck's **Hawktree** is a new 18-hole course designed by James Engh that takes advantage of natural watering holes and rolling hills.

In 2004, Golfweek ranked Hawktree No. 61 on its list of "America's Best Modern Courses."

Hawktree is ranked No. 19 among Golf Digest's "100 greatest public courses."

Hawktree was also ranked No. 2 among Golf Digest's "Best New Courses" in 2001. www.hawktree.com

In the Fargo area, try **Oxbow Country Club**, a Robert Trent Jones, Jr., designed course. His use of ponds and the famous "Oxbow" lend challenging playability features and natural beauty to the course.

John Dahl, the course pro, is recognized by Golf Digest as the top instructor in North Dakota and by Golf Magazine as one of 100 top instructors in the United States.

Oxbow is a private club, but people living outside of a 50-mile radius of Fargo are welcome to play the course. Call 701-588-4669 to reserve a tee-time. www.oxbowcc.com

There are courses scattered throughout the state. For a list of all the state's golf courses, check the North Dakota Tourism Web site at www.ndtourism.com. You can also check the North Dakota Golf Association Web site at www.ndgolf.org. Many hotels also offer "stay and play" packages for guests. Ask about lodging packages when you call the golf course.

Plan to get out and experience one of the state's fine golf courses. It's an opportunity to have an adventure without venturing far from home.

Marathon becomes official Air Force event

By Brett Turner
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFP) — The U.S. Air Force Marathon has been flying high for eight years and Air Force Services Agency officials recently approved it as an official Air Force event.

“The official endorsement has always been kind of understood, it’s just never been written formally; now it will be,” said Steve Carlyon, the 88th Mission Support Group’s services division director here. “This is just part of the evolution of the Air Force Marathon.”

The marathon was initiated in 1997 as the base’s tribute to the 50th anniversary of the Air Force. It is run on the third Saturday in September each year in recognition of the anniversary.

Event officials said the Air Force Marathon offers unique touches to make the experience stand out for all participants, not just competitive runners. For instance, aid stations along the course and volunteers being involved are event hallmarks.

It also differs in that it is run through much of the base, as well as through such historic sites as the U.S. Air Force Museum and the area where the Wright

Brothers made early experimental flights. Also, participants are given eight hours to complete the course, which is more time than other marathons permit.

Although the 26.2-mile marathon is the main focus, there is more to the event, Mr. Carlyon said. Also offered are a 13.1-mile half marathon race; a four-person relay race (26.2-miles with team members running different parts of the course); a 5k race (3.1 miles); and a 26.2-mile wheelchair race.

In recent years, the Air Force Marathon has drawn more involvement, according to Mr. Carlyon. A record 3,500 people participated last year, while about 7,000 others volunteered or were spectators.

“We want to grow the event and make it bigger, and (so we) needed to put an endorsement on it,” he said. “Our vision is to attract 20,000 runners.”

“Becoming the official Air Force Marathon brings that credibility to it. Plus it ties in resources from the Air Force Services Agency for marketing and promotional support; it ties in resources from public affairs and other areas, and brings us up to that next step.”

One of the steps will be tying the marathon into the Air Force’s official calendar of sporting events. This could

entice more athletes to participate.

Another potential boost will be in drawing name runners to the event. Unlike many major sports, runners here may be able to compete alongside top professional runners.

Mr. Carlyon said the upside to this would be competitors could see how they compared to a world-class runner at various mile markers, and those top marathoners would be available to speak to competitors and offer tips.

The Air Force Marathon is already a qualifying race for such world renowned races as the Boston Marathon and the New York Marathon.

The Air Force Marathon is not just open to military people but the general public as well. It is an open event.

Even though much of it is run on a military base, anybody who enters will be allowed to participate, regardless of age. A new awards category was added this year to recognize runners age 12 and younger in the 5k race.

A question Mr. Carlyon hears periodically concerns leave for active-duty people. He said permissive temporary duty is authorized, entitling individuals to submit a request through their commander in lieu of taking leave. All lodging and other expenses are the individual’s responsibility.

The 2004 Air Force Marathon still has openings in all events. For more information, call DSN 787-4350, commercial (937) 257-4350 or (800) 467-1823, or go online to <http://afmarathon.wpafb.af.mil>.

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.

Sports shorts

Archery Hunting in CE Park

Archery season 2004 dates are Sept. 3 to Jan. 2, 2005. Bow-hunting permits for CE Park can be purchased from the Environmental Management Flight in building 410 for \$10.00. Eligible hunters include active duty military, DOD civilians, retirees, and dependents. Time slots and location of hunting stands will be issued on a first-come, first-serve basis. At the time of application, a copy of your state hunting license is required. For details call Kristen Rundquist at 747-4774.

Annual Junior Bike Race

Mark your calendars for outdoor recreation’s Junior Bike Race Saturday. 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, six and

under big wheels and tricycles, six and under bicycles, seven to eight, nine to 11, and 12 to 14. Race distance for each age group is four and under – quarter mile, eight and under – 1 mile, and nine to 14 – 2 miles.

Call outdoor recreation for more information at 747-3688.

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 date: Aug. 25, from 5:30 to 8 p.m.

WELLNESS TIP

DROWNING

... the second leading cause of unintentional death for U.S. teens

How can drowning be prevented?

Ensure swimming ability is well within swimming area conditions

Check water depth and obstacles before jumping or diving

Never swim alone, use the “buddy system”

Wear a life jacket when in a boat or when swimming in unmarked areas of a river or lake

Do not use alcohol or drugs when swimming, diving or boating

Learn how to facilitate a water rescue