



# THE LEADER

Vol. 39, No. 19

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

May 14, 2004

## Asian Pacific Heritage MONTH



**Base honors Asian Pacific Americans**  
— See Pages 2, 14, and 16-17 for more

319th Air Refueling Wing ♦ Warriors of the North

### Inside:

#### Weekend weather

Today	48/34	Partly cloudy
Saturday	55/38	Showers
Sunday	58/40	Partly cloudy
Monday	60/38	Partly cloudy



Weather information courtesy  
319th Operations Support Squadron weather flight

**Youth center membership update**

**Page 3**



**Police Week begins today**

**Page 6**



**North Dakota fishing news**

**Page 20**



# Air Force, Asian Pacific American relationships similar

By Airman 1st Class  
Eddie T. Nisperos  
319th Communications Squadron

While growing up, the rule of “respect your elders” has been pounded into my mind a countless number of times.

Being in the Air Force, we are all part of the “chain of command.” As an Asian Pacific American, there is also another tier of “chain of command.”

I recall when I first came to America and was introduced to another family. I didn't like their children who were around my age. I'm sure we all have been in this position, but because of the fact that the siblings were a couple of months older than me, I had to follow what they said. I really had no final say to what we were going to eat or where we were going to go. Remember this part of the story for later on.

There's another part to the Asian Pacific American chain of command that I've noticed many people do not understand. First, let's just say that your dad has a friend, well then that friend of his is now your uncle or aunt. It could be a complete stranger that he met ten minutes ago but hey, he's your uncle now.

Now let's say he has a son or daughter. Guess what? That makes their child your cousin. When it has to do with

blood relatives, there really isn't the first cousin, second cousin, etc. – it's just cousin. It sometimes gets confusing so you often have to ask if you're cousins by blood, marriage, or by acquaintance.

In all families there are gaps between the ages and that throws in a little curve to things. You can have a nephew that is older than you, which seems humorous. Actually, a funnier thing is that I've been a grandparent for a couple years now!

My father's cousin's son's cousin's son had a son or something like that. I don't get it, but I know my father does not lie about those things, so I guess it all makes sense in the family – especially since he has some of my aunts backing that up.

Who am I to argue? The older you get in the family, the more say you have unless no one has died yet.

Growing up as an Asian Pacific American has made the transition to the Air Force a tad easier. Everyone says the Uniform Code of Military Justice is strict, but I have to admit that the “Uniform Code of Asian Pacific American Justice” really takes the cake.

There are times where no matter what you say you will be wrong. Even if your father or mother is wrong, they are right as long as they are your father and mother.

## Action Line

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

**28**  
Consecutive  
DWI-free  
days

Goal is zero DWIs.

*Questions will be answered in the order they are received.*

Call 747-4522



Photo by Airman Patrice Clarke

**Col. Mark Ramsay**  
319th Air Refueling  
Wing commander

We learn how to be respectful at an early age. I don't even want to express the dangers of talking back.

In the Air Force you have an Airman council and a dorm council. In my family it would just make it easier to know who to blame or punish.

School is another matter. I think we were all scared into doing well in school. I don't recall trying to get a good grade for myself, but I do recall trying to get a good grade for different reasons. Failure is not an option.

It is also very hard to please everyone in the family at once. If I do really well in school and not get into any trouble, then my parents are happy. But what I've learned is that it made it hard-

er for the next person – my sister. For years now the spotlight has shifted back and forth between her and I.

I know she has heard, “You should be more like your brother,” as plentiful as I have heard, “You should be more like your sister.” If we both were in trouble, then the spotlight shifts to someone else our parents know.

Continuously the bar is raised, and for a long time, my sister and I were at war with each other when actually it would have been easier to be allies.

Another rule growing up is, “take care of the younger ones.” Being the oldest of the two siblings in my family,

– See **Growing up**, Page 14

## THE LEADER



Photo illustration by 319th Air Refueling Wing Public Affairs

### Cover

**Asian Pacific Americans serve in all walks of life, including the military. This issue of *The Leader* is dedicated to celebrating the contributions of Asian Pacific Americans during Asian Pacific American Heritage Month.**

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

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

♦**Advertisements** – Call the Grand Forks Herald at (701) 780-1275.

# Youth center introduces membership program

## Compiled from staff reports

To maintain the current standard of excellence in youth programs here, and to continue to meet Air Force financial goals, the base youth center will implement a membership program starting June 1.

Under the new program, any child who enrolls in any youth program – with the exception of the School Age Program – will have the option to pur-

chase a membership that enables them to pay lower fees than non-members to participate in youth center programs.

All members will be issued magnetic, photo identification membership cards. The membership fee will be \$24 per year per child and may be paid annually, semi-annually or in quarterly installments.

For details call the youth center at 747-3150.

## At a glance: Program fees

<u>Program</u>	<u>Member fee</u>	<u>Non-member fee</u>
Daily use fee (Open Recreation)	None	\$1 per day
Educational program times (Mondays through Thursdays, 3 to 5 p.m.)	None	\$1 per day
Fine arts programs	\$3	\$5
Sports programs	\$30	\$40
Gymnastics	\$30 or \$37	\$35 or \$42
Dance	\$18 or \$24	\$23 or \$29
Cheerleading	\$3 per hour	\$5 per hour
Karate	\$3 per hour	\$5 per hour
Piano	\$12 per ½ hour	\$15 per ½ hour
Special events	\$3 - \$25	\$2 more per person per event

*Fees do not apply to School Age Program.*

*Information courtesy 319th Services Squadron*



*Photo by Staff Sgt. Scott T. Sturkol*

## Food pantry donation

Members of base Girl Scout Brownie Troop 197 and Kisha Chambers, food pantry chairperson at the family support center, display boxes of Girl Scout cookies donated to the pantry by base members through a Scout program designed for food donations. More than two dozen boxes of cookies were donated.

# Briefs

## Tornado response exercise

Grand Forks Air Force Base will conduct a tornado response exercise starting at approximately 9:50 a.m. Wednesday. As part of this exercise, the base will be sounding the tornado warning siren – a three- to five-minute steady tone.

This exercise provides an opportunity to practice shelter-in-place procedures and on what to do in case a tornado were to strike the base.

People can find sheltering-in-place information on the base Intranet at <https://private.grandforks.af.mil/Unit/319MSG/319CES/Cex>.

For details on the exercise and sheltering-in-place, contact your unit Exercise Evaluation Team member.

## CES1 service call

Have you ever wondered who to call in the 319th Civil Engineer Squadron with a question about work orders, construction, environmental programs, or housing?

Just dial 747-CES1 (2371) and a friendly customer service representative will answer call and route the call to the correct 319th CES office.

## Lodging reservations change

In order to reduce major command waiver requests to expand the “space A” reservation window and maximize occupancy in Air Force lodging, a policy

change is effective immediately.

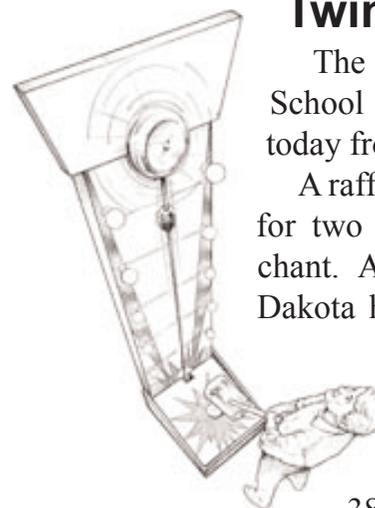
Under new guidelines, lodging officials may accept and confirm reservations for priority 2 (space available) guests up to 30 days in advance of the arrival date, for up to three-night accommodations – space permitting – based on actual and projected occupancy.

This changes the current policy of only accepting space available reservations 24 hours in advance. Priority 1 customers will not “bump” priority 2 customers with confirmed reservations, nor will they bump them once they are assigned quarters for a specific period of time, except in time of contingency, emergency, or when the installation commander determines higher priorities exist. For details call Lt. Col Ed Brown at DSN 664-4928.

## Air Force One Source and fitness

Exercise is one of the most effective ways for people of all ages to stay healthy and reduce stress. Air Force One Source offers life articles that can help people learn to stay fit and healthy. Articles range from aerobic exercise and sports supplements to yoga and managing stress.

Log-on to Air Force One Source at <http://www.airforceonesource.com> with the user identification “airforce” and the password “ready.” People can call Air Force One Source at 1-800-707-5784. For details about Air Force One Source, call the family support center at 747-3241.



## Twining Spring Carnival

The Twining Elementary and Middle School is holding their Spring Carnival today from 5 to 8 p.m. Everyone is invited!

A raffle is also being held for the carnival for two bicycles donated by a local merchant. Also, several University of North Dakota hockey players will be on hand to run the hockey game during the carnival.

For more details or to volunteer, call Bobbi Sturkol at 594-3855 or Twining at 787-5000.

For details call Tom Rector at 747-6992, Dee Linneman at 747-3235, or George Wolf at 747-3051.

## Open house fundraising

Private organizations, special interest groups, booster clubs and morale teams wishing to raise funds at Friends and Neighbors Day July 10 must submit requests by May 28. Make requests on-line at <http://www.gf-services.com/FR.html>. Since this events will be counted as a fundraiser, groups should remember only two are allowed per quarter.

Booster clubs and squadron teams desiring to sell non-food merchandise of any type must coordinate with the 319th Services Squadron, which will manage all concession rights. Registration for merchandise sales will not be accepted after the close of business May 28. This deadline is required in order to develop the concession layout plan and to acquire sufficient booth resources.

## Open house volunteers

Come be a part of something grand – the first base open house since 1998 set for July 10. Volunteers are needed for all kinds of missions related to the event. To volunteer or for more details, e-mail Maj. Ryan Marshall at [ryan.marshall@grandforks.af.mil](mailto:ryan.marshall@grandforks.af.mil) or call 747-4541.

## School volunteers

Parents interested in volunteering at either Twining Elementary and Middle School or Eielson Elementary School on base should first stop in the school office and sign in as a volunteer.

For details call Eielson at 787-5000 or Twining at 787-5100.

# Legal office releases Article 15 actions for March, April

Following is a compilation of legal actions that took place at this base in March and April under Article 15 of the Uniform Code of Military Justice.

## March

□ An airman first class, who went absent without leave, received an Article 15 for violation of Article 86 of the Uniform Code of Military Justice. Punishment included a reduction to airman, suspended reduction to airman basic, suspended forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included reduction to airman, suspended forfeiture of \$668 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty and Article 107 – false official statement. Punishment included reduction to airman, suspended reduction to airman basic, suspended forfeiture of \$596 for two months, 30 days corrective custody, a letter of reprimand, and an unfavorable information file.

□ An airman first class received an Article 15 for violation of Article 111 – driving under the influence. Punishment included reduction to airman basic, suspended reduction to airman basic, forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand, and an unfavorable information file.

□ An airman first class received an Article 15 for violation of Article 86 – failure to go. Punishment included reduction to airman basic, suspended forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty and an unfavorable information file.

□ A senior airman, who misused the government travel card, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included reduction to airman first class, suspended forfeiture of \$747 for two months, 45 days restriction, 45 days extra duty and an unfavorable information file.

□ An airman, who failed to pay the government travel card and failed to pay a just debt, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman received an Article 15 for violation of Article 111 – driving under the influence. Punishment included reduction to airman basic, forfeiture of \$596, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ A senior airman received an Article 15 for violation of Article 134 – false official statement and disorderly conduct. Punishment included reduction to airman first class, forfeiture of \$250 for two months, 45 days extra duty with 15 suspended and an unfavorable information file.

□ An airman first class, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included reduction to airman, forfeiture of \$250 for two months, 30 days extra duty and an unfavorable information file.

□ A senior airman, who made false passes, received an Article 15 for violation of Article 92 – dereliction of duty and Article 107 – false official statement. Punishment included reduction to airman basic, forfeiture of \$596 for two months, 45 days restriction with 15 suspended, 45 days extra duty with 15 suspended and an unfavorable information file.

□ An airman basic, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty and Article 108 – damage to government property. Punishment included 30 days restriction and 30 days extra duty and an unfavorable information file.

□ A senior airman received an Article 15 for violation of Article 86 – failure to go. Punishment included suspended reduction to airman first class, suspended forfeiture of \$369, 14 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class received an Article 15 for violation of Article 92 – disobeying a lawful order. Punishment included reduction to airman, suspended reduction to airman basic, suspended forfeiture of \$596, 30 days restriction, 30 days extra duty and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended reduction to airman, forfeiture of \$250 for two months, 60 days restriction, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended reduction to airman forfeiture of \$250, 14 days restriction and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended reduction to airman forfeiture of \$250, 14 days restriction and an unfavorable information file.

□ An airman first class received an Article 15 for violation of Article 86 – fail to go and two counts of Article 107 – false official statement. Punishment included 30 days corrective custody, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty and Article 86 – failure to go from a place of duty. Punishment included reduction to airman basic, 45 days restriction, 30 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included reduction to airman, forfeiture of \$450 for two months, 30 days extra duty and an unfavorable information file.

□ A staff sergeant, who had an unprofessional relationship, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included a suspended reduction to senior airman, forfeiture of \$500 for two months with \$250 suspended, a letter of reprimand and an unfavorable information file.

## April

□ An airman first class received an Article 15 for violation of Article 86 – failure to go. Punishment included suspended reduction to airman basic, forfeiture of \$596 for two months, 45 days restriction, 21 days extra duty and an unfavorable information file.

□ A senior airman received an Article 15 for violation of Article 107 – false official statement, Article 108 – damage to government property and Article 128 – assault consummated by battery. Punishment included suspended reduction to airman first class, forfeiture \$250 for two months and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included reduction to airman forfeiture of \$668 with \$300 suspended, a letter of reprimand and an unfavorable information file.

□ A senior airman received an Article 15 for violation of Article 107 – false official statement, two counts of Article 134 – failure to pay a just debt and communicating a threat. Punishment included reduction to airman first class, suspended reduction to airman, suspended forfeiture of \$668, suspended 30 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class, who misused the government travel card on two counts, received an Article 15 in violation of Article 92 – dereliction of duty and Article 86 – failure to go. Punishment includes reduction to airman, suspended reduction to airman basic, suspended forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty and Article 107 – false official statement. Punishment included reduction to airman basic, forfeiture of \$100 for two months, 30 days extra duty and an unfavorable information file.

□ An airman first class, who was found with alcohol in the dormitory, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended reduction to airman basic, suspended forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

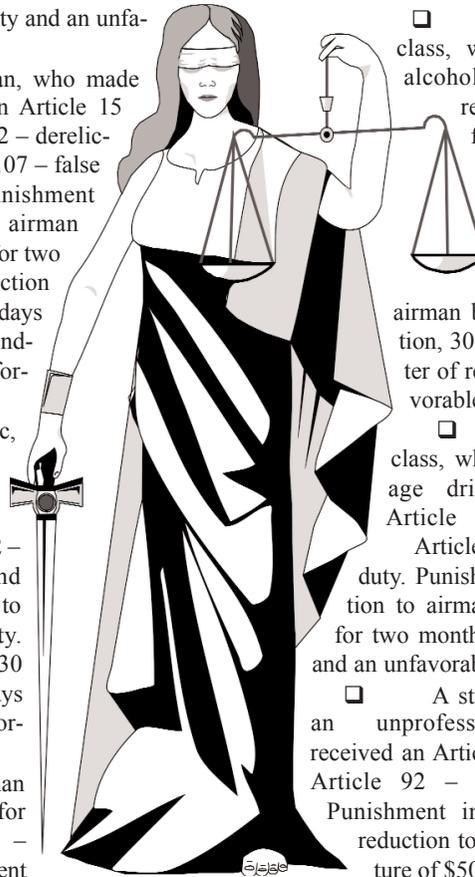
□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty, Article 86 – failure to go and Article 107 – false official statement. Punishment included reduction to airman, forfeiture of \$400 for two months, a letter of reprimand and an unfavorable information file.

□ An airman first class received an Article 15 for violation of Article 112a – distribution of ecstasy. Punishment included reduction to airman basic, forfeiture of \$596 for two months, 45 days restriction, 45 days extra duty, a letter of reprimand and an unfavorable information file.

□ An airman first class, who was found with alcohol in a dormitory, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment includes suspended reduction to airman, suspended forfeiture of \$668 for two months, 45 days restriction, 45 days extra duty a letter of reprimand and an unfavorable information file.

□ An airman first class, who was caught underage drinking, received an Article 15 for violation of Article 92 – dereliction of duty. Punishment included suspended reduction to airman, forfeiture of \$250, 14 days restriction and an unfavorable information file.

*Courtesy 319th Air Refueling Wing legal office*



# Base's observance of National Police Week starts today

Following is the base Police Week schedule:

❑ **Today at 4 p.m.** – There will be a Peace Officers Memorial Day retreat ceremony at the base flagpole. The guest speaker is Capt. Mike Kirby of the Grand Forks Police Department. There will be a 21-gun salute for police officers killed in the line of duty.

❑ **Saturday at 9 a.m.** – Parade through base housing with military and civilian law enforcement vehicles. Military, local, state, and federal law enforcement agencies will present a career fair booth at the base exchange.

❑ **Monday all day** – This is Community Policing Day. McGruff “the Crime Dog” and security forces personnel attend rallies and can also be seen at the main gate throughout the day.

❑ **Tuesday at 11:30 a.m.** – Police Week luncheon in the Northern Lights Club. This luncheon is open to all base and local law enforcement personnel. Meal cost is \$10.25 for non-club members and \$8.25 for club members. The meal includes: turkey croissant on fresh bread, served with chips, garnish and seasoned fruit; or, a large chef salad topped with grilled chicken strips and fresh baked rolls with butter. The event is also posted on the 319th Services Squadron public Web site at <http://www.gf-services.com>. The guest speaker is from the Grand Forks Police Department.

❑ **Wednesday at 3 p.m.** – Civilian and military law enforcement personnel will compete in a law enforcement shoot at the base firing range. A barbecue will follow for participants. Those interested must sign up by Monday. For details call Staff Sgt. Vanassa Michael at 747-3889 or Staff Sgt. Carroll Fontenot at 747-3889.

❑ **Thursday at 7:30 a.m.** – This is the start of the fifth annual Warrior Competition. Four-person teams are required for entry. There will be a live fire portion with the 9 mm pistol and a 9 mm class will be included for all course participants. This will be a physically-demanding course, so ensure personnel are fit! The event is open to all base personnel and civilian agencies. Teams must sign-up by Monday. There will also be a barbecue at 4 p.m. for all participants and volunteers. Cost is \$1.50 per plate with a drink. For details on the Warrior Competition, call Tech. Sgt. David Krebs at 747-5070.

❑ **May 21 at 8 a.m.** – Four-person scramble golf tournament and barbecue. Cost to enter the tournament is \$30 per person and everything is included except cart rental. The barbecue menu includes steak, chicken, potato salad, coleslaw, and drinks. Teams must



Photo by Airman Patrice Clarke

## Proclamation signing

**Col. Mark Ramsay, 319th Air Refueling Wing commander, signs the base's National Police Week proclamation. Attending the signing from the 319th Security Forces Squadron were Airman 1st Class Frank Vargas, Master Sgt. William Petty, McGruff “the Crime Dog,” and 2nd Lt. Erik Thompson.**

be registered by today. For details on this event call Sgt. 1st Class Glenn Keller at 747-5048 or Sgt. 1st Class Jerold Dodds at 747-4005.

## Heir Force

**Owen Layne Bryers**, 6 pounds, 2 ounces, born Feb. 26. to Airmen 1st Class Jake and Judith Bryers, 319th Aircraft Maintenance Squadron.

**Skylar Kaye Schnichels**, 7 pounds, 11 ounces, born April 4 to senior airman Casey and Jennifer Schnichels, 319th AMXS and 319th Maintenance Squadron respectively.

**Sarah Renee Sanders**, 7 pounds, 13 ounces, born

April 10 to Staff Sgt. Matt and Heather Sanders, 319th Contracting Squadron.

**Thomas John Lucero III**, 8 pounds, 1 ounce, born April 13 to Senior Airman Thomas and Roberta Lucero, 319th AMXS.

**Jesse Tucker Holt**, 7 pounds, 15 ounces, born April 15 to Senior Airman Michael and Vicki Holt, 319th AMXS.

**Stephen Ryan Comfort**, 6 pounds, 14 ounces, born April 21 to Staff Sgt. Joseph and Michelle Comfort, 319th Logistic Readiness Squadron.

**Justine Serenity Bautista**, 8 pounds, 2 ounces, born to Staff Sgt. Edda and Joseph Bautista, 319th AMXS.

**Ryan P. Stanziale**, 8 pounds, born April 23 to Airman 1st Class Paul and Cathleen Stanziale, 319th MXS.

**Madison Leigh Heidrich**, 8 pounds, 12 ounces, born to Airman 1st Class Steve and Erin Heidrich, 319th AMXS.

# Scenes from around base



*Photo by Kristen Rundquist, 319th Civil Engineer Squadron*

## Controlled burn

Contractors watch over a controlled burn at the base's Prairie View Nature Preserve on the northeast end of the base May 6. The burn will improve growth in the preserve and reduce possible fire hazards. The 319th Civil Engineer Squadron environmental flight coordinated the effort.



*Photo by Bobbi Sturkol*

## Deer on base

A pair of deer were seen near the southeast side of the base Sunday. The deer were feeding near a tree line by the munitions storage area.



*Photo by Staff Sgt. Scott T. Sturkol*

## On the flightline

Maintenance personnel discuss their next move while working on a KC-135R Stratotanker here May 7. With the 319th Air Refueling Wing supporting deployments in two major locations, home station tankers have been able to get upgrade maintenance that readies them for future deployments.

# Deployed Warriors in action



*Photo by Staff Sgt. Arlo Taylor*

**Kyrgyzstan** – Senior Airman Laura Westphal, 376th Expeditionary Logistics Readiness Squadron storage and issue clerk, unpacks Gortex jackets for distribution. Westphal is deployed from Grand Forks Air Force Base.



*Photo by Staff Sgt. Arlo Taylor*

**Kyrgyzstan** – Staff Sgt. Nathan Peck, 376th Expeditionary Logistics Readiness Squadron Receiving NCO in charge, stocks bug repellent in preparation for warm weather pests. Peck is deployed from Grand Forks Air Force Base.



*Photo by Staff Sgt. Arlo Taylor*

**Kyrgyzstan** – (Left) Airman 1st Class Laura Evans, 376th Expeditionary Logistics Readiness Squadron stock control clerk, checks the serial number on an altimeter being sent for maintenance. (Right) Staff Sgt. Christy Jones, 376th ELRS equipment liaison, stocks high-lighters in the supply free issue area. Both are deployed from Grand Forks AFB.



*Photo by Staff Sgt. Arlo Taylor*



*Photo by Staff Sgt. Arlo Taylor*

**Kyrgyzstan** – Staff Sgts. Jason Ramage (left) and Jarrett Novinger, 376th Expeditionary Logistics Readiness Squadron supply element, stock desert BDUs in the main warehouse. Sergeant Ramage is deployed from Grand Forks Air Force Base and Sergeant Novinger is deployed from Langley AFB, Va.

# AMC summer safety goal – zero fatalities

By Gen. John W. Handy

Commander, U.S. Transportation Command,  
and Commander, Air Mobility Command

SCOTT AIR FORCE BASE, ILL. (AMCNS) – Memorial Day marks the start of our 101 Critical Days of Summer Safety Campaign. There are two numbers I want you to remember. The first is 36. That's the total number of our fellow Airmen who lost their lives during last year's campaign. The second is zero. That's the Air Force's and Air Mobility Command's goal for this year's campaign.

Last year, the deadliest activities were driving cars and riding motorcycles. Of the 36 Air Force fatalities, 16 were attributed to automobile accidents and 14 to motorcycle accidents. Alcohol, speeding, and failing to use seat belts were the leading factors in these preventable deaths.

The Air Force has never achieved its goal of zero fatalities during this critical period. However, a zero fatality rate is attainable.

Let's do our share to break this deadly streak by doing things right, watching out for each other, and avoiding excess risks.

While safety is ultimately an individual responsibility, I urge commanders and supervisors at all levels to emphasize safety to their respective teams and promote the importance of applying risk management to all summertime activities. Each member of the AMC team can enjoy the summer by



Gen. John Handy

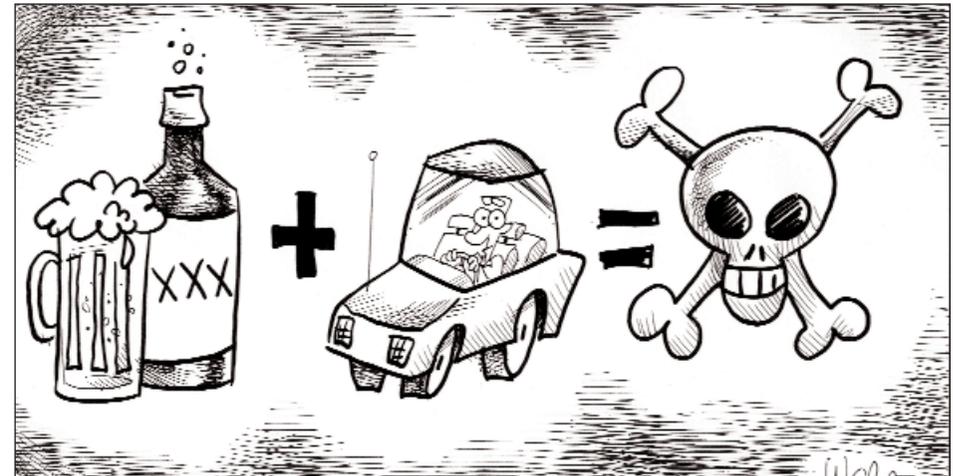
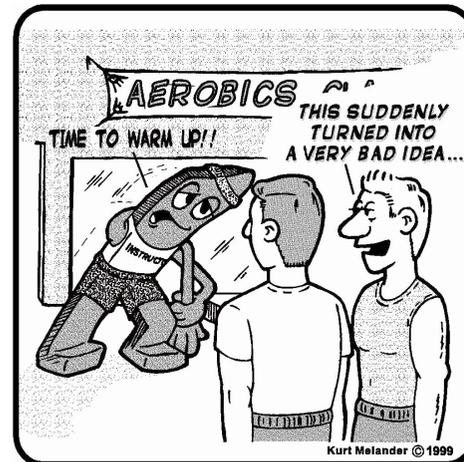
applying risk management practices to their off-duty activities.

Stress the importance of risk management and personal responsibility at every opportunity between now and the Memorial Day weekend, as well as throughout the 101 Critical Days of Summer.

Remember, the goal is zero fatalities, and I need you to start raising safety awareness now to prevent mishaps.

The command's outstanding performance in the war on terrorism can be overshadowed by just one needless, preventable fatality.

Let's celebrate a safe summer together; a summer with zero fatalities.



# ND governor announces amateur photo contest

## Compiled from staff reports

Gov. John Hoeven and the North Dakota Tourism Division are kicking off National Tourism Week, this week, with the 2004 North Dakota Governor's Photo Contest.

Any North Dakota amateur photographer is invited to submit entries to the Governor's Photo Contest. Winning photographs will receive a \$100 cash prize and be featured in North Dakota Tourism's marketing materials.

"We know there are a lot of amateur photographers in North Dakota who have excellent images of North Dakota's natural beauty, its people, places and events," Governor Hoeven said. "This contest gives them an opportunity to have their images published and it gives the Tourism Division another source of excellent photography to showcase our great state."

According to Tourism Director Sara Otte Coleman, photographs will be judged on their ability to showcase North Dakota as a Legendary destination in the following categories: spring, summer, fall or winter scenery; people; outdoor adventure and activities; attractions; and events.

Entries will be judged on originality, interest of the subject matter, visual appearance and consistency with the category theme.

Photographs must be submitted on disk and a 5 by 7 or 8 by 10 print. Prints must not be mounted or framed. The back of the photo and disk must be labeled with the entrant's name, address, telephone number, e-mail address, category and title of photo, and location and date the photo was taken.

Only color photographs are eligible and photographs cannot be digitally altered. There is no limit to the number of entries allowed per photographer.

The deadline to enter is Sept. 15.

Entries should be mailed to North Dakota Department of Commerce,



*Photo by Staff Sgt. Scott T. Sturkol*

**The Governor's Photo Contest is seeking photos similar to this one of a grain elevator in Reynolds that show the unique things about North Dakota.**

Tourism Division, Attention Rachel Retterath, P.O. Box 2057, Bismarck, ND 58502-2057.

Entered photographs will not be returned. Photos that are e-mailed will not be accepted.

Complete contest rules can be found on the Tourism Division Web site at [www.ndtourism.com](http://www.ndtourism.com). For details call the North Dakota tourism division at 701-328-2525.

# *Secretary, chief send Armed Forces Day message*

**By Dr. James G. Roche**  
Secretary of the Air Force, and  
**Gen. John P. Jumper**  
Air Force Chief of Staff

Since 1949, America has paid tribute to its men and women in uniform by celebrating Armed Forces Day on the third Saturday in May. Grateful Americans in every state will hold parades and fly Old Glory to honor

those who have worn the uniform either as a Soldier, Sailor, Airman or Marine.

It is indeed an important time to be a member of our nation's Armed Forces and especially to be an Airman. America needs your service today as much, if not more, than any other time in our country's history. America's security is a global issue as we continue the fight in the war on terrorism. Our country needs your steadfast devotion to

protecting the freedoms we enjoy.

Today, we serve a grateful nation. From shore to shore, Americans are proud of your professional competence, combat capabilities and unwavering courage to defend our country. They have seen firsthand your efforts in the mountains of Afghanistan and the skies over Iraq and your steadfastness in protecting our homeland. They have reveled with us in your triumphs and cried

with us when we lose brothers and sisters in battle.

You represent the pride and patriotism of the United States. You are the standard for sacrifice, devotion and bravery. We are proud to serve with you. On this Armed Forces Day, let's remember those who came before us and those who made the ultimate sacrifice for our freedom. May God bless all of you and our great nation.

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## Do things right the first time, every time

**By Maj. James McClellan**  
100th Logistics Readiness Squadron

**ROYAL AIR FORCE MILDENHALL, England (AFP)** – How many times have you heard someone say, “We need to do this right,” or have had a supervisor counsel you on “doing the right thing”?

I have many times in my career, but it was not until recently that I took the time to find out what this often-

used phrase means. Understanding the parts of the phrase, as well as the meaning behind them, is critical to being an effective leader.

Leaders need to be actively involved in their units and the first part of this phrase is all about action: “to do.”

For a leader, the act of doing involves engagement with the troops, implies involvement in the key processes in the unit, and most of all, demands the leader be visible. More than likely, this means he or she must leave the comfort zone; get out from behind the desk, work a different shift and volunteer to lead additional

duties. A leader must be on point, out in front and active in the organization. But action is not enough; a leader must have a firm set of values and beliefs. This brings us to the second part of the phrase, “the right.”

The right is a measure of an individual's set of values, beliefs and customs. Do you know the difference between right and wrong? Leaders are often asked to make decisions that have ethical implications. A firm foundation of institutional values and beliefs, like the Air Force core values of “integrity first, service before self and excellence in all we do” should be our anchor.

# 2004 Asian Pacific American Heritage Month Presidential Proclamation

By the President of the United States of America

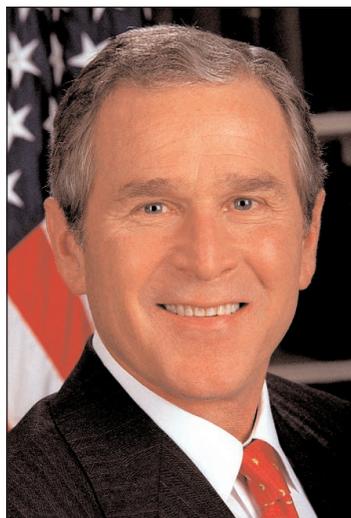
## A Proclamation

During Asian Pacific American Heritage Month, we honor the accomplishments of Asian/Pacific Americans and the many ways they have enriched our society and shaped the character of our Nation through their diverse languages, cultures, and religious beliefs.

Today, Asian Pacific Americans are leaders in public service, business, government, science, law, education, athletics, the arts, and many other areas.

Their love of family, community, and hard work has helped to uphold our Nation for many generations. Asian Pacific American entrepreneurs are helping to strengthen our economy and our communities through their hard work and ingenuity, and they inspire a new generation of American innovation through their example.

Throughout our history, Asian Pacific Americans have been patriots, answering the call to defend our



President George W. Bush

Nation and to protect the blessings of liberty and democracy. Today, in the war on terror, Asian Pacific Americans serve proudly as they carry on our Nation's noble tradition of advancing the cause of freedom around the world.

We are grateful for the sacrifice of our men and women in uniform and those who love and support them as we fight to protect our homeland

and make the world safe for democracy.

Today, the more than 13 million Americans of

Asian or Pacific Island heritage contribute to the vitality, success, and prosperity of our Nation. To honor the achievements and contributions of Asian/Pacific Americans, the Congress by Public Law 102-450 as amended, has designated the month of May each year as "Asian Pacific American Heritage Month."

**NOW, THEREFORE, I, GEORGE W. BUSH,** President of the United States of America, do hereby proclaim May 2004 as Asian/Pacific American Heritage Month. I call upon the people of the United States to reflect upon the history of Asian/Pacific Americans and their many contributions to our Nation.

**IN WITNESS WHEREOF,** I have hereunto set my hand this seventh day of May, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-eighth.

**George W. Bush**

## By the numbers: Some facts about Asian Pacific American heritage

In 1978, a joint congressional resolution established Asian Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important anniversaries: the arrival in the United States of the first Japanese immigrants (May 7, 1843) and the completion of the transcontinental railroad (May 10, 1869).

In 1992, Congress expanded the 10-day observance to a monthlong celebration.

### 13.1 million

The estimated number of U.S. residents who say they are Asian or Asian in combination with one or more other races. This group comprises 5 percent of the total population.

Since Census 2000, the number of people who are part of this group has increased 9 percent, the highest growth rate of any race group.

### 943,000

The estimated number of U.S. residents who say they are native Hawaiian and other Pacific islander or native Hawaiian and other Pacific islander in combination with one or more other

racers. This group comprises 0.3 percent of the total population.

Since Census 2000, the number of people who are part of this group has increased 4 percent.

### 33.4 million

The projected number of U.S. residents who will identify themselves as Asian alone in 2050. They would comprise 8 percent of the total population by that year.

### 213 percent

The projected percentage increase between 2000 and 2050 in the population of people whose only race is Asian. This compares with a 49 percent increase in the population as a whole over the same period.

### \$52,018

The 2002 median income of households whose householders reported their race as either Asian or native Hawaiian and other Pacific islander (and who may or may not have reported any other race).

This income level represented a 4.5 percent decline in real dollars from

2001, but is still much higher than the 2002 median of \$42,409 for all households.

### 10.2 percent

The poverty rate in 2002 for those who reported their race as either Asian or native Hawaiian and other Pacific islander (and may or may not have reported any other race).

This rate is not statistically different from the rate in 2001.

### 47 percent

The percentage of Asians and Pacific islanders age 25 and over with a bachelor's degree or higher.

Asians and Pacific islanders have the highest proportion of college graduates of any race or ethnic group in the country.

The corresponding rate for all adults in this age group is 27 percent.

### 87 percent

The percentage of Asians and Pacific islanders 25 and over who are high school graduates.

The corresponding rate for all adults in this age group is 84 percent.

## - Growing up, from Page 2

I had to take care of my little sister.

I remember my parents programming me at a young age, saying "that's your only sister and she's younger than you. You should always take good care of her, she's just a girl."

Because I know better, I catered to how she wanted things. If she even cried I would get blamed.

Going back to the earlier part of this story about those children I didn't like, I had to follow what they said. That really bothered me because what they wanted to eat, or where they wanted to go, or what they wanted to play, were not what my little sister wanted. But life goes on.

Tying it all together now, the life of growing up as an Asian Pacific American really has helped with the life in the Air Force because no matter where you stand on the "chain of command," it is just like home.

Respect your elders as in rank, because rank comes in years, and with years comes rank. I'm a 26-year-old airman first class, and there are older E-2s as well as staff sergeants and lieutenants who are younger than me. It's just like my family tree.

Every time I put on the Air Force uniform, I know I have to acknowledge rank and age, and not to look down on lower ranking Airmen. All in all, it's about respect and a "chain of command."

# Celebrate Asian Pacific American Heritage Month

By 1st Lt. Teresa D. Rivers  
Asian Pacific American Heritage Committee

May is Asian Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States.

APA Heritage Month originated in a congressional bill.

In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta of California introduced a house resolution that called upon the president to proclaim the first 10 days of May as observance of Asian Pacific Heritage.

The following month, Senators Daniel Inouye and Spark Matsunaga of Hawaii introduced a similar bill in the Senate. Both were passed.

On Oct. 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration declaring the first Asian Pacific American Heritage Week as May 4 to 10, 1979.

In May 1990, the holiday was expanded further when President George Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the arrival of the first Japanese immigrants to the United States May 7, 1843.

Public Law 102-450, approved Oct. 23, 1992, designated May of each year Asian Pacific American Heritage Month because of milestones in Asian Pacific American history – the aforementioned arrival of Japanese immigrants as well as the contributions of

**Japan**

Full country name: Japan (Nihon)  
Area: 377,835 sq km  
People: Japanese (including indigenous Ainu & Okinawans), Korean  
Capital City: Tokyo (pop 12 million)  
Population: 127 million  
Language: Japanese  
Religion: Shinto, Buddhist, Christian  
Government: Constitutional Monarchy  
Head of State: Emperor Akihito  
Head of Government: Prime Minister Koizumi Junichiro

Chinese workers in building the transcontinental railroad which culminated with the driving of the “Golden Spike” on May 10, 1869.

The term Asian Pacific American identifies individuals from nearly 30 different countries, each with a unique historical and cultural heritage.

Ethnic groups consolidated under the category of “Asian Pacific American” include groups from Japan, Korea, China, Indonesia, Laos, Cambodia, Thailand, Vietnam, the Philippines and the Pacific Islands.

As of February 2003, there were 4,905 Asian Pacific Americans on active duty in the Air Force, according to the AF Personnel Center demographics Web site. Of this number, 932 are commissioned officers (or 1.3 percent of all USAF commissioned officers), and 3,973 are enlisted personnel (or 1.4 percent of all USAF enlisted personnel).

## Did you know?

**62 percent**

*The percentage of Honolulu County, Hawaii, residents who are Asian American.*

Honolulu is the only county in the nation where Asians comprise a majority of the total population. Meanwhile, Hawaii County, Hawaii, with 30 percent of its population being native Hawaiian and other Pacific islander, leads in that race category. (Rankings were limited to counties with minimum populations of 100,000.)

*Courtesy U.S. Census Bureau*

**Philippines**

Full country name: Republic of the Philippines  
Area: 299,000 sq km  
People: Predominantly descendants of Malays, Chinese and Muslim minorities and a number of mestizos (Filipino-Spanish or Filipino-Americans)  
Capital City: Manila (pop: 10 million)  
Population: 84.61 million  
Language: Tagalog, Ethnic and Regional dialects  
Religion: 82% Roman Catholic, 9% Protestant, 5% Muslim, 3% Buddhist  
Government: Republic  
Head of State: President Gloria Macapagal-Arroyo

**Thailand**

Full country name: Kingdom of Thailand  
Area: 514,000 sq km  
People: Thai 75%, Chinese 14%, other 11%  
Capital City: Bangkok  
Population: 64,265,276  
Language: Thai, Ethnic and Regional dialects  
Religion: Buddhism 95%, Muslim 3.8%, Christianity 0.5%, Hinduism 0.1%, other 0.6%  
Government: Constitutional Monarchy  
Head of State: King PHUMIPHON Adunyadet  
Head of Government: Prime Minister THAKSIN Chinnawat

**Korea**

Full country name: Republic of Korea (South)  
Area: 99,373 sq km  
People: Koreans  
Capital City: Seoul (pop 10.3 million)  
Population: 48 million  
Language: Korean  
Religion: Christianity, Buddhism, Confucianism, Shamanism  
Government: Republic  
Head of State: Prime Minister Goh Kun

Full country name: Democratic People's Republic of Korea (North)  
Area: 120,540 sq km  
People: Korean  
Capital City: Pyongyang  
Population: 22,466,481  
Language: Korean  
Religion: Traditionally Buddhist and Confucianist, some Christian and Syncretic Chondogyo (Religion of the Heavenly Way)  
Government: Authoritarian Socialist  
Head of State: Etemal President KIM Chong-il  
Head of Government: Premier PAK Pong-chu

# JAG reflects on legacy of Asian-American service

By Col. Lester Katahara  
Air Force Judge Advocate Corps

**Editor's note: The following is a transcript of remarks made by Colonel Katahara at an Air Force Asian-Pacific Islander Heritage Month event.**

The theme for this year's Asian Pacific Islander month is “Voices of the New Millennium.” I'd like to spend just a few minutes talking about the voices of the last century that left us all a legacy of service.

In January 1942, after Pearl Harbor was attacked, our country was blinded by the fog of war and many questioned the loyalty of Americans of Japanese descent.

Unfortunately, there were racist officers such as Gen. John L. DeWitt who led the evacuation of the Japanese from the west coast, both foreign nationals and American citizens.

Hawaii presented a bit of a different problem. It had a population of around 450,000; the Japanese composed the largest minority (35 percent) with over 160,000.

They were both educated and common laborers, so much of the infrastructure of the islands was supported by them and mass evacuation would have been a logistical nightmare. It would have paralyzed basic services, and it would have torn the melting pot society apart.

Thus, evacuation was not a realistic option. After the attack, all national guardsmen were on alert and pitched in to support the war effort, including the Japanese Americans.

Still fearing disloyalty, the government relegated the Japanese American soldiers, who were called “Nisei,” to a corner of Schofield Barracks and put them under guard.

When you count in Japanese, it's ichi, ni, san, yon. The first generation from Japan, the immigrants were called Issei, the second, Nisei, Sansei, and so on.

The Nisei were second generation



Photos courtesy Smithsonian Institution  
**A World War II medic's uniform and medals awarded to a Japanese American serving in the famous 442nd Regimental Combat Team.**

Japanese Americans born in the U.S. They were citizens and therefore could not be discharged.

However, fearing the Japanese would launch a second attack on Hawaii, the War Department was concerned of the possibility that they would be dressed in American uniforms to cause confusion.

The War Department decided to evacuate the 1,500 Nisei National Guardsmen from the islands. They were designated the 100th Battalion and sent to Fort McCoy, Wis., in June 1942 for combat training.

After these soldiers left Hawaii, the rest of the Japanese American community in Hawaii clamored to help and continued to lobby for the opportunity to serve their country.

In January 1943, President Roosevelt commissioned an all Nisei combat team noting, “The principle on which this country was founded and by which it has always been governed is that Americanism is a matter of the mind and

heart; Americanism is not, and never was, a matter of race or ancestry.”

The Army called for 1,500 volunteers from Hawaii. Nearly 10,000 Nisei responded and the Army inducted more than 2,600.

Service to America was obviously of great significance to Nisei families. Those who were rejected were devastated.

One who was accepted was Lt. Sadami Katahara, my father. He had just had his first son in December 1942. His father asked him if he knew what “on” meant?

My dad replied, “Yes, ‘on’ requires that when one person is helped by another, he incurs a debt that is never settled. One must repay it at every opportunity.”

His father told him: “America has been good to us. You must do your duty and repay this country.”

Many Asian cultures are concerned with “saving face,” and this includes the Japanese culture.

The Nisei were raised to avoid bringing shame, or “hagi,” on their families. When sons were bid farewell, a common exhortation from their immigrant parents was not to bring shame, or hagi, on the family name.

The 442nd Regimental Combat Team was formed with highly motivated Nisei in April 1943.

Combat training took place at Camp Shelby, Miss., where the 100th Battalion joined the 442nd Regimental Combat Team and they earned the reputation of being hard-working and high spirited.

When the leaders of the unit experienced difficulties, a simple threat to notify the soldier's parents that would bring “hagi” on the family name was all that was needed for re-motivation.

Gen. George Marshall heard the favorable reports and offered the unit to commanders in Europe.

Gen. Eisenhower's staff turned them

down, but Lt. Gen. Mark W. Clark, commander of the 5th Army in Italy said he would take anybody that would fight.

They fought with courage and determination from Anzio to Rome and beyond. They were the key unit who rescued the Lost Battalion.

Thus, the 100th and 442nd became the most decorated unit of the war, earning over

18,000 individual and presidential citations, 52 Distinguished Service Crosses, one Distinguished Service Medal, 588 Silver Stars, 22 Legions of Merit, 4,000 Bronze Stars and more than 9,500 Purple Hearts.

To just give you an example of the casualties suffered, the 100th Battalion landed in Italy with 1,300 men in September 1943. Just five months later, after the Battle of Monte Cassino, it could only muster 521 soldiers.

Gen. George Marshall commented after the war, “I will say about the Japanese fighting in these units we had – they were superb! That word correctly describes it – superb!”

Those soldiers set the stage for people like me. They fought not just the Germans, but ignorance and prejudice as well. They

proved their loyalty and worthiness to be Americans.

Shortly after I graduated from the Air Force Academy, my grandfather asked me about my future in his broken English ... “You get chance, you get chance?”

He wanted to know whether I would have the opportunity to succeed on the mainland, in the Air Force. My message is, yes we all “get chance.”

Our voices are the voices of the new millennium. To paraphrase Dr. Martin Luther King, Jr., it's up to us to see that everyone is judged by the content of their character, and not the color of their skin.

If we do this, then everyone will have the chance to reach their highest potential. I think grandfather would agree: Yes, we all “get chance” in America. That is the voice of the new millennium that I hear.



## Sports shorts

**ROLLER HOCKEY:** The ice may be gone, but hockey lives on. Come play roller hockey every Thursday night from 8 to 10 p.m. in the fitness center's roller hockey arena. No experience necessary.

For details call 1st Lt. W. Gunnar Conrow at 747-5528.

**ANNUAL TURTLE RIVER STATE PARK FUN RUN/WALK:** The Sports and fitness center is holding its annual fun run/walk May 15, starting at 10 a.m. at Turtle River State Park. The park is waiving the entrance fee for this event. This is a 5 kilometer event and is open to all ages and ranks. Each participant receives a t-shirt.

Sign up at the fitness center.

**3RD ANNUAL FLIGHTLINE WARRIOR SCRAMBLE:** May is National Fitness Month. The sports and fitness center is holding their annual flight line run May 22. Start time and location are to be announced. Age categories are; 18 to 24, 25 to 30, 31 to 40 and 41 and older, male and female. Trophies are awarded to first and second place in each category. The run will be weather permitting.

For details and to register call the sports and fitness center at 747-3384.

**AMERICA'S KIDS RUN:** There will be an

America's Kids run Saturday for ages 5 to 13 at turtle River State park. Youth ages 5 to 6 will complete a half mile run, ages 7 to 8 will complete a mile run and youth ages 9 to 13 will complete a two mile run. The times are to be announced. Parents can register their children at [www.americaskidsrun.org](http://www.americaskidsrun.org) or contact the youth program at 747-3150. T-shirts will be rewarded to the first 75 youth who finish their run.

### RIVER CITIES SPEEDWAY TICKETS:

The racing season started May 7. River Cities Speedway tickets are now available for purchase at the community activities center. Pick up tickets Monday through Friday between 10 a.m. and 6 p.m. Adult tickets are \$12, youth ages 7 to 12 are \$5 and youth 6 and younger are admitted for free.

For details call the CAC at 747-6104.

### VOLUNTEER DRIVERS NEEDED:

Outdoor Recreation is looking for people who would like to drive on our trips. Outdoor Recreation's trips include: trips to Minnesota, Winnipeg, and South Dakota.

If you are interested in driving for us, call or stop by Outdoor Recreation, 747-3688.

**GOLF COURSE PROGRAM:** Check out the "Get Into the Swing of Things" promotional program running through the end of May.

For details call the golf course at 747-4279.

## Pool fees

### Free opportunities:

- Open swim
- Pool passes
- Swimming lessons for active-duty military .
- Water aerobics for active-duty military
- Mom/toddler open swim

For details on the new, reduced aquatics center fees, call outdoor recreation at 747-3688.

### Reduced fees:

- Lessons (other than active duty military) – \$15 per student, \$10 if sponsor is a club member.
- Regular water aerobics (other than active duty military) – \$15 for 30 sessions.
- Pool parties for two-hour time block – \$25 regular fee, \$20 for club members.
- Lifeguard certification – \$50.
- Lifeguard recertification – \$20.

## Intramural standings

### Darts

CS-A	5-5
AMXS	4-4
MOS	7-1
CS-B	5-4
MDG	0-1(out)
MSS	6-4
SFS-A	9-0
SFS-B	3-3(out)
SVS	0-1(out)
LRS	7-3

### Soccer

SVS	5-7
OSS	10-2
CES-A	8-4
LRS	2-10
CES-B	8-4
MXS	2-10
AMXS	7-5



*The championship game was played Wednesday. Winners will be in next weeks issue.*

## Congratulations winners

Congratulations to the **319th Civil Engineer Squadron** for winning the intramural volleyball championship against the 319th Logistic Readiness Squadron. CE went undefeated this season winning 16 games.

Congratulations to the **319th Communications Squadron** for winning the intramural bowling championship against the 319th Aircraft Maintenance Squadron.

# For the fun of it

## Setting goals, enjoying yourself makes working out fun

By 2nd Lt. Ashley Gee  
Public affairs

“Life’s a challenge, Ashley, sometimes you just have to take it,” Thomas, my 7-year-old brother once told me. At the time we were getting ready to go on a rucksack run through the Nigerian bush and yes our parents let us run through the jungle when we were only 6 and 7.

Most people look at working out as a chore, but it shouldn’t be that way. As kids we all looked forward to each and every chance we had to be outside playing. We were always full of energy and ready to take on any challenge whether it is little league, pee-wee football, soccer, dance, gymnastics or any other activity that could get you insanely dirty. Now if it wasn’t for the new Air Force fitness standards, most of us



Air Force Photo

**Chief Master Sgt. of the Air Force Gerald R. Murray does his push-ups during his fitness test.**

would still be sitting at our desks all day, everyday.

The key to fitness is finding something you enjoy and setting goals. If you’re someone that really enjoys the outdoors, taking a jog or walking outside may be ideal for you. Get out during lunch, take a break from work, and enjoy the sunshine. If you’re an animal person, it could be as simple as walking the dog. Don’t look at it as a chore; instead, look at it as an opportunity to get away, something to look forward to each day.

If you’re more of a sports fan, try getting involved in intramurals or join a club. Intramural softball is starting up on base or, if you’re a basketball fan, you could just get a couple friends together and play some games during lunch or after work.

A little competitiveness is good for the soul. The weather’s getting nice enough that even those golf fans can swing some clubs around and pretend they’re getting a work out, just playing. In all actuality, walking nine holes of golf is a good way to get some exercise and enjoy being outside.

Some people may be more motivated to get fit by setting goals for themselves. If you set a specific time you want to run three miles in, you are more likely to work harder to achieve that goal. Another good idea is to set a specific number you want to score on the fitness test and then work your way to that goal. There are also triathlons, marathons, half-marathons, 10 kilometers and five kilometer fun run/walk that individuals can get involved in. Just accomplishing any of those is a great goal in itself.

The bottom line is we need to change the way we look at fitness. Just like when we were children and looked forward to doing any activity, as adults



Photo by Christine Davis

**Capt. Chris Li, 319th Operations Support Squadron, gets airborne while running a five kilometer fun run.**

we need to take the same attitude. Don’t let working out become one of those daily chores that you dread.

Taking on a positive mental attitude can change your fitness level and help motivate others.

### Sports and fitness center offers options

The base sports and fitness center features two gymnasiums, five racquetball courts, a multipurpose room, weight room downstairs and cardiovascular equipment area upstairs in the nautilus area. In the field house there is an elevated track, swimming pool, rock climbing wall and a soccer/roller hockey rink.

Men’s and women’s locker rooms each have a sauna, whirlpool and showers.

Common use areas include a conference room, large lounge area and an issue/reception counter.

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

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

For details on the fitness center call 747-3384.

### WELLNESS TIP

**70%**

The percentage of runners who experience injuries each year

**30%**

The increase in running injuries reported by AMC Physical Therapy since the start of the new Air Force fitness program

## RUNNING SAFELY

To decrease your chance of injury ...

- ▶ Invest in good-fitting/shock-absorbing running shoes
- ▶ Warm up before/cool down after (e.g., walking)
- ▶ Gradually increase frequency and duration

Posture pointers ...

- ▶ Keep your head level, avoid bouncing and lean forward slightly from the ankles, not the waist
- ▶ Keep your shoulders down and relaxed
- ▶ Strike the ground heel first, roll to the ball of the foot and push off from the toes
- ▶ Do you have pain when running? “Take a break to recuperate!”

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

# Tourism department releases 'best' fishing spots

**Compiled from staff reports**

If you are looking to fish then the North Dakota department of tourism can help. The NDDT released the best spots to take an afternoon and fish.

**Walleye:** Best walleye fishing is found on the Missouri River system and Devils Lake. On the Missouri River,



*Photo by Staff Sgt. Scott T. Sturkol*

**A base youth fishes at a coulee near Emerado in 2003. The coulee has perch and bass among other species.**

Lakes Sakakawea and Oahe both produce good catches of walleye, as does the river itself. The Missouri River system offers many access points.

**Perch:** Devils Lake is renowned for its perch fishery. Catches of 1 pound-plus fish are not uncommon. The state record, 2 pounds 15 ounces, was taken there in 1982.

**Paddlefish:** The confluence of the Missouri and Yellowstone Rivers provides the best paddle fishing in the state. Paddlefish anglers must purchase a tag (one per season) available from the game and fish office in Bismarck and most license vendors in Williams and McKenzie counties.

**Chinook Salmon:** Lake Sakakawea's state record chinook, 31 pounds 2 ounces, was taken at the Garrison Dam Tailrace just below Lake Sakakawea itself. Spring and fall are best for salmon fishing.

**Catfish:** Best catfishing is found on the Red River along the Minnesota-North Dakota border. The Red River Angler's Guide provides useful information on public access areas. Other good catfish waters are the Garrison Dam Tailrace directly below Lake Sakakawea and Lake Tschida in southwestern part of the state.

**Northern Pike** are common in many lakes and rivers.

**Bass, bluegill, crappie, muskellunge, sauger, and trout** are found in many waters, too numerous to list here.

Fishing season begins April 1st of each year, although not all species and waters open to fishing at the same time. North Dakota fishing regulations provide details about licenses and limits.

**Warriors of the North seeking 2004 North Dakota fishing licenses can get them at outdoor recreation. Fishing equipment is also available for rent at outdoor recreation. For details call 747-3688.**

## Base outdoor, fishing news

**KIDS 15TH ANNUAL FISHING DERBY:** Outdoor recreations annual fishing derby will be June 5 from 10 a.m. to 2 p.m. at Larimore Dam. Registration is at 9 a.m. and the awards ceremony is at 2:15 p.m.

The age groups are as follows; youth ages 3 to 5 will fish from 10 a.m. to noon, youth ages 6 to 8, 9 to 13 and 14 to 15.

Cost is \$1 for military and \$2 for non - military participants.

For details call outdoor recreation at 747-3688.

**LADIES FLY FISHING SEMINAR:**

Outdoor recreation is sponsoring a fly fishing seminar for women May 22.

The participants will depart from outdoor recreation for Turtle River State Park at 8:30 p.m. and return around 4 p.m. Cost is \$10 per person. This seminar is geared towards women who would like to learn how to fly fish.

Participants will be taught how to correctly use the equipment and then have the opportunity to tie their own fly patterns.

Lunch will be provided. Sign up by close of business Thursday. There is a 12 participant limit. For details call 747-3688.

**BOATER SAFETY COURSE:** Outdoor recreation will be holding a free boater's safety class Wednesday from 5:30 to 9 p.m.

This course is required before renting any outdoor recreation's motorized watercrafts.

North Dakota requires youth ages 12 to 15 to pass an approved boating course when operating motorized watercrafts.

Many insurance companies also offer a premium discount to adults who complete the course.

For details about boater safety, or about what boats outdoor recreation has for renting, call 747-3688.

## Spouse club news

**Enlisted Spouses Club ESC INDUCTION CEREMONY, DINNER AND MYSTERY:** The Enlisted Spouses Club 2004-2005 Board Induction Ceremony is Saturday at 4 p.m. at the Northern Lights Club. There will be a dinner and mystery to follow. The ESC presents "Til Death Do Us Part, A Murder-Mystery Event" starting at 5 p.m. Cost is \$12.18 for members and \$15.18 for non-members. The event is open to all ranks, not just ESC members.

The murder is set at a wedding reception in the Grand Cayman Islands, so dress Caribbean style. All of Cayman high society has gathered to celebrate the whirlwind marriage of the island's most eligible bachelor playboy, Blaine Barnacle.

His mysterious fiancée, Bitsy Fleecer, has a shady past and plenty of secrets. When a body is found, the guests must work together to solve the mystery before the police and tabloid reporters arrive. Prizes will be given.

For details call Tracy Carter after 6 p.m. at 594-6683.

## Officers' Spouses Club

**OSC PLAYGROUP:** The Officer's Spouses' club offers a playgroup from 1 to 3 p.m. at the Liberty Square.

For details call Carol Gaddis at 594-3802.

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

**CLUB DANCING:** The Northern Lights club offers dancing at the club from 10 pm. to 3 a.m. Enjoy "club mix" with DJ "C."

## Sunday

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

Cost is \$8.25 for adults, \$4.25 for children ages 12 to 5 and youth ages four and younger eat free.

Non-members pay \$3 extra.

## Monday

**SPONSORSHIP TRAINING:** The family support center offers sponsorship training today from 9:30 to 11:30 a.m. Training includes a one-hour overview of the newest resources followed by a facility tour.

Sponsorship training is mandatory for all sponsors.

For details and to sign up call 747-6435.

**MINI LOCK-IN:** The youth center is sponsoring a mini lock-in May 22 from 6 p.m. to midnight for youth ages 6 to 12.

Cost is \$10 and includes dinner and a snack.

There will be games, arts and craft projects, videos, movies, tournaments, and much more. There must be 15 participants signed up to hold the lock-in.

For details call the youth center at 747-3150.

**ARMED FORCES RETIREES:** Eat lunch at the Airey dining facility every Monday from 10:30 a.m. to 1 p.m.

## Tuesday

**HAWAIIAN LUNCH DAY:** Come to the Airey dining facility for Hawaiian lunch day today. The menu includes sweet n' sour wings, pork loin and Hawaiian pizza.

**PARENT, CHILD PLAYGROUP:** The parent-child playgroup meets every Tuesday in Liberty Square from 10 a.m. to noon.

**STARTING YOUR OWN BUSINESS:** The family support center is offering a workshop from 9 a.m. to noon.

The workshop covers the basics of starting a business. Topics that will be covered include a business plan, financing, marketing, and recordkeeping.

Reservations are required.

For details and to sign up call the FSC at 747-6435 or 747-3241.

## Wednesday

**SKILLS DEVELOPMENT CLASSES:** The skills development center offers a patriotic star quilt class Wednesday from 10 a.m. to 1 p.m. Cost is \$11 plus supplies.

The class requires pre-registration.

For details and to register call 74-3482.

**CLUB DINING:** The Northern Lights Club offers an "all you can eat" taco bar from 5:30 to 8 p.m. Cost is \$6 and members receive a \$3 discount.

## Thursday

**DOLLAR DAY LUNCH:** Northern Lights Club members only have to pay \$1 for lunch today from 11 a.m. to 1 p.m.

The entree will be a "Thanksgiving in May" special.

**PARTY TIME:** The "Power hour" and "Read by mail" program participants are invited to and end of year party at Liberty Square from 4 to 5:30 p.m.

This event is free to all who were registered in the program. Parent permission is required. There will be skating a pizza.

**WINNIPEG ZOO TRIP:** Outdoor recreation is sponsoring a trip to the Winnipeg Zoo May 22, departing from outdoor recreation at 8 a.m. and returning later that evening.

Cost is \$20 person, which includes transportation only. Zoo entrance fee is \$13.50 per family – two adults. Sign up by close of business today at outdoor recreation.

**DISCOUNT FOR SPOUSES:** The Northern Lights Club offers a 20 percent discount to spouses of the deployed every Thursday throughout May. Dinner is served 5:30 to 8 p.m.

## Upcoming

**RED CROSS BABYSITTING COURSE:** The American Red Cross on base is holding their next babysitting course May 22.

Minimum age to sign up is 11 and cost for the course is \$30. To sign up for the class call Anita Kraviec at 594-4767.

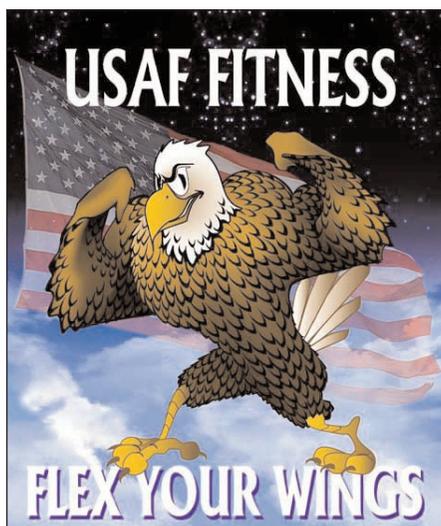
**HOME BUYING COURSE:** The family support center is offering a free home buying course May 24 from 1 to 4 p.m. at the family support center.

The course covers loan options, terminology, closing cost, agents and much more.

For reservations and details call the FSC at 747-3241 or 747-6437.

**GOLF COURSE PROGRAM:** Check out the "Get Into the Swing of Things" program running through the end of May.

For details call 747-4279.



## Locked out?

The base auto skills shop can get you in your car in a jiffy.

Auto skills has the tools to do lockouts on medium to heavy duty trucks in addition to domestic and import vehicles all for \$25.

For details call the auto skills center at 747-3394.

## Airmen's Activity Council Monthly Meeting

There will be an Airmen's Activity Council meeting at 11:30 a.m. at the Warrior Airmen Recreation Center Tuesday.

Every senior airman and below is encouraged to attend. Volunteer opportunities, fundraising, and W.A.R. Center issues will be discussed.

The snack bar will not be opened so bring a lunch.

If any airman has an issue they wish to be discussed during the meeting please contact Airman Patrice Clarke by close of business today.

For more information please call Airman Patrice Clarke at 747-5020.